

Capital City Fencers' Club

COVID "Return to Sport" Protocols

UPDATED November 26, 2020

CCFC and members will follow all BC Center for Disease Control (BCCDC) guidelines, all rules for Saanich Recreation Facilities, and the BC Fencing Association (BCFA) return to fencing protocolsⁱ.

On site club leads will be Stacy Chappel and Isaac Carter-Hughes.

CCFC Specific rules

These guidelines are based on the BCFA guidelines for return to fencing.

Facility access

General

Practice is subject to recreation centres being open to the public, and Saanich Recreation guidelines. Provincial restrictions on group size will be strictly observed.

Access is permitted subject to participants' agreement to follow the protocols. Those who refuse to follow protocol will not be admitted.

Maximum number of people in the gym at any time is 50, **or a lower limit as set by the Public Health Officer.**

We will have access only to the gymnasium and the accessible washroom at the bottom of the ramp only. Entrance is directly through the gym, not the school.

Every fencer will need to provide an updated waiver to ensure we have the correct contact information. Attendance will be taken at each practice and kept on file for 30 days as per BCCDC regulationⁱⁱ.

NEW: Fencers will be asked to sign a COVID-Specific waiver before fencing as advised by ViaSport protocol (See Appendix A).

In the event a club member tests positive within 30 days of attending CCFC practice, they should contact the club via Stacy stacyc@islandnet.com or 778-677-5579. the club will ensure the health authorities are properly informed of any fencers who were present on the relevant dates.

No entry if sick or high risk

Participants will not be allowed to attend if sick in the last 10 days, in contact with someone who is sick or tested positive for COVID in the last 10 days, or have travelled out of country, or been in contact with a traveller, in the last 14 days.

Participants cannot enter until admitted by a coach or club lead.

NEW: Members who are high risk due to age, underlying health condition, or low immunity fence should ensure they are aware of their specific COVID-19 health risk. Fencers participate at their own risk.

No early entry

Facilities are cleaned between use. No early entry is permitted.

Entrance procedures

Entrance is by the gym door down the gravel ramp. It will be marked by Saanich recreation staff.

Fencers are to wait until doors are opened and club coordinator is in place. Please do not block the doors—they swing out. Maintain social distancing (2 m) while waiting.

There will be a check in table within the entry. Please allow the fencer before you to answer the questions, sanitize hands, and move on before you approach the table.

Fencers must answer health check questions and sign in *each session* so the club can conduct contact tracing. Contact information and names may be shared with Saanich Recreation or VIHA for contact tracing.

Late arrivals will have to bang on the door for entry and to wait at the sign in table until the club coordinator can sign them in. Arrival in the first 15 minutes of practice is strongly suggested.

As per Saanich recreation policy, only fencers are permitted in the gym. Observers are not permitted.

Exit

Exit from the gym is through the gym door at the back, directly facing the entry, and up the path and stairs. This ensures those exiting do not have contact with those entering for the next session in the gym.

Equipment & Facility use

The club has already expanded its equipment inventory to prevent equipment sharing by members.

Each fencer using club equipment (jacket, lame, mask, glove) will be asked to pay a \$250 deposit (\$225 refundable upon return) and will be assigned their own equipment for use during the fencing classes and practices.

NEW: Dry weapons can be signed out for a refundable deposit of \$25 to allow for home target practice in the event of shut down.

Fencers will be expected to take their jacket , lame, glove, and mask home with them, the jacket washed and both jacket and lame hung up separately and kept dry between each practice. Weapons, masks and lame should stored separately to avoid sweat rusting or discolouring electroconductive fabric or weapons.

Members are encouraged to purchase their own equipment if they can afford it. Members who return club equipment after purchasing their own will be refunded their full deposit.

Members may use club weapons and body wires. These are to be cleaned between uses (wiping weapon grips, wiping body wire contact points).

NEW: Where equipment malfunctions during a bout, fencers will attempt to resolve the issue themselves, with the coach demonstrating the method to use while standing 2M apart. If the fencer

cannot resolve the issue, they should swap place the malfunctioning weapon in the designated “used equipment” area, where the coach can sanitize the weapon before testing.

NEW: Where a fencer wishes to switch weapon or body wire for any reason, the used equipment is to be placed in the designated “used weapon” area to ensure it is cleaned before being handled. Fencers may only select new equipment from the “unused weapon” area.

Club members are expected to arrive and leave in their gear. Fencers are to bring their own (full) water bottle or sport beverage. We ask fencers to leave personal belongings at home or in their car. No food is permitted in the gym.

There will be no access to changing rooms.

Only club coordinators are permitted in the equipment room.

School equipment is off limits.

Door handles and common touch points will be cleaned frequently.

Premises are cleaned between groups by Saanich Recreation attendants.

Hygiene, cleaning, and body contact

NEW: Viasport guidelines define “contact” as being within 2M distance of another person. Contact cannot be entirely avoided during a fencing bout.

NEW: Fencing footwork and drills will be completely without contact and all fencers are to ensure they stand at least 2M apart during exercises. Equipment used during drills may not be shared and must be wiped down after each use.

NEW: Masks are worn while inside ROMS. including fencing drills, during set up and clean up, while waiting for your next bout or reffing. Masks are not recommended but not required during fencing bouts. When fencing, fencers should place their mask in their pocket or with their water bottle if possible. If placed on the bench, the bench must be wiped down after the bout when cleaning other shared equipment.

NEW: The club recognizes that fencers sometimes need assistance to attach body wires or close back zippers, and that some fencers may not be comfortable assisting others as it involves close contact. Fencers may ask coaches to assist another fencer if they are not comfortable assisting. Fencers will not assist each other to adjust equipment unless both fencers are wearing masks. Fencers will use hand sanitizer before and after assisting or being assisted by another fencer. The fencer receiving assistance will face away from the fencer assisting with the zipper or body wire. Where there is a frequent need for assistance, fencers may choose to fence dry to limit contact.

Hand sanitizer shall be provided at each entrance and used by all participants on entering and exiting the building.

CCFC scoring equipment, reels, weapon grips, and body wires are cleaned at open and close of practice by club coordinators.

CCDC Equipment that must be shared (such as electronic scoring equipment) will be cleaned at contact points at each change in fencer.

Hands are cleaned with hand sanitizer between bouts.

No physical contact or shaking of hands will be permitted. A salute is used at start and end of each bout.

Coaches and club coordinators will not be permitted to physically touch any athlete or athlete's equipment, to fix any positions; corrections will be made verbally.

In footwork drills, coaches or leaders will always maintain a physical distance of 2M from the student, and ensure all participants maintain a 2M distance from each other

New: In the event that first aid is to be administered, both parties will wear masks and the party administering first aid will wear gloves. Gloves are found in the first aid kit. Where possible, first aid will be administered only by the onsite club lead/coach or by a designated first aid attendant.

Participants should understand the risks and benefits of wearing face masks (Cloth or N95), and follow any government issued guidelines with respect to the wearing of face masks.

NEW: The Provincial Health Officer requires masks to be worn while inside public facilities, including the Royal Oak Middle School gym. Masks are not to be removed except while engaged in a bout.

Piste set up and Equipment room access

Only the designated club attended is permitted to enter the equipment room to obtain or store reels, score boards, weapons and cables.

The club will have us of the full gym. Pistes are to be set up to allow fencers to remain 2 meters (6 feet) from referees, and observers to be an additional 2 meters (6 feet) from the referee , and to maintain 2 meter distance from any other line or bout at a different piste.

NEW: The coach will assign specific set-up duties to each fencer at the start of practice to ensure social distancing is maintained during the set up process.

An additional piste should be set up for each group of 5-6 fencers, and there should not be more than 6 fencers at any piste (fencing, refereeing, waiting in line)

Coaching sessions must be arranged in advance and take place in an area of the gym that is distanced from pistes/bouts.

Sanitation

Stations for cleaning equipment and hand sanitizing between bouts would be provided at the club entrance and on piste. Fencers must clean hands before and after touching common equipment.

Payment

We ask that payment be made in advance via etransfer, or by cheque, rather than in cash. Etransfer can be made to stacyc@islandnet.com.

Online clinics

Clinics will be offered online until recreation centres re-open and can also be offered simultaneously with in-person clinics to include members who cannot attend in person.

Mitigating risk

Cohorts

In ViaSport's Phase 3 guidelines defines cohorts as "a gathering of individuals in one place at any one time" and limits groups to 50 people. For sports, a cohort could be several teams who compete against each other regularly, or those who attend practice together over a span of time. Fencers are advised to limit their number of sport cohorts.

Based on our survey, CCFC estimates our total cohort will be around 30 people in Fall 2020, with 10-15 people attending on any given night. While attending we will ask members to keep numbers at each piste to 5-6 fencers, although we fencers will continue to switch pistes over the course of the evening as normal.

NEW: Where there are more than 10 fencers present for a single weapon, they will be divided into two groups by the coach, and will only fence against others in their group. Fencers will not fence against more than 9 other individuals during any practice.

NEW: Fencers may not switch weapons during practice unless there are 10 or less fencers present overall.

Beginner classes

CCFC will not be offering beginner classes from October-December 2020. We may consider beginner classes in spring, depending on cohort limits and provincial health office advisories.

NEW: Individual Lessons

Fencers are asked to pre-arrange lessons with the coach during the previous practice to allow for planning for social distancing, time between lessons to clean equipment, etc.

Competitions

CCFC is not organizing competitions in the immediate future nor are we currently providing our usual carpool support for youth travel/carpooling.

If CCFC competitions are scheduled in the Spring they will follow current BCFA and ViaSport guidelines and an updated protocol will be circulated.

ⁱ BCFA Return to Sport Guidelines (update: September 2020) can be found here:
<http://www.fencing.bc.ca/index.php/2020/09/20/bcfa-return-to-sport-covid-19-update/>

See also ViaSport return to Sport Guidelines for BC <https://www.viasport.ca/return-sport>

ⁱⁱ Order of the provincial Health Officer: Gatherings and Events. <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>

CCFC Participant Agreement

All participants of Capital City Fencers Club agree to abide by the follow points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and Return to Sport Protocols.

- I agree to symptom screening checks and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to abide by all of my club's COVID-19 policies and guidelines and will appraise myself of updates to these policies and guidelines as necessary.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

Date signed: _____

Name: _____

Signature: _____