

# Ontario Fencing Association Return to Fencing Strategy

	Duration	Premise	General practice	Specific Activities	
<b>Phase 1</b>	Min 2-3 Weeks	<b>Limit 3 classes per day (total), each class only consist of members from one single training group</b>	<u>Group training:</u> -No combat training -No private combat lesson -Group footwork	<u>Physical Preparation:</u> -Strength -Plyometric -Conditioning -Stretching	<u>Technical work</u> -Individual skills -Target training -Footwork -Individual Games
<b>Phase 2</b>	Min 2 weeks	<b>Limit 3 classes per day (total), each class only consist of members from one single training group</b>	<u>Group training:</u> -No combat training -Private lesson permitted -Group footwork	<u>Physical Preparation:</u> -Strength -Plyometric -Conditioning -Stretching	<u>Technical work</u> -Individual skills -Target training -Footwork -Individual Games
<b>Phase 3</b>	Min 2 weeks	<b>Limit 4 classes per day (total), each class must consist of members from one single training group</b>	<u>Group training:</u> -Combat training permitted -Private lesson permitted -Group footwork	<u>Physical Preparation:</u> -Strength -Plyometric -Conditioning -Stretching	<u>Technical work</u> -Individual skills -Target training -Footwork -Group Games
<b>Phase 4</b>	Min 2 weeks	TBD	<u>Group training:</u> -Combat training permitted -Private lesson permitted -Group footwork -Competition TBD	<u>Physical Preparation:</u> -Strength -Plyometric -Conditioning -Stretching	<u>Technical work</u> -Individual skills -Target training -Footwork -Group Games

