

# AFA Return to Play Protocol

(Effective June 19th 2020):

## AHS Stage 2 Provincial guidelines - AFA Phase 1 Guidelines:

Under current Chief Medical Officer of Health Orders, businesses and entities are required to:

- implement practices to minimize the risk of transmission of infection among attendees;
- provide procedures for rapid response if an attendee develops symptoms of illness;
- ensure that attendees maintain high levels of sanitation and personal hygiene;
- comply, to the extent possible, with the COVID-19 General Relaunch Guidance this guidance, and any other applicable Alberta Health guidance found at: <https://www.alberta.ca/biz-connect.aspx>. A list of resources has been appended to this document.

**All Albertans must follow CMOH Order 05-2020, which establishes legal requirements for quarantine and isolation.** The Provincial Return to Sport, Physical Activity and Recreation - Stage 2 guidelines and any other information/requirements set by Alberta Health and Alberta Government supersede anything outlined in this document or by our National Partners (CFF).

This plan outlines a gradual, phased return plan to ensure monitoring and safety is compliant with health regulations.

Facilities/Clubs failing to comply with the items required below are not sanctioned by the AFA for training.

This AFA Return to Play protocol is in effect until further notice unless an Alberta Health or Government Directive supersedes it. The plan will be monitored and reviewed periodically and changes may be made at such time as deemed necessary.

## Highlights from selected guidance and published information for sport:

### *High intensity Fitness Classes and Studios (Dance, High Intensity Classes)<sup>1</sup>:*

There is no scientific evidence establishing a 'safe' distance between participants during indoor high intensity activities.

Both operators and participants should proceed with this type of exercise with caution and should take appropriate measures to reduce risk of exposure and transmission.

- For high-intensity classes, reduce the overall number of participants in classes to ensure that a minimum distance of 3 meters is maintained in all directions of each participant.
- Increase physical distance, or install physical barriers, between the instructor and participants.
- Allow adequate time to thoroughly clean and disinfect equipment between each class.
- Instructors should be assigned and wear microphones to reduce the need for shouting.
- Participants shouting back at the instructor should be discouraged.
- Consider creating cohorts of classmates by assigning specific times for the same participants to partake in classes.
- Mitigate the potential for classmates to gather before and after a class within the facility.
- Ensure group fitness classrooms are well ventilated (e.g. open windows if possible).
- For classes with significant movement (i.e. dance, fighting), it is recommended the program be altered to limit the need to travel within the room. Consider fencing in a designated area or moving the class outdoors.

### *Fencing as combative sport:*

AHS has recommended for any activities with close and sustained contact between participants, cohorts should be used to the greatest extent possible. The AFA takes the position that fencing and fencing bouts are in this category. <sup>2</sup>

For this setting, and where possible, cohorts should be composed of those from the same age groups or skill level.

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<sup>1</sup> <https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>  
Section on High Intensity activity

<sup>2</sup> [Guidance for Physical Activities, section on Martial Arts, Mixed Martial Arts, Wrestling, Boxing](#)

### *Personal Training /Coaching/Nutritional Consultations:*

These services should continue to be offered virtually, or outdoors, if possible. In-person individual lessons should allow for physical distancing or barriers between the client and trainer. If this is not possible and the coach/trainer's activity is considered low intensity, they should consider wearing a mask.

### *Club Sport<sup>3</sup>*

The principles outlined in this document apply equally to competitive club sport in our communities. A *sports club* is often characterized as owning or leasing a facility (sometimes referred to as a 'club house') in which the 'club' is responsible for a physical entity. The sports club should comply with provincial public health requirements in ensuring the facilities and equipment belonging to that club are disinfected/sanitized in line with all mandates. It would also be the responsibility of the club to ensure parking, entry, flow throughout the building and the facility are all coordinated and in line with health authority requirements or guidelines.

Some sports clubs often do not have a 'club house', or training facilities with the responsibility to maintain and ensure they meet local and provincial health guidelines. Clubs that fall within this category will need to work with facility owners and managers to ensure they meet all requirements that are in place, for arrival, entry to the training environment (pool), departure and equipment 'owned' by the facility needs to be maintained, sanitized and disinfected by the facility operator.

In considering a resumption of sporting activity, vicarious liability should be addressed by an NSO, PSO or competitive community club. Vicarious liability is defined as the holding of a person or entity responsible for damages or harm caused by someone else. In the context of mitigating the risk COVID-19 transmissions, a national sport organization or competitive community club may hold liability for the information and mitigation strategies engaged as part of superior position in a relationship with its employee, athlete, or volunteer.

#### **DEFINING MASS GATHERINGS**

"High profile international sporting events such as the Olympics, Paralympics, or World Cups count as mass gatherings. The size of permitted gatherings at any time is also dependent on the public health regulations in force for the location at that time. Lower profile sporting events can also meet WHO's definition of a mass gathering. In general, an event counts as a "mass gatherings" if the number of people it brings together is sufficiently large that it has the potential to strain the planning and response resources of the health system in the community or training environment where it takes place"

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<sup>3</sup> OTP Covid Resources <https://www.ownthepodium.org/en-CA/Resources/COVID-19-Resources>

## Facility and Club Operators Pre-operation Requirements Checklist:

*Club Checklist Document (See Appendix C)*

### Risk Assessment

The CFF has provided a tool for Clubs and Facilities to use, **Risk Assessment Tool:** <https://www.ownthepodium.org/en-CA/Resources/COVID-19-Resources> to assist in gauging for themselves what their individual risk/risk factors may be around opening.

### Required Protocols:

Prior to opening and during operation, ALL Clubs must ensure the following:

- Ensure all staff and volunteers are knowledgeable about CoronaVirus transmission and protocols as well as sanitization protocols.  
<https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf>
- Clubs must have a **rapid response plan** in place to manage symptomatic participants in the event someone should become symptomatic. Details can be found:  
<https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf>
- Clubs should notify families of attendees of the steps being taken to prevent the risk of transmission, and the importance of their roles in these measures
- Where possible, provide hand sanitizer at entrances and throughout the facility and ensure that hand washing sinks are fully stocked with soap and paper towels;
- Where possible, common area chairs and tables should be stacked, roped off or removed from the area to promote distancing;
- Wherever possible, promote physical distancing by:
  - reduce capacity in each room, venue, piste, etc. in the facility and spacing activities, where possible, on every other piste or piece of equipment where physical barriers are not possible;
  - promoting one-way traffic flow to avoid individuals from inadvertently interacting;
  - placing stickers or signage on the wall/floor at two-metre distances;
  - spacing seats, or assigning seating, at two-metre distances;
  - limiting classes and group fitness to cohort groups only (e.g., assigned class times).

### Required Operation Organizational Protocol for Facilities/Clubs:

For the duration of the AFA Phase 2 (See **Appendix E**), clubs must establish, monitor, and maintain “bubbles” or “cohorts” with their participants. In the initial phase, there can be no cross

training between bubbles/cohorts and coaching across cohorts to be compliant with health regulations.<sup>4</sup>

Additionally, during AHS Stage 2 of re-opening, clubs may run multiple classes per day provided they utilize cohorts and there is at least a reasonable window between classes to provide for ventilation and sanitization. Personal lessons can also be conducted provided that the same protocols are followed as with classes and that only members of that coach's bubble/cohort participate.

If *anyone* in a cohort becomes symptomatic the entire cohort must self isolate/quarantine and contact AHS. If there is a common coach between cohorts where someone is symptomatic, everyone in all associated cohorts must self isolate/quarantine and contact AHS.

- Clubs must ask all participants to complete the COVID19 self-screening tool prior to entrance into the facility and commencement of any activity. See **Appendix A** below.
- Clubs should provide as much natural ventilation as possible through windows and doors where possible and allow reasonable time for facilities to air out between activities;
- Remove or cordon off unnecessary shared items and equipment;
- If possible and/or if permitted, Clubs should ensure the posting of relevant posters and information at all entrances to club spaces:
  - All posters: <https://www.alberta.ca/covid-19-information-posters.aspx>
  - Prevent the Spread info sheet (in the google drive)
- If possible and/or permitted Clubs should place appropriate signs throughout the facility explaining:
  - Physical distancing expectations
  - Daily Active screening procedure
  - Rapid response plan
  - Hand hygiene and respiratory etiquette
  - Cleaning and disinfection practices
    - Information posters and fact sheets can be downloaded at <https://www.alberta.ca/covid-19-information-posters.aspx>
- Clubs must limit the use of overhead or pedestal fans where there exists the possibility of directing air from one person directly towards another;
- Where possible, clubs must stagger the arrivals of club members;
- In addition to routine facility cleaning protocols, increase frequency of sanitation of commonly touched surfaces and shared equipment (such as water fountain handles, doorknobs, handrails, light switches, countertops, tables, equipment handles and consoles). Guidelines for cleaning and disinfecting can be found here:

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<sup>4</sup> GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

<https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf>

- There will be no shaking of hands after lessons/bouts;
- Any participant that is exhibiting any symptoms cannot enter the facility or participate.
- Increase the frequency of cleaning of gymnasium floors to reduce the risk of transmission from shared objects (e.g., balls) and those who use wheelchairs.
- There are no spectators permitted at this time outside of activity participants.
- If club equipment is being used, it must be assigned to the user to avoid unnecessary sharing and must be washed prior to being used by anyone else.
- Encourage participants to bring their own equipment to the facility. Wherever possible, limit the use of shared equipment unless participants engaged in the same activity are from the same household and sanitize between users.
- Ensure that surfaces, sinks and toilets are cleaned and disinfected regularly.
- Participants are expected to maintain a distance of two-metres in lobbies, change rooms, multi-purpose rooms, and on the Piste.
  - For high intensity physical activity (e.g., any combat training and private lessons are considered intensely strenuous), consider at least three metres distancing between participants where possible.
  - Distancing exceptions can be made for those who are from the same household.
- Participants must not share any personal items (e.g., water bottles, towels).
- Enable and encourage participants to perform frequent hand hygiene before, during and after the activity.
  - Participants should be encouraged to carry and use their own hand sanitizer.
- Clubs are required to have participants sign an additional waiver specific to contagion: **See waiver below: Appendix D.**
- Clubs must complete the Daily Club Checklist each day prior to operation: **Appendix C;**

### **Recommended Operation Protocol for Facilities/Clubs:**

- Participants should refrain from touching their eyes, nose, mouth and face while participating or while wearing sporting gloves.
- Encourage participants to exhibit good respiratory etiquette (i.e., sneezing or coughing into the crook of the elbow, no spitting, no clearing of nasal passages, coughing or sneezing into a tissue).
- Clubs should consider potential interventions for vulnerable athletes, volunteers, and staff:
  - Delaying a return to sport
  - Training scheduled at designated 'lower risk' times (i.e. with no other groups or athletes around)
  - Staff working off-site where possible
  - Maintaining physical distancing (keeping at least 2 metres away from others)

- Exclusion of 'high risk' athletes or staff from the training environment
- Persons with concomitant medical conditions need individualized screening and management in consultation with an NSO or Games' Chief Medical Officer or primary care physician prior to returning to training or competition environments.
- Whenever possible, the use of a face mask inside the club is recommended when not engaged in physical activity or with an elevated respiration rate, especially if 2 meter social distancing cannot be maintained or guaranteed;
  - There is a risk associated with wearing a sanitary mask **during** physical activity, and it is **not** recommended by the AFA or AHS. Alternate mask shields may be considered.<sup>5</sup>
- Where payment or other transactions would occur, attempt to limit physical contact by using touchless or online payments.
- Facilities should develop procedures that allow for uncongested drop off and pick up of participants. (e.g., drive-thru lanes for pick up and drop off of sport participants, dedicated entrances and exits for incoming and outgoing sport teams)
- Where possible, clubs should coordinate appointments or class times to avoid crowding and reduce wait times and encourage patrons to limit their time spent in the facility and to maintain physical distancing when returning to vehicles or homes;
- Clubs should consider using a booking system that sets out specific activity durations (e.g., one-hour workout periods, 90-minute training times);
- Request that participants arrive no more than 5-10 minutes before their appointment or class;
- Facilities should discourage the use of locker rooms and change rooms whenever possible. Encourage participants to come dressed for their activity

### **Risk Evaluation, Triage, and Hygiene:**

Throughout the Phases, the following rules always remain in place:

1. Self-Assessment: before going to their training or competition session, each athlete & coach must complete a daily health self-assessment: **See Appendix B below.**

Each athlete must inform their coach if they answered YES to any question in the self-assessment.

Clubs are responsible for collecting and documenting this information, and informing any individual who is present at the same time as the athlete who answered yes to the above question.

2. An athlete may not go to training if they answer YES to any question in the self-assessment or:

a) If they have been diagnosed with COVID-19, the athlete may not return to the training facility until cleared by health authorities.

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<sup>5</sup> Leon Paul disposable face shield. <https://www.youtube.com/watch?v=X9QxwuerBzI>

- b) If a household member is diagnosed with COVID-19, the athlete may not return to the training facility for 14 days after they were last in close contact with that family member. If the athlete is diagnosed with COVID-19 infection during that 14 days, they must follow the instructions outlined in a) above.
3. Tracking Attendance: At each training session the club must make every effort to track :  
first name, last name, e-mail address, and phone number of each person present at the training session and the date/time/duration of the training session. Providing this information by attendees must be voluntary under privacy laws; clubs must ensure that attendees are told what the information is being collected for and for how long it will be kept (2 weeks). In addition, each individual must declare that:
- a) They are not currently experiencing any COVID-19 symptoms by passing the Self Assessment outlined in #1;
  - b) Neither they nor their household contain anyone diagnosed with COVID-19. This tracking document must be kept for at least 2 weeks. One individual shall be designated as the tracking monitor and is responsible for collecting self-assessment sheets and updating the attendance tracker to avoid a communal sign in sheet.

### **Alberta Government Guidance Documents and Reference Summary:**

[General Relaunch Guidance](#)  
[Guidance for Day Camps<sup>6</sup>](#)  
[Guidance for Outdoor Fitness Classes<sup>7</sup>](#)  
[Sport, physical activity and recreation<sup>8</sup>](#)  
[Guidance for Personal Services<sup>9</sup>](#)  
[Workplace guidance for business owners - guidance for staff<sup>10</sup>](#)  
[Resource list for return to fencing](#)  
[Risk Assessment tool \(Podium\)](#)  
[Ontario Fencing Medical Committee<sup>11</sup>](#)  
[Ontario Fencing Return to Play v3 \(June 12, 2020\)](#)

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<sup>6</sup><https://open.alberta.ca/dataset/89104c69-febd-4270-ad15-6d9d48bb52eb/resource/143e60cf-a07d-4ac6-b90b-019f195af6d6/download/covid-19-relaunch-guidance-day-camps.pdf>

<sup>7</sup> <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-outdoor-fitness-classes.pdf>

<sup>8</sup> <https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

<sup>9</sup> <https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-personal-services.pdf>

<sup>10</sup> <https://www.alberta.ca/assets/documents/covid-19-workplace-guidance-for-business-owners.pdf>

<sup>11</sup> <https://fencingontario.ca/committees/medical-and-health-committee/covid-19-return-to-play/>



# APPENDIX A: Self Screening Tool

## Self Screening Tool

### **DO NOT ENTER THE PREMISE IF:**

If you have not completed the self-assessment OR If you have answered yes to any of the questions in the self-assessment.

### **AT THE CLUB:**

- Arrive dressed for sport/activity
- 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 equipment - *do not share*:
  - Equipment (mask, glove, whites, etc.)
  - Towel
  - Water Bottle
  - Hand sanitizer
  - Extra set of clothes to change into if necessary
- Sign in with your club attendance tracker or complete club's attendance tracking process
- **Maintain 2 meters between individuals in all directions during training, increase to 3 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.
- Where possible, 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
- Wash gloves and fencing equipment after each use when you return home. Masks should be wiped.

## Appendix B: Attendee Self Assessment Tool

See [Alberta Government Self Assessment](#) and online tool if you answer yes to the following:

<b>1. Does the person attending the activity, have any of the below symptoms: CIRCLE ONE</b>		
Fever	YES	NO
Cough	YES	NO
Shortness of Breath / Difficulty Breathing	YES	NO
Sore throat	YES	NO
Chills	YES	NO
Painful swallowing	YES	NO
Runny Nose / Nasal Congestion	YES	NO
Feeling unwell / Fatigued	YES	NO
Nausea / Vomiting / Diarrhea	YES	NO
Unexplained loss of appetite	YES	NO
Loss of sense of taste or smell	YES	NO
Muscle/ Joint Aches	YES	NO
Headache	YES	NO
Conjunctivitis (Pink Eye)	YES	NO
<b>2. Have you, or anyone in your household, returned from travel outside of Canada in the last 14 days?</b>		
████████████████████	YES	NO
<b>3. Have you or your children attending the program had close unprotected contact (face-to-face contact within two-metres) with someone who is ill with cough and/or fever?</b>		
████████████████████	YES	NO
<b>4. Have you or anyone in your household been in close unprotected contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID19?</b>		
████████████████████	YES	NO

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## APPENDIX C: DAILY CLUB CHECKLIST

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

### BEFORE THE CLUB OPENS

- Sign in! Ensure that your tracking system is active;
- Check entryways, check and fill hand sanitizer station(s);
- Check bathrooms, check and fill soap dispensers;
- Disinfect all high-contact surface areas – door handles, 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

→ **Maintain 2 meters between individuals in all directions whenever possible, increase to 3 meters during vigorous 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.

→ 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 distance.

→ 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.

## APPENDIX D: AFA COVID Waiver, Release, and COVID Declaration

### Alberta Fencing Association

I, the undersigned, intend to use some or all of the activities, facilities, programs and services offered by Alberta Fencing Association (herein referred to as "AFA") and delivered by the AFA and its sanctioned clubs.

#### **Assumption of Risk and Release and Waiver of Liability**

For the valuable consideration of being allowed such use, I do hereby waive, release and forever discharge AFA, including any associated or related persons, or any directors, officers, employees, agents, contractors, volunteers, insurers, successors, assigns or sponsors representatives and all others acting on its behalf (the "Releasees") from any and all claims or causes of action (known or unknown) for any and all injury, illness, damage or loss that may occur to me or my property as a result of my participation in any aspect of the activities, facilities, programs and services offered, including, but not limited to, my use of equipment or machinery in connection with the activities, facilities, programs and services offered by the AFA Staff and Clubs.

I understand that each person (myself included) has a different capacity for participating in activities, facilities, programs and services and that participation carries an inherent risk. I am aware that all activities, facilities, programs and services offered are educational, recreational or self-directed in nature. I agree that my participation is strictly voluntary and has not been requested or required by the Releasees. I further agree that I assume any and all risk of injury, illness, damage or loss that might result. I further agree to assume all risk of damage, loss or theft to or of any of my personal property.

I declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation. I acknowledge that I have either had a physical examination and have been given a physicians permission to participate or that I have decided to participate without the approval of my physician. I assume all responsibility for my participation in the activities, facilities, programs and services offered by the clubs and for my utilization of any and all equipment and machinery in connection with these activities, facilities, programs and services.

I understand that the activities, facilities, programs and services offered by the AFA or Clubs may sometimes be conducted by persons who may not be knowledgeable, licensed, certified or registered instructors or professionals. I accept the fact that the skills and competencies of

some AFA employees, agents, representatives or volunteers will vary according to their training and experience and that no claim is made to offer assessment or treatment of any mental or physical disease or condition by those who are not duly licensed, certified or registered and employed to provide such professional services.

**Consent to Use of Images**

I hereby grant the right to use or disclose, without payment of any fee, charge, or compensation of any kind, including royalties, any and all non-focused, background or otherwise unidentifiable photographs, video or other visual media (the Images) of myself taken by AFA or member Clubs for promotional purposes. I also agree to waive any right to approve such use, and waive all moral rights I have in such Images in perpetuity.

**Consent to Use of Personal Information**

I understand and agree that my name and email address may be used to correspond with Alberta Sport regarding my participation, and to send information about current and future Alberta Sport programs and services. I further agree that the AFA may also contact me to conduct research in an effort to continually improve programs. I understand and agree that my personal information will not be used for any other purpose without my consent. I further understand that AFA makes its contact information available to the provincial sport organizations when reasonable (to confirm rosters, clinic notification, etc.). I further understand and agree that AFA may also make my contact information available to the Province of Alberta when reasonable (to send congratulations). I understand I may withdraw my consent to any further collection, use or disclosure of information about you at any time by giving reasonable notice to AFA.

**Those under 18 years of age must have this form signed by a parent or guardian.**

**Declaration:**

I acknowledge that I have carefully read this Agreement and fully understand that it is a **release and waiver of liability and consent**. I certify that I have read and understand all of the terms of this Agreement and agree to continue to abide by all of the terms of this Agreement.

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Participant (print name)

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Signature

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Date

**If Participant is under 18 years of Age - Guardian signature required**

I represent that I am the parent or legal guardian of the Participant and that I have the legal authority to execute this Agreement. I have read and understand the provisions of this Agreement and consent to all provisions in this Agreement.

\_\_\_\_\_  
Parent/Guardian (print name)\_\_\_\_\_  
Parent/Guardian Signature\_\_\_\_\_  
Date**COVID-19 Declaration**

I hereby declare that I, or anyone in my household, has not experienced any cold or flu-like symptoms in the last 14 days (including fever, cough, sore throat, respiratory illness, difficulty breathing). If I, or anyone in my household, experiences any cold or flu-like symptoms after submitting this declaration, I will then not attend any activity, program or service for a minimum period of 14 days after the cold or flu-like symptoms have completely gone away. This agreement will remain in effect until AFA, at the direction of the Province of Alberta and provincial health officials, declares the requirements in this declaration are no longer in Effect.

**Health Status Declaration**

☒ Agree \_\_\_\_\_  
(Initial)

I hereby declare that I or any member of my household have not travelled to or had a lay-over in any country outside Canada or Province outside of Alberta in the past 14 days. This agreement will remain in effect until AFA, at the direction of the Province of Alberta and provincial health officials, declare the requirements in this declaration are no longer in effect.

**Travel Declaration**

☒ Agree \_\_\_\_\_  
(Initial)

I have read and understand the below "AFA OUTDOOR GROUP TRAINING RULES AND PROTOCOLS DECLARATION" and accept and waive any right to participating should I not comply with these policies.

☒ Agree \_\_\_\_\_  
(Initial)

**AFA Sanctioned Club Outdoor Group Training Rules and Protocols**

All participants will bring their own equipment (if applicable), and participants are not allowed to enter into any indoor premises of the training location to change, shower, and obtain food or beverages. Participants are required to maintain a two-metre distance from others attending the training session.

## Appendix E: Summary of Phase Return

Alberta Government [Re-Launch Strategy](#)<sup>12</sup> and AFA Phases of Return To Play



<sup>12</sup> “Opening soon”

<https://open.alberta.ca/dataset/61f54c09-d6d7-4a12-a5be-0bc663a02c31/resource/e158ff14-eab7-4f24-94f4-b67c3639d0d5/download/covid-19-alberta-relaunch-strategy-2020-06.pdf>

<b>Stage:</b>	<b>May 14</b>	<b>June 12</b>			<b>TBD</b>
<b>AHS noted highlights</b>	Grocery & Essential Services	Personal Services, Sports, Camps			Open with limited restrictions
<b>AFA Phased return recommendations</b>		<b>AFA Phase 1</b> June 12-30	<b>Phase 2</b> July 1s	<b>Phase 3</b> Aug 31	<b>TBD</b>
<b>Group classes &amp; footwork</b>	Outdoor training activities with distancing	1 class per day only within established cohorts.  Restricted cohort size (50).	Multiple classes per day allowed within established cohorts.  Restricted cohort size (50).	Multiple classes per day allowed with cross training between cohorts permitted  Restricted cohort size (50).	<b>TBD</b>
<b>Individual lessons</b>	<b>None</b>	Individual lessons within a cohort group and with only 1 coach.	Individual lessons within a cohort group and with only 1 coach.	Individual lessons allowed.	<b>TBD</b>
<b>Camps</b>	<b>None</b>	Training day-camps allowed.  Summer intro to fencing camps.	Training day-camps allowed.  Summer intro to fencing camps.	<b>TBD</b>	<b>TBD</b>
<b>Physical training</b>	At home.	Within cohorts.	Within cohorts.	Within cohorts with limited cross training between cohorts.	<b>TBD</b>
<b>Fencing (combative training)</b>	<b>None</b>	Limited to cohort training partners.	Limited to cohort training partners.	Limited cross training between cohorts permitted.	<b>TBD</b>
<b>Competitions</b>	<b>None</b>	<b>None</b>			<b>TBD</b>



