

Covid-19 Procedures for FOC Training Sessions

UPDATED 28/03/2021

It is important that we continue 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 also read our **Risk Assessment for 1to1 Lessons** for more details

Please keep in mind also that arrangements may have to change very suddenly in accordance with new directives as they come out and that the provision of sessions cannot, therefore, always be guaranteed. The coaches have both received their first Covid-19 vaccination more than 10 days before the first session offered. However, 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.
- Your kit should be clean and freshly laundered and you should have warm clothing to go home in without having to change.
- Ensure that you have all the equipment you need for the session, including water bottles.
- Bring a clean hand towel and a plastic bag to keep it in. Use it to dry your hands after washing them.
- It is not necessary to wear a face covering for 1on1 lessons, pair training or sparring during outdoor sessions but we do require that a mask shield be worn.
- Hand washing facilities will be provided. 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. **Please be aware that toilet facilities are not available.**

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 more than 5 minutes 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.
- If you are staying to watch, please wear a face covering at all times. Fencers should wear a face covering at all times when not fencing and observe social distancing rules.
- 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 front doorbell.
- Place your bags in the designated areas only.
- Maintain 2 metres social distance between yourself and the coaches and anyone else who does not belong to your household.

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.