

FLO COVID-19 CLUB POLICY FOR ALL ATTENDEES

October 2020

This document lays out the measures that should be taken by fencers, club officials and coaches before, during and after all recreational fencing activity at FLO as well as specific advice relating to clubs, coaches, lessons and sparring.

This document refers to current UK Government guidance, Sport NI Guidance and British Fencing Guidance. 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 guidance.

Please read this carefully so you understand the measures that we ask you to adhere to prior, during and after training.



PRIOR TO FENCING AT FLO

- Please read this Covid-19 Club Policy carefully and commit to adhering to the guidelines within it.
- Please fill in and submit a 'Return to Fencing Questionnaire' before you sign up to your FLO classes/Membership/one off training session/guest ticket online. This form only needs to be completed once, the first time you return to fencing at FLO since the start of July 2020. FLO's Covid Officer will send you the form link via WhatsApp once you express an interest and it must be completed and submitted online
- Please ensure you are a paid-up member of British Fencing. This is now essential for all fencers who participate in a regular class as it provides insurance, both for you and for the Club. Membership can be purchased at: <https://www.britishfencing.com/become-a-member/>
- Please fill in a 'Pre-Session Health Check' **This must be done EVERY TIME you attend a FLO class or training session** in person. It covers checking for symptoms, following UK Government Guidance, carrying out personal hygiene measures. FLO's Covid Officer will send you the form link via WhatsApp and it must be completed and submitted online as you leave home to attend. Please DO NOT wait until you arrive to complete it but **ensure that it has been completed BEFORE you arrive.**

DURING INDOOR FENCING AT FLO

- On arrival ensure that you are wearing a face covering. Throughout the session, whilst not engaging in activity, everyone should wear a face covering.
- On arrival ensure that your attendance is recorded by the FLO Covid Officer in charge.
- Ensure that your temperature has been checked by the Covid Officer in charge.
- FLO's Covid Officer should make all participants aware of expected social distancing and hygiene measures during the fencing session and whilst on site.
- Following guidelines set by British Fencing, groups of children (those people under the age of 18, on the day that the activity takes place) can take part in fencing activity in groups of up to 15.
- Activity is restricted to groups (commonly called bubbles) of a maximum of six people where one or more people in the group are aged 18 and over
- You can have more than one group of six in a hall, providing you are able to maintain social distancing within the space available and the total number of people (including non-fencers) within the hall does not exceed government and venue guidelines on use of indoor space.
- Fencing activities (including 1:1 lessons, pairs work and sparring) where it may not be possible at all times to stay 2m apart are subject to adaptations and additional measures to reduce risk. See below mask wearing and hand/equipment sanitising
- There will be strict rules in place for use of fencing equipment:
Personal: - There will be no sharing of fencing masks, gloves, fencing plastron, jacket and breeches, between attendees or different households.
We encourage all members to purchase their own kit to avoid sharing these items. For members that are unable to purchase their own equipment, FLO aims to loan as much essential equipment as we can for

individuals to take home and keep clean. Once borrowed, you will be responsible for the FLO equipment you have on loan. Please be aware that we have a limited stock of FLO equipment so arranging a loan may not always be possible. Please speak to our Covid Officer to get help and advice on buying your own equipment or on how to loan a set from the club.

- Body-wires and weapons may be used by more than one participant provided they have been disinfected in line with the BF guidelines between use.
- Spools/Boxes – In cases where it is unavoidable that certain non-personal equipment must be touched by more than 1 individual, each person must fully sanitise their hands prior to and after touching that equipment. The equipment must be disinfected (or quarantined for 72hrs) between sessions by a club official in line with BF protocols.
- Mask inserts must be worn when sparring/having a 1:1 lesson in accordance with PHE/BF guidelines (This should not be a 'closed' mask as these can impede breathing during heavy exercise and can possibly cause a build-up of dangerous co2 levels). Disposable mask inserts may be purchased from FLO website, online from Leon Paul Equipment.co.uk or you can provide your own.
- No hand shaking at any time. Instead of the customary handshake at the end of a bout and with the coach at the end of a lesson, we will encourage an elbow bump or a foot tap.
- Corps a corps, deliberate close quarter actions and any actions that breach the 1m distancing are not permitted. This includes fleching/running attacks which are not permitted.
- Participants should avoid any shouting/screaming, particularly during 1:1 activities.
- Other than participants, only nominated officials and facility staff will be allowed in the hall. For classes at QUB PEC, parents will be asked to wait outside or in the reception area for the FLO session coach to collect the fencers. At the end of the session, the fencers will be returned to this area for pick up.
- Please Note: showers/vending machines/water dispensers will be out of action at all venues. Please bring your own water in personal bottles (if a lot of water is required, please bring several bottles) to class/training session.
- At QUB, PEC, lift usage is limited to people from the same family only to maintain social distancing measures. There is a one-way entry/exit system in place.
- Restrictions prohibit the use of cash. All payments should be made through the Fence Like an Olympian website.
- Where possible hall doors and/or windows will be open during the session to improve the flow of air through the hall.

AFTER EACH FLO SESSION

- All participants should sanitise their hands after the completion of activity.
- Participants should exit whilst maintaining social distancing.
- FLO's Covid Officer is responsible for collecting and disinfecting any shared equipment.
- If you or a household member show symptoms or are a suspected Covid-19 case, you must notify FLO's Covid Officer immediately, do not attend classes and self-isolate at home.
- If you or a household member have travelled to any restricted countries or regional zones, you must notify FLO's Covid Officer immediately, do not attend classes and self-isolate at home.
- If classes are unable to take place due to revised restrictions, you will be able to continue classes online via Zoom (adhering to BF online session guidelines)

FURTHER SUPPORT AND GUIDANCE

These guidelines are accurate at the date of publication but are subject to change in line with government guidance. Keep checking www.britishfencing.com and www.sportni.net for the latest Covid restriction measures and recommended safety compliance for participating in sport.

DISCLAIMER

Please note that the subject matter covered in this guidance is in no way exhaustive and the material does not stand on its own nor is intended to be relied upon as a substitute for obtaining specific legal advice. Individual circumstances will differ. The information contained in this guidance is given in good faith but any liability of Fence Like an Olympian, British Fencing or its professional advisors (including their respective members or employees) to you or any third party which may arise out of the reliance by you or any other party of the contents of this

guidance is hereby excluded to the fullest extent permitted by law. British Fencing and its professional advisors accept no duty of care or liability for any loss occasioned, whether caused by negligence or otherwise, to any person acting or refraining from actions as a result of any material in this guidance.