



## RTWFC Return to Fencing Guidelines – Indoor Venues

We are all very excited to start welcoming you back to fencing at RTWFC.

The health and safety of all our fencers, coaches and support staff is of upmost importance to us. We have been working with our venues and following guidance from British Fencing to help us make the club as safe as possible for everyone. This means things will look and feel a little different for a while

Below are details of what you can expect when you return and what you can do to keep yourself and others as safe as possible whilst enjoying our fabulous sport again!

### What will be different?

- All sessions will be booked in advance
- We have gone cash free, so you will be asked to pay in advance via bank transfer (contactless payment coming later)
- Participants will be asked to read a health-check questionnaire before each session – you are not required to return this, but if you attend the session it will be assumed you understand and/or agree with all items on the form
- Access to the venue will be more restricted than normal:
- Only participants (and support staff) will be allowed in the hall no more than 10 minutes before the start of your session - parents/carers may escort and wait for children on the paved area at the front door (at an appropriate social distance of course)
- Whilst parents/carers won't be allowed in the hall we ask that you remain no more than 15 minutes away should we need to contact you if your child becomes unwell
- Entry and exit points will be clearly marked
- Where chairs are available, they will be spaced 2 metres apart for fencers to use. These, along with tables, door handles and any other contact areas will be sanitised before and after each session. This will require time before we allow fencers in for the next session, so please be patient and wait outside until you are told it is OK to come in
- Anywhere other than the main hall and toilets will be out of bounds
- There will be no changing rooms available
- Access the toilets and will be restricted to one person at a time
- We will provide hand sanitiser at the entry/ exit points and encourage everyone to use this
- Class sizes for U18s will be limited to 15 per coach (class numbers for those 18 and over are TBC)
- If there is more than one class taking place at the same time, each class will have a designated area of the hall in which to train
- Classes will consist of fitness, footwork and pairs or coach work. However, sparring – with specific restrictions as necessary – will be included when possible
- Close quarters techniques and fleching are not generally permitted. However, fleching will be permitted at the coach's discretion if: 1) the club's Covid risk assessment permits fleching under certain conditions; 2) fencers considered competent at fleching are temperature checked on arrival; and 3) the coach clearly states that fleching can take place in the sparring/bouts in question.
- Individual lessons will focus on longer distance work and target areas such as arm.
- Social distancing guidelines i.e. 2 metres, or 1 metre + appropriate protective clothing (such as face coverings), will be adhered to. Face coverings are strongly recommended under fencing masks and during warm-ups for those over the age of 11, and MUST be worn while resting. Under 11s are not required to wear additional face coverings
- Fencers will be encouraged to bring their own equipment if they have this. Club equipment will be made available for others.

- Masks and gloves will be allocated to individuals for the duration of the summer. These will be taken home and brought back to club, and will be the responsibility of the fencer to look after and keep clean.
- Weapons will be given out as required by the coach and sanitised before and after each use
- In the unlikely event that first aid treatment is required this will be given by a first aider in PPE i.e. surgical mask, face visor, gloves and apron
- The register of everyone attending will be kept by the club secretary and used if required for track and trace purposes
- In addition to the coaches, a designated welfare contact will be present throughout each session which is attended by under 18s - Val Cramb or Amy Perry, and the club's designated COVID-19 officer is Simon Gnana-Pragasam. Any of these can be contacted if you have any questions or concerns during the sessions

### Guidelines for Fencers

To help keep you and those around you safe, there are some new rules we need you to follow.

- Please read the health questionnaire before each session. If the fencer is under-18, please ensure the club has up-to-date details of a parent/carer who can be contacted if needed during that session
- Do not attend if you or anyone in your household/bubble has had any symptoms or been contacted by Track and Trace, and self isolate as per current government guidance
- Arrive no more than 15 minutes before your session starts as you will not be allowed in until all cleaning has been completed
- Wait outside until you are told it is OK to enter the hall
- Unless specifically told otherwise, only fencers will be allowed in the hall. Parents/carers may wait with /for children in the car park
- Parents must stay within 15 mins drive from the hall to minimise the amount of time to pick up your child should they become unwell
- Face coverings must be worn at all times under your mask and at any time as directed by your coach, so don't forget to bring one to each session
- Arrive changed ready to fence
- Bring a water bottle full of water (we recommend at least 1tr)
- Use the hand sanitiser on entering and leaving the hall
- Observe social distancing at all times and as directed by your coach and/or welfare officer
- Stay within your group's designated area of the hall, and also within your own two-metre-wide 'lane'
- Only one person will be allowed in the toilets at any time -please ask a member of staff to check that is free for you to use before entering. Remember and practise good hand washing routines.
- Any level of physical activity with a face covering on can feel very different- you must tell your coach if you feel unwell or are finding it uncomfortable at any point
- **NO** sharing of fencing equipment, water bottles or anything else at all!
- Try to avoid touching surfaces unnecessarily such as walls and floors. If you do touch surfaces, wash your hands.
- Importantly - enjoy your fencing!

We look forward to seeing you all again!