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[WWW.DIAMONDBLADEFENCINGCLUB.COM](http://WWW.DIAMONDBLADEFENCINGCLUB.COM) | COVID-19 OFFICER: JONATHAN WEBB [JJ.WEBBGB@GMAIL.COM](mailto:JJ.WEBBGB@GMAIL.COM)

## COVID-19 PARTICIPANT PROTOCOLS

The purpose of this document is to outline the procedure to safely run any session (outdoor, indoor, club, camp etc) under the new covid-19 guidelines. These guidelines have been laid out by both the Government and British fencing.

### Health declaration:

- All participants and coaches must fill out the [online health declaration form](#) before attending each session. This is a short survey that determines whether they are fit and healthy and are at low risk of infection and infecting others.
- It is important that all answers provided are accurate and to the best of your knowledge.

### Cleaning of Equipment:

- The responsibility of cleaning any personal or hired equipment is that of the owner and must follow at least one of the below protocols after each use.
- Any kit/shared equipment (spools, foils etc.) provided by Diamond Blade fencing club for use by members, must be cleaned following the guide below by a coach or designated person before each use.
- No personal/hired equipment should be shared during a session and if it is to be shared from session to session (between siblings for example) the appropriate cleansing measures should be taken (refer to the below table).
- No equipment provided by Diamond Blade should be shared in any particular session and must be cleaned following the below guidelines after each session/use.
- It is recommended (where possible) that Diamond Blade rent out equipment to reduce the risk of cross contamination. For example, if a child had signed up for 8 weeks, they take home any equipment for that period of time.

Equipment	Option 1: Quarantine days	Option 2: Cleaning	Additional notes
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Jackets/breeches /plastrons	3		Option 3 - wash using a pre-wash disinfectant soak (non-bleach type, suitable for laundry use)
Gloves	7		Strongly recommended that members are advised to purchase their own gloves if they can.
Chest protectors	7		Clean inside out
Masks	7		Clean inside and out. Any removeable padding should also be washed regularly according to manufacturer instructions.
Body wires	7		
Spools, scoring boxes, ground wires:	7		And/or use hand sanitiser before and after changing connections within sessions.
Weapons (metal/plastic)	7		Take additional care to fully dry metal areas
Lames	7		Clean inside out
Coaching plastrons/jackets	7		Please follow the manufacturer instructions for cleaning/wiping down. At this time we do not recommend that coaches share any coaching plastrons without a 7 day quarantine period.

### Personal Hygiene:

- All participants should practice good hygiene before, during and after the session. This includes the regular sanitising of hands and shared equipment, catching any sneezes/coughs with a disposable tissue or elbow.

- Participants should aim to arrive at each session ready for activity. This means that there should be limited to none on site changing.
- Participants should bring their own hand sanitiser and use frequently before, during and after the session.
- Participants should bring their own water bottle (sufficient for the session ahead as refilling stations may be closed). Under no circumstance should a bottle be shared.
- Refrain from attending any activity if experiencing any COVID-19 symptoms and follow government advice for isolation and testing.
- Do not attend a session if you have recently (in the last 2 weeks) been in contact with anyone showing Covid like symptoms or if you have been contacted/advised by NHS track and trace system to self-isolate.
- When not participating in high intensity activity all participants and coaches should wear a face covering and where possible an in-mask lining when fencing.
- Members are asked to keep out of club activities to a minimum during these times. This is help reduce the risk of infection.

#### **Travel:**

- Members should minimise their use of public transport (not just to and from the session but away from the session as well) and seek other means of transport where possible.
- If members need to use public transport, we advise that the necessary PPE measures are used (gloves and masks). All gloves and disposable masks should be disposed of before entering the session.

#### **Accident and Injury:**

- Participants should, during these times have their own basic first aid kit (anti bac, Band-Aid's etc) however Diamond Blade will also provide if necessary.
- Where possible, participants should aim to self-treat.
- In an event where self-treatment is not possible the coach (who is first aid trained) may treat whilst wearing the appropriate PPE (mask, gloves, apron).
- 999 should be called in the case of an emergency.

#### **In the Salle (including outdoor activity):**

- The handshaking rule has been suspended by the FIE until further notice. This means that all participants should not shake hands and should practice a socially distanced salute instead.
- Corps a corps, deliberate close quarter actions and any actions that breach the 1m distancing are not permitted.
- Fleche and running attacks are also suspended until further notice.
- Adapted sparring between two individuals in the group can take place but is limited to 1 x 15 hits or 3 x 5 hits, up to a maximum of 10mins of fencing time and 15mins of

elapsed time. (This means, for example, a group could choose to run a poule unique of 6 fencers where everyone fences each other once only to 15 hits and each bout takes no longer than 10mins of fencing time and 15mins elapsed time).

**Visitors/Parents or Guardians:**

- All parents/visitors/guardians should refrain from entering the salle or outdoor area where activity is taking place. This is to limit the amount of people in one and space and to adhere to social distancing.
- Parents/guardians dropping off or picking up from the session must not arriving any earlier or later than ten minutes of the appropriate time. This is particularly important when sessions are being run consecutively. We will always allow 30 mins cleaning and swap over time between sessions and its imperative that parents/guardians don't interrupt that transition process.

**All coaches should follow the above guidelines also, as well as refer to the appropriate risk assessment forms (outdoor, indoor etc). It is worth noting that although Covid-19 is at the forefront of our risk, any other precautions and risk assessments should remain a priority and should not under any circumstance be overlooked.**