



Preventive Measures & Health Guide

UAE Fencing Federation



إتحاد الإمارات للمبارزة

UAE Fencing Federation



+97142699866



P O Box -93390 Dubai - UAE



www.uaefencing.ae



uaefencing@hotmail.com

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Introduction

In light of the spread of the Covid 19 epidemic around the world and what it takes to take all necessary measures and measures to preserve the health and safety of everyone, and to implement the directives of the wise leadership by taking the utmost precautions and safety, and the UAE Federation for Fencing is keen on educating the workers, players, coaches, administrators and all bodies, clubs and academies participating in the activity The Federation has drawn up this guide on the precautionary and preventive measures binding on everyone, as well as the instructions that must be followed for the return of the fencing activity. This guide is binding on all.

General Instructions

1- The instructions, instructions and procedures issued in the General Principles for the Reopening of Service and Entertainment Facilities during the Coexistence Period with Corona (attached) shall be followed.

2- All clubs and federations must ensure that a laboratory examination is conducted for all those involved in the game and that the negative result is confirmed before resuming activity and then when symptoms appear.

3- The club doctor is tasked with monitoring precautionary measures and ensuring that they are applied by the community.

4- The club's doctor opens a direct communication channel with the concerned local health authorities and continuously coordinates with them on issues related to public health and the Covid-19 pandemic.

5- Clubs must ensure that all club doctors are aware of procedures to limit the spread of infection.

6- In the event that a confirmed case of ***Covid - 19*** is detected in one of the A more players, the technical or administrative staff, or the service staff, the following procedures are followed:

The local health authorities are notified directly.

The isolated cases / according to the instructions issued by the concerned local health authorities.

- Players, technical and administrative staff, service staff and everyone who has a direct relationship with the team are examined before returning to the activity.
 - In the event that any case of COVID-19 infection is recorded, the infected and those in contact with them shall comply with medical instructions, including quarantine.
 - The health status is evaluated by the concerned local health authorities, which is the authority that decides the subsequent procedures, and everyone must adhere to the procedures it issues.
 - It is not permissible to resume events, training, matches or competitions without obtaining the necessary written approval from the concerned local authorities.
- 7- All clubs must bear the financial costs that may result from imposing precautionary or preventive measures, including institutional quarantine, health isolation and laboratory tests.
- 8- Closing the facilities to disinfect them before reopening them.
- 9- Encouraging everyone to install the Al Hosn App. on their mobile smartphones.

Preventive Procedures inside the Halls & Courts

- Determine the stadiums on which the training or competitions will be held, coordinate with the bodies, and form a committee to follow up on the preparation of places for the activities and players of the national teams.
- Determining the capacity of training halls that does not exceed 30% of the original number previously permitted.
- Establishing a fixed and approved system to sanitize sports equipment before training or competitions
- Providing alcohol and disinfectants in various places on the stadium and at the entrances and exits
- The provision of temperature measuring devices for all users of the training grounds.
- All those present in the stadiums must adhere to preventive measures and wear protective equipment and personal protection.
- Providing a specialist first aid and medical services who can identify suspected cases and how to deal with them

- Agreement with the bodies that will receive training for national team players to provide and train an appropriate number of workers to equip the stadiums in a safe manner.
- Only allow entry to the training hall for authorized persons.

Cases where practicing sports activity is not allowed

- Players who suffer from chronic diseases and have serious health conditions, including high blood pressure, chronic lung disease, diabetes, obesity and asthma
- Players who have a risk in their immune system, such as chemotherapy for cancer and other conditions that require such treatment
- A player whose body temperature exceeds 37.5 degrees.
- Players who show clear symptoms of respiratory infection or fever before, during, or after training,
- Players who have had contact with a person with COVID-19 during the last fourteen days
- Players who are in contact, whether on a personal level or within the family of people returning from affected areas or from quarantine, or they have been tested.
- Players who arrived from abroad.

General Instructions

Signs must be placed in different places in the training halls, including the following:

- Capacity 30%
- Use hand sanitizer
- Wearing masks and masks
- Marking floors for a social spacing of 2 meters.

Preventive Procedures of Players

- Entering directly into training and leaving as soon as it is finished.
- Washing hands with soap and water before and after training.
- Using personal tools and the player's own towel and not lending it to others

Avoid constantly touching doors or tools

- Keep spacing distances apart from actual training times.
- Stay away from gatherings during periods of rest

Avoid touching the nose and face

- Not to use the steam rooms and Jacuzzi before or after training
- Commit to wearing masks outside of training hours.

Trainers & Instructors Commitment

- Equipping all training tools in a personal capacity and not giving any instructions to help him by the players
- Maintaining a physical spacing of (2 meters) between players, especially in the case of group training
- Reducing breaks between exercises
- Players must wear masks while entering the training areas, and remove them during training
- Ensure that the training hall and all participants fulfill all the procedures and measures stipulated before the start of training.

The Preventive Procedures during the training Sessions

- The distribution of players within the areas for training and in accordance with the specific controls regarding the spacing between them in each training session
- Spacing during training a distance of 2 meters from all sides, that is, an area of 4 square meters for each player inside the training area
- Taking into account that the number of hours of the training session does not exceed two hours
- Training in the first stage is limited to physical fitness training and specialized individual skills
- Use the tools of each player and not use any tools for another player
- Sterilizing training places periodically before and after each training session
- Provide hand sanitizer in all places of training
- Not to allow the presence of escorts or persons not involved in the place of training
- The number of people inside the training halls on the devices according to the following:
 - The presence of people inside the gymnasium does not exceed 30% of the total density, which does not exceed the following: -
 - 5 people in the hall 200 meters
 - 10 people in the hall, an area of 500 meters.

Group training halls:

- Not to exceed 20 people in the hall area of 1000 meters
- It does not exceed 5 people in a 50-meter gymnasium
- Not to exceed 10 persons in a 200-meter gymnasium
- Not to exceed 15 people in a gymnasium with an area of 300 meters
- Everyone must wear medical masks on the stadium, with the exception of players and referees only.
- Shaking hands and rapprochement between players or referees are prohibited.
- Take into account the consent of the players' parents to the children's participation in the activity, with full adherence to the permitted ages and as stated in the attached general principles. Players are allowed to attend without their families, and it is taken into account to reduce the number of training hours and distribute competitions in a manner that provides safety and security factors.

The Required Preventive Procedures during the Competitions

- All players are obligated not to share personal items with their teammates, especially water bottles and juices.
- Shaking hands, rapprochement, or celebrations are prohibited, and security distances are taken into account.
- The lack of rapprochement between the players and the observance of safe distances are taken into account during times of rest or the stoppage of matches. It is preferable to spend rest time in the open stadium and take into account the safe distances between the players and the coaching staff.
- Take into account that there are no unauthorized persons present on the stadium.
- As well as television broadcasts in the case of international tournaments.
- Take into account the safe distances between the players and the rest of the auxiliary equipment in the stadium.
- Reducing the number of photographic workers, taking into account safe distances and wearing protective masks.

The Required Preventive Procedures after Competitions

- The players leave directly to the bus and take into account the safe distances inside the bus (determining which seats can sit on - for example: an empty seat between each player)
- All players and the coaching staff are obligated to wear masks immediately after the tournament and while heading or being inside the bus.
- It is forbidden to meet or use the changing rooms after matches, and go to the place of residence directly.
- All bus drivers undergo all medical examinations, adhere to preventive measures, and wear medical masks.
- Sterilizers and masks are provided inside the buses.

The Required Preventive Procedures for the indoors camps for the national teams players

- All preventive requirements are applied at the camp site and it has regulation and registration for entry and exit, and has a daily cleansing plan
- Providing disinfectants or alcohol gel in corridors, toilets, and places with gatherings.
- Medical examination before entering the camp site (measuring temperature - conducting critical analyzes (PCR) and heart medical tests.
- Accommodation in single rooms.
- Providing meals inside rooms and in single use containers.
- To follow strict precautionary measures when collecting clothes or supplies to be cleaned and washed.
- Do not use the combined changing rooms.
- Banning gatherings or meetings inside closed or small halls, or holding them in large halls, taking into account the safe distances between attendees (2 meters).
- Providing sterilizers and bags for the players inside the camp.
- Disinfecting all training supplies and disinfecting fitness and physical preparation places such as gym rooms and others.
- Players prefer to wear their clothes inside their residence and go to the stadium directly
- Training in small groups of 6-8 individuals.
- Follow-up of the players medically while they are inside the camp morning and evening through a medical examination and exclusion of any player who has

symptoms and doing urgent analyzes for him to ensure his condition is negative or positive.

- The presence of a medical staff or team and a permanent ambulance for the camp with daily examination and daily medical follow-up.
- Coordination with hospitals and health authorities to act in any cases that arise during the camp
- Providing isolation rooms and a specialized clinic within the camp site.
- Assigning a fixed means of transportation to transport the players and the team and periodically purifying it before use and after use (a private bus).

Cleaning the Fencing weapons and tools protocol

General Instructions for Using Fencing Equipment

Personal equipment and tools:

- All fencers should, wherever possible, use and touch only their personal fencing equipment.
- Personal equipment should not be shared during the session. Personal fencing equipment includes all clothing, masks, gloves, chest protectors, swords and body wires.
- All personal non-fencing garments (shirts, underwear, socks, etc.) should be washed and cleaned after each training session using the highest manufacturer recommended temperatures.
- Equipment may not be rented.
- Clothes (shorts, jackets, socks, gloves, etc.) should be cleaned upon arrival and washed after each training session.
- The recommended cleaning protocols for other equipment should be followed (see below).
- It is not allowed to share any equipment at any time

General Points:

- Disinfectants, with a temperature of 70 ° C or more, are the most effective ways to inactivate the C19 virus on surfaces.
- It is not recommended to wash at a high temperature to damage the fencing equipment. Therefore, the advice on cleaning equipment is based on a combination of quarantine periods and the use of appropriate disinfectants.

- Manufacturer instructions - before performing any cleaning.
- You should review the manufacturer's instructions as not all types of products can be washed or cleaned using the protocols below. This may mean that certain types of equipment cannot be used currently - such as leather gloves that cannot be washed. In those cases,
- Minimum quarantine time must be followed.
- UAE Fencing Federation is not responsible for any issues arising from the following manufacturer's guidelines, or the protocols below.
 - Before using disinfectants / sterilizers on clothes, make sure that the disinfectant / sterilizer is anti-viral as well as anti-bacterial. In the case of using disinfectants on fabrics, make sure that they are of the quality recommended for use on fabrics.
- Always read the label on the sanitizer and take appropriate precautions for safe use.

For items that cannot be placed in the washing machine, the following disinfection / sterilization procedures are recommended:

Step 1: Wipe carefully with a clean cloth / paper towel moistened with disinfectant

Step 2: Leave it on for 2-3 minutes

Step 3: If needed, wipe off any excess cleanser with another clean cloth / paper towel

Step 4: Dispose of the paper towel (or if you are using cotton fabrics this can be washed at high temperature)

5- We do not recommend the direct use of disinfection spray on equipment, especially for items that It contains metal and is part of the equipment.

6- If using a spray on a cleaning cloth before use it should be on a clean closing part

Tools	Quarantine (days)	Option 2	Extra Notices
Vest – trousers-plastron	3	To be washed in a normal water temperature then to put in quarantine for 2 days	Option 3 - washing with a pre-wash soak antiseptic (non-bleaching type, suitable for use in washing)
Gloves	7	Soak in disinfectant, then rinse or wash.	Participants can only use their own gloves.
Chest protectors	7	Cleaning procedures	Cleaning from inside and outside
Masks	7	Cleaning procedures	Cleaning from inside and outside
Field cord	**	Clean all touched parts	**
Wires and electric machines	7	Clean all touched parts	And / or use hand sanitizer before and after changing connections during sessions.
Weapons (Metal and Plastic)	7	Clean all touched parts	Keep all metal parts clean and dry
Couch suites and sleeves	7	NA	Please follow the instructions for swapping and clean.

Health Safety Inspections

Trainer: -----

Inspector: -----

Inspection	Date / Time / Training							Remarks
Surface	Check							
	OK.							
	Close							
Tools	Check							
	OK.							
	Close							
Fencing Suite	Check							
	OK.							
	Close							
Participants	Check.							
	OK.							
	Close							
Officials	Check							
	OK.							
	Close							
Tools	Chk.							
	OK.							
	Close							

- Check: : Is the part inspected?
- OK: Is it suitable for activity?