



Great Yarmouth & Waveney Fencing Club

COVID Secure in 2021

Below you'll find the current guidance and adaptations made to make GYWFC as COVID secure as possible. Please read these carefully before returning to the club as there are some changes from last year. Over time we expect these guidelines will change and we'll update you accordingly. Importantly if you ever have any questions please consult one of our COVID officers ([Rob Johnson](#) or [Yasmin Narli](#)).

One key thing to remember is that we want you to be safe but to also enjoy your time at the club! Things may feel different, but over time we'll adjust. If you forget something, don't worry, our COVID officers are there to help us all remember the dos and don'ts.

Before Attending

- **Book your attendance** – all fencers must book their attendance in advance. This can be done through the following link: [GYWFC BOOKING FORM](#)

Please book as soon as possible, Club Members will have priority over visitors until the day before the session (Wednesday), but you can still book your attendance (if space remains) up to 1 hour before the session begins.

[New for 2021](#) – If you are likely to attend every week, ask Rob to auto-enrol you into every session, saving you from having to book each week. However, it will be your responsibility to cancel your booking (either via the booking form or messaging Rob) if you cannot make a session, otherwise you may still be charged.

- **Complete a Health Declaration** – This must be completed by **EVERYONE** who enters the training venue every week, on the day of the session – **ON THURSDAYS**. Please complete your health declaration prior to arriving at the venue.

A link to the declaration will be sent out to everyone who has booked by Wednesday morning, alternative it can be found through the following link: [HEALTH DECLARATION](#)

- **Do not attend if you are feeling unwell** – if you or anyone in your household is displaying signs of COVID please cancel your booking and stay at home.

At the Club

- **Wait outside** – all fencers need to wait outside the venue until invited in by a club official. This gives us time to get the venue ready for you and lets us check your health declarations etc before entering.

Please arrive no more than 5 minutes before the session start time, if you are running late please contact Rob on ([07516 675051](tel:07516675051)).

- **Sanitise your hands** – upon entering the venue and at regular intervals once inside please sanitise your hands. We will provide hand sanitiser but do also advise members to bring their own where possible. **YOU MUST** sanitise your hands before (and after in the case of

communal items) collecting any equipment or touching communal items such as scoring boxes.

- **Wear a face covering** – unless medically exempt we ask that you wear a face covering when inside the venue and when fencing. If you wish you can use a Leon Paul mask liner fitted inside your mask, rather than a face covering when fencing. Face coverings are optional when fencing outside.
- **Maintain 2 meters distance** – when not fencing. Please keep 2 meters distance from everyone else and avoid interacting with those not in your bubble.
- **Arrive ready to fence** - there will be no changing facilities so please arrive ready to fence. If you wish you can get changed within the hall, but you must be in suitable sportswear to begin, i.e. shorts – we don't want people being in their underwear.

Water fountains and vending machines will also be unavailable so please bring everything you'll need for the session with you.

- **No Spectators** – other than those there to support the running of the club or for safeguarding reasons. If you have any concerns, please discuss these with Rob. For those members aged U18 (unless they have signed permission to go home on their own) we will collect and return them to their parents/guardians outside of the venue.
- **Follow the one-way system** – and maintain 2 meters distance wherever possible from club members and other venue users when moving through the building. All toilets are now single occupancy.

When Fencing

- **Stay in your bubble** – organised sport can occur in groups of 15, so you can fence anyone who's in your bubble. Where we have multiple groups/bubbles present it will be made clear on the evening (and in advance where possible) who is in each group.
- **No handshaking** – avoid shaking hands with your opponent after the bout, instead sault them from afar.
- **Avoid getting close** – close quarters fencing is prohibited, as is body to body contact. Fleching is now allowed but only by approval of the coach. Where a coach gives you permission to fleche, other limitations (e.g. bout length) may be imposed.
- **Keep to the score limits** – you can fence each opponent for a maximum of a) 5 x 5-point bouts, b) 2 x 15-point bouts or c) for a total of 20 minutes. Once you have exceeded any of these criteria you can no longer fence that opponent – note this limit applies for each opponent so you can still get plenty fencing in each evening.
- **Get a lesson** – ask a coach for a 1:1 lesson but make sure that you only ask the coach assigned to your bubble.
- **No shouting** – screaming or other loud noises when fencing.

Equipment

- **No access to kit lockers** – all kit and equipment will be brought to the training area. When at the club you will be advised where to collect and return your kit.
- **No sharing of equipment** – all members will be issued their own whites (jacket, plastron, glove) and mask as required. Club swords & lames should not be shared between fencers during a session and will be quarantined for a week after use.
- **Sanitise your hands before and after touching the scoring equipment** – take your fencing glove off and sanitise your hands before using the scoring equipment, including spoons if they are being shared.

After the Session

- **Let us know if you test positive** – should you or a member of your household test positive for coronavirus after you have attended a session please inform the club. Your personal details will at all times be kept confidential. Letting us know about positive cases allows us to work with NHS Test & Trace and British Fencing to keep more people safe.

Additional Information

First Aid – will still be provided by the club where needed but we will aid you to self-administer treatment where appropriate. To aid this please attend with your own mini First Aid kits, i.e. plasters and other resource to treat minor injuries, where possible.

Subs – where possible please pay by bank transfer (**Account Number: 48779183 Sort Code: 09-01-28**), the club can still accept cash / cheque, but we have been asked to avoid this wherever possible. Monthly payments are still suspended so you will only pay for the sessions you book.

To save you making weekly bank transfers we suggest members pay for a small block of sessions, i.e. 4 at a time. The club will keep track of your attendance and at the end of the month issue you a receipt for the sessions you've attended and how much money you have left in your "subs account" or if you own the club. At all times, any unspent money remains that of the member and can be returned to you at any time.

COVID-19 Support Fund – In addition to covering the cost of individual British Fencing membership for the months the club is closed, we also have a COVID-19 Support Fund. We don't want anyone to stop fencing with us because they can no longer afford to do so. If you have concerns about the cost of fencing, please speak to the club confidentially and we will support you should you need it.

For more information on how we're making your club COVID-secure visit our dedicated webpage where you'll find our full risk assessment, equipment cleaning guidelines and more –

www.gywfc.co.uk/covidsecure

Additionally, you can email and questions or concerns you may have to your COVID officers (**Rob Johnson** or **Yasmin Narli**) or speak to them at the club session.

We look forward to welcoming you back in the near future.

Rob & Yasmin