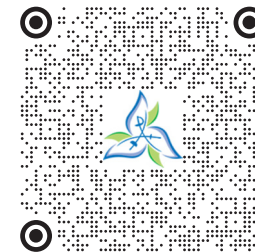







TRAINING RISK TABLE FOR FENCING

This table should be clearly displayed in the training space at all clubs, at all times, to inform all participants of the risks associated with fencing actions and risk mitigation tools during private lessons between coaches and athletes **from the same Designated Training Group**.



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<p>RISK LEVEL: NONE (PHASE 1)</p>  <p>Remote <i>Virtual Lesson</i> with coach-directed video/document</p>	<p>Maintain Physical Distance (>2m)</p> <p>Outdoor environment with ample air flow</p> <p>Low intensity training with normal breathing/respiration/heart rate (Athletes must be able to speak a full sentence between breaths)</p> <p>Staggered non-combat <i>individual fencing lessons</i> to allow for sanitation and air cross-flow between lessons so no two athletes cross paths (no consecutive lessons)</p> <p>Technical actions performed on a training dummy</p>  
<p>RISK LEVEL: MODERATE (PHASE 2)</p> <p>Within Physical Distance (<2m)</p> <p>Individual fencing actions performed in lunge/step-lunge distance with a coach (Stop hits/cuts to wrist/forearm, toe hits)</p> <p>Moderate intensity training with slight increase in breathing/respiration/heart rate (Athletes must be able to speak short sentences between breaths)</p> <p>Alternate athletes taking lessons with breaks in between to allow for sanitation and air cross-flow (no consecutive lessons)</p> <p>Indoor gym environment with open windows and no recirculated air</p> <p><i>Individual fencing lesson</i> within physical distance <5 min</p>  	<p>RISK LEVEL: HIGH (PHASE 3-4)</p> <p>CLOSE CONTACT – Within Physical Distance (<2m)</p> <p>Individual fencing actions performed/completed consistently in close distance with a coach (body/in-fighting/flèche)</p> <p>Athlete vs athlete combat training or bouting</p> <p>Multiple athletes taking lessons consecutively with the same coach (no sanitation or airing out between lessons)</p> <p>High intensity training with high increase in breathing/respiration heart rate (Athletes only able to speak 1-2 words between breaths)</p> <p>Indoor gym environment with poor ventilation and limited training space</p> <p>Individual fencing lesson within physical distance >5 min</p> 