

# COVID-19 POLICY

This document lays out the measures followed by Watford Fencing Club and its members before, during and after fencing activities. It refers to current UK Government guidance for England available as at 17th May 2021 and British Fencing's Return to fencing guidelines as at 13th May 2021. It is subject to change in response to the current COVID-19 Alert Level, community prevalence of COVID-19 and/or to reflect additional or updated UK Government and British Fencing guidances.

## SUMMARY

- Follow all government guidelines at all times.
- Refrain from attending if experiencing any COVID-19 symptoms and follow government advice for isolation and testing. Your temperature may be taken upon arrival.
- Pre-register your attendance by filling the online form (found [here](#)) every week. Unregistered participants will not be allowed to fence. If you are a visitor or need to borrow equipment, nightly fees or deposit must be paid in advance, no payment can be taken on the night.
- Comply with all safety measures applicable to or prescribed by the club/coach.
- Come to the session already dressed in freshly washed workout clothing and footwear.
- Ensure you have fresh and warm clothes to wear afterwards without the need for changing rooms or showers.
- Do not share equipment such as weapons, body wires, fencing masks, gloves or breeches/plastron/jacket, with others.
- 2m social distancing must be maintained while not fencing.
- Face masks should be worn when not fencing.
- Refrain from contacting/touching other participants, coaches and attendees. This also applies to bouts: fleches, running attacks, corps a corps, deliberate close quarter actions and any actions that breach the 1m distancing are not permitted.
- Bring and use hand sanitizer and/or sanitizing wipes.
- Bring your own water, water fountains at the venue should not be used.
- Bring a bag to take all your personal gear and rubbish away with you.
- The indoor space must allow for 100ft<sup>2</sup>/9.29m<sup>2</sup> per person. The club's area being half the sports hall (633m<sup>2</sup>), it allows for up to 68 people (coaches, volunteers and guardians included).

## PRIOR TO ALL FENCING ACTIVITIES

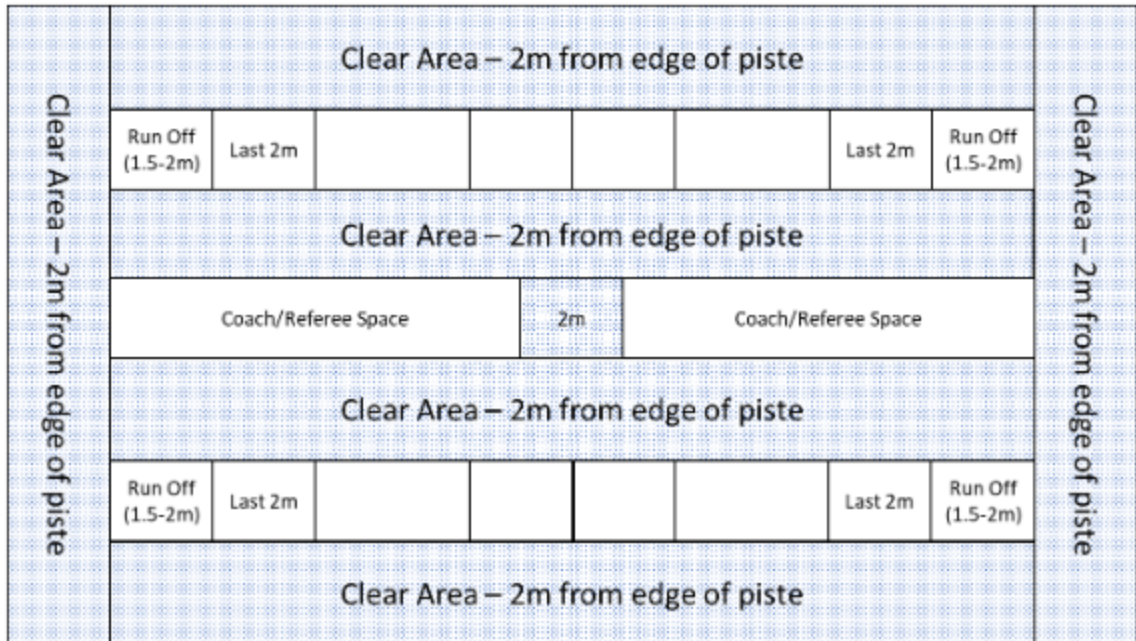
All participants (fencers, coaches, volunteers and spectators) should:

- Check for symptoms of COVID-19 before travelling to training. In line with current UK Government Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection, you should remain at home and follow UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, must not exercise outside their home or garden and must not exercise with others.
- Follow UK Government guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 (found [here](#)) if it applies to them.
- Comply with all public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when you do attend a fencing club or venue.
- Carry out personal hygiene measures before and after fencing activity.
- Bring their own hand sanitiser where possible and maintain strict and frequent hand hygiene measures at all times.
- Follow UK Government guidance on best practice for travel, including minimising use of public transport and limiting car sharing (found [here](#)).
- Follow BF's guidance in relation to equipment cleaning (found [here](#)).
- Arrive at club sessions changed and ready to undertake the activity.
- Ensure that your contact details are up to date on the BF membership system and the club records. Membership of BF is a requirement.
- On arrival ensure that their attendance is recorded. This can be through an online form provided by the club ([here](#)), and must be submitted 24 hours prior to their arrival.

## DURING ALL FENCING ACTIVITY

- Personal equipment should not be shared – this includes all items of fencing clothing, and gloves. If you need to borrow from the club, you will be responsible for cleaning it following BF guidelines (found [here](#)) before returning it. You may be asked to pay a deposit for any equipment you take home.
- Fencing masks, body-wires and weapons may be borrowed from the club during the session, and must be disinfected in line with the BF guideline (found [here](#)) before being returned.
- All participants should sanitise their hands prior to the start of the activity and before and after touching any shared equipment (eg spoons).
- The indoor space must allow for 100ft<sup>2</sup>/9.29m<sup>2</sup> per person. The club's area being half the sports hall (633m<sup>2</sup>), it allows for up to 68 people (coaches, volunteers and guardians included).
- Coaches can give 1:1 lessons, these should be a maximum of 15min.
- 2m social distancing should be respected where possible.
- Whilst not engaging in activity everyone should wear face coverings.
- Footwork/warm-up exercises must respect 2m social distancing at all times and should not be performed face to face.
- Adapted sparring between two individuals is limited to 2 x 15 hits or 6 x 5 hits, up to a maximum of 20mins of fencing time and 30mins of elapsed time. When it is not possible to count hits (e.g. adapted pairs training), the appropriate fencing/elapsed time must be set by the coach and in no cases exceed 20mins/30mins respectively.
- The handshaking rule is suspended. Fencers should replace the end of bout handshake with a salute observing 2m social distancing.
- Corps a corps, deliberate close quarter actions and any actions that breach the 1m distancing are not permitted.
- Fleching/running attacks are not permitted.
- Face coverings should be worn whilst coaching (excluding lessons, see below) and refereeing. Hand signals should be used where possible in place of verbal signals.
- Face coverings can be worn under fencing masks for low intensity training. Participants (fencers and coaches) wearing face coverings should monitor their breathing and heart rate and take regular breaks. If face coverings are not being used, fencing mask liners should be worn. Where face coverings are used, coaches should adapt lessons and training to keep physical intensity levels low with frequent breaks.

- Participants should avoid any shouting/screaming, particularly during 1:1 activities.
- Recommended pistes layout example:



## AFTER ALL FENCING ACTIVITY

- All participants should sanitise their hands after the completion of activity.
- Participants should exit whilst maintaining social distancing.
- Club volunteers should be responsible for collecting and disinfecting any shared equipment.
- If participants or someone in their household develop COVID-19 symptoms within 14 days of attending a session, they must inform the club immediately.
- All participants should report any infection of their household to the NHS Test and Trace system following use of the facility to limit the spread of the virus (section 3): <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>.