# Procedures for FOC Training Sessions

UPDATED 29/07/20

During this time of crisis, it is important that we ensure that sessions are run safely and in accordance with any current NGB and Government guidelines. We therefore ask that all participants adhere carefully to the points below as they are currently essential for the running of any session.

Please keep in mind also that arrangements may have to change very suddenly in accordance with a new directives as they come out and that the provision of sessions cannot, therefore, always be guaranteed. The coaches will be taking their own temperature on the morning of any a session and if they find they have a fever or any other symptoms of Covid-19, or knowledge that they have come into contact with anyone who does, the session will be immediately cancelled, so please ensure that you can be contacted easily and check for any messages before setting out.

**Prior to coming to any session, please:**

* Be sure that you and everyone in your household is free of any of the symptoms of Covid-19. If you are in any doubts about whether you have symptoms, please do not attend the session. The same applies to anyone accompanying you to a session. When you arrive, your temperature will be taken using a contactless thermometer. Nobody with a temperature of over 37C will be permitted to participate.
* Ensure that you have all the equipment you need for the session, including water bottles. It will not be possible to lend you any equipment on the day or to provide any refreshments of any kind
* Bring a clean hand towel and a plastic bag to keep it in. Use it to dry your hands after washing htem.
* For 1on1 lessons, or pair training or sparring with anyone from outside your household, you will need to provide yourself with a face mask or covering which covers nose and mouth in accordance with government requirements to allow for the reduced social distancing.
* Hand washing facilities will be provided (not at the Leek venue) Hand sanitizer will be provided, but if you have sensitive skin you may need to bring your own.
* A chair will be provided for parent chaperones and this will be sanitized between uses. However, it is also suggested you bring a clean towel of your own to put over the chair. There is no covered area for spectators, so you may need an umbrella. Only one parent per group may attend. This may mean if multiple households attend, some parents may need to wait in the car.

**On arrival please:**

* Come dressed in readiness for your session. No changing facilities will be provided
* Wash your hands and/or Use hand sanitizer upon arrival.
* Do not arrive any earlier than your designated time. This is to allow any previous participants to leave safely. If you are early, please stay in your car until your time slot starts.
* Please wear a face covering at all times.
* Come in through the designated gate if it is open. Otherwise, remain in your car and phone me to let me know you are here and the gate will be opened for you. Please do not stand in front of the closed gate or use the doorbell. Please avoid touching any surfaces that are likely to be touched by others.
* Place your bags in the designated areas only.
* Face coverings or mask liners are required for all lessons and sparring.
* Maintain the required social distance between yourself and the coaches and anyone else who does not belong to your household. Remember that if you are not wearing a mask, the required social distancing is still 2M.
* If you are not yet comfortable with the reduced social distancing required for lessons, a fencing dummy will be provided.

**After the session please:**

* Wash your hands and/or use the hand sanitizer again before you leave
* Wash your hands as soon as you get home.