



# NEWS FLÈCHE

Issue 22 – 1<sup>st</sup> September 2020

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## LOCKDOWN QUIZ

... And the Overall **WINNER**  
is ... **PAUL NETHERWOOD !!**

Have you ever noticed that the famous statue was holding a sword?

## CLUB RE-OPENING QUESTIONNAIRE

Please [click on the link](#) to access the club re-opening questionnaire. It takes only one minute to complete but will allow the club to organize its re-opening in a safe and orderly matter.

Please make sure to complete it. Thank you

## LAST ZOOM SESSIONS 01-SEPTEMBER-2020

*Our last Zoom Training and Social before the club re-opening!*

**TRAINING** – Half an hour of fitness and footwork, then half an hour of blade work on Tuesday at 6.00. Here's the link ([click here](#)) or use the details below

Meeting ID: 861 7832 9311  
Password: 335959

**SOCIAL** – Tune into the Zoom Room on Tuesday at 8.00. Here's the link ([click here](#)) or use the details below

Meeting ID: 845 7140 4375  
Password: 362745



## KINGSTON FENCING CLUB COVID-19 GOLDEN RULES

*These are the rules we must follow on club nights to keep everyone safe. They follow BFA guidance. Please get in touch with the committee if you have any queries.*

1. Do not fence if you feel **unwell**.
2. Remember you must sign in to your Pool when you arrive in the hall. The **maximum number in a pool is 6** and you must not change pool during the session.
3. If you are not a KFC member you must leave your **contact details**.
4. If you are a **parent**; sorry but you cannot stay in the hall whilst fencing is going on, but please leave your contact details in case of **emergency**.
5. **Enter** the hall by the “normal” door and **leave** via the back door.
6. Keep at least **2 metres** distance when in the hall, apart from when fencing or being coached 1:1.
7. Wear a **face covering** when you are not fencing, if you want to take the face covering off please go outside the hall to do it.
8. **Sanitise your hands** before and after clipping in and out of the box.
9. Maximum bout length is **10 minutes**.
10. Remember what **you can't do when sparring**;
  - a. No Fleching
  - b. No corps-a-corps
  - c. No handshaking – Salute instead
11. **Toilets and changing rooms** are for emergencies only, you need to arrive ready to fence and go home in your fencing kit.
12. Please don't go in the **armoury**, if you need something talk to the duty Covid officer.
13. If you need to **borrow equipment** (mask, jacket, plastron) then contact the club before the session [club@kingstonfencing.co.uk](mailto:club@kingstonfencing.co.uk) to discuss a long term loan.
14. We can now longer loan **gloves**, you will have to have your own.
15. Any queries please see the **duty Covid officer**