



BRISTOL BLADES FENCING CLUB

Welfare Officer: Jane Glydon, safeguardingbristolblades@gmail.com

COVID-19 Officer: Mike Cleary, bristolbladesfencing@gmail.com

Club BF Membership no. 959078

BRISTOL BLADES FENCING CLUB RETURN TO FENCING

COVID SAFE FENCING CLUB 12/04/2021

INTRODUCTION

This document lays out the measures that should be taken by fencers, clubs, officials, volunteers, coaches, and spectators before, during and after all recreational fencing activity as well as specific advice relating to lessons and sparring. It applies to indoor fencing activity delivered from 12th April 2021 in England. These protocols and rules are in addition to the usual safety rules our club adheres to.

Any resumption of, and ongoing participation in, fencing activity in England is, at all times, governed by;

1. Government Guidelines (this includes Public Health England)
2. Venue Specific Rules (includes use of changing rooms, movement/volume of people, hygiene protocols)
3. British Fencing Guidelines including Fencing Specific Adaptations to meet measures such as social distancing.

This document refers to current UK Government guidance for England available as of 12th April 2021. It is subject to change in response to the current COVID-19 Alert Level, community prevalence of COVID19 and/or to reflect additional or updated UK Government guidance.

Much of this document is a reiteration of British Fencings General advice, but has been adapted and added to make it specific to our club. British Fencings full return to fencing can be found here: https://www.britishfencing.com/england_roadmap_guidance/

Please Note; regardless of our club protocols there is an increase risk of transmission with participating in any indoor or outdoor group activity. By coming to our sessions you are opting to participate in fencing activity. The club is doing all it can to effectively manage these risk to make a safer environment for all club members, in line with Government and British Fencing Guidelines.



1. SUMMARY – INDOOR FENCING FROM 12th April 2021

Currently Bristol Grammar school are not opening their indoor facilities until September. We have an alternate venue in the interim.

1.01 Fencing activity can take place in groups of up to 15 people from different households, as long as you remain 2 metres apart as far as possible.

1.02 Activity is restricted to groups of a maximum of 15 people.

1.03 You can have more than one group of 15 in a hall, providing you are able to maintain social distancing within the space available and the total number of people (including non-fencers) within the hall does not exceed government and venue guidelines on use of indoor space.

1.04 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.

1.05 Fencing activities (including 1:1 lessons, pairs work and sparring) where it may NOT be possible at all times to stay 2m apart are subject to adaptations and additional measures to reduce risk. This document lays out these adaptations (see below).

1.06 PPE must be worn at specific times, detailed below, What When Where How Why.

1.07 There will be strict equipment rules in place for use of fencing equipment (see below).

1.08 All equipment, personal, loaned, and club, must follow strict cleaning protocols, designed in response to the Covid19 situation by British Fencing.

1.09 Venue specific restrictions will be in place and you will be responsible for ensuring you adhere to these.

1.10 **ALL club members must be Members of British Fencing to come and fence** (see *2.09*).

1.11 We have an online booking system in place. You must book online pre session. Booking will close at 12pm midday on the day of the session (see *11.01*).

2. PRIOR TO FENCING

All participants (fencers, coaches, officials, volunteers and spectators) should:

2.01 Check for symptoms of COVID-19 before travelling to training. In line with current UK Government Guidance, if an individual is symptomatic and/or living in a household with a possible COVID-19 infection, you should remain at home and follow UK Government guidance. In addition, any participants who have been asked to isolate by NHS Test and Trace because they are a contact of a known COVID-19 case, must not exercise outside their home or garden and must not exercise with others.

2.02 Follow UK Government guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19 if it applies to them.



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2.03 Comply with all public health restrictions and avoid high risk behaviour outside the sports setting to reduce the risk to their fellow participants when you do attend the fencing club.

2.04 Carry out personal hygiene measures before and after fencing activity.

2.05 Bring your own hand sanitiser where possible and maintain strict and frequent hand hygiene measures at all times.

2.06 Follow UK Government guidance on best practice for travel, including minimising use of public transport and limiting car sharing.

2.07 Ensure that you are familiar with the instructions issued by the club, specifically in relation to hygiene and social distancing.

2.08 If possible, arrive at club sessions changed and ready to undertake the activity you are participating in.

2.09 Ensure that your contact details are up to date on the BF membership system and the club records. Membership of BF is a requirement – **a free 90-day Introduction membership for new members is now available.**

Prior to starting the club has;

- Named **Mike Cleary** as Club COVID-19 Officer, which is registered with BF.
- During each session the Covid-19 officer will be present, if not one of the other coaches will be named. It is up to the officer to make sure all Covid-19 safety precautions are being followed.
- We have added additional Risk Assessments that cover outdoor and indoor activity. Risk mitigation measures will be put in place and regularly monitored.
- Coaches have received specific COVID-19 training to create a safer environment for training at the club and implement COVID-19 mitigation plans identified in the Club Risk Assessment.
- We have a copy of the venue's Risk Assessment available to make sure they are following sufficient steps and that we can work within them.
- We will be looking to continue our online Zoom sessions in the future
- The club has tested the following protocols with test sessions. to make sure they are safe to use.

3. COMING TO THE CLUB

The club will be running a little differently to normal. We have had to put certain steps in place for the safety of all members and supporters.

3.01 We will be working with the online booking system Eventbrite (see Section 11) to manage the club groups. You will need to sign up and use the Eventbrite system to book onto club classes. You cannot just turn up to club. Booking will close 12pm on the day of the class.

3.02 You will be working in groups of up to 14 fencers plus a coach. These groups will be split into **ages 15+** and **ages 14 and under**. There may be a few exceptions based on ability. We may make specific suggestions to which group to book onto. (see **11.01**)



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3.03 After signing up to a session you will need to complete a small health questionnaire, which needs to be completed before the start of the session.

3.04 If you develop symptoms after coming to the club, please inform us ASAP via email so we can report to British Fencing and work with the NHS Track and Trace system.

3.05 PPE will be required, at Specific times, inside the venue. More details in part 4.

3.06 When arriving at the venue, please arrive on time. The coach will meet you at the main door. Please make sure to keep socially distanced outside the venue. Age 15+ groups, we ask parents drop off and wait elsewhere outside the venue, and then pick up from the main entrance at the end of the session. Age 14 and under groups, we ask the same as above, but if you feel you need to be in the session please let us know as you will be counting towards the venue numbers and will be required to follow club social distancing rules and wear relevant PPE. We suggest you bring your own chair as we cannot provide seating.

3.07 There will be no borrowing of fencing jackets, gloves, under plastrons, breeches, socks, or fencing masks, session to session. You must bring your own (cleaned in relation to our cleaning and hygiene protocols, in section 5). You are able to loan kit from the club for a deposit of £25, you will then be responsible for cleaning and bringing to each session.

3.08 Please remember that water facilities may be scarce or unusable so please bring your own, full, water bottle to sessions.

3.09 To come to the sessions you must be a member of British Fencing and make sure all existing information is up to date. You will need to input your Membership number to book onto our sessions. If you do not currently have BF membership, they are currently running a 90 day free beginner membership for new members. This is available here <https://www.britishfencing.com/become-a-member/>

4. CLUB USAGE OF PPE (this includes age under 11s)

4.01 During all non fencing activity indoors face coverings should be worn. The face covering must cover both your mouth and nose. While fencing a face covering is advised but not mandatory. While in your safe zone, we will allow the removal of the face covering if breathing becomes difficult (eg after a match or if its hot) please ask the coach first. This is to allow adequate recovery from carbon dioxide build up under masks.

4.02 If you are unable to wear a face covering for any health or social reasons please let us know in advance via the Bristol Blades email so we can make sure we follow protocol outlines in our risk assessments.

4.03 If you do not want to wear it under your fencing mask you can wear a mask liner. A mask liner is a piece of cotton lining, or other face covering, connected to the inside of the mask, it must cover under the chin and over the front of the nose.

4.04 The British fencing equipment manufacturer Leon Paul have created some mask liners that clip into the mask. They can be found here: <https://www.leonpaul.com/leon-paul-mask-shield-x-10.html>

4.05 If you are unwilling to buy these you can make your own, watch the video on the Leon Paul website for an explanation as to how they work.



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- 4.06 You must bring your own face coverings or mask liners, we will not be providing any.
- 4.07 Our coaches will be wearing face coverings at all times during the sessions indoors.
- 4.08 Please bring your own hand gel to wash hands between matches. There will be hand wash and wipes on each piste to use in case. If you are unable to use Hand gel please see 5.14 and 5.15.
- 4.09 If your Face covering falls off or comes loose during the session. Do not panic. Calmly replace the covering when you are able.
- 4.10 If you wish to wear plastic gloves, you will still need to follow standard cleaning protocols, using sanitizer on them.

5. CLEANING EQUIPMENT BOTH PERSONAL AND CLUB KIT

Full British Fencing Cleaning protocols can be found here

https://www.britishfencing.com/england_roadmap_guidance/

Fencers should, wherever possible, only use and touch their own equipment. There should be no sharing of personal equipment within a session. Personal equipment includes Masks, Gloves, Under Plastrons, Jackets, Swords, Body wires, Socks, Breeches.

Please make sure to follow manufacturers guidance for washing temperatures. DO NOT tumble dry fencing equipment.

Personal and Loaned Equipment

- 5.01 All clothing (Jacket, Under Plastron, Glove, Breeches, Socks, T-shirt) must be clean on arrival and washed in-between sessions.
- 5.02 All other equipment can be wiped down with anti bacterial/viral wipes.

Club Equipment

- 5.03 We will be following British Fencings Cleaning Protocols for all club equipment. These can be found using the link above. Majority of kit will be 'quarantined' between use.
- 5.04 Spools, wires and boxes will be wiped down at the beginning and end of sessions. Coaches will be setting up and putting away equipment.
- 5.05 To touch club boxes and spools, fencers will be required to use hand gel before touching equipment, and where possible use foot or sword to turn on scoring box.

PPE Indoors

- 5.06 Face Coverings should be worn indoors. Mask linings may be worn while masks are on instead. Unless as stated in 4.01



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PPE Outdoors

5.07 Face Coverings are not required to be worn for outdoor sessions unless sparring is taking place. In this instance mask liners may be worn instead.

Personal Hygiene

5.08 Fencers must make sure their clothing and fencing equipment is clean on arrival to each session.

5.09 Hands must be washed on arrival to the venue, hand wash will be available on arrival.

5.10 Hands must be cleaned before and after fights. We recommend having your own hand gel to keep in your 'Safe Zone'.

5.11 Please bring a towel to wipe any sweat from hands or face.

5.12 While we will have our own first aid kit on hand. We recommend you have your own small version with your kit. This is to reduce contact time. This could just be some plasters etc.

5.13 Please put your glove on LAST, after you have plugged onto the box. And take your glove off before unplugging. Remember you will need to use hand gel before unclipping from the spool.

5.14 If you are unable to use hand sanitizer due to medical reasons please contact us prior to the session via email.

5.15 If you are unable to use hand sanitizer due to medical reasons please make sure to wash your hands before coming to the sessions and on arrival please wash your hands in the venue toilets being careful to have minimal contact with door handles etc. Please wash your hands regularly throughout the session. Please refrain from touching any club equipment while at the club. If you do accidentally touch any club equipment please tell your group coach ASAP and they will come and wipe down the equipment for you.



6. THE VENUE

Entrance and Exit

Please wait at the entrance gate, by the carpark (this will be marked) for the coach to come and collect you. There are markings on the floor to help you keep socially distant while waiting. Initially we would ask that parents do not come in to the session. This may change once we have a 'Parents Zone' in place.

Floor Plan

Below is our basic floor plan for this venue. (The coaches may change this at any time). Zones will be marked out with cones and follows social distancing measures outlined by British Fencing.

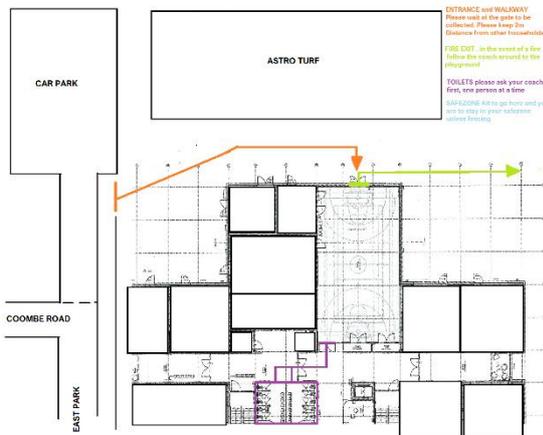
Indoor (May Park Primary School, Coombe Road, Eastville, Bristol, BS5 6LE)

BGS Sports Detail to be added in September

BRISTOL BLADES FENCING CLUB INDOOR

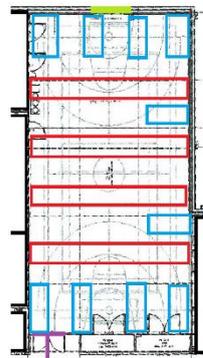
LAYOUT May Park Primary School, Coombe Road, Eastville, BS56LE

If the Weather is good, 2 groups indoors and one group outdoors on playground.
If the weather is Bad out, 3 groups indoors all footwork.



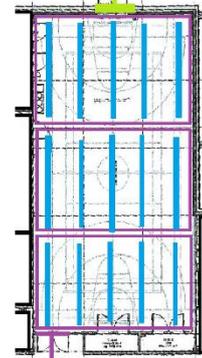
ENTRANCE and WALKWAY Please use of the gate to be collected. Please keep the distance from other footwalkers.
FOG GATE In the event of a fire follow the route marked to the playground.
TOILETS please ask your coach first, and arrive at a time.
SAFEZONES All to go home and you can see it in your individual group briefing.

SAFEZONE (Blue line)
PISTE (Red line)



Good weather layout, 2 groups inside, 1 outside

Footwork Space (Blue line)
Single line (Blue line)
GROUP SPACE (Purple line)



Bad weather layout, all footwork, 3 groups indoors

7. HOW THE CLUB SESSION WILL RUN

Arrival dependant on venue.

7.01 When you arrive at the lower gate. Please wait to be collected by one of the group coaches. While waiting please make sure you are keeping socially distant from others (2m). The Coach will then take a register.

7.02 Before entering the venue please put on your face coverings. There will be hand sanitiser on entry to be used. Please, where possible, keep 2m apart from others inside the venue.

7.03 We will make sure there are plenty of small breaks so that oxygen levels can be maintained while wearing a face covering.

7.04 If you are under 16 you must be accompanied by your parent at the gate. Children under 16 must not be left alone at the gate until the coach has taken the register.



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7.05 We understand some of our under 16s travel to the venue either by themselves or with friends. If this is the case then please contact us via email to discuss.

Groups (see 11.01)

The group you book onto will be the group you will be interacting with during the session. There will be no switching groups or close interaction with other groups. Groups may change each session depending on who signs up. Each group will be assigned a coach. That coach will not be switching groups.

Warmup

7.06 Warm ups will be run at a relatively low intensity, focusing on movement and stretching. Warm ups will be socially distant at 2m between people, cones will mark out space. We will be playing games, but none that require sharing kit or touching each other. Warmup will be performed in the same working group.

Footwork

7.07 Footwork sessions will run similar to warm ups. Low intensity and socially distant at 2m.

Getting changed

7.08 There may be no changing facilities available at the venue. Please arrive ready for fencing activity. Where changing rooms are available we will follow the venues recommended protocols.

Sparring

In line with British Fencing protocols actual fencing sparring and pairs work will look a little different. 2m social distancing should be respected where possible (see 6.0)

7.09 Whilst not engaging in activity everyone should wear face coverings.

7.10 Fencers will not mix with other groups in the same venue.

7.11 Do not make any physical contact with other participants (such as shaking hands or high five).

7.12 Adapted sparring between two individuals in the group can take place and is limited to 2 x 15 hits or 5 x 5 hits. Fights will last no longer than 20minutes of fencing time or 30 minutes total elapsed time.

7.13 Coaches can deliver a maximum of 30 min lessons to individuals within a club session, but cannot give lessons to fencers in different groups within the session.

7.14 Corps a corps, deliberate close quarter actions and any actions that breach the 1m distancing are not permitted.

7.15 Fleching/running attacks are not permitted.

7.16 Face coverings can be worn under fencing masks for low intensity training. Participants (fencers and coaches) wearing face coverings should monitor their breathing and heart rate and take regular breaks. If face coverings are not being used, fencing mask liners should be worn. Where face coverings are used, coaches should adapt lessons and training to keep physical intensity levels low with frequent breaks.



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7.17 Participants should avoid any shouting/screaming, particularly during 1:1 activities.

7.18 Use hand sanitizer before and after each match. Make sure to not touch the club equipment (spools, box) while wearing your glove. Wipe down equipment after use.

Leaving the Club/ Venue

7.19 Participants must keep face coverings on until they have left the venue.

7.20 On leaving the session/ venue please wash your hands using the available hand sanitizer. If you are unable to use hand sanitizer for health reasons, please see 5.14 and 5.15.

7.21 Participants are under the age of 16 must be picked up in person from the lower gate.

7.22 We understand some of our under 16s travel home from the venue either by themselves or with friends. If this is the case then please contact us via email to discuss.

7.23 In the case of late pick up please contact the group coach to let them know. The pupil will then be brought back inside, following protocol, and kept with the coaches in the venue space. Please contact the group coach when you have arrived and the child will be brought down to you.

Groups

7.24 The group you book onto will be the group you will be interacting with during the session. There will be no switching groups or close interaction with other groups.

7.25 Groups may change each session depending on who signs up. Each group will be assigned a coach. That coach will not be switching groups.

7.26 Groups must stay in their groups zone at all times.

8. FIRST AID

8.01 While we will have our own first aid kit on hand. We recommend you have your own small version with your kit. This is to reduce contact time. This could just be some plasters etc.

8.02 Coaching staff will follow the guidelines for administering first aid set out by the venues risk assessment they are as follows;

First Aid kit will be available in the pavilion entrance with the member of staff on duty.

Participants from the same household will be required to self-administer first aid under the guidance of staff.

Participants from different households will be required to administer first aid on themselves under staff guidance.

In the event of a serious injury an ambulance will be called and assistance for the injured party will be given from a distance by the member of staff.

In the event of a cardiac arrest the member of staff will dial 999 and then, whilst wearing a face mask, face visor and gloves, attach the defibrillator and administer CPR in accordance with <https://www.sja.org.uk/get-advice/first-aidadvice/unresponsive-casualty/how-to-do-cpr-on-an-adult/>



9. GDPR

9.01 All information shared through our booking site will be kept secure by us for 21 days.

9.02 Your personal information may be shared with British Fencing and the Government track and trace initiative in the case of suspected Covid19 cases related to the venue or our sessions. That information may be used in line with their own GPDR protocol.

9.03 Your personal information may also be shared with the venue provider upon our booking of the space. This will be first and last names, inline with their booking policies.

9.04 you will be required to input your information on our online booking system (Eventbrite). By doing this you agree to their data usage policies.

10. Consequences Of Not Following Protocol

10.01 Please follow these protocols at all times. The coach will remind you if you break the rules.

10.02 If you repeatedly break the rules either on purpose or by accident you will be asked to leave the session.

10.03 If you repeatedly break these rules you may be asked to not come back to the club.

11. ONLINE BOOKING

11.01 We are using **EVENTBRITE** for our online booking system.

11.02 You will be required to create an account to log into the site.

11.03 The events are set as 'Private' and so booking can only happen through a link we will send to you each week.

11.04 We will be running 3 groups of 5 at a time. Each group will have a specific age range in its name, it is important to book into the correct group. We can advise you if you need help.

11.05 Each session will last 1 hour. This unfortunately is shorter than usual, but is a necessary, in the short term, to allow time for all members to come back. The smaller sessions however allow for more focused time with the coach. **This is subject to change as restrictions ease, and or club numbers change.**

11.06 Group descriptions will be sent to you as a separate document as they are very likely to change as the weeks go by and restrictions change. These will be sent to you in good time for booking.