

METRO TACOMA FENCING CLUB

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Metro Tacoma Fencing Club 2021 Fencing Season Protocols and Policies in Response to COVID-19

***based on Washington Healthy Washington Phases-Roadmap to
Recovery; updated March 2021***

“Our guide to ensuring a safe fencing experience for all”

Based on state and local guidelines and CDC recommendations, Metro Tacoma Fencing Club (MTFC) programs will operate under one of the following protocols for 2021. As local guidelines on social distancing and gathering size limits change, the protocol may change accordingly.

Government Mandated Club Closure: Virtual programming only

No in-person programming will be offered. Instead, MTFC will offer virtual conditioning programming daily to MTFC members and offer virtual private lessons to members only. Fencers must have all appropriate fencing safety gear at home to participate. No programming offered to non MTFC members.

Phase 1 Small Group classes of 6 fencers maximum and private lessons offered both indoors and outdoors. Limited contact allowed during bladework drills and bouting drills. No tournaments.

Phase 1 is defined by:

- More than 350 new COVID-19 cases per 100K population averaged over 14 days;
- More than 10 new COVID-19 hospital admissions per 100K population averaged over 7 days
- Average 7-day percent occupancy of ICU staffed beds less than 90% statewide

In person private lessons and small group classes with a maximum class size of 6 are available to members. Class rosters will remain stable as much as possible. Multiple classes and/or private lessons in the same facility space is allowed if they conform with occupancy limitations and include a buffer zone to separate groups. MTFC main room occupancy is 7 fencers and Annex maximum occupancy is 2 based on 500 sq ft per athlete. Non-members may attend intro clinics and intro camps. Non members may attend advanced clinics and camps on a case- by - case basis approved by the board and coaches. Individual fencing (fencing outside of class or lesson formerly called open fencing) is allowed if scheduled in advance and space is

available based on occupancy rules including a buffer zone to separate from individual fencers from classes and lessons. Individual fencing must follow the same restrictions as classes and register with a coach upon arrival. Outdoor facilities will be used when available and weather permitting.

Fencers will warm up and do individual drills while maintaining strict physical distance. Conditioning will occur outdoors whenever possible, weather permitting. Fencers will participate in modified drills, games and target work prioritizing 6 feet of physical distancing whenever possible. Blade work with coach and other fencers within the small group is allowed, maintaining 6 feet distancing as much as possible. Limited brief close contact including limited bouts (no more than 5 touch bout with only brief contact) is allowed in all classes and camps with assigned partners that will rotate no sooner than every week. Siblings in the same class or camp have the option of not rotating partners. Bouting drills will be at the end of class period or camp and is voluntary. Fencers may opt out of bouts and an alternate activity or drill will be provided. No tournaments or full bouts allowed.

Participants and staff will be screened for symptoms of COVID 19 upon arrival and a no touch thermometer will be used to verify lack of fever (less than 100.4). All fencers, coaches, staff and visitors must abide by the CDC travel advisory guidelines and quarantine away from MTFC as applicable if they have traveled out of state or engaged in high risk activities. Class roster will be maintained with attendance taken each class and current contact information maintained for each fencer. Equipment and facility contact surfaces will be sanitized after each session or class by program staff per separate written protocol. Doors shall remain open with fans in each doorway to maximize air flow through the building as much as possible, weather permitting. The HVAC system will not be operational during classes or lessons as it recirculates interior air. Masks will be required to be worn by staff and coaches and fencers at all times both indoors and outdoors. Masks may be removed for hydration and cooling break while seated or stationary and at least 6 feet from others preferably outdoors. Neck gaiters, bandanas and face shields including fencing specific face shields are not a substitute for a mask. Coaches reserve the right to deem a mask unsafe and substitute a disposable mask provided by the club.

Phase 2: Larger group classes allowed. Competitions and Tournaments allowed. Maximum occupancy of the club limited to 25% fire code occupancy rating.

Phase 2 is defined by:

- Less than 350 (but more than 200) new COVID-19 cases per 100K population averaged over 14 days
- Less than 10 (but more than 5) new COVID-19 hospital admissions per 100K population averaged over 7 days
- Average 7-day percent occupancy of ICU staffed beds less than 90% statewide

In person private lessons and larger group classes available to members. Maximum occupancy of each facility based on 25% of fire code occupancy rating. MTFC main room occupancy at 25% is 18 fencers and Annex

maximum occupancy at 25% is 6 fencers. Multiple classes and/or private lessons in the same facility space is allowed if they conform with occupancy limitations. Non-members may attend intro clinics and intro camps. Non members may attend advanced clinics and camps on a case-by -case basis approved by the board and coaches. Individual fencing (fencing outside of class or lesson formerly called open fencing) is allowed if scheduled in advance and space is available based on occupancy rules. Individual fencing must follow the same restrictions as classes and register with a coach upon arrival. Outdoor facilities will be used when available and weather permitting.

Fencers will warm up and do individual drills while maintaining physical distance. Conditioning will occur outdoors whenever possible, weather permitting. Fencers will prioritize 6 feet of physical distancing whenever not actively engaging in fencing. Blade work, drills and bouting is allowed with other fencers in the class or club. Bouting drills will be at the end of class period or camp and is voluntary. Fencers may opt out of bouting and an alternate activity or drill will be provided. Full bouting is allowed and small tournaments not exceeding maximum occupancy may occur.

Participants and staff will be screened for symptoms of COVID 19 upon arrival and a no touch thermometer will be used to verify lack of fever (less than 100.4). All fencers, coaches, staff and visitors must abide by the CDC travel advisory guidelines and quarantine away from MTFC as applicable if they have traveled out of state or engaged in high risk activities. Class roster will be maintained with attendance taken each class and current contact information maintained for each fencer. Equipment and facility contact surfaces will be sanitized after each session or class by program staff per separate written protocol. Doors shall remain open with fans in each doorway to maximize air flow through the building as much as possible, weather permitting. The HVAC system will not be operational during classes or lessons as it recirculates interior air. Masks will be required to be worn by staff and coaches and fencers at all times both indoor and outdoors. Masks may be removed for hydration and cooling break while seated or stationary and at least 6 feet from others preferably outdoors. Neck gaiters, bandanas and face shields including fencing specific face shields are not a substitute for a mask. Coaches reserve the right to deem a mask unsafe and substitute a disposable mask provided by the club.

Phase 3: Capacity at 50% of occupancy. Tournaments allowed.

Phase 3 is determined by:

- Less than 200 new COVID-19 cases per 100K population averaged over 14 days;
- Less than 5 new COVID-19 hospital admissions per 100K population averaged over 7 days
- Average 7-day percent occupancy of ICU staffed beds less than 90% statewide

In person private lessons and group classes available to members. Maximum occupancy of each facility based on 50% of fire code occupancy rating. MTFC main room occupancy at 50% is 36 fencers and Annex

maximum occupancy at 50% is 12 fencers. Multiple classes and/or private lessons in the same facility space is allowed if they conform with occupancy limitations. Non-members may attend intro clinics and intro camps. Non members may attend advanced clinics and camps on a case-by -case basis approved by the board and coaches. Individual fencing (fencing outside of class or lesson formerly called open fencing) is allowed if scheduled in advance and space is available based on occupancy rules. Individual fencing must follow the same restrictions as classes and register with a coach upon arrival. Outdoor facilities will be used when available and weather permitting.

Fencers will warm up and do individual drills while maintaining physical distance. Conditioning will occur outdoors whenever possible, weather permitting. Fencers will prioritize 6 feet of physical distancing whenever not actively engaging in fencing. Blade work, drills and bouting is allowed with other fencers in the class or club. Full bouting is allowed and small in house and local tournaments not exceeding maximum occupancy may occur.

Participants and staff will be screened for symptoms of COVID 19 upon arrival and a no touch thermometer will be used to verify lack of fever (less than 100.4). All fencers, coaches, staff and visitors must abide by the CDC travel advisory guidelines and quarantine away from MTFC as applicable if they have traveled out of state or engaged in high risk activities. Class roster will be maintained with attendance taken each class and current contact information maintained for each fencer. Equipment and facility contact surfaces will be sanitized after each session or class by program staff per separate written protocol. Doors shall remain open with fans in each doorway to maximize air flow through the building as much as possible, weather permitting. The HVAC system will not be operational during classes or lessons as it recirculates interior air. Masks will be required to be worn by staff and coaches and fencers at all times both indoors and outdoors. Masks may be removed for hydration and cooling break while seated or stationary and at least 6 feet from others preferably outdoors. Neck gaiters, bandanas and face shields including fencing specific face shields are not a substitute for a mask. Coaches reserve the right to deem a mask unsafe and substitute a disposable mask provided by the club.

MTFC 2020-2021 Program Guidelines and Policies

- MTFC will closely follow and monitor all Washington State and CDC guidelines related to youth-specific activities, sports/camp-related policies, and gym facilities.
- Prior to re-opening and the Fall 2020 season all coaches and staff at MTFC underwent training regarding COVID 19 symptoms and transmission, safe cleaning practices, physical distancing practices, and new MTFC protocols and procedure regarding COVID 19.
- All coaches and staff at MTFC are regularly updated regarding MTFC's Covid policies
- A written copy of MTFC's policies and protocols will be available on site and updated as needed. Electronic copies will be available to all coaches and staff.
- MTFC program staff, participants and any family members must not be or have been sick within past 14-days. Any staff member or participant who does not comply will not be allowed at programs until the 14-day day minimum has been reached. A list of substitute coaches will be actively maintained.
- All fencers, coaches, staff and visitors must abide by the CDC travel advisory guidelines and quarantine away from MTFC as applicable if they have traveled out of state or engaged in high risk activities.
- Programs will be run outdoors where possible, weather permitting. Indoors, windows and doors will be left open with fans in place to maximize air exchange
- No contact check in/check out: Fencers will check in from 6-feet away verbally acknowledging name for attendance purposes and for campers stating any special notes regarding allergies, approved pick-up contacts, health concerns, etc. All fencers will verbally certify that neither they nor any family members have been sick within past 14-days.
- Arrival: Fencers will queue outside the facility at 6 feet distances until invited into the club by coach or staff, proceed to MPR for hand washing then walk straight to their assigned location. If an outdoor location is being used, fencers will queue at the edge of the field maintaining 6 feet of social distancing until invited to check in and assigned to a station by a coach.
- Strict hand washing practices: All fencers must wash hands for 20 seconds with soap and water or use a hand sanitizer that contains at least 60% alcohol upon arrival to the club or camp facility. Fencers are encouraged to bring their own hand sanitizer and MTFC will provide hand sanitizer as available. If an outdoor location is being used, hand sanitizer may be used instead of handwashing if bathrooms are not easily accessible.
- Food and Drink: There will be no food or drink (other than water) allowed in the facility or at camp facility unless for medical purposes. Fencers must bring their own filled water bottles to lessons/camp.
- Bathroom Facilities: Fencers are strongly encouraged to use the restroom at home before attending lessons or camps. Bathroom facilities are available but must be used one at a time and handwashing is required after use.
- Face touching: MTFC staff will remind participants throughout each session not to touch their face, mouth, eyes or mask. Fencers are strongly encouraged to bring a hand towel to wipe their face to limit face touching.
- Lockers: MTFC lockers will not be available for daily use. MTFC members currently renting lockers may maintain their locker at no charge but lockers can only be used to store unused gear.
- Equipment: All personal or loaner fencing gear must be taken home for cleaning after each lesson. All MTFC members are strongly encouraged to purchase their own gear for health reasons, starting with a mask and glove. MTFC gear will be checked out to members as available with a deposit. Loaner blades must be wiped down with disinfectant before being returned to the storage rack. All MTFC equipment used for camps or intro clinics will be sanitized each camp session and during sessions as needed to

prevent the spread of germs. Appropriate cleaning supplies will be available at each location.

- Peer and coach interaction: Coaches will remain 6 feet away from all fencers at all times unless engaging in specific fencing drills requiring closer distancing. High fives, fist bumps, hugs or any form of peer to peer or coach to peer contact will not be allowed.
- Face Coverings: Staff, coaches, fencers and visitors MUST wear face coverings at all times when inside the facility and while outside facility participating or observing MTFC sponsored activities such as classes or lesson.
- Neck gaiters, bandanas and face shields including fencing specific face shields are not a substitute for a mask. Coaches reserve the right to deem a mask unsafe and substitute a disposable mask provided by the club
- Facility requirements: Access to running water and soap or hand sanitizer will be available at all times. Facilities must be recently and regularly maintained by on-site maintenance staff to ensure a safe, clean environment for programs.
- Visitors: Visitors are discouraged inside of MTFC. Visitors may watch from outside the facility if 6 feet of socially distancing can be maintained. Visitors are also welcome at outdoor locations if 6 feet of social distancing is maintained. In compliance with Safe Sport, two unrelated adults must be present in the facility if youth are present. One parent of a fencer in a private lesson is allowed inside to observe if occupancy space allows.
- Illness during Class or Camp: Any staff or fencer who develops symptoms of fever, cough, trouble breathing or feels ill while in camp or class, will be immediately physically isolated from other fencers and staff and arrangements will be made for an emergency substitute (in case of staff) or immediate transportation home (in case of fencer).

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