



CENTRAL LONDON FENCING CLUB

Covid-19 protocols: Central London Fencing Club

With effect Monday 14th September 2020

Covid-19 Officer (for all club sessions)

The Covid-19 Officer for the club is Jean-Christophe Guibert (Club Manager & Head Coach). He can be contact via email at - info@centrallondonfencingclub.com.

British Fencing Association (BFA) - Membership

Please note there are new rules in place regarding BFA membership. Fencers are required to arrange this themselves, in advance of the beginning of term.

To be covered by BFA insurance, every participant must now have BFA membership. No exceptions can be made. This applies to all adult and child fencers.

- There is now a **FREE** 3 month 'Introduction' membership available. For details, [click here](#). The free membership will automatically expire after 3 months, after which time you will be required to hold a standard BFA membership. Alternatively, if you are not competing, the annual membership is £19 per year. Further information can be found on the [British Fencing](#) website.

Advance preparation for your return & termly club registration

- **All fencers (adults and children) must complete their BFA registration **IN ADVANCE**** of the beginning of term and will be asked to provide their BFA registration number.
- **Where possible, we recommend that all fencers (adults and children) purchase their own fencing kit**, if they have not already done so. For advice on how to do this, please contact the Club Manager for advice.
- **For those who do not wish (or are not able) to purchase their own fencing kit, you will be required to "borrow" a set of Club fencing kit for the academic year - which will include a jacket, under jacket and glove - that you keep with you, and wash in your own home. The cost will be £90 per fencer, for the full academic year, for the loan of the kit.** If, for any reason, your child stops fencing after one term or two, you will be entitled to ask for a proportionate refund of £30 per term accordingly (following the safe return of the fencing clothing). **Otherwise, after 3 terms the fencing clothing will be owned by you.**
- **Mask liners (or similar) are recommended by British Fencing**
An example can be found [here](#). These are readily available for you to purchase, on websites such as Amazon.



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- Please ensure that you are familiar with the Club's Covid-19 protocols, as set out in this document, in good time before the beginning of term, specifically in relation to hygiene and social distancing.
- **You will need to complete “per-session” Covid-19 form (with questionnaire) for every session that you attend, on the day of the session** – the personal details of participants, visitors and spectators must kept by the Club for 21 days, and will be sent to NHS Track and Trace (if required) upon their request.
- **You (and/or your children) will not be allowed to join the session unless this “per-session” Covid-19 questionnaire has been completed** (E.g. This questionnaire must be also completed by spectators/parent of junior fencers, anyone attending the session, in any capacity).
- The form can be found in the ‘Documents’ section of the CLFC website and via [this link](#). Some spare hard copies will be available at the Club on arrival.
- Any questions should be directed to the Club's Covid-19 Officer, by email in the first instance– info@centrallondonfencingclub.com.
- These protocols are subject to change, in line with UK Government and British Fencing official guidance.
- Do NOT attend Club training sessions if you feel unwell. If you suspect you may have Covid-19 symptoms, visit the [NHS website](#) for advice.

During Club sessions

What to bring: reminders

- **You must bring own water bottle/water** (the school water fountain will NOT be available). This applies to adults, children and all other attendees/spectators.
- **Your completed “per-session” Covid-19 form (with questionnaire)** – please hand this in, **on arrival at the Club.**



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Arrival – common/shared areas

- Adults are encouraged to wear face coverings on arrival to the building.
- Please sanitise your hands upon arrival (hand sanitiser will be provided).
- A face covering must be worn, if maintaining a 2m distance is not possible.
- The Club will be operating a 'one way' system for arrival and departure. All attendees will be expected to follow the appropriate directions from the Coaches and Club Manager. This one-way system will operate for the entire term.
- **Please arrive changed and ready to participate, the changing room and showers are NOT IN USE.**
- **Don't forget your water!**
- **On arrival, you must hand in your completed 'pre-session' Covid-19 questionnaire before joining the session, sitting in the gallery, or taking part in any fencing.**
- **The first session participants must have left the sports hall (entirely) before the next group is admitted.** Entry and exit to the sports hall will be controlled, for everyone's safety. Please follow the instructions of Coaches and the Club Manager.

In the sports hall & on the piste

- **Showers will not be in use at any time.**
- **Changing rooms will not be in use at any time. If necessary, please change into your fencing kit/clothing in the sports hall.**
- Toilets will be available but please use sparingly and wash your hands regularly and thoroughly.
- Always maintain 2m social distance in communal areas.
- Please keep your fencing bag against the wall during the session, neat and tidy, with enough space between other fencers.
- **All fencing activity is strictly restricted and mandated to separate groups with a maximum 6 people in any group at any session.**
- Fencers can rotate within their group, but social distancing must be maintained within this group, where possible. **You cannot move groups within a Club session.**
- Groups of 6 fencers will last for the entire duration of each Club session. Fencers must not spar with anyone outside of their allocated group.
- **Groups of 6 fencers (for adults and children) will be determined by the Club Manager and Coaches only, on arrival, at each session.**
- Certain fencing actions are forbidden– including fleching/running attacks, 'corps à corps' (body to body actions), deliberately close quarter actions, and any actions that breach 1m distancing. This will be monitored throughout bouts.
- Individual lessons for adults will only be possible with the Coach **included** in their group of five people (5 fencers + 1 coach).
- Coaches are permitted to give lessons within one group (only) per session.



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- Individual lessons for adults are permitted to take place for a maximum of 15 minutes.
- Avoid sharing equipment, including personal items. Fencers must wipe down equipment (boxes, spools, etc.) with anti-bacterial wipes before and after use.
- Fencing will be limited to 1 bout of 15 points, or 3 bouts to 5, in a row, followed by a break.
- No shaking hands (or any other physical contact) at the end of the bout.
- Club/shared kit will be regularly cleaned and maintained in line with official guidance.

In the gallery (Parents/Guardians)

- Please refer to the Arrival instructions above. **You must hand in your completed “per-session” Covid-19 form (with questionnaire) at the beginning of each session. This includes all parents/guardians.**
- Parents/guardians may wait in the upstairs Gallery as usual (as this is an entirely separated/segregated and elevated area), however, social distancing of 2m must be maintained throughout. Where this is not possible, all adults are required to wear a face covering in the gallery.
- **A reminder that parents/guardians are not permitted in the Sports Hall at any time.**

Departure – common/shared areas

- **Showers and changing rooms are NOT IN USE.**
- The Club will be operating a ‘one way’ system for arrival and departure. All attendees will be expected to follow the appropriate directions from the Coaches and Club Manager. This one-way system will operate for the entire term.
- Please sanitise your hands upon departure (hand sanitiser will be provided).
- All adults are encouraged to wear a face covering in communal areas, including on departure.
- **Exit from the sports hall will be controlled, for everyone’s safety. Please follow the instructions of Coaches and the Club Manager.**

IMPORTANT

- **All attendees (including fencers and parents/guardians) are required to assist and co-operate with the Club’s Covid-19 protocols, in line with instructions from the Coaches and Club Manager. All instructions from the Club Manager and Coaches must always be respected.**