

OFA RETURN TO PLAY PROTOCOL: DAILY CLUB CHECKLIST

→ This document is a quick checklist designed to help clubs as they start opening their club doors, that corresponds to the OFA COVID19 Return to Play Protocol.

BEFORE THE CLUB OPENS:

- Sign in!
- Check entryways, check and fill hand sanitizer station(s)
- Check bathrooms, check and fill soap dispensers
- Disinfect all high-contact surface areas – door handles, floors, light switches, faucets, benches, tables
- Check that bag/equipment storage areas are clearly marked to facilitate physical distance
- Open doors/windows for ventilation

DURING TRAINING:

- Remind all members to sanitize/[wash their hands](#):
 - When they arrive
 - Before *and* after training/lessons
 - After using the bathroom
 - Before *and* after any mask wearing/adjustment
 - Before they leave
- Remind all members to reduce droplet-transmission to others by coughing/sneezing into their elbow.
- **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. **In phases 3-5, disinfect reel clips after every 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/BETWEEN CLASSES:

- Check entryways and bathrooms, clean up any debris
- Disinfect all high-contact surface areas – door handles, push buttons light switches, faucets, benches, tables
- Disinfect all training equipment, including scoring boxes
- Close all doors and windows

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.