

Fencer Guidance (under 18s)

You must be aware of the **Covid Protection Level** in the City of Edinburgh and where you live.

- While the City of Edinburgh is at Covid Protection Levels 1 to 3, the club is only open to those aged under 18. Guidance for those aged 18+ will be added prior to those fencers being allowed to attend.
- You **must not attend** if doing so means travelling to Edinburgh from a Level 4 area.
- The Club **will be closed** if the City of Edinburgh is at Covid Protection Level 4.

Bookings can be made at <https://www.ticketsource.co.uk/efc>

- You must book a place in advance for any session which you wish to attend.
- You must check that you have valid British Fencing membership before booking.
- If you have more than one child at the club, you must make a separate booking for each one attending.
- We may need to limit numbers for Social Distancing.
- Keep an eye out for sessions/places to become available.
- The booking system will collect contact details for NHS Test & Protect.
- The Health Questions must be answered honestly and you must notify us if anything changes.

Please get in touch with our **Welfare Officer** before booking:

- If you believe you should be exempt from wearing a mask.
- If your child has special needs that require you to be present, otherwise, spectating is not allowed.

Please advise your coach if you have any injuries or medical conditions that they need to be aware of. This can be done on the booking form, via email, or in person before the start of your fencing session.

Planning your visit

Check your **email** for any short-notice updates about your booking.

Please pay attention to Scottish Government **guidance on travel** when planning your attendance.

Dress appropriately. **Changing Rooms will not be open**. If not arriving in your breeches, please be wearing something that you can simply put them on over the top of easily.

Think about what routine minor **first-aid** you may require. If your child has their own plasters etc, that they are prepared to use, then a minor cut or graze will not mean that the coach has to stop, put on additional PPE, and make physical contact; so better all-round for everyone.

Please remember to bring:

- Drinking Water. The school's water fountains are not in use.
- Face-mask.
- Hand sanitiser.
- Personal first-aid (as mentioned above).

- All of your kit. After we start the deposit scheme, we will have less available at classes, and nothing will be available at open sessions.

Arrival/Departure

You must remain outside, socially distanced, in the car park until asked to enter by a coach or volunteer.

Parents/Guardians must drop-off and collect from within the car park without entering the building. Please check your session start/end times and be punctual.

Please wear your face covering, keep 2m distance and follow any guidance or signage about moving through the venue, such as one-way systems.

Exit the building immediately upon completion of your booked session.

During the session

Clean your hands before and after exercise, whenever you remove your fencing glove, whenever you enter or leave the room, and after every contact with shared equipment.

Wear a face covering before and after activity. To be clear, if you are between fights, you are not participating in an activity and you should wear a face covering.

For open sessions, pistes will be allocated at time of booking. A piste will be a fencing bubble for Test & Protect purposes with **no moving between or mixing of bubbles** throughout the session.

For classes, your coach will assign you to a fencing bubble, with **no moving between or mixing of bubbles** throughout the session.

You should attempt to maintain a 2m social distance while not participating in physical activity. This includes while waiting piste-side.

Do not shake hands. Salute from your enguarde line.

Please do not touch anyone else's personal equipment.

Each fencer will plug themselves in and out of the box. Communal touchpoints on electric boxes such as buttons and sockets must be cleaned with an antiviral wipe by the fencer touching them before and after. Wipes will be provided. Remotes will not be in use.

You will not be able to receive a traditional one-to-one lesson from your private coach until we get to Level 0. Until that time, coaches should remain at a distance of 2 metres.

Please remove all litter from the premises.

Use of the toilet is restricted to one person at a time. The only facility available is the disabled toilet located just outside the fencing hall. Remember to wear your face covering and use hand sanitiser before and after going to the toilet.

The equipment cupboard is off limits to fencers.

