



Preamble

The federal and provincial governments have started to reopen the economy in a stepwise fashion. Sports play an important role in returning society back to a functioning economic and social life.

That said, however, sports Canada-wide also need to follow a stepwise progression in order to return to sport safely, with the primary health care of people remaining at the top of the list of priorities.

Under the guidance of national sport organizations such as [Sport Canada](#) (SC) and [Own The Podium](#) (OTP), the Canadian Fencing Federation is therefore working on an exit concept from the lockdown that's considerate of the health circumstances we are currently facing in order to protect our members, families and communities. The concept is designed to gradually re-start our sport, all while respecting the rules issued by the Federal and Provincial Public Health authorities.

Simply put, regardless of any exit strategy, no fencing club should resume its activities except one that follows the current advice and recommendations of national, provincial, and local public health authorities.

Note that the described return to play strategy is adaptable depending on the current rules and regulations issued by the local health authorities.

This return to play strategy is a **guideline** that should be considered alongside the current [COVID-19 Risk Assessment Tool For Sports](#), as well as the [Own The Podium Club Risk Assessment and Mitigation Checklist Tool](#).

To avoid ambiguity, below are four recommendations, in order, that clubs are responsible for prior to returning to fencing.

- 1. Abide by regulations set out by national, provincial, and municipal public health authorities. The directives by these authorities will always take precedence.**
- 2. Score 'very low', or 'low' in the [COVID-19 Risk Assessment Tool For Sports \(Appendix A\)](#). This is mostly dependent on a club facility scoring no more than 3 "YES" in the initial Risk Assessment questions, as well as the mitigation strategies taken by the club.**
- 3. Complete the [Own The Podium Club Risk Assessment and Mitigation Checklist Tool \(Appendix B\)](#).**
- 4. Follow the 5-phase Return-To-Fencing Strategy outlined below.**



Risk Evaluation, Triage, and Hygiene

Throughout the 5 Phases, the following rules always remain in place:

- 1. Self-Assessment: before going to their training or competition session, each athlete & coach must complete a daily health self-assessment:**

Do I, or anyone in my household have any one of the following symptoms in the past 14 days)?

- a) Symptoms of acute respiratory disease: Cough/Sore throat/Shortness of breath
- b) Fever or chills over 38 degrees
- c) Sudden loss of smell or taste
- d) Diarrhea/abdominal pain
- e) Unexplained headache/body ache/fatigue
- f) Pinkeye.

IF YES to any of the above symptoms: do not go to training/competition, follow the advice of local health authorities.

Each athlete must inform their coach if the answer to the question above is YES. Clubs are responsible for collecting and documenting this information, and informing any individual who is present at the same time as the athlete who answered yes to the above question.

- 2. An athlete may not go to training if they answer YES to the above question.**
 - a) If they have been diagnosed with COVID-19, the athlete may not return to the training facility until 14 days from the onset of symptoms; if they still have symptoms at the end of the 14 days, the athlete may not return to training until they are clear of symptoms for 48 hours.
 - b) If a household member is diagnosed with COVID-19, the athlete may not return to the training facility for 14 days after they were last in close contact with that family member. If the athlete is diagnosed with COVID-19 infection during that 14 days, they must follow the instructions outlined in a) above.
- 3. Tracking Presences:** At each training session the club must keep track of: the **first name, last name, e-mail address, and phone number** of each person present at the training session and the date/time/duration of the training session. In addition, each individual must declare that
 - a) **They are not currently experiencing any COVID-19 symptoms by passing the Self Assessment outlined in #1**
 - b) **Neither they nor their household contain anyone diagnosed with COVID-19.**



These documents must be kept for at least **8 weeks**. An individual responsible for this should be designated ahead of time to avoid a communal sign in sheet.

4. **Athlete Safety:** athletes and coaches, must be highly considerate in protecting the safety of themselves and those around them.
5. **Self-Isolation:** athletes and coaches must make the informed decision that [self-isolation](#) may need to be reinstated should an outbreak happen within their training group.
6. **Club hygiene behaviors:**
 - Club owners, coaches, staff affiliates, athletes, and parents should all be encouraged to [wear a face-mask](#), (or a scarf covering mouth and nose) to and from training.
 - **Wearing a face-mask during training, where frequent adjustments are inevitable between water breaks and fencing mask usage, is at the discretion of the individual, and depends on the ability to maintain physical distance at all times.**
 - Proper [hand hygiene](#) must be performed **immediately before putting on** a mask, as well as **immediately after** removing the mask.
 - Any face-mask **adjustments** must be followed **immediately** by proper hand hygiene **without** cross-contamination to another surface (e.g. do *not* use the same hand to adjust the mask and open the bathroom door).
 - Face-masks **should be changed** if they become soiled or wet to maintain proper function. Reusable masks must be placed **immediately** in a sealable container to launder at home. Disposable masks must be **immediately** discarded directly into a **covered receptacle** after removal.
 - The club should remind members that the [mode of infection happens via droplet transmission through the eyes, nose, and mouth](#).
 - Clubs should be encouraged to [display posters promoting covering of mouth while sneezing, coughing, or heavy-breathing](#) as a strong reminder to reduce droplet-transmission to others.
 - Clubs should, at minimum, clearly delineate an area within the training space designated to keep individual bags/equipment to facilitate physical distancing.
 - Where possible, clubs should also clearly display floor markers (tape) that display proper physical distancing in hallways and other traffic areas.
 - [Ventilation of the training space](#) will lessen spread of infection; if possible [open doors/windows of the facility to allow fresh air](#) to enter the training area. Consider doing training outdoors if possible.



- [Disinfect door-handles, light switches, bathroom doors, bathroom faucets](#) EVERY DAY before fencers arrive and after fencers leave. Frequently touched surfaces should be cleaned at minimum twice per day and when visibly dirty.
- Install a [hand-sanitizing station at every club entry and exit point](#). ALL who enter AND exit the club must sanitize their hands. No exceptions.
- [Bathrooms must be cleaned](#) and disinfected on a daily basis. They should be used by only one person at a time to facilitate physical distancing.
- In order to avoid the formation of lines of people and frequent contact with door handles, [open all doors](#) (with the exception of those which must be closed). Ensure that the push button automatic door opener is in working order.
- [No food or meals](#) to be eaten inside the fencing facility. Reducing the risk of touching the mouth and face while being outside of your home is of the utmost importance.
- Clubs should **NOT** share fencing-masks, gloves, jackets, weapons or any equipment for fencers to share. [Communal equipment should be discouraged. Clubs may choose to assign club equipment to a specific fencer for their own use until restrictions are lifted.](#) Every fencer should bring their own equipment.
- Clubs should not allow members to use communal water fountains. [Public water-fountains should be closed](#) with a clear sign and warning tape, until further notice. Sensor-activated fountains may be considered a better alternative where possible.
- Clubs should encourage everyone to [clean exercise equipment](#) such as exercise mats, medicine-balls, yoga-balls, and other equipment after every single use.
- Coaches and fencers should not leave their equipment in the club to dry off after sweating. [Equipment should be taken home and machine-washed after every single use.](#) Equipment includes (gloves, jackets, pants, socks, t-shirts, shorts). Equipment such as weapons and masks that cannot be machine-washed, should be disinfected with Lysol wipes or [similar alternatives](#) after every single use.

7. **Personal hygiene behaviors:**

- Everyone is strongly encouraged to [wear a face-mask to and from training](#) to reduce the risk of droplet transmission while respiring. See section 6 for face-mask usage guidelines.
- [Cough, and sneeze into your elbow!](#) Remember transmission occurs via droplet which means through sneezing, coughing or spitting while talking.
- Every fencer and coach should [bring their own face towel](#) to prevent wiping sweat off their face with their hands. The towel should be clean every day.
- Every fencer should [bring their own water bottles](#). Absolutely no sharing bottles. Water bottles should be cleaned after every fencing practice.



- Every fencer should [bring their own hand-sanitizer](#).
- [Change into your sports attire at home](#), prior to coming to the club. When possible, bring a set of clean clothes in a bag to change into before leaving the club.
- Do not breathe heavily next to someone, even if they are 2 meters away in proximity.
- [Disinfect your fencing bag](#) and handles prior to returning home.
- [Disinfect your phones](#) frequently. Consider keeping your phone inside a sealable bag while at practice to keep it clean.
- [Wash your hands](#) with soap and water or disinfect with alcohol-based sanitizers, regularly
- Keep your belongings close by your bag. Only bring the equipment you require for practice/competition into the facility. Leave other belongings at home or in your car.
- Keep your bag/equipment in designated club areas only to maintain physical distancing.
- Do not leave your equipment in the club after training to dry off your sweat. [Equipment should be taken home and machine-washed after every single use](#). Equipment includes (gloves, jacket, pants, socks, t-shirts, shorts). Equipment such as weapons and masks which cannot be washed should be disinfected with Lysol wipes or [similar alternatives](#) after each session.

8. Fencing hygiene behaviors:

- [Reels clips and last part of the cable should be disinfected](#) with Lysol wipes or [similar alternatives](#) after each match (**matches only allowed in phases 3-5)
- Opt to use a personal score-keeping device (like a phone app) instead of a remote while refereeing. If a remote is used it should be wiped down before and after each change in referee.
- Push the buttons on the fencing machine with your glove-hand.
- Machine-wash your gloves, and fencing equipment after EVERY use.
- [Do not shake hands with your opponent or the referee](#) after a fencing match or fencing lesson. Use salute instead.
- If you start to feel unwell while you are fencing, you should stop training immediately and leave the facility. Let your coach know that you are feeling unwell.

9. Parental hygiene behaviors:

- Remind your kids about good hygiene etiquette.
- Encourage and remind your kids to clean and disinfect their fencing equipment after each use. Equipment such as masks and weapons can be wiped down with disinfectant wipes, or spray.



- Give your kids a clean, reusable water bottle so they avoid using public water fountains.
- If possible, drive them to their club and back instead of allowing them to take public transportation.
- Refrain from entering the club unless absolutely necessary, or unless your child is a minor and/or needs assistance. Adhere to proper PPE wear and physical distancing measures at all times.

10. General hygiene behaviors:

- Coaches, parents, family members over 60 years old or those with chronic health issues (including but not limited to) immunosuppression, lung disease, hypertension, heart disease, diabetes) should consider staying at home until further guidance by public health officials.
- Do not hug, shake hands, high-five or touch those around you. Remember to maintain 2-meter physical distancing at all times.

11. Typical fencing training:

- Bouts in phase 1 and 2 are **NOT** advised due to the inability to maintain the physical distance (2-meter). Footwork training, strength and conditioning training and collective work are preferred during the first 2 phases of return to play. (see below plan for more details)
- **Maintain 5-6-meter distance between each athlete during strenuous parts of the practice. Heavy breathing from exercise requires an increase in physical distance.**

Transportation to and from Training

Athletes and coaches are encouraged to go to training by walking, or cycling, or driving. The intention is to minimize prolonged exposure in potentially overcrowded situations such as public transport as much as possible. Those who need to use public transport, should try to avoid peak hours to avoid overcrowding.



5-Phase Return to Fencing Strategy

The return to play strategy for fencing training is designed to be deployed in 5 Phases. **Each new phase can only be reached only if it complies with the recommendation of the local public health authorities.**

A single-page version of the table below can be downloaded here: [PDF](#); [JPG](#)

For Phases 1-4:

The maximum number of people inside the club is dependent on the size of the training space, excluding administrative, service, and storage areas:

Consider 300 square feet per person (or 30 square meters per person). In other words, approximately, 1 person per regulation sized piste.

Keep a **minimum distance of 2 meters between individuals in all directions** for less strenuous activities.

For strenuous activities, a distance of **5 meters** should be maintained between individuals in all directions.

Keep a distance of 5 meters when running behind another athlete or during strenuous exercise.

Designated training groups should be set up for all athletes and coaches, with each athlete (and where possible, each coach) assigned to **one** training group only. Athletes from different training groups should **not** mix in phases 1-4 to avoid cross contagion. **This includes private lessons.**

If, at any point, an individual in a training group is diagnosed with COVID-19, the **entire group must be informed**, proper authorities must be contacted to begin contact tracing, and the full group must **return to self-isolation for 14 days**. Those without symptoms within those 14 days may, following authorization from their healthcare provider, return to training.



	Duration	Premise	General practice	Specific Activities	
Phase 1	Min 4-6 weeks	-Limit 1 class per day (total), consisting of athletes from one single training group	<u>Group training:</u> -No combat training -No private lesson -Group footwork	<u>Physical Preparation:</u> -Strength -Plyometric -Conditioning -Stretching	<u>Technical work</u> -Individual skills -Target training -Footwork
Phase 2	Min 4-6 weeks	-Limit 1 class per day (total), consisting of athletes from one single training group	<u>Group training:</u> -No combat training -Private lesson permitted -Group footwork	<u>Physical Preparation:</u> -Strength -Plyometric -Conditioning -Stretching	<u>Technical work</u> -Individual skills -Target training -Footwork -Games involving larger groups
Phase 3	Min 4-6 weeks	-Limit 1 class per day (total), consisting of athletes from one single training group	<u>Group training:</u> -Combat training permitted -Private lesson permitted -Group footwork	<u>Physical Preparation:</u> -Strength -Plyometric -Conditioning -Stretching	<u>Technical work</u> -Individual skills -Target training -Footwork -Games involving larger groups
Phase 4	Min 4-6 weeks	-Limit 2 classes per day (total) Sufficient time be allowed between sessions for: -each group to enter/exit without overlapping -Staff to disinfect surfaces and equipment	<u>Group training:</u> -Combat training permitted -Private lesson permitted -Group footwork	<u>Physical Preparation:</u> -Strength -Plyometric -Conditioning -Stretching	<u>Technical work</u> -Individual skills -Target training -Footwork -Games involving larger groups
Phase 5	Min 4 weeks	TBD	<u>Group training:</u> -Combat training permitted -Private lesson permitted -Group footwork -Competition TBD	<u>Physical Preparation:</u> -Strength -Plyometric -Conditioning -Stretching	<u>Technical work</u> -Individual skills -Target training -Footwork

Contact Persons and Responsibilities

Each athlete, coach, parent, and club administrator are expected to take responsibility in playing their role in implementing this concept, and ensure the health and safety of all those involved.

Each club is further responsible for nominating one person in charge of each training session (generally coach or team manager), who will have the duty of completing the list of athletes present, supervising the sessions, and further complying to the special constraints dictated by each phase.

Communication of the Concept

Though the CFF is communicating this return to play concept to its affiliated members and clubs, each club must consider their own responsibility in ensuring a safe return to play. This concept is a minimal recommendation. Should you find the need for more strict measures, please don't hesitate to do so! The responsibility lies on the club. Additionally, each club is then responsible for communicating to all of its members, and for ensuring the good understanding and implementation of this return to play strategy regarding their own activities.