

## **SUFC Return to Training Protocol**

These notes outline the way in which SUFC will operate in order to comply with the latest COVID-19 Public Health Order.

***It is vital that club members follow these procedures: future participation in fencing is contingent on strict compliance.***

### ***Prior to attending any fencing lesson / session***

- You must ensure that you are double vaccinated (or have official exemption as per NSW Government guidelines): see below for more detail.
- Currently groups are restricted to a maximum size of 20 – including the coach / trainer. (Note that 12 – 16 year olds, vaccinated or not, will count towards this number.) Until number restrictions are eased further, ***you must indicate which training sessions you wish to attend in advance*** and wait for confirmation from the club.

### ***When attending any fencing lesson / session***

- Only double Covid-19 Vaccinated persons (or those officially exempt as per NSW Government Guidelines) will be permitted to attend - **Proof of Vaccination or exemption will be required.** Suitable proof includes a Covid-19 Digital Certificate or an Immunisation history statement. You can access it through the [Medicare Express Mobile App](#) or a [Medicare Online Account](#) (through [MyGov](#)). You can also use your Apple Digital Wallet or Google Pay. If you cannot access these technologies, you can call the Australian Immunisation Register on 1800 653 809 and ask them to send you a statement. Those exempt will need to provide an official Medical Contraindication Certificate completed by a suitably qualified medical practitioner.
- Unvaccinated Children under the age of 16 will be permitted to attend provided that they are accompanied by (or dropped off by) a fully vaccinated member of their household.
- You must sign in and out using the Service NSW QR Code or provide your details as required at the front desk. Note that we will be providing a marshal to help desk staff with check-ins and proof of vaccination status.
- You must wear a mask when entering the premises and at all times that you are not engaged in exercising or eating / drinking.
- Fencers, parents and spectators must comply with social distancing requirements both in the hall and when waiting outside.

## SUFC Return to Training Protocol

When training, you must comply with spacing set up by the club exec to ensure appropriate social distancing.

- In order to avoid congestion in any areas, you are encouraged to comply with the AIS dictum of 'Get in, Train, Get out'. This means entering the hall dressed such that you are ready to train (i.e. sports clothing for S&A and fencing whites for bouts and private lessons) and leaving immediately after your session ends.
- All fencers must use hand sanitiser on arrival and you are encouraged to use this throughout your session. SUFC will be providing hand sanitiser / cleansing wipes at the venue but *we also encourage all individuals to bring their own hand sanitiser.*
- All weapons must be sanitised on premises before and after use.
- Fencers are advised against handshakes at the conclusion of your lessons or bouts.
- Stay home if you are unwell.
- ***Come prepared with your own equipment.*** *No equipment (including jackets, breeches, plastrons, gloves, fencing masks and weapons) is to be shared between participants. Water bottles should not be shared.*

### ***Finally***

- ***If any fencer does develop COVID-19 symptoms, they must inform SUSF immediately.***