



Please note this document is subject to change as per recommendations from local health authorities, COC, and INS/CSI. Please see the changes indicated by a red arrow → as this reflects the second version of this protocol after receiving advice from the COC + INS.

Background: This document is prepared specifically for the national team and HPP athletes, and is intended to help conduct training camps in a safe manner within the context of COVID-19 in Canada.

Prior to training camp:

- Athletes/coaches should minimize contact with others outside of their social bubble 10 days prior to, and during, the training camp.
- **Athletes/coaches:** → Prior to attending the camp, it is **NOT** necessary for athletes/coaches to receive COVID19 testing with a negative result, due to the following reasons: it may not be feasible, false negatives during incubation period, long turnaround time, refusal of testing for patients with no reporting of symptoms, as well as short duration of training camps.
 - → It is **imperative**, however, for athletes to limit social activities to an absolute minimum for 10 days prior to departure of their camp as well as being confident about not experiencing any symptoms related to Covid-19. Should you experience symptoms, then please get tested ASAP.
- Athletes/coaches must prepare themselves (food, training equipment, laundry, toiletries, medicine, etc.) accordingly for the full duration of the training camp to completely minimize making contact with others during the training camp.
- All athletes/coaches prior participating in the training camp, must sign the following two documents labelled 'CFF - COVID19 Attestation' and 'CFF – COVID19 Combined Remote Training & Facility Use', and send it to the HP director.

During training camp:

- Athletes/coaches will isolate themselves in a **TRAINING BUBBLE**, to the best of everyone's ability/feasibility.
Training Bubble: A training or competition group that lives, commutes and trains together in self-contained isolation from the general community. All members remain in this isolation 'bubble' at all times. Food or general supplies are brought into the bubble in a controlled manner. Prior to entering the training bubble members may require pre-isolation and/or testing. Once a person leaves a training bubble, they require quarantine or testing prior to re-entry.
- Accommodation: national team athletes from the same city are ideally to be prioritized to be in the same accommodation. If this is not feasible, national team athletes should remain together as much as possible without mixing with other non-national team athletes
- Required: aside from combat fencing, athletes/coaches **must** maintain 2 meter physical distancing amongst themselves at all times, and follow general hygiene etiquette and face-mask wearing, exactly as instructed in the Return to Play document (posted on the CFF website)
- → It is encouraged to wear a face-mask under your fencing mask, or a visor overtop your fencing mask. If you choose to wear a face-mask, please ensure you frequently replace them several times throughout your bouting. Ensure hands are sanitized when touching your face masks.
- Food, laundry, and other necessities must be pre-arranged so that it limits breaking the designated training bubble with other individuals.
- Leaving the place of residence for social outings is strongly discouraged as it increases the chances of contracting communicable diseases such as COVID19.
- If at any point a person develops symptoms they would be isolated within the bubble and follow medical advice regarding testing and further treatment of the residing jurisdiction.
- Athletes/coach may break the bubble should they require direct emergency or medical attention.

Post-training camp:

- There may be restrictions to self-isolate when returning to home provinces, or country of residence after finishing the camp (i.e. the Maritime provinces, Manitoba etc.). Athletes/coaches are required to always abide by the law of their residing province and jurisdiction.

This document is outlines the means to conduct training camps in a safe manner. As with most protocols, this protocol does not 100% to eliminate catching COVID19. Rather they are mitigation measures to decrease the risk. Participants must be responsible for the safety of themselves and other's.