



Return to fencing training: Health recommendations

April, 28th, 2020

-This document is designed for coaches, club-organizers and athletes, in keeping with health behaviors consistent with prevention of the spread of COVID-19.

-This document is not designed to encourage, or discourage, any fencing clubs from reopening. Such decision has to be done in accordance with the law of their respective province. Rather, it is designed to uphold a higher health standard when returning to fencing training (whenever the provincial government allows for it).

-This document is created as per recommendations by accredited health authorities such as Public Health Canada (<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>) and the World Health Organization.

Fencing is a combat sport. However, unlike wrestling, it is a *non-contact* combat sport. This is important as skin-contact is one of the means of transfer for this virus. However, this doesn't mean fencing has zero risks. Below you will see some recommendations in reducing the risk of spread. Please follow this carefully.

Club hygiene behaviors:

- **Disinfect door-handles**, light switches, bathroom doors, bathroom faucets EVERYDAY before fencers arrive.
- **Bathrooms should be cleaned** and disinfected DAILY.
- Install a **hand-sanitization station at entrance** of the club. EVERYONE should sanitize their hands prior to entering the club, and after leaving the club. No exceptions.
- **No food** or lunch to be eaten inside the fencing facility. Reducing the risk of touching the mouth and face while being outside of your home is of utmost importance.
- Fencers, coaches, parents, or anyone coming to the fencing club should come directly TO and FROM the club. For example, fencers should not visit a restaurant before coming to the club.
- Clubs should NOT share masks, gloves, jackets, weapons or any other equipment. **No communal equipment is allowed**. Every fencer has to bring their own equipment.
- Clubs should NOT allow members to use communal water fountains. **Public water-fountains should be closed** with a clear sign and warning tape.
- Clubs should encourage everyone to **clean exercise equipment** such as exercise mats, medicine-balls, yoga-balls, and other equipment after every single use.

- Clubs should **limit to a maximum of 10 athletes per class**. If there is more than one class per day, then **everything** should be disinfected prior to the subsequent class.
- Coaches and fencers should not leave their equipment in the club to dry off after sweating. **Equipment should be taken home and washed after every single use**. Equipment includes (gloves, jackets, pants, socks, t-shirts, shorts). Equipment such as weapons and masks cannot be washed, but they should be disinfected after every single use.

Personal hygiene behaviors:

- Every fencer and coach should **bring their own face towel** to prevent wiping sweat off their face with their hands. The **towel should be clean every day**.
- Every fencer should **bring their own water bottles**. Absolutely no sharing bottles. Water bottles should be cleaned after every fencing practice.
- Every fencer should **bring their own hand-sanitizer**.
- Do not breath heavily next to someone close in proximity. Do not allow others to breath heavily close to you in proximity.
- **Disinfect your fencing bag** and handles prior to returning home.
- **Disinfect your phones** frequently.
- Keep your belongings close by your bag.
- Do not leave your equipment in the club after training to dry off your sweat. **Equipment should be taken home and washed after every single use**. Equipment includes (gloves, jacket, pants, socks, t-shirts, shorts). Equipment such as weapons and masks cannot be washed, but they should be disinfected after every single use.

Fencing hygiene behaviors:

- **Reels should be disinfected** after each match.
- **Do not use fencing remote** to keep score while refereeing. Referees should memorize the score.
- Push the buttons on the fencing machine with your glove-hand.
- Wash your gloves, and fencing equipment after EVERY use.
- **Do not shake hands with your partner or the referee** after a fencing drill or lesson. Use only the salute instead.

Parents hygiene behaviors:

- Remind your kids about good hygiene etiquette
- Encourage and remind yours kids to clean their fencing equipment after each use. Equipment such as masks and weapons can be wiped down with disinfectant.
- Give your kids a water bottle so they avoid using public water fountains.
- If possible, drive them to their club and back instead of allowing them to take public transportation.

General hygiene behaviors:

- Coaches, or parents over 60 years old should stay at home.
- Everyone should maintain 2-metre distancing.
- Do not hug, shake hands, high-five or touch anyone.
- Stay at home if you are coughing, sneezing or are displaying signs of symptoms of a respiratory infection.

Typical fencing training:

- Bouts are currently NOT advised as there is too much of a risk of body-to-body contact when fencing. Individual lessons respecting social distancing, footwork training, strength and conditioning training and collective work are preferred during the first month of return to play.
- Leave a regulatory space (1-2m) between each athlete during practice
- Don't include exercises causing contact between athletes.