# Procedures for FOC Training Sessions

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. You are requested to take your temperature before setting off, to confirm you do not have a fever. 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.
* 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
* 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. Only one parent per household group may attend.

**On arrival please:**

* Come dressed in readiness for your session. No changing facilities will be provided
* Use hand sanitizer upon arrival. This will be provided but you may bring your own
* 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.
* 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 a 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.
* Maintain the required social distance between yourself and the coaches and anyone else who does not belong to your household.
* Remember that you will only be able to engage in pair exercises with a member from your own household. For those who do not have a suitable partner, a fencing dummy will be provided.

**After the session please:**

* Use the hand sanitizer again before you leave
* Wash your hands as soon as you get home.

I have read and will abide by all the above procedures and the risk assessment for this session.

I understand that although all recommended precautions are being taken, risk can only be minimized and not eliminated and that I and my child participate in training sessions at our own risk.

Signed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

