

Summary of Requirements for Fencers from the Covid Risk Assessment



Risk Assessment Title	Covid19 Risk Assessment for Fencing Sessions	RA Revision Date	11/09/20
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This document summarises the controls relevant to fencers as required in the Risk Assessment for fencing session during the Covid19 pandemic. Please familiarise yourself with the requirements.

Before attending a session:

- A pre-booking system will be used to ensure that we are able to adhere to the maximum capacity requirements for the indoor venue. A maximum of 17 people are permitted. This includes fencers, as well as coaches, spectators and parents etc.
- All attendees will be asked to sign a form confirming that they have not tested positive for Covid19 within the previous 14 days, they do not have symptoms of Covid19 and that they are not currently in isolation or quarantine.
- Contact details will be taken for each person to assist with Track & Trace. This includes fencers, as well as coaches, spectators and parents etc.
- All attendees will be asked if they have one (or more) of the health conditions that the government list as causing a higher risk of complications. Anyone who confirms that they have will be asked to be especially vigilant regarding social distancing and use of hand sanitiser.

Clothing:

- Fencers are encouraged to arrive in clothing to be worn for fencing and not require the use of changing rooms.

Social Distancing:

- Social distancing to be maintained (2m minimum) at all times.
- Avoid physical contact with others.
- Observe latest social distancing advice when not fencing.
- Avoid congregating – for example please do not arrive early and leave promptly at the end. No queues at the end of pistes.
- Please leave enough spacing between all the bags allowing for social distancing when accessing them.

Face Coverings:

- Whilst not engaging in activity everyone should wear face coverings. This is mandatory for everyone over the age of 11. This applies to fencers, coaches and spectators.
- Face coverings (or fencing mask liners) must be worn whilst fencing. This is mandatory for everyone over the age of 11 (unless there is a health condition that prevents them being worn). This applies to fencers and coaches.

Fencing Activity:

- Activity is restricted to groups of a maximum of six people.
- Fencers can rotate within the group, but social distancing must be maintained within this group where at all possible.
- You cannot move groups within a session.
- The handshaking rule is suspended. Fencers should replace the end of bout handshake with a salute observing 2m social distancing.
- At the end of fencing activity all participants should sanitise their hands after the completion of activity.
- The Covid Rep will be responsible for collecting and disinfecting any shared equipment.

Equipment:

- Use your own equipment whenever possible and bring only what you need for the session.
- Do not bring unnecessary levels of equipment/personal belongings.
- Wash your clothes and clean your equipment between each session.
- Do not share items of personal clothing and equipment including fencing masks, face coverings, jackets, plastrons, breeches, or gloves during a session.
- British Fencing guidance in relation to equipment cleaning will be followed.

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- Where at all possible fencers should limit sharing of equipment. DFC members who borrow club kit will be issued a bag to place their equipment inside. This will be named and only they will touch it.
- If fencers do share equipment, they must practise strict hand hygiene before and after use and the equipment must be cleaned before use by another person.
- Personal equipment should not be shared during sessions – this includes all items of fencing clothing, fencing masks and gloves.
- 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.
- All participants should sanitise their hands prior to the start of the activity and before and after touching any shared equipment (eg spools).

Venue rules:

- Everyone must use hand sanitiser on entering the hall. Please bring your own hand sanitiser to be used frequently, and importantly before and after touching shared surfaces.
- No more than 2 people may enter the toilet facilities at the same time.

General:

- Good respiratory hygiene is essential, covering nose and mouth when coughing or sneezing and immediately disposing of tissues.
- No sharing of food or drinks. Please bring your own filled water bottle. Note that venues may not have operating refill stations

Shielding:

- If shielding is reintroduced in England, anyone who is asked to shield by the government will not be permitted to attend DFC during the period of shielding.

Vulnerable Persons:

Certain health conditions make a person more vulnerable to the effects of Covid19 should they contract it. We need to be aware if this applies to you so that we can take any additional precautions that may be required. If any of the following apply to you, please inform the Head Coach or Covid Rep.

- People at high risk (clinically extremely vulnerable)
 - have had an organ transplant
 - are having chemotherapy or antibody treatment for cancer, including immunotherapy
 - are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
 - are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
 - have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
 - have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
 - have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
 - have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
 - are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
 - have a serious heart condition and are pregnant
- People at moderate risk (clinically vulnerable)
 - are 70 or older
 - have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
 - have heart disease (such as heart failure)
 - have diabetes
 - have chronic kidney disease
 - have liver disease (such as hepatitis)
 - have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
 - have a condition that means they have a high risk of getting infections
 - are taking medicine that can affect the immune system (such as low doses of steroids)
 - are very obese (a BMI of 40 or above)
 - are pregnant