



RISK MITIGATING GUIDELINE FOR PRIVATE LESSONS

Given the appropriate circumstances AND when your region allows for it, please take the following guidelines into consideration when planning private technical lessons.

The following mitigation steps should not, by any means, be taken as permission for coaches to give private combat lessons, *especially* if the coach is instructing while residing in a region in Stage 2 of Ontario Reopening Plan. *It is not clear*, but it may be possible that private technical lessons are allowed in Stage 3.

The following mitigation measures are for coaches, parents and athletes to consider should they deem that technical lessons are appropriate. *Coaches, athletes and parents must fully realize that technical lessons that include actions in the moderate to high risk section (see table below) have a high probability of continually breaking the 2-metre physical distance*, and thus pose a higher risk to both coach and athlete. As such, participants must act as informed individuals, and control the situation at all times accordingly to mitigate against this risk.

The Fencing Action Risk Table below should be posted in all club training spaces for coaches, athletes, and parents/guardians to make informed decisions during all return to play stages in Ontario.

The mitigating steps and table of actions below are in keeping with the provincial law and national sporting organizations suggestions. **CONSIDER THE PROVINCIAL LAW AND DIRECTIVES OF YOUR RESIDING REGIONS. Ignorance of the law is not a sufficient excuse for breaking the law.** The OFA is **NOT** responsible for any of the decisions that club owners or coaches take. Club owners and coaches are **FULLY** responsible in ensuring they follow federal, provincial, and municipal regulations in ensuring the SAFETY of their participants.

MITIGATION STEPS

- Wear face masks or mask liners. Close-fitting face masks must only be used for this adapted training in situations that do not require elevated breathing – you should be able to easily hold a conversation. Where face masks cannot be used, mask liners (such as those sold by Leon Paul) should be used.
- Coaches should consider wearing a visor/face shield over their fencing mask
- Coaches should control the distance between themselves and their athletes at all times to maintain the 2m physical distance as much as possible
 - adapt exercises appropriate to their athlete's height/reach/blade size/target to minimize time spent within the two-meter distance
- **Physical contact is strictly prohibited**
- Sanitize the floor and other surface areas before/after the lesson, and when possible, schedule lessons to allow time for the training space to circulate fresh air between sessions
- Where possible, increase air in-take and cross-flow from outdoors with large fans
 - *AVOID* using fans to recirculate air in a closed environment (no windows) as that will increase droplet spread



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*.

| Risk Level | Sport-Specific Training |
|--|---|
| <p>NONE</p> <p>(Phase 1)</p> | <p>Remote <u>Virtual Lesson</u> with coach-directed video/document</p> |
| <p>LOW</p> <p>(Phase 1)</p> <p>Maintain Physical Distance (>2m)</p> | <p>Technical actions performed on a training dummy</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>Low intensity training with normal breathing/respiration/heart rate (Athletes must be able to speak a full sentence between breaths)</p> <p>Outdoor environment with ample air flow</p> |
| <p>MODERATE</p> <p>(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>Alternate athletes taking lessons with breaks in between to allow for sanitation and air cross-flow (no consecutive lessons)</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>Indoor gym environment with open windows and no recirculated air</p> <p><i>Individual fencing lesson within physical distance <5min</i></p> |
| <p>HIGH</p> <p>(Phase 3-4)</p> <p>Close Contact</p> <p>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><i>Individual fencing lesson within physical distance >5min</i></p> |