



RETURN TO FENCING GUIDELINES JUNE 2020

GUIDELINES FOR INDIVIDUALS

Adhere to applicable federal, state and local guidelines before, during and after participating in club activity.
And:

BEFORE ACTIVITIES (prior to entering club)

- Self-monitor and be symptom free for at least 14 days prior to any in-person club activity. (See USOPC Self-Monitoring Instructions, below).
- Stay home if you have had close sustained contact in last 14 days with anyone who was sick or known or believed to have COVID-19.
- Stay home if you are sick or do not feel well.
- Provide a note from doctor stating that you are cleared to participate in club activities if you have had a case of COVID-19.
- Wash and sanitize your hands often.
- Avoid touching your face, eyes or mouth with unclean hands.
- Practice social distancing where appropriate.
- Wear a face mask to reduce exposure to airborne contaminated particles and reduce exposure to others.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.

DURING ACTIVITIES

- Refrain from attending any activity if experiencing any COVID-19 symptoms.
- Comply with all safety measures applicable to or prescribed by the club.
- Come to the club already dressed in freshly washed workout clothing. Clothing should be suitable for public display and to wear under fencing uniforms (whites), such that uniforms can be put on at the club without the need for private changing rooms. Uniforms should be taken home and washed after practice, not left in the club.
- During Phase 3, do not share equipment such as weapons, body cords, fencing masks, gloves or uniforms, with others. During Phase 4 – share weapons and body cords only after disinfecting, and disinfect it again before it is returned. Do not share masks, gloves, uniforms.
- Practice social distancing as directed and to the extent possible.
- Wash and sanitize your hands often.
- Avoid touching your face, eyes or mouth with unclean hands.
- Refrain from contacting other participants and attendees (hand shakes, body contact, etc.).
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring and use hand sanitizer and/or sanitizing wipes.
- Bring your own water and, if desired, energy bars. No other food or drink should be allowed.

AFTER ACTIVITIES

- Wash and sanitize your hands.
- Do not touch your face, eyes or mouth with unclean hands.
- Monitor your health and report any symptoms.
- Practice social distancing.
- Wear a face mask when possible to reduce exposure to airborne contaminated particles.
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Wash and sanitize all gear, uniforms and apparel used during the activity.

To assist in meeting these goals we will be making some changes to how we operate:

All fencers must take their whites home after each session – they need to be cleaned prior to coming back – we will be lending whites to those who do not have them yet

All fencers must have their own glove and underarm protector

Masks and weapons must not be shared – we will sanitize them between sessions

Elbow bump instead of shaking hands

No more than 1 person at a time in locker rooms