



## Rockland Fencers Club Return to Fencing Guidelines

June 2020

Dear members,

We welcome everyone back. To ensure our members and coaches safety we prepared returning guidelines based on the CDC, US Olympic and Paralympic Committee and US Fencing Association's recommendations. However, while presently there is no way to completely eliminate the chance of infection, we believe that following these safety measures will minimize the risk. We also would like to ask all members that if they think that they might be sick or have been exposed to covid please follow the CDC guidelines and contact us at your earliest convenience. Before returning please take a minute to fill out our questionnaire and read and enforce the safety measures at all times.

We thank you in advance for your compliance, and we look forward to continuing to provide a safe place for our athletes to train.

Attila Lukacs



## Rockland Fencers Club Return to Fencing Guidelines

### Safety Measures

1. Social Distancing
2. Wearing protective mask when social distancing not possible (open to reevaluation based on CDC guidelines after reopening)
3. Temperature test on arrival
4. Wash your hand with soap on arrival
5. Assigned seating
6. Limited class size (max 18 students)
7. Limited schedule
8. No games where touching the same object or body contact possible.
9. Try not touch your face during the training session
10. Parents as much as possible should try to limit the time they spend in the gym and maintain social distancing.
11. One fencing partner/training session (that will be tracked to limit and reduce transmission risk)
12. No sharing equipment
13. Club equipment available only for rental with 24 hours notice
14. Only staff members should touch machines or remotes
15. No hand shakes and elbow bumps (guard bumps are ok)
16. Cover your mouth when sneezing
17. No food or water sharing
18. Training shoes need a separate bag from mask and glove.
19. All clothing equipment, mask and glove has to be taken home after practices
20. Wash your hands before departure
21. We will disinfect the club every day after practice



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# CORONAVIRUS (COVID-19)

*What you need to know*

## SYMPTOMS



COUGH



SHORTNESS OF BREATH

OR AT LEAST TWO OF THE BELOW SYMPTOMS



FEVER



CHILLS



REPEATED SHAKING WITH CHILLS



MUSCLE PAIN



HEADACHE



SORE THROAT



NEW LOSS OF TASTE OR SMELL



CALL YOUR HEALTHCARE PROVIDER IF YOU HAVE ANY OF THESE SYMPTOMS

## HOW DOES IT SPREAD?

The virus spreads from one person to others through



The air when someone with COVID-19 coughs or sneezes



Respiratory droplets. These tiny wet drops spray out when a person who has COVID-19 coughs, sneezes or talks



Touching or shaking hands



Touching your eyes, mouth, or nose after touching an object or surface an infected person also touched