

Friday, 25 September 2020

## **RETURN TO FENCING DURING COVID 19 - Heriot Watt University Fencing Club.**

**INTRODUCTION:** All the information here is correct at the date in the header and subject to change. It has been devised to correspond with the guidance from Scottish Fencing and supplemented with the arrangements required by Heriot Watt University. The required risk assessments from each body have been completed and are available upon request.

**The guidance falls into a number of parts.**

- 1) Procedures before attending a fencing session and terms of service
- 2) Procedures and processes in the Salle whilst not fencing.
- 3) Regulation governing matches themselves. Number and duration of bouts and layout of pistes.
- 4) The allocation, cleaning and storage of fencing kit.

### **1) Procedures and processes before attending a fencing session.**

Fencers will need to book to attend each night they intend to train. This will obviously require more pre planning than fencers are used to doing and more organisation by the club. The Sign up process has been described in previous messages and is to be found on the **OUR ORIAM** app launched this year. Signing up will confirm the declaration about the fencer's health and recent exposure to COVID-19. Because of physical distancing restrictions in place, the number of attendees at one session is limited to 15 people, excluding coaches and support staff. Priority will be given to certain fencers, such as the development squad as well as the team. It is up to the coach to decide who will be prioritized.

The regular training times are split as follows:

**Wednesday 3:45pm-4:45pm open to all members**

**Wednesday 5pm-6pm open to the development squad**

**Friday 5pm-6pm open to all members**

**Friday 6:15pm-7:15pm open to the advanced fencers**

Please note before attending any session each individual will have to have filled out the Return to Fencing questionnaire as per Scottish Fencing requirement. Shall an individual not have filled out this form and is unable to do so before the session, that person will not be able to join and will be asked to leave and cancel their booking. Additionally, every attendee will be asked to show their confirmation email to the coach or a representative of the committee.

By coming to any session you are agreeing that you understand and will adhere to the current guidance:

- Refrain from attending any activity if experiencing any COVID-19 symptoms and follow government advice for isolation and testing
- Comply with all safety/distancing measures applicable to or prescribed by the club/coach
- Come to the session already dressed in freshly washed workout clothing and appropriate footwear
- Ensure you have fresh and warm clothes to wear afterwards without the need for changing rooms
- DO NOT Share equipment such as weapons, body wires, fencing jackets, gloves, fencing masks, breeches, plastrons with others

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- Practise 2m social distancing (unless U11)
- Refrain from contacting/touching other participants coaches and attendees
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze
- Bring and use hand sanitizer and/or sanitizing wipes
- Bring your own water and, if desired, energy bars. No other food is allowed as per government regulation
- Bring a bag and take all your personal gear and rubbish away with you

Should you disagree with any of these statements made above, please refrain from attending any session. Feel free to contact us via email or any other social media platform.

In the case that you do experience any symptoms of COVID-19 please contact us immediately so that the appropriate steps can be taken.

By signing up to a session you agree to the following terms:

- I have not been experiencing any COVID-19 symptoms (listed below)
  - Fever, New persistent dry cough, Shortness of breath, Loss of taste or smell, Diarrhoea or vomiting, muscle aches not related to sport
- I have not been diagnosed with COVID-19 within the last four weeks
- I have not had any known exposure to anyone with confirmed or suspected COVID-19 in the last two weeks (close contacts)
- I do not have any underlying health conditions which affect my immune system (Examples include: chronic respiratory conditions including asthma, chronic heart kidney liver or neurological conditions; diabetes mellitus; a spleen or immune system condition; currently taking medicines that affect immune system such as steroid tablets) OR I have underlying health conditions, but I have consulted with a medical professional and am advised it is safe for me to return to fencing. I will, if required by our Sports Union provide a copy of this letter to the Health and Safety Officer in the SU
- I have read and agree to the Club COVID-19 measures and policies
- I acknowledge that I am responsible for cleaning the equipment handed to me
- I will bring my own sanitiser and follow all hygiene protocols, including ensuring that on arrival I wash my hands
- I agree to follow instructions given by facility or club officials at the session

We also ask all attendees of the session to arrive no more than 10 minutes before the begin of the session in order to ensure no crowding in the hallways. While in transit to the designated sport area Sports Hall 2 you must wear a face mask and follow the one-way system in place by Oriam.

Upon arrival in Sports Hall 2 you will be asked to disinfect your hands before entering the hall. This is to be done by either one's own hand sanitizer or the disinfectant agent provided by the club.

## **2) Procedures and processes in the Salle whilst not fencing.**

A face covering must be worn by the coaches and those participants not actively engaging in the session indoors.

On arrival, bags must be placed against the walls to the left and right of the door one bag per attendee. All personal kit and kit borrowed from the club must be kept on and immediately in front

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of the fencer's own bag. All putting on and removing of fencing kit must take place in this 2 metre space.

As far as practical fencers should restrict their movement round the Salle and remain close to the enclosure where their bubble is fencing. Fencers should maintain a distance of 2 metres from others whilst stationary and talking.

Fencers are not allowed to enter the storage. Shall a fencer require something from the cupboard a designated committee member must be spoken to.

### **3) Regulation governing matches themselves. Number and duration of bouts and layout of pistes.**

Fencing will take place on 14 meters x 1 meter. The pistes will be placed parallel to the entry door on the other side of the hall. This allows for space designated for warmup and fencing equally. The bubbles formed when fencing are not to be disrupted. The only people swapping from bubble to bubble are the coach and the COVID-19 officer or his second.

A bubble here does not have to be a physical space, it is a group of up to 6 people to whom you can get to closer than 2 meters whilst fencing. The amount of people allowed per bubble is subject to change.

Fencers do not have to wear a face covering when fencing on piste outside. Spool fender ends should be wiped with a sanitising wipe before being used. That means the incoming fencer is always responsible for their own safety.

There must be no physical contact such as handshakes, hugs or elbow bumps. Close quarters fencing should be avoided wherever possible. If being refereed, halt must be called when fencers get into close quarters. When not refereed it is the fencer's responsibility to stop as soon as they realise.

Fencers are permitted to fence each other for 5 hits in any one bout. Maximum piste time is 10 minutes. Lessons are a maximum of 15 minutes. These times are again subject to change as Scotland progresses further through phase 3 and phase 4.

All fencing must stop 15 minutes before the end of the Salle booking to ensure the committee and coaches can disinfect the material used and store it appropriately.

### **4) The allocation, cleaning and storage of personal fencing kit.**

The Club kit handed to a fencer for a session is to be given back to the club officials so that it can be quarantined appropriately and in accordance with Scottish Fencing guidelines. No kit is to be taken out the lockers without consent from the coach or club official present.

#### **Fencers with their own kit:**

Those fencers who have their own kit will no longer be able to store their equipment in the lockers adjacent to the salle. It is also the fencer's responsibility to ensure his or her kit is washed and cleaned properly. Sharing of equipment without consent of a club official is prohibited.

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**Fencers borrowing some or all of their kit from Heriot Watt Fencing Club:**

The club will allocate a complete fencing kit to a fencer. This kit is not to be taken home but is instead handed to a club official present at the session in order to ensure that the kit is quarantined appropriately. Throughout the year we encourage any fencer to purchase their own kit.

Bodywires and weapons will be wiped down before and after use each session, as per Scottish Fencing guidelines.

Thank you very much on behalf of the Heriot Watt Fencing Club

Benedikt Schuessler  
President HWUFC