

# Liverpool Fencing Club – Covid 19 Hygiene Policy

Date: 30/07/2020

Version 1.0

The following policy represents Liverpool Fencing Club's hygiene policy for the club and its members. This policy may be amended from time to time and it is the responsibility of all fencers and spectators to understand the policy ahead of attending the session.

## Personal Fencer Hygiene

- If you are currently experiencing any of the Covid-19 symptoms, please see the NHS link [here](#) for guidance you **must not attend** sessions at Liverpool Fencing Club
- If you have booked into one of our sessions and start to experience these symptoms please let Liam know as soon as possible so your slot can be offered to another of our fencers.
- **Wherever possible** please bring with you your own hand sanitiser. Whilst Liverpool Fencing Club will aim to provide hand sanitiser we are working within the guidelines to reduce contact spread. **Wash hands before and after** every session with hand sanitiser.
- You **must** bring your own water bottle with you and enough water for the session. Sharing water bottles is not permitted and we discourage the use of the water fountain to limit contact spreading.
- Cough or sneeze into your elbow or into a tissue.
- Avoid touching your face with your hands.
- You **must** arrive to sessions **appropriately dressed** for the warm up and subsequently to dress in fencing gear for sparring **without the use of the communal changing room**. This is to avoid contact spread.

## Personal kit and Club kit Hygiene policy

- Wherever possible please aim to **use your own kit**
- Please ensure your kit is **washed ahead of the session**. Please look at your kit suppliers' instructions on how best to clean your kit.
- **Sharing of personal kit is not allowed** between attendees at the club.
- If you are borrowing club kit, we will encourage you to take temporary ownership of that kit and bring it with you on each returning session. We will provide cleaning instructions on that and all items will be logged. We would sincerely appreciate your help with maintaining kit.
- If you would prefer not to take this kit home with you then this must be left with the Covid Officer who will take the kit home to be cleaned.
- **Disinfectant wipes will be made available** for wiping kit down at all sessions
- The club, as always, maintains an in date First Aid box

Signed: Liam Melvein

Committee Approval Date: 30/07/2020