

OFA RETURN TO PLAY PROTOCOL: ATHLETE CHECKLIST

DO NOT ENTER THE PREMISE IF:

- You or a member of your household has tested positive for COVID-19.
- OR
- You are experiencing:
 - Symptoms of acute respiratory disease (cough, sore throat, shortness of breath)
 - Fever or chills over 38C
 - Sudden loss of smell or taste
 - Diarrhea/abdominal pain
 - Unexplained headache/body ache/fatigue
 - Pinkeye/Conjunctivitis

AT THE CLUB:

- Sanitize/[Wash your hands](#):
 - When you arrive
 - Before *and* after training/lesson
 - After using the bathroom
 - Before *and* after any mask wearing/adjustment
 - Before you leave
- Bring your own - *do not share*:
 - Equipment (mask, glove, whites, etc.)
 - Towel
 - Water Bottle
 - Hand sanitizer
 - Extra set of clothes to change into when possible
- Sign in with your club attendance tracker.
- **Maintain 2 meters between individuals in all directions during training, increase to 5 meters during vigorous training.**
- Clean any exercise equipment before *and* after use.
- No eating in the club at any time.
- Do not shake hands, high five, fist bump, or make other physical contact. Opt instead for saluting while maintaining physical distancing.
- Bring home, wash or disinfect your equipment after every session. Personal equipment should not be stored at clubs.

BEFORE YOU LEAVE:

- Remove all your personal equipment from the club.
- Sanitize your
 - Fencing Bag + Bag handle
 - Cell Phones
 - Hands

AT HOME:

- Wash or disinfect all your equipment after every use - use warm soap and/or disinfectant spray for equipment that cannot be laundered (Masks, chest protectors, weapons, body wires in phases 3-5).