

Guidelines for Fencers

BEFORE ACTIVITIES

- Stay home if you have had close sustained contact in the last 14 days with anyone who was sick or known or believed to have COVID-19
- Stay home if you are sick or do not feel well
- Self-monitor and be symptom free for at least 14 days prior to any in-person club activity
- Wash and sanitize your hands
- Avoid touching your face, eyes or mouth with unclean hands
- Practice social distancing where appropriate
- Wear a face mask to reduce exposure to airborne contaminated particles and reduce exposure to others
- Bring a spare face mask so you can change after training
- Bring a carrier bag with you so you can take your own waste away with you
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze (even when wearing a mask) and dispose of any tissues appropriately

DURING ACTIVITIES

- Refrain from any activity if experiencing any COVID-19 symptoms and report this to the coach
- Comply with all safety measures applicable to or prescribed by Truro Fencing Club
- Come to the salle already dressed in freshly washed workout clothing. Clothing should be suitable for public display and to wear under fencing uniforms, such that uniforms can be put on piste side, without the need for private changing
- Fencers will be required to keep kit and all personal belongings in their bags unless it's in use. Coaches are required to enforce this
- Uniforms and other kit to be taken home and washed after training, not left at the salle or anywhere on school grounds. No personal items whatsoever are to be left behind
- Do not share any equipment or personal items such as weapons, body-wires, fencing masks, gloves, uniforms, with others. Equipment can be borrowed from the club by prior arrangement, on a temporary basis to ensure that you don't need to share anything
- At all times in the salle you should wear a surgical or cloth mask covering nose and mouth, including under your fencing mask
- Practice social distancing as directed - no physical contact with others (EG no handshakes)
- Avoid touching your face, eyes or mouth with unclean hands
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze, and dispose of tissues appropriately
- Please feel free to bring and use your own hand sanitizer and/or sanitizing wipes
- Bring your own drink in a bottle clearly marked with your name, to avoid accidental sharing, and, if desired, energy bars. No other food or drink will be allowed. Please remove all your own waste in your own bag at the end of your session

AFTER ACTIVITIES

- Wash and sanitize your hands often and ALWAYS on entering and leaving the training area and ensure your personal hygiene and kit cleaning standards are met
- Do not touch your face, eyes or mouth with unclean hands
- Monitor your health and report any symptoms directly and in confidence to TFC Admin, Joanne
- Practice social distancing
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze and dispose of tissues appropriately
- Wash and sanitize all gear, uniforms and apparel used during the activity