



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.
- All fencers will be placed into groups of up to 6. These will vary each week. Your assigned group are the only individuals you will be able to fence or train with for that session. You can socialise with those from other groups, but you must remain at least 2 meters apart at all times.
- Matches between individuals will be capped to a duration of 10 minutes or to a hit limit (either 1 x 15 hit match or 3 x 5 hit matches), whichever is reached first.
- Close quarters fencing, fleching or any action that brings you within 1 meter of your opponent is not allowed.
- In order to receive an individual lesson, the coach must be part of your group of 6. As such, the availability of individual lessons will be shared as evenly as possible.
- When fencing, taking part in paired training or receiving an individual lesson, you should be wearing a face mask. If you are unable to wear a face mask, then you should instead have a mask lining fitted.
- All individuals (spectators & fencers) should be wearing a face covering at all times. You can remove this to drink / eat as required. Fencers can remove theirs to catch their breath at the ends of their piste only.
- Avoid all forms of body contact, no hand shaking, elbow bumping etc at the end of matches or lessons.

