

Covid-19 Procedures

- You must not attend any activity if experiencing any COVID-19 symptoms and follow government advice for isolation and testing
- You must not attend the club if anyone in your household is experiencing COVID-19 symptoms
- You must not attend any club activity if feeling unwell, or experiencing flu-like symptoms
- You must not attend the club if you have arrived/returned to Scotland from a country not on the exempt list
- You must not attend the club if you have been asked to self-isolate by trace and project
- You must book a session before arrival- We cannot currently accommodate anyone who hasn't pre-booked.
- Arrive wearing a face covering and keep this on whilst not fencing unless you are medically exempt.
- Use the provided touch free hand sanitiser placed throughout the club
- You must follow signage and instructions from coaches/trustees
- Where possible come to the session already dressed in freshly washed workout clothing. Please bring appropriate footwear for fencing separately as no outdoor shoes are to be worn in the fencing hall.
- Ensure you have fresh and warm clothes to wear afterwards without the need for changing rooms.
- Do not share equipment such as weapons, body wires, fencing masks, gloves or breeches/plastron/jacket, with others.
- Practice required physical distancing
- Refrain from contacting/touching other participants, coaches, and attendees
- Cover your mouth and nose with a tissue or your elbow if you cough or sneeze.
- Bring enough water to avoid the need to fill bottles during the session