



**RETURN TO FENCING**

**BACK TO TRAINING**

**MAY 2021**



Hi everyone,

Here are some key pieces of information that need to be read carefully. Grab yourself a cup of tea, and familiarise yourself with the following:

- **INDOOR RETURN**
- **Track and Trace**
- **Salle Rules – COVID Instruction policy**
- **Building rules**
- **NEW TIMETABLE**
- **Online booking system**

#### **INDOOR RETURN (again)**

Lessons will be moved from the car park into the salle from **MONDAY 3<sup>RD</sup> MAY**

The first Group Training will happen on **TUESDAY 4<sup>TH</sup> MAY** (places will be limited and need to be booked in advance)

There will be some return to fencing as we remember it, with partnered work and sparring now allowed within sport wales & Welsh Fencing guidelines. Please check the rule section below to familiarise yourself with how to comply to these.

**Please note that flunging, flecheing or close quarters are not permitted under current guidelines.**

#### **Track and Trace**

In order to comply with government guidelines, every time you enter **AND EXIT** the salle you **MUST** complete a short survey. This involves the scan of the QR code to sign in and out as part of our track and trace obligations. Coaches will be checking at the start of each session that this has been completed. You will not be permitted to train unless it has been done. Please know this is an important part of us allowing to be open, as well as helping the NHS stop the spread of covid-19.

#### **Salle Rules**

Please See our Covid-19 instruction policy below.

It has been updated to reflect new guidance so please read.



**CARDIFF ACADEMY OF FENCING**

**RETURN TO TRAINING**

**Covid-19 Instruction Policy 2021 V4**



**DO NOT ENTER THE SALLE MORE THAN FIVE MINUTES BEFORE YOUR WARM UP, OR SESSION START TIME**

Fencers and parents will need to agree to abide by the following rules:

<b>Rules for Fencers</b>	<b>Rules for Coaches</b>	<b>Rules for Parents</b>
Please do not attend session if you or your household/extended household have any symptoms, or if you feel unwell in any way	Sessions are to be cancelled if coach or household/extended household has any symptoms or feel unwell in any way.	Please do not bring your child if they, you, or anyone in your household or extended household have any symptoms, or if they feel unwell in any way.
Hand sanitizer is to be used before and after each session	Hand sanitizer is to be used before and after each lesson	Hand sanitizer must be used upon entry and exit of the salle
Face covers/masks to be worn over nose and mouth when entering the building, and when you are not participating in fencing activity. This includes during breaks, when refereeing, when watching a demonstration or when a coach directs you to do so.	Face covers/masks to be worn over nose and mouth at all times except when giving a 1:1 lesson.	Face covers/masks to be worn over nose and mouth at all times
Track and Trace survey must be completed before your child enters the salle.	Track and Trace survey must be completed before you enter and as you exit the salle.	Track and Trace survey must be completed before your child enters and as they exit the salle.
2 metre rule is to be strictly adhered to as much as possible	2 metre rule is to be strictly adhered to as much as possible	2 metre rule is to be strictly adhered to at all times
Please bring your own first aid kit	Coaches will have their own first aid kit for personal use only	Please provide fencers with their own first aid kit
There will be no access to changing facilities so please come dressed ready for your session and bring minimum amount of stuff into the salle – no large fencing bags.	Hitting dummies and other equipment to be regularly disinfected throughout the day	<b>Parents are requested to please remain outside the salle during the group sessions</b> to avoid any unnecessary cross contamination risks.
10minute warm up is still to be completed	'Touch tops' to be disinfected at the start of the day and between group sessions	Please remain within 10mins of the salle during sessions in case of emergencies
Group sessions must be booked on to in advance	Make sure those at the salle have booked in advance and completed Track and Trace	Group sessions must be booked on to in advance
No high fives or hand shakes – replaced with a sword tap No kit to be left at the salle	No high fives or hand shakes – replaced with a sword tap	Fencers cannot be dropped off early or picked up late

So to summarise:

<p>On entry:</p> <ul style="list-style-type: none"> <li>• Face cover/mask on</li> <li>• Hand sanitizer</li> <li>• QR code survey</li> <li>• Maintain 2m distance</li> </ul>	<p>In the salle:</p> <ul style="list-style-type: none"> <li>• Maintain 2m distance when not engaged in an activity</li> <li>• Keep face cover on when not engaged in fencing activity</li> <li>• Follow instructions closely</li> <li>• Use your own first aid kit</li> </ul>	<p>When you leave:</p> <ul style="list-style-type: none"> <li>• Hand sanitizer</li> <li>• Maintain 2m distance</li> <li>• QR code survey</li> <li>• Take everything with you</li> </ul>
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### Building Rules

As well as our own rules in place, Splash have asked us to pass on the following information to you:

- Face coverings must be worn within the building.
- Please be mindful on the stairs, they are not 2m wide. Check before going up or down that there is no one else already on the stairs. Traffic is to only flow one way.
- Toilet facilities will be in use but no showers or changing.
- If you are too early to enter the salle please remain in your car until 5mins before, come up the stairs and wait along the wall to the left of the salle door and NOT in front of the window in order to keep the stairway clear
- The café will be open from 17<sup>th</sup> May. There will be seating marked for parents watching their child swimming as they will not be permitted poolside, please keep these clear. There will be extra seating in the side room to the right of the front doors.

### CLUB TIMETABLE

THERE HAVE BEEN SOME CHANGES TO CLUB SESSIONS

Club sessions resume from **Tuesday 4<sup>th</sup> May 2021.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18:30 – 20:30 Competitors aged 12+  Sabre	18:00 – 19:30 8-13years  Beginners Foil & Sabre Development Sabre	18:00 – 20:00 GB & Welsh Squad  Foil & Sabre	18:00 – 19:30 8-13years All levels  Foil & Sabre	Time TBC   Epee Club	AM Development & Squad  Foil
			19:30 – 21:30 Cadets & adults All levels Foil, Sabre & Epee		

Please check with your coach which sessions you should be attending.

**Online Booking System:**

In line with British and Welsh Fencing guidelines, group bookings will be limited in number. Spaces for group sessions will be need to be booked in advance on the [cardiffencing.academy](http://cardiffencing.academy) website. Please make sure you are booking onto the appropriate sessions. Please let us know if you can't make it so we can cancel your place and offer it to someone else.

Spaces are limited to 18 per session.

We appreciate this is a lot of information, and if you have any questions please do not hesitate to contact us.

**Pete & Fran**