



FENCING CLUB: RETURN TO PLAY: ATHLETE CHECKLIST

Face Masks are Mandatory in UPEI Buildings until Nov. 2.

DO NOT ENTER THE PREMISE IF:

→ You or a member of your household has tested positive for COVID-19.

OR

→ You are experiencing:

Symptoms of acute respiratory disease (cough, sore throat, shortness of breath)

Fever or chills over 38C

Sudden loss of smell or taste

Diarrhea/abdominal pain

Unexplained headache/body ache/fatigue

Pinkeye/Conjunctivitis

AT THE CLUB:

→ Sanitize/Wash your hands:

When you arrive

Before *and* after training/lesson

After using the bathroom

Before you leave

→ Bring your own - ***do not share:***

Equipment (mask, glove, whites, etc.)

Towel

Water Bottle

Hand sanitizer

→ Sign in with your club attendance tracker.

→ Clean any exercise equipment before *and* after use.

→ No eating in the club at any time.

→ Bring home, wash or disinfect your equipment after every session. Personal equipment should not be stored at club.

BEFORE YOU LEAVE:

→ Remove all your personal equipment from the club.

Sanitize your

Fencing Bag + Bag handle
Cell Phones
Hands

AT HOME:

→ Wash or disinfect all your equipment after every use - use soap, and disinfectant spray for equipment that cannot be laundered (Masks, chest protectors, gloves, weapons).