



HFC Session

GUIDE

- **Sanitise hands upon arrival**
- **Check in with the Covid Officer before joining the session**
- **Place your bag - keeping social distance**
- **Fence only within your allocated bubble**
- **Install mask liner or similar feature**
- **Wear a face covering while not engaging in fencing (if 2m is not possible)**
- **No Fleches – No close quarters**
- **No hand shake at the end of bout**
- **Keep your spool to the end of the session**
- **When finished with spool – sanitise it**
- **If sharing equipment – sanitise it!**
- **No shouting/screaming**
- **1 bout to 15 or 3 bouts to 5 – then rest**
- **Plenty of rest and hydration**
- **Sanitise hands before packing boxes away**



Use hand
sanitiser

