

**Under the new Covid-19 restrictions, the Club is now in an area subject to Tier 2 rules.**

In essence, Government guidelines state:

“Organised indoor sport, exercise classes and other activity groups are only permitted indoors if it is possible for people to avoid mixing with people they do not live with (or share a support bubble with). Where it is likely that households (or support bubbles) will mix, these activities must not go ahead. Social interaction before and after any sport or exercise should be limited to people from the same household or support bubble.”

The following is permitted:

**\*Adults may take 1:1 lessons with a Professional Paid Coach provided that the published BF Guidelines are adhered to (adaptations with regards to intensity of activity and duration and distance). Coaches may give multiple lessons in a session.**

**\*For Children, fencing (including "sparring", pairs work, 1:1 lessons) IS permitted between people of different households to a maximum of 15, provided that appropriate hygiene/distancing rules can be maintained.**

The following protocols must continue to be observed:

Fencers will be required to follow social distancing rules and remain 2 metres apart at all times when not fencing.

There will be no hand shaking or any other type of body contact.

Flèching and intentionally closing distance within 1m will not be allowed.

Face covering masks will be worn at all times when not fencing.

When fencing, either face covering masks will be worn or alternative mask 'liners' will be placed inside fencing masks.

Fencing pistes will be placed over 2 metres apart.

There will be restrictions around the duration of activity to reduce the total time two people can spend together 'on piste'. For example, adapted sparring between two individuals in a group can take place but is limited to 1 x 15 hits or 3 x 5 hits, up to a maximum of 10 min of fencing time and 15 min of elapsed time (including breaks).

The programme of fencing activities for each session will be determined by our Coaches.