

COVID-19 SAFETY PROTOCOL HFC YOUTH SABRE PROGRAM

Dear Parents,

We are committed to getting everyone back to training safely for students and coaches.

We will be implementing the following safety measures during training.

Assessing Risk

In assessing the risk of spread in our sport, we considered the fact that our athletes do not require frequent closeness while fencing. However, the down times during group activities, entering and exiting bathrooms and locker rooms will be monitored so that social distancing will be respected.

- Times when fencers are not actively participating in practice or bouts, attention will be given to maintaining social distancing by increasing space between fencers on the benches, entering and exiting the locker areas and bathrooms. Only one fencer will be allowed in the locker room at any given time.
- During downtime, coaches will supervise fencers in individual skill-building work or cardiovascular conditioning rather than staying clustered together.
- A coach, any interested parent, or caregiver can remind fencers to maintain social distancing.
- For younger fencers, parents or other household members must monitor their child(ren) that they are following social distancing. An option is that younger children can sit with parents or caregivers, instead of in a group area.
- Parents with children who may have asthma, diabetes, or other health problems must notify a coach to assess level of risk.
- Nonessential visitors, spectators, volunteers will not be allowed during training time.
- Actively require sick staff, families, and fencers to stay home.

Decreasing Risk

Strategies to maintain healthy environments for our fencers.

1. Modify Practices

Under a coach's direction, fencers will work more on individual skills, rather than on bouts. Coaches will place fencers into small age appropriate groups (cohorts) that remain together and work through stations, rather than switching groups or mixing groups.

2. Cleaning and Disinfection

- a. Reels, benches, water fountain (each fencer should use own water bottle) and scoring machines will be sanitized before and after each practice.
- b. All fencers are required to use their own clearly labeled gear.

3. Hand Hygiene

Important to wash hands with soap and water for at least 20 seconds

- a. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used.
- b. There will be adequate supply of soap, paper towels, tissues, and no-touch trash cans. Hand towels will no longer be available.

4. Respiratory Etiquette

Reminder to cover coughs and sneezes with a tissue or use the inside of elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds. If soap and water are not readily available, hand sanitizer can be used.

5. Face coverings

Face coverings are required to be worn by everyone entering the club.

- a. Face coverings may be a challenge for fencers during lesson/bouting. Therefore, we have ordered a face covering that will fit in each fencer's mask that covers yet allow normal breathing inside the mask. The cost is \$4 each.



- b. Reinforce the use of cloth face coverings when not bouting or drilling. Face coverings are not intended to protect the wearer, but rather to reduce the risk of spreading COVID-19 from the person wearing the mask (who may not have any symptoms of disease).
- c. Wearing cloth face coverings is most important when physical distancing is difficult.
- d. Fencers will be reminded to not touch their face covering and to wash their hands frequently.

6. Ventilation

Adequate ventilation is ensured by the club's air conditioning system and fans. If weather permits, windows will be opened to increase circulation of outdoor air as much as possible.

7. Modified Layouts and Social (Physical) Distancing

- a. Stagger arrival and drop-off times by cohort (group)
- b. Encourage fencers to wait in their cars with guardians until just before the beginning of a practice instead of forming a group.
- c. During practices where facilities must be shared with the foil program or adult classes, we will request increasing the amount of time between groups to allow for one group to leave an area before another group enters. This will permit time for cleaning and/or disinfecting.
- d. After a lesson or a bout, handshakes are not allowed. Only a respectable salute with the sabre from 6 feet apart.

Designated COVID-19 Point of Contact

- Sándor Mándoki (HFC Board member) is responsible for responding to COVID-19 concerns. He can be contacted at the club or via email: sffencer@gmail.com.