

Intended for all HFK members from all categories

# ACCOMPANYING BOOKLET OF THE HELLERUP FÆGTE-KLUB MEMBERS



**FROM 9TH JUNE TO 17TH AUGUST 2020**

POST-QUARANTINE PERIOD DUE TO THE COVID-19 EPIDEMIC



**WE ARE BACK!!!**

Edition of the 8th June 2020

## Introduction of the HFK sport chef – Hugo Dergal



Dear HFK members,

With the COVID19 pandemic, the health crisis in Denmark and the world, is unprecedented. It changes deeply our lifestyles, our habits and strongly impacts our professional activity and our social relationships.

For two months you had to stop your sport activity, to put your passion in parentheses, and some of your goals such as condis cup, national competition or international competition were postponed for months or years... the list of fencing events (training, camp, competition...) postponed or canceled is long. To fight this virus, all of us, especially the health professionals made an incredible effort. This is why, following the Danish government and Gentofte kommune authorization, I am pleased to announce that the club is ready to open its doors again. We will all be able to practice what we all love - fencing!

However even though HFK will open again, we should not believe that the battle is won. The post-quarantine period will still require effort and will demand from everyone a great sense of responsibilities in terms of following the rules of physical distance and barrier gestures that entered in our lives. After such a long period "far away from the club" I can imagine that you may have questions about how the season 2019/2020 will end up in HFK, what the summer 2020 will look like for HFK or when the season 2020/2021 will start again. This is why, as responsible of the sports in the club I will describe in the next pages a strategy in three steps from today (9<sup>th</sup> of June) to 17<sup>th</sup> August 2020. Have a good reading...

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## 1) A QUESTION – NEED HELP – FIND A CONTACT



**Adresse:** Hellerup Fægte-Klub

Strandparksvej 46

DK-2900 Hellerup

- If you are interested by joining the club, please write to:  
[formand@hellerupfaegteklub.dk](mailto:formand@hellerupfaegteklub.dk)

### Comittee

<b>Chairwoman</b>	Mia Maja Frederiksen	<a href="mailto:formand@hellerupfaegteklub.dk">formand@hellerupfaegteklub.dk</a>
<b>Vice Chairman</b>	Christian Søttrup	<a href="mailto:naestformand@hellerupfaegteklub.dk">naestformand@hellerupfaegteklub.dk</a>

### Trainer

<b>Sports chef</b>	Hugo Dergal	60 21 20 87	<a href="mailto:sportschef@hellerupfaegteklub.dk">sportschef@hellerupfaegteklub.dk</a>
<b>Trainer</b>	Viktor Emil Gaardsted	61 78 45 24	<a href="mailto:vigaardsted@gmail.com">vigaardsted@gmail.com</a>
<b>Trainer</b>	Nick Lapuste	60 21 98 33	<a href="mailto:cip.lapuste@gmail.com">cip.lapuste@gmail.com</a>

## 2) HEALTH RECOMMENDATION

HFK will open its doors back on Tuesday 9<sup>th</sup> June 2020 after the corona shutdown. However, the reopening of the club can only be done in accordance with some healthy rules that you will find below.

SUNDHEDSSTYRELSEN

[corona | covid-19]

# Ny coronavirus Beskyt dig selv og andre

Ny coronavirus spreder sig typisk på steder med mange mennesker bl.a. via håndtryk og små dråber fra hoste og nys.  
Beskyt dig selv og andre med disse gode råd.



Vask dine hænder tit  
eller brug håndsprit



Host eller nys i dit ærme  
– ikke dine hænder



Undgå håndtryk, kindkys  
og kram – begræns den  
fysiske kontakt



Vær opmærksom på  
rengøring – både hjemme  
og på arbejdspladsen



Hvis du er ældre eller  
kronisk syg – hold afstand  
og bed andre tage hensyn

coronasmitte.dk

sst.dk/corona

# Retningslinier

Kære medlemmer/Dear Members,

De følgende retningslinier skal overholdes, hvis vi skal have lov til at holde klubben åben. Læs derfor følgende grundigt. Manglende overholdelse af regler er grundlag for bortvisning.

The following guidelines must be followed, if we are to keep the club open. Please study the carefully. Not following the guidelines are grounds for exclusion.

1. Hvis du har de mindste symptomer på sygdom skal du blive hjemme. / If you are showing the slightest symptoms you must stay at home
2. Du skal vaske hænder som det første når du ankommer til klubben. / You must wash your hands as soon as you arrive at the club
3. Der må ikke være mere end 20 fægttere på salen + trænere. Forældre må kun være på salen, hvis træneren skønner det er forsvarligt. / No more than 20 fencers are allowed in the hall. Parents may stay in the hall, only if the trainer decides it is safe.
4. Der må ikke være mere end 2 personer i omklædningen og man skal klæde om derhjemme hvis det er muligt. / No more than 2 persons are allowed in the changing rooms. Changing must be done at home if possible.
5. Man skal til alle tider holde en afstand på mindst en meter til andre på salen. / You must keep at least 1 m distance to other people in the hall.
6. Tænerens anvisninger skal følges. / The trainers' instructions must be followed.
7. Udstyr kan ikke lånes. Udstyr må ikke opbevares i klubben uden for eget lukkede skab. / Equipment cannot be borrowed. Equipment must be kept in your own closed locker.
8. Der må ikke være mere end 6 personer i køkken og entre. Respekter afstandsmarkeringer. / No more than 6 persons may be in the kitchen/entrance area. Respect the markings.
9. Arbejdsbænken må kun bruges af pistemesteren. Ødelagt udstyr kan efterlades med tydelig markering af dato, så det kan komme i karantæne. /The workshop must only be used by the equipment manager. Broken equipment may be left with clear marking of the date, so that it can be quarantined.

10. Kom ikke for tidligt. Træning vil også slutte lidt før tid så, der er 15 minutters udluftning mellem hold. / Do not arrive early. Training will end a little early, so that the hall can be aired out for 15 minutes between classes.
11. Når træningen er færdig, skal fægtere omgående forlade hallen. / When the training is over, the fencers must leave the fencing hall immediately.
12. Fægterne giver ikke hånd efter kamp (heller ikke albueklask, eller anden fysisk kontakt.). I stedet gives salut med våben. / The fencers do not shake hands after bouts (not even 'elbow bump' or other physical contact). Instead, the fencer uses a traditional weapon salute.
13. Fægterne tager deres personlige udstyr med hjem efter hver træning. Det er ikke muligt at låne udstyr, men udstyr kan lejes for 125 kr/måned. Det er kun muligt at leje et sæt per medlem. Det er nødvendigt for at sikre hygiejnen. Tag fat i en træner hvis du har brug for at leje udstyr. / The fencers take their personal fencing equipment home after each workout. If some of the HFK members do not have their own equipment, there is the possibility to rent it for 1 month at a time for 125kr per month. This has been found to be necessary as the club is unable to ensure the hygiene of the equipment when lending to members. Equipment is rented from the trainers.
14. Alle medlemmer skal og vi mener **SKAL!** holde orden i deres skabe og på gangene. Udstyr må kun opbevares i skabe eller derhjemme. Intet udstyr må efterlades i hallen. Efterladt udstyr placeres i isolation, og vil være utilgængelig i mindst 48 timer. / All members must and we mean **MUST!** Keep order in the individual closet and either use rented cabinets for storage of their own or rented equipment. No equipment or personal training items may be placed on the hall.

If you are not the owner of a cabinet, you can contact us to rent one at:

[naestformand@hellerupfaegteklub](mailto:naestformand@hellerupfaegteklub)

For more general information about COVID-19 guidelines, we invite you to visit the following website:

<https://www.sst.dk/da/corona>

[https://www.dif.dk/da/forening/nyheder/nyheder/2020/6/08062020\\_nye-s-retningslinjer](https://www.dif.dk/da/forening/nyheder/nyheder/2020/6/08062020_nye-s-retningslinjer)

<https://www.teamdanmark.dk/search-page/?q=covid-19>

<https://www.faegtning.dk/nyheder/2020/genaabning-retningslinjer/>


### 3) STEP ONE: THE END OF THE SEASON 2019/2020

**Period:** from 9<sup>th</sup> June until 5<sup>th</sup> July 2020 (Week 24 to 27)

The Danish Government and Gentofte commune gave to HFK the authorization to open its doors again. It is such a good feeling to be back but based on several sport scientific reports the return to training has to be progressive and the intensity of the first trainings session have to be sub-maximum to avoid any injuries. This is why during the step one the focus of the HFK coaches will be on two points:


- The physical "Re-athletisation" of our members.
- The pleasure to practice fencing together again.

**Please find below the training plan for the step one**



**Hellerup Fægte-klub**  
**Uge type træning efter Covid-19**  
**STEP 1 - Period 9th June to 5 July 2020 (week 24 to 27)**

Kl. Øvelser	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0730:00							
0830:00							
0930:00							
1030:00							
1130:00							
1230:00							
1330:00							
1430:00							
1530:00							
1630:00	1630:00 Warm (H-15)	1630:00 Warm (H-15)	1630:00 Warm (H-15)				
1730:00	1730:00 Warm (H-15)	1730:00 Warm (H-15)	1730:00 Warm (H-15)				
1830:00	1830:00 Warm (H-15)	1830:00 Warm (H-15)	1830:00 Warm (H-15)	1830:00 Warm (H-15)			
1930:00	1930:00 Warm (H-15)	1930:00 Warm (H-15)	1930:00 Warm (H-15)	1930:00 Warm (H-15)			
2030:00	2030:00 Warm (H-15)	2030:00 Warm (H-15)	2030:00 Warm (H-15)	2030:00 Warm (H-15)			
2130:00	2130:00 Warm (H-15)	2130:00 Warm (H-15)	2130:00 Warm (H-15)	2130:00 Warm (H-15)			
2230:00	2230:00 Warm (H-15)	2230:00 Warm (H-15)	2230:00 Warm (H-15)	2230:00 Warm (H-15)			



**PS: click on the image to get it bigger**

This phase will be individually adapted to each HFK members based on their category, their needs and their personal physical activity during the Quarantine.



## **4) STEP TWO: THE HFK SUMMER PERIOD**

**Period:** from 6<sup>th</sup> July until 2<sup>nd</sup> August 2020 (Week 28 to 31)

Because this period kept us too far too long from fencing, the coaches with the support of the committee decided to keep the club open during all the summer period (step two). The purpose of this decision is to be able for each member to enjoy the practice of fencing through opening training (free fencing). It is important to note that during this period you also have the possibility to bring your friends, parents or new people who are not members but who would like to try (one professional coach will be present in each training session to guide/assist you or the person that you may bring with you if you desire).

**Find below the opening training (free fencing) during the summer period (step2):**

- Tuesday 7<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Viktor Emil Gaardsted
- Thursday 9<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Viktor Emil Gaardsted
- Tuesday 14<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Viktor Emil Gaardsted
- Thursday 16<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Tuesday 21<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Thursday 23<sup>rd</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Tuesday 28<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Thursday 30<sup>th</sup> July – From 6.00pm to 8.30pm - Coach Hugo Dergal
- Tuesday 4<sup>th</sup> August – From 6.00pm to 8.30pm - Coach Nick Lapuste
- Thursday 6<sup>th</sup> August – From 6.00pm to 8.30pm – Coach Nick Lapuste
- Tuesday 11<sup>th</sup> August – From 6.00pm to 8.30pm - Coach Nick Lapuste
- Thursday 13<sup>th</sup> August – From 6.00pm to 8.30pm – Coach Nick Lapuste

**PS: During the week 29: fencing summer camp will be organized by HFK and Hugo Dergal for all our members for free. More information will come in the next few days directly in the black board of the club.**

## **5) STEP THREE: THE BEGINNING OF THE SEASON**

### **2020/2021**

**Period:** from 17<sup>th</sup> August 2020 until 22<sup>nd</sup> June 2021 (Week 34-2020 to Week 25-2021)

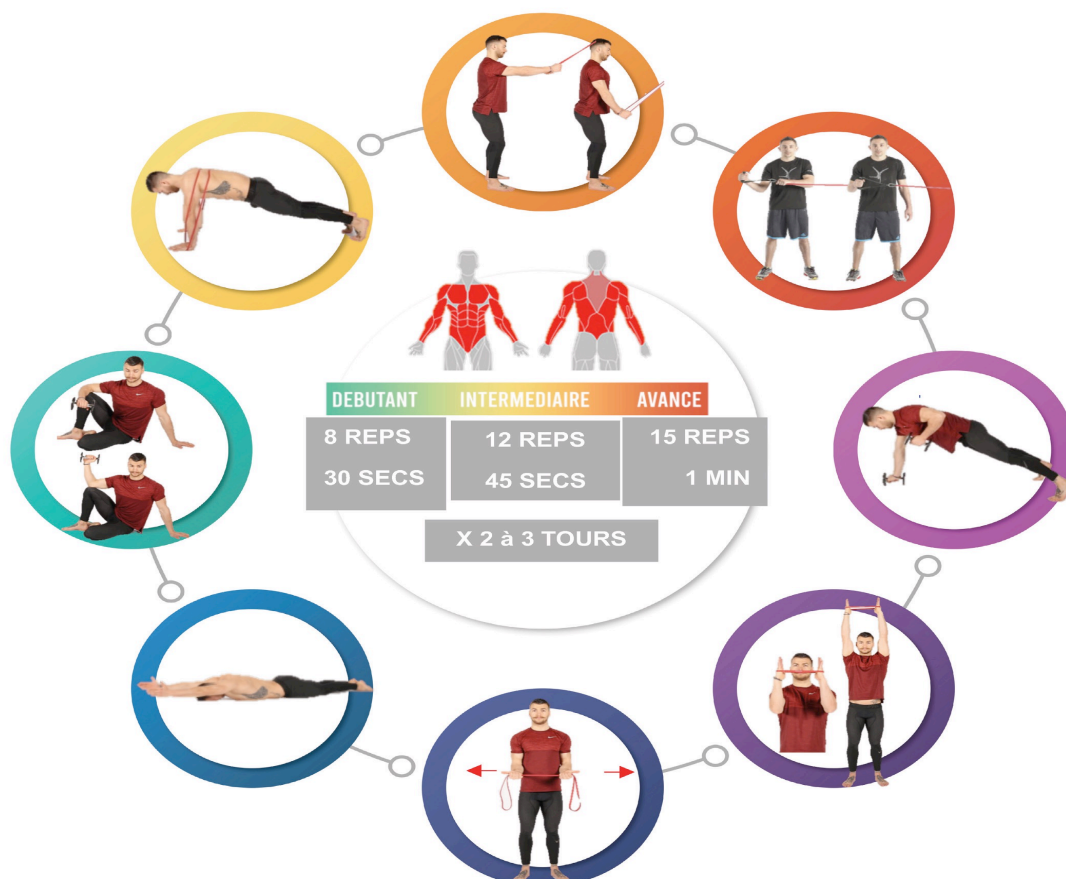
The competition calendar is still unclear for many sports including fencing. We are not able yet to give you any information about how the next season will be organised on the national or international fencing level. However, we can tell you that you have a strong hope that the club will open “normally” Monday 17<sup>th</sup> August 2020. Our coaching staff is working on preparing the new season and we should be able to inform you more about it at the end of June. Because we believe of the importance of a good season plan, when everything will be ready, you will receive information such as: the new training schedule, the different group training related to your categories or your level. All this information will be sent to each member by e-mail, post on the Facebook page and the website of the club. We ask for a little more patience.

## 6) RECOMMENDATION FOR PHYSICAL

After a long period without any activity we want to catch up what we could not do during this period. Having the desire to do too much at the beginning could have a negative impact on your health. It is by taking your time and going step by step that you will progress again, come back in your previous level and become even better. This is why the HFK coaches decided to organise this fencing return period in three steps that are described above. Planning some breaks during the next few months (in July for example) is really important for your body and your mind as well but we know better than everyone else that fencing is a passion and some of you would like to stay in shape during the summer period. This is why, you will find below some exercises to do at home or the place where you spend your holidays.

### UPPER BODY TRAINING

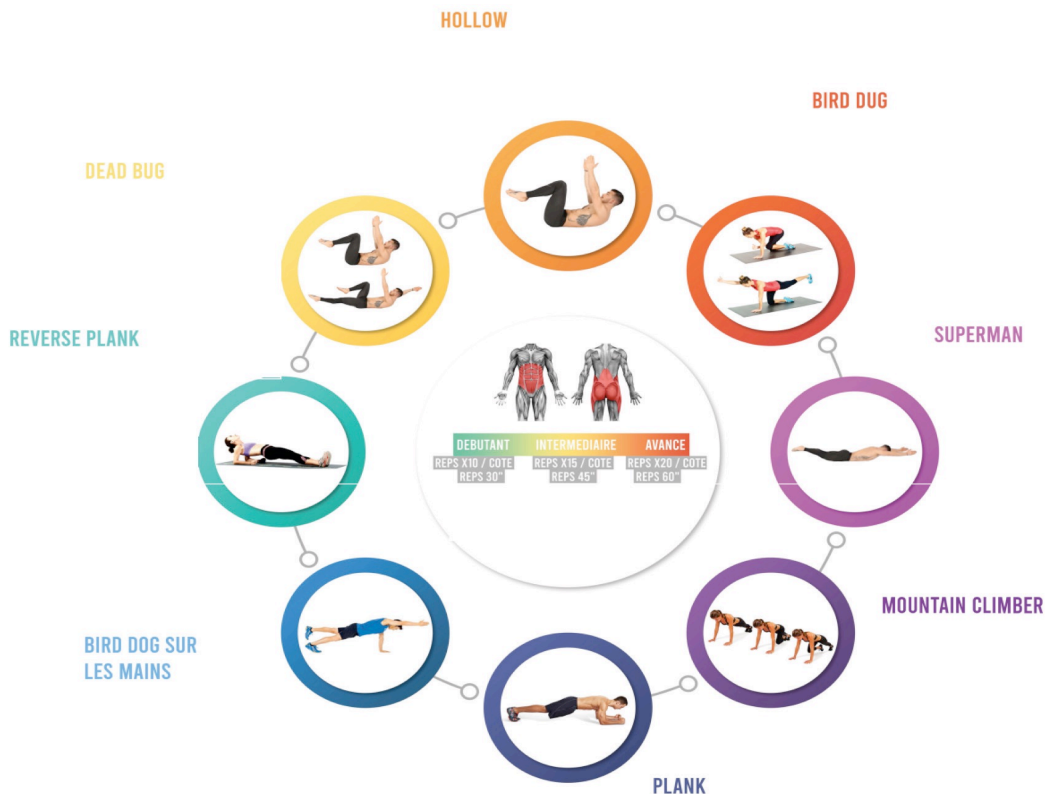
**Advice from the coaches:** 12 rep or 45 sec per exercises \*2 or 3 rounds with a 3 minute break between each round.





## CORE TRAINING

**Advice from the coaches:** 10 rep or 30sec per exercises \*2 or 3 rounds with a 3 minute break between each round



## 7) LAST TIPS POST-QUARANTINE

### Prepare yourself to come back at HFK

- Organise your day – create your own precise daily plan.
- Going to bed, waking up and eating at regular times will help you to maintain a good rhythm.
- Go to sleep between 10pm and 12am, don't wake up before 6am minimum to have all the sleep stages that you need during the night (on middle/long term it will help you to perform better with your fencing).
- Sleep between 7 and 9 hours per night.
- Eat well – maybe a little bit less than during the quarantine period?
- Organise enough training ranges but not too long (45min to 1 hour). At the end take 10 minutes break before starting another one. If you want to make two long training session per day, you should rest minimum 3 hours between each other.

## 8) OTHER MATTERS?

- More question about Coronavirus

<https://www.sst.dk/da/Viden/Smitsomme-sygdomme/Smitsomme-sygdomme-A-AA/Coronavirus/Spoergsmaal-og-svar/Questions-and-answers>