



## RTWFC Return to Fencing (Indoor Venues) UPDATE - March 2022

The health and safety of all our fencers, coaches and support staff continues to be of upmost importance to us. In line with the recent relaxing of national restrictions, we are reviewing the club's Covid 19 guidance so that we can all continue to enjoy fencing in the safest way possible. Please find the revised guidelines below.

### Club Guidelines

- **Given the physical nature of fencing, members are asked to take a Lateral Flow Test ideally two to three hours (but no more than 24 hours) before their session. They MUST NOT attend if they receive a positive result.**
- **If anyone in a member's household/family is displaying symptoms or has a confirmed case of Covid 19, that member should avoid attending club sessions (even if the member has tested negative on the day).**
- Face coverings are encouraged while resting/waiting and during warm-ups for those over the age of eleven. Remember, any level of physical activity with a face covering on can feel very different. Under 11s are not required to wear additional face coverings
- Please maintain sensible social distancing at all times
- Only participants (and parents/carers) will be allowed in the hall, no more than 10 minutes before the start of your session – if at all possible, parents/carers are asked to wait for children outside instead, to reduce the number of people in the hall
- Parents must stay within 15 mins drive from the hall to minimise the time to pick up your child should they become unwell
- Fencers should bring a filled water bottle (at least 1 litre) and DO NOT share anyone else's
- Key contact areas will be regularly sanitised
- Changing rooms may become unavailable at short notice so fencers should arrive dressed ready to fence
- Access to the toilets and will be restricted to one person at a time
- Hand sanitiser will be available at the entry/exit points
- If there is more than one class taking place at the same time, each class will have a designated area of the hall
- Fencers will be encouraged to bring their own equipment if they have this. Club equipment will be made available for others (on a termly rental basis wherever possible).
- Club masks and gloves allocated to individuals will remain their responsibility to look after and keep clean.
- Weapons will be given out as required by the coach and sanitised before/after each use.
- In the unlikely event that first aid treatment is required this will be given by a first aider in suitable PPE
- The register of everyone attending will be kept by the club secretary and used if required for track and trace purposes
- All sessions will be booked in advance, and the club remains cash-free, so you will be asked to pay in advance via bank transfer (contactless payment coming later)
- In addition to the coaches, a designated welfare contact will be present throughout each session which is attended by under 18s - Val Cramb (Welfare Officer) or Amy Perry (Deputy Welfare Officer) - and the club's COVID-19 Officer is Simon Gnana-Pragasam. Any of these can be contacted if you have any questions or concerns during the sessions.

Thank you for your continued cooperation.

The RTWFC Committee