



GREAT YARMOUTH & WAVENEY FENCING CLUB

COVID-19 Code of Conduct

The following Code of Conduct builds upon the others that are already in place at GYWFC. This Code of Conduct is designed to summarise how we as a club have made ourselves and the sport “COVID-secure”, thereby minimising the risk of transmission. In addition, it lays out the expectations and rules that we all need to follow in order to make our return to fencing safe. These rules must be signed and followed by anyone who enters our training venue, be they a fencer, official or spectator.

- At all times, follow any instructions provided by the club’s COVID officers (Rob & Yasmin) and understand that the instructions we give from week to week may differ, as new guidelines (be they from the government, British Fencing or Ormiston Denes) are issued to us.
- Understand that you will not yet be returning to the club you left in March. The changes in place are designed to make it safer for all. However, this is as new to us as it is to you, feedback any comments you have and together we will make this work.
- Do not attend any session if you are experiencing any symptoms of COVID-19. All individuals entering the fencing hall must complete a pre-attendance health questionnaire prior to attending every session.
- Inform of us of any changes to your personal contact details (email & contact number), this will allow us to support the NHS Test & Trace system.
- Physical distancing (2 meters) must be maintained at all times, other than between household groups, or when taking part in adapted pairs training / sparing.
- Take frequent breaks as often as you need to. Remember, it’s okay if your fitness / ability levels aren’t what they were prior to lockdown. They will improve over time.
- Fencers will be placed into groups of up to 15. You can only interact with, fence, or receive lessons from individuals in your “bubble”. For the foreseeable future the club will function as one bubble of 15 so this rule will not impact members.
- Matches between individuals will be capped to a duration of 20 minutes or to a hit limit (either 2 x 15 hit match or 5 x 5 hit matches), whichever is reached first.
- Close quarters fencing (actions which bring you within 1 meter of your opponent are not allowed) but fencers may fleche if they have been given permission to do so by a coach.
- The use of face coverings / mask liners when training outside is optional. When taking part in physical activity inside you may be expected to wear a face covering / mask liner. When you are inactive in an indoor setting you will be expected to wear a face covering. Medical exemptions apply.
- Spectators (other than those who are present on the basis of welfare) are not allowed.
- Avoid all forms of body contact, no hand shaking, elbow bumping etc at the end of matches or lessons.
- Only use your own equipment or that which is allocated to you. Equipment can not be shared during the session. Please ensure that your own kit and sports clothing is clean at the start of every session.
- If possible, please attend with your own hand sanitiser and first aid kit. The club will provide these as well but it will help us run more smoothly if you are able to attend with your own, especially for minor injuries which only require a plaster etc.

- Please sanitise your hands upon entering the [training area](#) and frequently throughout the session, especially prior to touching communal equipment (score boxes).
- For your safety, some equipment should only be touched by a nominated individual. Please aim to follow any instructions that are given.
- Please arrive ready to fence. There will be no refreshments / water fountains / changing facilities available and toilets will be limited to essential use only.
- Be understanding, these rules are new for us all and it will be easy for any of us to slip into old habits. Club COVID officers and other officials are there to gently remind you of the rules. However, should you be concerned about the behavior of a particular individual please let us know. You can speak to any one of our club officials and they will deal with it as necessary.

Whilst these rules are only in place temporarily, failure to follow these rules may still result in a formal warning being issued, with continued disregard for these rules leading to expulsion from the club, as per the Club's Disciplinary Policy V2.0.

All individuals (including spectators) who may potentially enter the fencing hall / training venue are asked to sign and return this form to gywfencingclub@gmail.com. Space is provided for multiple individuals to sign the same form.

Where you are not a member of the club (i.e. actively fencing) and we have no contact details for you, please enter these in the space below.

Name	Signed	Date	Contact No.	Email

Updated May 2021 – following relaxations to British Fencing's return to fencing guidelines. As amendments made are only relaxations, all members who signed the original CoC V1.0 are automatically covered / in agreement with this updated version (V1.1).