



COVID-19 / Fægteklubben Trekanten's guidelines

September 2020

Dear members

Transmission numbers in the greater Copenhagen area are once again on the rise. It is important that Trekanten does not turn into a transmission hotspot. We therefore kindly ask you to read our updated COVID-19 guidelines thoroughly. Please remember to comply with all guidelines while training.

Upholding good habits is key to keeping the club open. We are super happy that everything has worked out so well and smoothly until now. It is however, imperative that all guidelines are followed, even when it feels cumbersome.

Kind regards

The board of Trekanten

COVID-19 guidelines of Trekanten:

1. Stay home if you feel sick – even with mild symptoms. .
2. Use hand sanitizer or wash your hands as you enter the club.
3. Sanitize before and after touching surfaces.
4. Cough in your sleeve.
5. Keep a 1 meter social distance when you are not fencing. This also applies when hanging out in the lounge area and the fitness room.
6. Do not share food, drinks, training/fencing equipment. If you do not own equipment then ask your coach about renting.
7. If you need to borrow any equipment from the club then remember to sanitize, wash or quarantine equipment for 3 days after use.
8. The coaching staff plan training so that all guidelines concerning social distancing and use of equipment are followed. Please contact your coach if you are concerned.
9. Daily cleaning of floors, surfaces and equipment is a requirement to keep the club open. It is therefore important that everyone help clean the fencing salle, fitness room and lounge area.
10. Locker rooms have reopened. But please arrive in your training outfit whenever possible.
11. The congregation number is reduced to 50. We therefore ask parents not to enter the club if it looks packed. However, feel free to stay if club space allow a social distance of 1 meter.

If you are symptomatic or infected with COVID-19:

- 1. You must immediately inform the club chairwoman lene.jensen@trekanten.org if you have contracted COVID-19. You are not allowed to train.**

The club will close down any group affiliated with a COVID-19 tested member. We will inform anyone in an affected group in an infected member has been identified. Everyone in the affected group must produce a negative test or isolate for 14 days before returning to the club.

The group will start practicing again as soon as the coaches have tested negative.

- 2. If a family member is COVID-19 positive, then you must remain at home until you can produce negative COVID-19 test.**

Inform the club chairwoman, if an infected family member has been inside club facilities. You are allowed to practice if the infected family member is isolated, and you are not COVID-19 positive. If the family member has not been isolated, then you must refrain from fencing until your family member is no longer COVID-19 positive.

- 3. If you girl/boyfriend, classmate or circle of friends are COVID-19 positive, then stay home from practice until you can produce a negative COVID-19 test.**

You do not need to inform the club chairwoman or the coaching staff in anyone in your social circle is COVID-19 positive. Return to practice as soon as you have a negative COVID-19 test.

- 4. If a family member, girl/boyfriend, classmate, friend or colleague has COVID-19 symptoms, then refrain from fencing until the person in question is tested.**

You are allowed back to fencing if the person in question tests negative. If the test is positive, then you must get tested as well and refrain from fencing until a negative test can be produced.

- 5. You are always welcome to contact the club chairwoman or your coach if you have any questions concerning COVID-19 symptoms or positive cases in your social circle.**

Write to the club chairwoman lene.jensen@trekanten.org or contact your coach.

The COVID-19 information of the club

You can always find all COVID-19 related documents on this link:

www.trekanten.org/covid19