**Guidelines for out-door training at Fægteklubben Trekanten during COVID-19**

**Date: 04.25.2020**

Please note that our guidelines are in compliance with the guidelines Danmarks Idrætsforbund. You will find our take on specific guidelines below:

* **No more than 10 people in one place**
At Trekanten classes will consist of a maximum of 9 fencers and 1 coach. As most of our normal classes are bigger than 9 fencers, classes will be divided into smaller groups to ensure that no more than 9 fencers and one coach gather at the the same place at any time. Each group will have practise in different parts of Ryparken Idrætsanlæg. All classes will meet up at the club. Fencers will have their designated coach waiting for them at a safe distance from any other groups. Fencers will go to their designated coach and stay with that coach, until the class starts. In order to practice a safe form of crowd control parents are not allowed near the coaches or groups at any time, including before and after each class.
* **Safe social distance - 2 meters at all times**The coach will make sure, that safe social distancing is practiced at all times. While waiting for class to start, please keep a safe distance to the other fencers in your group. During class the coaches will make sure, that fencers keep a distance of 2 meters between themselves. Each fencer will have his own station during class. The fencers are expected to mark their stations with a personal item i.e. a water bottle, clothes or bag, to make sure, that they are at the right station at all times. The coach will keep a safe distance of 2 meters from the fencers at all times.
* **Special precautions regarding hand hygiene**
All in-door facilities are closed off making it impossible to wash your hands at Ryparken during out-door training. Please bring your own hand sanitizer. Should you forget to bring your own; hand sanitizer will be available at the club. There will be no sharing of equipment at any time. If special equipment (i.e. spacing cones) is used during class, it will be handled by coaches only. The coaches will make sure that all equipment is disinfected both before and after use. Coaches will make sure, to disinfect their hands before and after handling any kind of equipment during class.
* **Cough or sneeze into your elbow or a tissue** Before each class the coach will remind fencers to make use their elbows or a tissue in case of a sudden cough or a sneeze. If you are experiencing more than a sudden cough or sneeze you are not allowed to take part in class.
* **Stay at home if you are having symptoms**
Fencers or coaches who are experiencing symptoms - even mild ones, are not allowed to take part in class. Symptoms include fever, cough, sore muscles, shortness of breath etc. If a coach finds that you have symptoms in class you will be sent home immediately.
* **People who need extra precautions as defined by the Danish Board of Health**
If you, or someone you are in close contact with, need to take extra precautions because of a higher risk of severe illness, please take this into careful consideration before participating in any of our classes. Please note that participating in classes is at your own risk. Talk to your doctor, if you have doubts or questions.
* **Personal equipment**
If any equipment is needed during class, the items used must be the personal equipment of each fencer. Sharing of equipment will not be allowed. Using personal equipment will allow us to use weapons in our leg-work sessions. Each fencer will have to bring their personal equipment to class. It will not be possible to store weapons or any other equipment at Trekanten. Regarding fencers who already keep their equipment in store at Ryparkens Idrætsanlæg, each fencer will get to go into the club to pick up their equipment one at a time. Apart from this one-time pick up no fencers are allowed inside the club or in other in-door facilities at Ryparken.
* **All in-door facilities are closed off, including Trekanten and Ryparkens Idrætsanlæg**
All classes will take place out-doors. Please make sure that you dress according to the weather. All locker rooms and changing rooms are closed. This includes all restrooms at Ryparken. Coaches and a few other persons with assignments from the Board have special permission from Ryparkens Idrætsanlæg to acces the in-door facilities at Trekanten in order to keep maintaining the premises. We also have permission to continue filming our online training sessions in our fencing salle. Please note that no fencers or parents are allowed to acces Trekanten or any other buildings at Ryparkens Idrætsanlæg. The coaches will ensure that no unauthorized persons enter the facilities.
* **Out-door training only takes place in the areas of Ryparken that are no longer restricted.**
All out-door classes take place in areas that have been approved for use by Københavns Kommune or the police. The Coach is responsible for making sure that all classes keep to approved areas of Ryparken. Approved areas may change on a daily basis and we will respect this at all times.
* **Guidelines from the Danish Board of Health** Coaches will bring a poster with the guidelines from the Danish Board of Health to each class and explain it to the fencers before class starts.

**Out-door training during COVID-19**

**Date: 04.25.2020**

The message below provides you with information on how we plan conduct classes safely during COVID-19.

**We are looking forward to opening up in the safest possible way**After being closed down since the middle of March, Fægteklubben Trekanten will open up out-door training classes, starting Monday, April 27th. It is important for us, that all of our coaches and members are familiar with the special set of guidelines that must be followed in order for the re-opening to be succesfull. It is important that everyone feels safe in the process of reopening some of our activities.

All coaches at Fægteklubben Trekanten are familiar with our guidelines and with the guidelines from Danmarks Idrætsforbunds. The coaches will explain these guidelines to our fencers and make sure that the guidelines are followed at all times.

**Before class**

The coaches will explain the programme for the specific class or sub-group before the class starts. We do this in order to make sure, that the fencers will know how to keep af safe distance during class and in order to make all communication as clear as possible.

Fencers will have to sign up for classes online. This allows for the coaches to prepare classes by dividing the fencers into groups of 9, thus making sure that we have enough coaches if we need to divide classes into sub-groups. The Sports Manager and Head Coach are responsible for dividing classes into sub-groups and for providing the number of coaches necessary for each class.

Parents are instructed not to stay anywhere near the classes at any given time.

**Typical class set-up**

Classes will get a warm welcome from the coach. All classes will start by sanitizing hands - preferably with your own hand-sanitizer that you brought from home, but if you forget we will provide hand sanitizer at the club.

When everyone is properly disinfected the coaches will make a brief overview of our guidelines regarding out-door training at Trekanten. Classes will start when all questions from the fencers have been answered and everyone comprehends the guidelines. Coaches will bring the Danish Board of Health poster with its easily understandable pictograms to each class.

All classes will focus on physical training, specifically strengthening exercises, sprint programmes and leg-work for fencers. You will find examples of different kinds of physical training below:

* **# 1 – Circuit træning**
At each circuit one fencer will be doing different exercises i.e. strengthening exercises, jumping exercises, warm up, etc. There will be no need for equipment at the circuits and the circuits will be 2 meters apart.
* **# 2 – Interval training**
We will be using different kinds of interval training programmes and focus on areas that the fencers are used to working with. All programmes will be arranged to make sure, that the fencers keep a safe distance of 2 meters. The fencers will use personal belongings or equipment to mark their stations and make sure that 2 meters distance is kept at all times.
* **#3 – Leg work**
Fencers will stand in a line at least 2 meters apart. Fencers will be using their personal belonging or equipment to make sure that the correct distance i kept at all times. We will do simple leg work. all of our fencers are used to this kind of training and will find distancing easy and normal.

If any equipment is used doing class, it will be the fencers own personal equipment. There will be no sharing of equipment during class. By using the fencers own personal equipment we effectively minimize the risk of surface contamination. If any special equipment is needed for class i.e. cones, these will be handled by coaches only. Coaches will disinfect both their hands and the equipment before and after touching it. For the time being fencers are NOT allowed to help the coaches with the equipment.

When class is over everyone will disinfect their hands one last time and wave goodbye to their friends and coaches.

The coaches will help remind everyone that the rules of social distancing still apply when class is over. Unfortunately this makes it impossible for us to hang out at the club after class. We ask of all our members to please respect the rules of social distancing - No more than 10 people in the same place and please keep a safe distance.

We hope to make all classes, inspiring, physically challenging and fun. We will try to give you that special Trekanten-feeling - From a safe distance.

**Questions**

Please direct any questions regarding classes to Head Coach of Fægteklubben Trekanten, Malte Trier Mørch – mtm@trekanten.org or 26834408.

Fægteklubben Trekanten

Fægteglæde, fællesskab, udvikling og ambitioner i verdensklasse!