

RETURN TO FENCING GUIDELINES

GUIDELINES FOR INDIVIDUALS DURING ACTIVITIES

- Refrain from attending any activity if experiencing any COVID-19 symptoms.
- Comply with all safety measures applicable to or prescribed by the club.
- Come to the club already dressed in freshly washed workout clothing. Uniforms must be taken home and cleaned after each practice.
- Do not share equipment such as weapons, body cords, fencing masks, gloves or uniforms, etc.
- Wear a surgical or cloth mask covering nose and mouth, even under fencing masks.
- Practice social distancing as directed.
- Wash and sanitize your hands often.
- Avoid touching your face, eyes, or mouth with unclean hands.
- Refrain from contacting other participants (handshakes, body contact, etc.).
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring and use hand sanitizer or sanitizing wipes.
- Bring your filled water bottle to class. No other food or drink is allowed.

AFTER ACTIVITIES

- Wash and sanitize your hands often.
- Do not touch your face, eyes, or mouth with unclean hands.
- Monitor your health and report any symptoms.
- Practice social distancing.
- Wear a face mask to reduce exposure to airborne contaminated particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Wash and sanitize all gear, uniforms, and apparel used during the activity.

GUIDELINES FOR COACHES

• Adhere to all federal, state, and local guidelines applicable to fencing activities. And: BEFORE ACTIVITIES

- Email parents and fencer outlining the club's COVID-19 policies.
- Establish and enforce social distancing protocols.
- Limit the number of persons in the Fencing Venue to fencers registered for the class.
- Disinfect the venue and all equipment where the club activities will take place.
- Verify that fencers are symptom-free and, to the extent reasonably possible, COVID-19 free. Upon athletes' arrival to training, each fencer will give the coach a COVID-19 Athletic Monitoring Form and will have their temperature taken using a no-touch device. - If the athlete has any signs or symptoms of COVID-19, they should be sent home and requested to contact their healthcare provider - An athlete who has exhibited symptoms of COVID-19 or been in close contact with someone else who showed such signs should not return to practice until 14 days have elapsed without symptoms, or until a formal letter of clearance from a healthcare provider provided to Coach.- If an athlete tests positive for COVID-19 or has been in contact with someone diagnosed with COVID-19, the Coach should notify other fencers and parents present at the practice about a possible exposure.- The coach should NOT share the sick athlete's name with other fencers and parents to protect the athlete's privacy and that of their family. - Exposed individuals should consult their healthcare providers.
- All persons must wear surgical or cloth masks covering nose and mouth while present in the fencing class.
- Provide hand sanitizing stations throughout the venue.

RETURN TO FENCING GUIDELINES FOR COACHES DURING ACTIVITIES

- Continue to clean and disinfect the venue and equipment periodically where the club activities take place.
- All athletes and coaches must wear surgical or cloth masks covering nose and mouth (even under fencing masks).
- Modify drills, lessons other activities to be consistent with essential and otherwise reasonable distancing requirements; limit or eliminate bouting and group meetings, and eliminate handshakes and all activities requiring direct contact between athletes and between athletes and coaches.
- Class sizes and the number of persons in the club should be limited to comply with applicable restrictions. Consider "flighting" sessions such that one training group exits the club 20 minutes before the next group arrives, to allow for interim cleaning. Assign participants to the same training group or the same training partners\ every session to minimize the risk of widespread transmission.
- Regularly sanitize surfaces likely to be touched or otherwise infected during the club activity, including strips, reels, and scoring machines.
- Remove anyone from a club activity immediately if they exhibit any COVID-19 symptoms, following the preceding section's steps.

Excellent ventilation will reduce the risks of contracting COVID-19. Windows will be open during fencing classes.

AFTER ACTIVITIES

- Sanitize all surfaces and equipment used during class activities.

RETURN TO FENCING GUIDELINES FOR PARENTS/GUARDIANS

- Arrive between 5-10 minutes before class start time.
- Do not leave until your fencer has been given coach the COVID-19 Athletic Monitoring Form and had their temperature taken using a no-touch device
- Arrive on time to pick up your fencer when class is over.