

Capital City Fencers' Club

COVID "Return to Sport" Protocols

October 12, 2020

CCFC and members will follow all BC Center for Disease Control (BCCDC) guidelines, all rules for Saanich Recreation Facilities, and the BC Fencing Association (BCFA) return to fencing protocolsⁱ.

On site club leads will be Stacy Chappel and Isaac Carter-Hughes.

CCFC Specific rules

These guidelines are based on the BCFA guidelines for return to fencing.

Facility access

General

Practice is subject to recreation centres being open to the public, and Saanich Recreation guidelines. Provincial restrictions on group size will be strictly observed.

Access is permitted subject to participants' agreement to follow the protocols. Those who refuse to follow protocol will not be admitted.

Maximum number of people in the gym at any time is 50.

We will have access only to the gymnasium and the accessible washroom at the bottom of the ramp only. Entrance is directly through the gym, not the school.

Every fencer will need to provide an updated waiver to ensure we have the correct contact information. Attendance will be taken at each practice and kept on file for 30 days as per BCCDC regulationⁱⁱ.

In the event a club member tests positive within 30 days of attending CCFC practice, they should contact the club via Stacy at stacyc@islandnet.com or 778-677.5579. the club will ensure the health authorities are properly informed of any fencers who were present on the relevant dates.

No entry if sick or high risk

Participants will not be allowed to attend if sick in the last 10 days, in contact with someone who is sick or tested positive for COVID in the last 10 days, or have travelled out of country, or been in contact with a traveller, in the last 14 days.

Participants cannot enter until admitted by a coach or club lead.

No early entry

Facilities are cleaned between use. No early entry is permitted.

Entrance procedures

Entrance is by the gym door down the gravel ramp. It will be marked by Saanich recreation staff.

Fencers are to wait until doors are opened and club coordinator is in place. Please do not block the doors—they swing out. Maintain social distancing (2 m) while waiting.

There will be a check in table within the entry. Please allow the fencer before you to answer the questions, sanitize hands, and move on before you approach the table.

Fencers must answer health check questions and sign in *each session* so the club can conduct contact tracing. Contact information and names may be shared with Saanich Recreation or VIHA for contact tracing.

Late arrivals will have to bang on the door for entry and to wait at the sign in table until the club coordinator can sign them in. Arrival in the first 15 minutes of practice is strongly suggested.

As per Saanich recreation policy, only fencers are permitted in the gym. Observers are not permitted.

Exit

Exit from the gym is through the gym door at the back, directly facing the entry, and up the path and stairs. This ensures those exiting do not have contact with those entering for the next session in the gym.

Equipment

The club has already expanded its equipment inventory to prevent equipment sharing by members.

Each fencer using club equipment (jacket, lame, mask, glove) will be asked to pay a \$250 deposit (\$225 refundable upon return) and will be assigned their own equipment for use during the fencing classes and practices.

Fencers will be expected to take their jacket and lame home with them, the jacket washed and both jacket and lame hung up separately and kept dry between each practice. Club masks should be labelled with the user's name on masking tape, sanitized after each use and stored separately from sweaty gear.

Members are encouraged to purchase their own equipment if they can afford it. Members who return club equipment after purchasing their own will be refunded their full deposit.

Club members are expected to arrive and leave in their gear. Fencers are to bring their own (full) water bottle or sport beverage. We ask fencers to leave personal belongings at home or in their car. No food is permitted in the gym.

Members may use club weapons and body wires. These are to be cleaned between uses (wiping weapon grips, wiping body wire contact points).

There will be no access to changing rooms.

Only club coordinators are permitted in the equipment room.

School equipment is off limits.

Hygiene, cleaning, and body contact

Hand sanitizer shall be provided at each entrance and used by all participants on entering and exiting the building.

Door handles and common touch points will be cleaned frequently.

Premises are cleaned between groups by Saanich Recreation attendants.

CCFC scoring equipment, reels, weapon grips, and body wires are cleaned at open and close of practice by club coordinators.

CCDC Equipment that must be shared (such as electronic scoring equipment) will be cleaned at contact points at each change in fencer.

No physical contact or shaking of hands will be permitted. A salute is used at start and end of each bout.

Coaches and club coordinators will not be permitted to physically touch any athlete or athlete's equipment, to fix any positions; corrections will be made verbally.

In footwork drills, coaches or leaders will always maintain a physical distance of 2M from the student, and ensure all participants maintain a 2M distance from each other

Participants should understand the risks and benefits of wearing face masks (Cloth or N95), and follow any government issued guidelines with respect to the wearing of face masks

[Piste set up and Equipment room access](#)

Only the designated club attended is permitted to enter the equipment room to obtain or store reels, score boards, weapons and cables.

The club will have us of the full gym. Pistes are to be set up to allow fencers to remain 2 meters (6 feet) from referees, and observers to be an additional 2 meters (6 feet) from the referee , and to maintain 2 meter distance from any other line or bout at a different piste.

An additional piste should be set up for each group of 5-6 fencers, and there should not be more than 6 fencers at any piste (fencing, refereeing, waiting in line)

Coaching sessions must be arranged in advance and take place in an area of the gym that is distanced from pistes/bouts.

[Sanitation](#)

Stations for cleaning equipment and hand sanitizing between bouts would be provided at the club entrance and on piste. Fencers must clean hands before and after touching common equipment.

[Payment](#)

We ask that payment be made in advance via etransfer, or by cheque, rather than in cash. Etransfer can be made to stacyc@islandnet.com.

[Online clinics](#)

Clinics will be offered online until recreation centres re-open and can also be offered simultaneously with in-person clinics to include members who cannot attend in person.

Mitigating risk

Cohorts

In ViaSport's Phase 3 guidelines defines cohorts as "a gathering of individuals in one place at any one time" and limits groups to 50 people. For sports, a cohort could be several teams who compete against each other regularly, or those who attend practice together over a span of time. Fencers are advised to limit their number of sport cohorts.

Based on our survey, CCFC estimates our total cohort will be around 30 people in Fall 2020, with 10-15 people attending on any given night. While attending we will ask members to keep numbers at each piste to 5-6 fencers, although we fencers will continue to switch pistes over the course of the evening as normal.

Beginner classes

CCFC will not be offering beginner classes from October-December 2020. We may consider beginner classes in spring, depending on cohort limits and provincial health office advisories.

Competitions

CCFC is not organizing competitions in the immediate future nor are we currently providing our usual carpool support for youth travel/carpooling.

If CCFC competitions are scheduled in the Spring they will follow current BCFA and ViaSport guidelines and an updated protocol will be circulated.

ⁱ BCFA Return to Sport Guidelines (update: September 2020) can be found here:

<http://www.fencing.bc.ca/index.php/2020/09/20/bcfa-return-to-sport-covid-19-update/>

See also ViaSport return to Sport Guidelines for BC <https://www.viasport.ca/return-sport>

ⁱⁱ Order of the provincial Health Officer: Gatherings and Events. <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-gatherings-events.pdf>