



## Covid-19 normalleşme adımları kapsamında eskrim antrenör ve hakemlerinin süreç değerlendirmesi

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### Özet

Bu araştırmanın amacı, ülkemizde faal olarak eskrim yarışmalarına katılan ve Türkiye Eskrim Federasyonu 2020 yılı vizeli antrenör ve hakemlerinin Covid-19 normalleşme adımları kapsamında, planlaması yapılacak olan organizasyonlar ve dikkat edilecek hususlarda görüşlerini ölçmek ve yorumlamaktır. Nitel araştırma metoduyla kurgulanan bu çalışmada; veri toplama aracı olarak online veri toplama formu kullanılmıştır. Elde edilen verilerin analiz sürecinde ise MAXQDA veri analiz programı kullanılmıştır. Kapalı uçlu sorular yüzde verilerek özetlenirken, açık uçlu soru cevap raporlarını analiz etme sürecinde içerik analizi metodu kullanılmıştır. Elde edilen veriler, frekans tabloları ve kod haritaları yardımıyla görselleştirilmiştir. Nihai olarak tablo ve kod haritaları ile elde edilen bulgular yorumlanarak, katılımcıların kodlama yapılan bazı görüşleri doğrudan aktarılmıştır. Araştırma sonucunda; tüm dünyayı etkileyen Covid-19 salgınının eskrim antrenör ve hakemlerinin organizasyonlara katılım tutumlarını etkilediği tespit edilmiştir. Düzenlenmesi planlanan faaliyetlerde; seyircisiz katılım, açık hava müsabakaları, müsabaka salon seçiminde genişlik ve havalandırma olanaklarının sağlanması, risk onay bildirimleri gibi alt kodlar tasnif edilmiştir.

**Anahtar Kelimeler:** Covid-19, eskrim, antrenör, hakem

### *Process assessment of fencing coaches and referees within the scope of the covid-19 normalization steps*

#### Abstract

*The objective of this study is to measure and construe the opinions of the coaches and referees who are actively participating in fencing competitions in our country and who are licensed by the Turkish Fencing Federation (TFF) for the year of 2020, regarding the organizations to be planned and the issues to be paid attention, within the scope of the Covid-19 normalization steps. An online data collection form was used as a data collection tool in this study, which was structured through the qualitative research method. In the analysis process of the data obtained, the data analysis program called MAXQDA was used. While closed-ended questions were summarized by indicating percentages, the content analysis method was used in the process of analyzing open-ended question and answer reports. The data obtained were visualized with the help of frequency tables and code maps. Finally, some of the opinions of the participants, which were coded, were directly conveyed by interpreting the findings obtained through the tables and code maps. It was determined as a result of the study that the Covid-19 pandemic that poses impacts on the entire world affects the attitudes of fencing coaches and referees to participate in organizations. In the activities planned to be organized, the sub-codes like attending without an audience, open-air competitions, provision of spaciousness and ventilation means in the selection of a competition hall, and risk approval notification are classified.*

**Keywords:** Covid-19, fencing, coach, referee

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Genişletilmiş Türkçe Özet, makalenin sonunda yer almaktadır.

## INTRODUCTION

The World Health Organization declared the outbreak of novel coronavirus (COVID-19) a pandemic on March 11, 2020. With more than 14 million confirmed cases and over 597,000 deaths worldwide as of 19 July 2020, the COVID-19 pandemic has had an impact among communities and around the world, without borders (Mulcahey et al., 2021).

The COVID-19 pandemic has also triggered fears of the economic crisis and recession posed by high levels of uncertainty. All strata of society have been affected by COVID-19, with new social behaviors like social distancing and self-isolation. This isolation and other measures also created a clear contrast with the internationalization policy, which is one of the main functions of the sports industry (Ratten, 2020). Many sporting events around the world have been cancelled. Leagues from all age groups and at all levels have had their share of the cancellations, and many sports leagues and their activities have been stopped, including the 2020 Tokyo Olympic Games (Gilat, 2020). In that process, studies have been conducted on many subjects such as returning to sports and exercise safety, resuming activities, and the condition of infected athletes (Yeo, 2020).

When the studies conducted are examined, it appears that the decrease in physical activities as well as sleep and nutrition changes have brought many problems. Especially in individuals who are subject to restrictions with many measures such as social distance and quarantine rules due to the pandemic, symptoms that pose a negative impact on psychological health were observed with components like boredom, fear, and post-traumatic stress (Pillay et al., 2021). In addition to the problems experienced by the non-athletic population, athletes also experienced significant adaptation difficulties during this mandatory isolation period due to the disruption of their normal training routines and the cancellation of competition programs (Woodford & Bussey, 2021).

In this process, the only purpose should be to safeguard the health and safety of the team and operation personnel, and other participants. Measures to be taken in this context should aim to reduce the relative health risks of such individuals (Difiori et al., 2021). In this context, the necessary measures to return to sports after the pandemic and the other precautions to be taken were discussed in detail by many stakeholders. In addition to the measures accepted by the entire world against Covid-19, training of athletes and other interested parties, determination of priority categories and leagues, and rendering facility conditions suitable for pandemic

measures are some of them. Tables of process steps regarding the said measures and regulations have been tried to be explained in detail in figures 1 and 2.

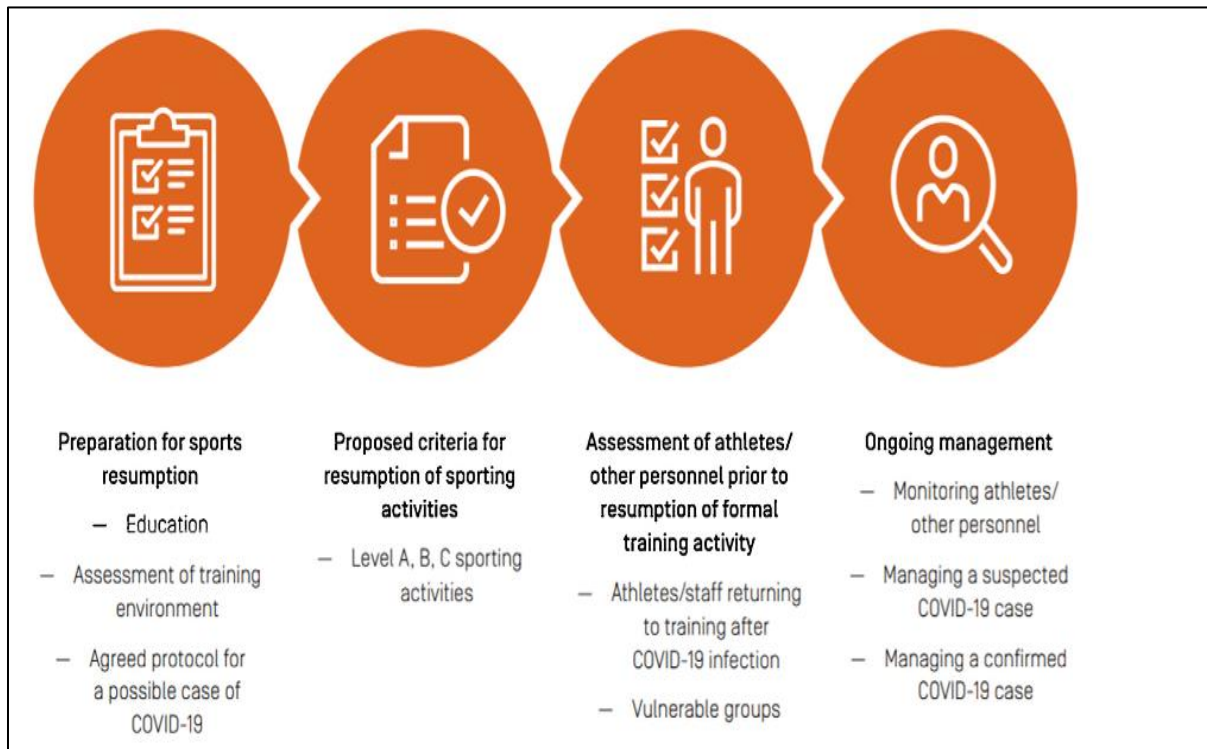


Figure 1. Framework for resumption of sport in a covid-19 environment (Hughes et al.,2020).

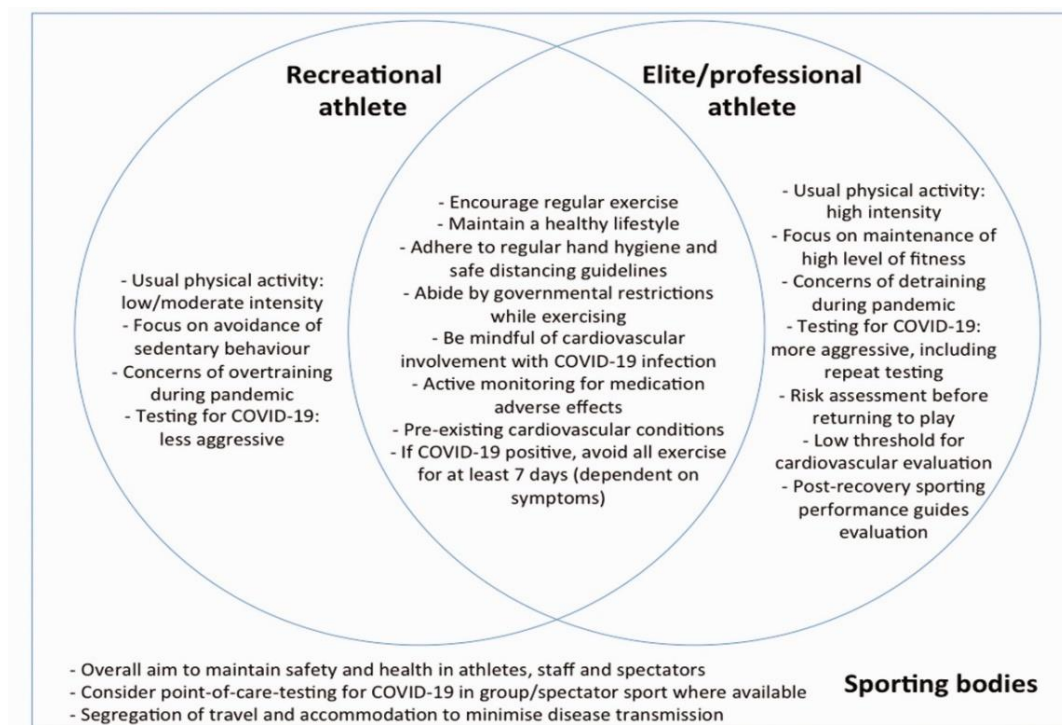


Figure 2. Considerations for sport and exercise amidst the covid-19 pandemic. (Yeo, 2020)

### **Purpose and important of the research**

Sports authorities or institutions authorized by the planning and realization of organizations are carrying out extensive preparations under many topics for returning to sports following Covid-19. Within the scope of such preparations, apart from the precautions required by the health authorities, special measures oriented to a branch or category are also important. Due to the nature of sports, it should be taken into account that each branch has its own specific rules and mechanisms. Return-to-sports steps should be arranged for each sport branch and according to the specific characteristics of the relevant sport. This situation is important for athletes, coaches, referees, and all individuals related to other sports organizations. The working framework is also important as it is designed to determine the highest level of protection steps for the health and safety of the sports staff related to the fencing branch.

The purpose of this research is to measure and interpret the opinions of the trainers and referees who are actively participating in the fencing competitions in Turkey and who are licensed to the Turkish Fencing Federation 2019/2020, to plan the organizations and to consider the issues within the scope of the Covid-19 normalization steps.

### **METHOD**

The descriptive content analysis method means that the qualitative and quantitative studies conducted independently of each other in a specific subject or field are scrutinized and organized in depth. In this way, general trends in that subject or field are determined. It is expected that the results obtained in this method will guide the studies on the targeted issues planned to be conducted in the future (Ültay et al., 2021). The analysis method designed in this research is in the form of content analysis as well. In addition, case study design was used in the research. The opinions of the coaches and referees participating in the research on fencing competition processes and planning within the scope of Covid-19 Normalization Steps were tried to be classified with the help of code maps (figure 4). In addition to their views on returning to sports, some professional experience periods, referee license types, and trainer undergraduate levels also took place in the research findings.

### **Study groups**

The study group comprises 145 coaches and referees who take place on the list of 2019/2020 licensed coaches and referees of the Turkish Fencing Federation in 2019/2020.

### **Data collection tool**

An online data collection form was used as a data collection tool in this study, which was structured through the qualitative research method. The survey form, which was drawn up by the researcher by taking expert opinion, consisting of a total of nine questions, and devised to learn the opinions of the participants on the subject matter of the study, includes multiple-choice and open-ended question types. In this study conducted in collaboration with the Turkish Fencing Federation, the respondents answered the questionnaire online via the website of the respective federation and took part in the study voluntarily. Consent regarding the study was presented in the "Remarks" section of the form to the participants for approval.

### **Research design**

In the analysis process of the data obtained, the data analysis program called MAXQDA Analytics Pro 2018 (Release 18.2.4) (Professional Data Analysis Software for Qualitative and Mixed Methods) was used. While closed-ended questions were summarized by indicating percentages, the content analysis method was used in the process of analyzing open-ended question and answer reports. The data obtained were visualized with the help of frequency tables and code maps. Finally, some of the opinions of the participants, which were coded, were directly conveyed by interpreting the findings obtained through the tables and code maps.

### **Ethical approval and institutional permission**

For this study, an approval was received from the Ethics Committee for Non-Invasive Clinical Research of the Faculty of Sport Sciences of Selcuk University. (E-40990478-050.99-75488) In addition, permission was obtained from the Turkish Fencing Federation for the study.

## **RESULTS**

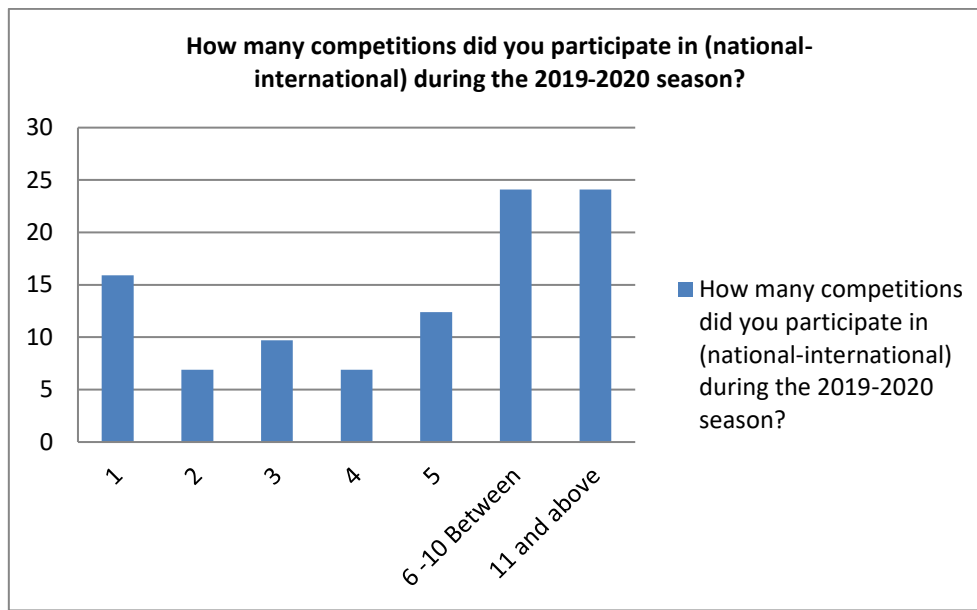
The demographic information of the coaches and referees participating in the research is as follows.

**Table 1: Gender status of the coaches and referees participating in the research**

	<b>f</b>	<b>%</b>
<b>Gender</b>	<b>Female</b>	52 35,9
	<b>Male</b>	93 64,1
	<b>Total</b>	145 100

**Table 2: License status of the coaches and referees participating in the research**

	f	%
Level 1	22	15,2
Level 2	45	31
Level 3	13	9
Level 4	2	1,4
Candidate Referee	8	5,5
Provincial Referee	19	13,1
National Referee	27	18,6
International Referee	9	6,2
<b>Total</b>	<b>145</b>	<b>100</b>



**Figure 3. How many competitions did you participate in (national-international) during the 2019-2020 season?**

Within the scope of the research, 145 coaches and referees were reached, and it was determined that the majority of the participants were male participants with a rate of 64,1% (N=93). It was observed that 40% (N=58) of the participants took part in the competitions included in the activity program of the 2019-2020 season six or more times. When the undergraduate degrees of the coaches and referees who made up the research group were pored over, 31% (N=45) of the participants were 2nd tier coaches, while the 2nd group with the highest number of participants comprised national referees with a ratio of %18.6 (N=27).

Within the scope of the research, two more questions were asked to the coaches and referees participating in it, differently from the questions described graphically above. It was asked whether they would take part in the respective competitions and other organizations in case the Turkish Fencing Federation decided to start sports competition activities in September

2020 regarding the planning and realization of activities, as of the year the research was conducted, and 83.4% (N=121) of the participants answered as "yes, I will participate." A second question was asked to the participants who expressed that they would not participate in the relevant activities, which was the question regarding how would the start of the International Fencing Federation (FIE) and the European Fencing Confederation (EFC) to carry out their activities affect their decision, and to which the participants revised their answers as "yes, I will participate" at a ratio of 62.5% (N=15).

The open-ended question of the research; "What are your suggestions about the measures to be taken in case of starting activities within the scope of Covid-19 normalization steps?" was answered by 145 participants. The answers given by the participants in writing were classified by the content analysis method with the help of codes and sub-codes. While coding, the use of masks, attention to hygiene, frequent hand washing and social distance-themed measures recommended by the World Health Organization and almost all health authorities to protect against viruses and epidemics were ignored (WHO 2022). It was determined that many of the participants expressed their opinions on these issues first, and they were not coded as sub-codes because the said measures are of vital importance not only in sports events, but also in daily life, and because they are measures with high awareness by everyone. The Turkish Fencing Federation announced a scheme including the aforementioned measures to all its stakeholders in the form of an infographic during the epidemic.

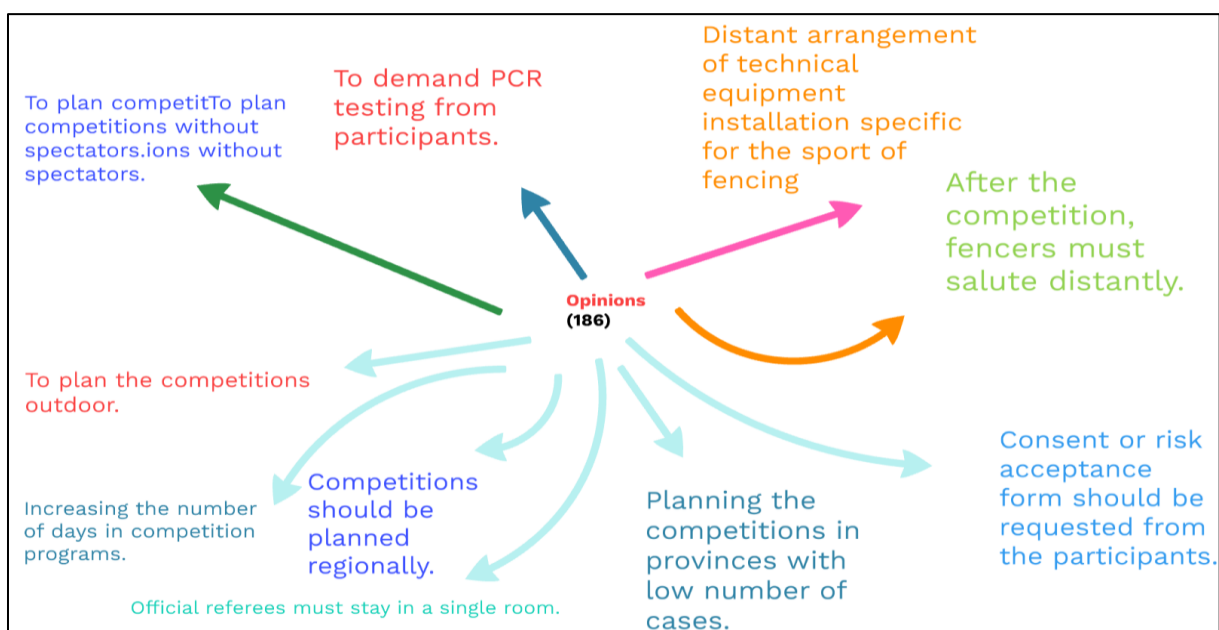


Figure 4. What are your suggestions about the measures in case of starting activities within the scope of Covid-19 normalization steps?

186 statements were coded under 10 different sub-codes about the measures to be taken in case of starting activities within the scope of Covid-19 normalization steps. The distribution of the expressions in question is explained in detail in the code map available in figure 4. The suggestions of the participants about the precautions were shaped under 10 different codes;

1- To plan the competitions outdoor.

2-To plan competitions without spectators.

3- Increasing the number of days in competition programs.

4-To demand PCR testing from participants.

5-Distant arrangement of technical equipment installation specific for the sport of fencing.

6-Competitions should be planned regionally.

7-After the competition, fencers must salute distantly.

8- Planning the competitions in provinces with low number of cases.

9. Consent or risk acceptance form should be requested from the participants.

10. Official referees must stay in a single room.

Some examples of the opinions of the coaches and referees participating in the research, which opinions make up the code map, are classified as follows.

("Participant H61: *I think that tournaments should be held in spacious areas, spectators should not be allowed in the court, and participants should be taken to the court by measuring their temperature before the tournament.*")

("Participant H63: *Events without spectators should be organized. Defining a greeting instead of a handshake, everyone except the athletes are masked, the court is ventilated to a maximum extend and large, the referees are accommodated in single-person rooms.*")

("Participant H50: *Organizing social distance in a large court and in courts where athletes can move comfortably.*")

("Participant H41: *In this process, controlled provincial competitions and regional open tournaments can be organized. In regional competitions, a competition can be organized provided that only the athletes and referees from the neighboring cities of the competition province participate.*")

("Participant H40: *Paying attention to the track and referee distances, holding the competitions in as wide areas as possible.*")

("Participant A79: *We participate in tournaments in open weather conditions and when necessary measures are taken because the biggest anxiety of the parents of our participants is the crowded environment situation.*")

("Participant A77: *It would also be beneficial to have a wide distance between the referee and the track and to finish the tournament in a short time. The fact that the tournaments are at medium distances can also reduce the risks caused by travel..*")



("Participant A44: *At first, the families should be convinced, the location of the facility, its hygiene, the precautions and tests taken by the athlete when entering the facility should be conducted and participation in the activity should be done in that way.*")

("Participant A23: *Before the work starts in the courts, it is possible for the athletes to be taken through the Covid-19 test by a health unit to be directed by the federation in view of athletes' health.*")

("Participant A10: *It will be in the form of regional tournaments. For example: Konya, Eskişehir, Ankara, Afyon etc. Regional tournaments which can be attended with a maximum of 3-4 hours of travel and from which it is possible to return in the evening.*")

## **DISCUSSION AND SUGGESTIONS**

The Covid-19 outbreak has led all humanity to a different lifestyle with its consequences that profoundly affect the entire world and change life routines. In this process, the cancellation or postponement of national and international sports events posed negative impacts on the athletes, coaches, supporters, and other interested parties both economically and psychologically. Many sports leagues have been stopped, matches have been canceled, and finally, with the decision of the International Olympic Committee to postpone the Tokyo 2020 Olympic Games, the situation has revealed the necessity of a serious reassessment and preparation process. Particularly in mega sports organizations, measures to safeguard the health and safety of athletes and other interested parties and strict control measures have been the main subject of many studies (Mann et al., 2020).

The Turkish Fencing Federation became one of the sports organizations that took a break from its activities in the said process. Although the sport of fencing is not oriented to distance and contact, it has made an effort to prepare a set of measures and a roadmap for returning to sports, considering the safety of the athletes and other sports staff. In this study, in which the opinions of coaches and referees, who are important figures of sports events, are scrutinized in terms of the return to fencing, the views of the ones concerned were tried to be determined by a framework analysis. The opinions of the sports personnel participating in the research, such as social distance, hygiene, and avoidance of contact, which are foreseen by the WHO against Covid-19 in entire social life, were ignored and not included in the code map. As a result of the research, the coaches and referees who are in agreement under 10 different themes in total, opinions like especially organizing competitions without spectators and in open air conditions, PCR testing of the participants, organizing competitions in regions with a regional nature and low number of cases, arranging the necessary special equipment for the fencing athletes in wider distances (game layout), not greeting of the relevant sports staff at the end of the match,

demanding approval and a risk acceptance form were expressed from the participants. Similar results have been observed in research conducted on sports staff of different sports branches.

In a study conducted by Woodford and Bussey (2021), with 14 athletes from 10 different branches, the athletes' feelings about the threats and fears about the disease, not losing their competitive motivation, and focusing and motivation processes were tried to be explained, with a thematic analysis of the individual photographs of the athletes during the pandemic. While the desire of elite athletes to return to sports is expressly understood, their concerns about threats are also important. In the study conducted by Ruffault et al. (2020) in France, in which the said concerns, which are possibly expressed in many studies, were addressed more comprehensively, it was stated that the anxiety levels of the athletes participating in national and regional competitions differ from each other. In a study, in which the processes of returning to sports after Covid-19 were assessed, it was determined that the anxiety levels of the individuals who participated in the organizations at the regional level before the pandemic were lower.

In a study titled "Return to sport for North American professional sport leagues in the context of COVID-19" conducted within the scope of North American professional sports leagues, it is observed that in terms of resuming sports matches gradually, the focus was on starting them first without an audience (Difiori et al., 2021). However, in the article titled "The impact of Covid-19 on sport" by Jonathan Grix et al. drew attention to some negative aspects of sports organizations to be held an audience. In their studies, they tried to explain that social groups gathered together share energy with a collective effervescence and that the feeling good factor is realized, by referring to some of the works of Emile Durkheim. Therefore, they stated that sports matches that will be held without an audience would not provide a collective gain, especially for the fans and other interested parties (Grix et al., 2021). Nevertheless, Tom Webb (2020) highlighted the fact that the activities that will take place without spectators within the scope of the measures can strengthen the positive relations between referees, athletes, and coaches rather than the negative impacts on the fans. He stated that this situation will not be affected by the elements of stress and fanaticism in sports matches to be held away from the pressure of the fans. In addition, it has been stated that due to the Covid-19 epidemic, sports competitions held without spectators may have positive or negative effects on referee decisions. While it is defined as a disadvantage that the home teams do not use the advantage of spectator pressure in influencing the referee's decisions, it is evaluated as an advantage for the opposing team (Bryson et al., 2021)

In their study with the participation of 10,359 people from 45 states in the United States, Pierce et al. (2020) stated that sports venues should invest heavily and visibly in the sanitation of sports areas and equipment before, during, and after events, in the measures to be taken for returning to sports. In addition, the necessity of measures such as limiting the number of spectators in the facility and having the participants (athletes-spectators, and other tasked persons) fill out an information and consent form before the sports competitions was emphasized.

In this research, cooperation was entered into with the Turkish Fencing Federation within the scope of Covid-19 normalization steps, and the results of the research were presented to the authorities in the form of a report. In the light of the report, the normalization steps for the branch were regulated with new and original rules.

### **Limitations and recommendations**

In this research, the opinions of the trainers and referees who took part in the fencing competitions were evaluated in order to conduct the fencing competitions in a safe and healthy environment after the Covid-19 outbreak. After the evaluation, a report of normalization steps for fencing competitions was prepared and contributed to the relevant literature.

The sample group of this research consists of 145 out of the licensed 342 referees and coaches on the 2020 list of Turkish Fencing Federation for licensed coaches and referees. A research model that will be constructed with participants from different countries may strengthen the research results.

## **GENİŞLETİLMİŞ ÖZET**

### **GİRİŞ**

Dünya Sağlık Örgütü, 11 Mart 2020'de yeni koronavirüs (COVID-19) salgınına bir pandemi ilan etti. 19 Temmuz 2020 itibarıyla dünya çapında 14 milyondan fazla doğrulanmış vaka ve 597.000'den fazla ölümlerle COVID-19 salgını, sınır tanımadan topluluklar arasında ve dünya genelinde bir etki yarattı (Mulcahey ve ark., 2021). Dünya çapında birçok spor etkinliği iptal edildi. Her yaş grubundan, her seviyede lig bu iptallerden nasibini aldı ve 2020 Tokyo Olimpiyat Oyunları da dahil olmak üzere birçok spor ligi ve çalışmaları durduruldu (Gilat, 2020). Bu süreçte, takım ve operasyon personelinin, diğer katılımcıların sağlık ve güvenliğini öncelikli olarak korumak yegâne amaç olmuş ve pandemi sonrasında tekrar spora dönüş için gerekli tedbirler ve alınması gereken önlemler birçok paydaş tarafından detaylı bir şekilde ele alınmıştır (Difiori ve ark., 2021). Bu araştırmanın amacı da, ülkemizde faal olarak eskrim yarışmalarına katılan ve Türkiye Eskrim Federasyonu 2020 yılı vizeli antrenör ve hakemlerinin Covid-

19 normalleşme adımları kapsamında, planlaması yapılacak olan organizasyonlar ve dikkat edilecek hususlarda görüşlerini ölçmek ve yorumlamaktır.

## **YÖNTEM**

Nitel araştırma metoduyla kurgulanan bu çalışmada; veri toplama aracı olarak online veri toplama formu kullanılmıştır. Araştırmacı tarafından uzman görüşü alınarak hazırlanmış, toplam 9 sorudan oluşan ve katılımcıların, araştırma amacına yönelik görüşlerini öğrenmek amacıyla kurgulanan soru formu çoktan seçmeli ve açık uçlu soru tiplerini içermektedir. Araştırma grubunu; 2019/2020 yılında Türkiye Eskrim Federasyonu 2020 yılı vizeli antrenör ve hakemleri listesinde yer alan 145 antrenör ve hakem oluşturmuştur. Türkiye Eskrim Federasyonu ile ortak hareket edilerek gerçekleştirilen bu çalışmada, katılımcılar ilgili federasyonun web sitesi aracılığıyla online ortamda soru formunu cevaplamış olup, çalışmaya gönüllü olarak katılmışlardır. Araştırma ile ilgili onam, formun açıklama kısmında katılımcıların onayına sunulmuştur. Elde edilen verilerin analiz sürecinde ise MAXQDA Analyctis Pro 2018 (Release 18.2.4) (Nitel ve Karma Yöntemler için Profesyonel Veri Analiz Yazılımı) isimli veri analiz programı kullanılmıştır. Kapalı uçlu sorular yüzde verilerek özetlenirken, açık uçlu soru cevap raporlarını analiz etme sürecinde içerik analizi metodu kullanılmıştır. Elde edilen veriler, frekans tabloları ve kod haritaları yardımıyla görselleştirilmiştir. Nihai olarak tablo ve kod haritaları ile elde edilen bulgular yorumlanarak, katılımcıların kodlama yapılan bazı görüşleri doğrudan aktarılmıştır. Bu araştırma için Selçuk Üniversitesi Spor Bilimleri Fakültesi Girişimsel Olmayan Klinik Araştırmalar Etik Kurulundan onay alınmıştır.

## **SONUÇ VE ÖNERİLER**

Türkiye Eskrim Federasyonu’da Covid-19 salgını sürecinde faaliyetlerine ara veren spor kuruluşlarından biri olmuştur. Türkiye Eskrim Federasyonu yetkilileri; eskrim sporu her ne kadar mesafe ve temas odaklı olmasa da sporcuların ve diğer spor elemanlarının güvenliği düşünülerek, spora yeniden dönüş için bir takım önlem ve yol haritası hazırlama çabasına girmiştir. Eskrime yeniden dönüş için, spor karşılaşmalarının önemli öğelerinden olan antrenör ve hakemlerin görüşlerinin incelendiği bu çalışmada; ilgililerin görüşleri bir çerçeve analiz ile belirlenmeye çalışılmıştır. Araştırmaya katılan spor elemanlarının Covid-19’a karşı WHO’nun da bütün toplumsal yaşamda öngördüğü sosyal mesafe, hijyen ve temastan kaçınma gibi görüşler, salgın süresince bütün otoriteler tarafından sıklıkla dile getirildiği için branş özelinde değerlendirilmemiş ve herkes tarafından bilinirliği düşünülerek araştırma kod haritasında yer verilmemiştir. Göz ardı edilmiş, kod haritasında yer almamıştır. Araştırma sonucunda toplamda 10 farklı tema altında görüş birliğinde olan antrenör ve hakemler; özellikle seyircisiz ve açık hava koşullarında yarışmaların gerçekleştirilmesi, katılımcıların PCR testine tabi tutulması, bölgesel nitelikte ve vaka sayılarının az olduğu bölgelerde yarışmaların düzenlenmesi, eskrim sporcu için gerekli özel ekipmanlarının (oyun alanı düzeni) daha seyrek düzenlenmesi, ilgili spor elemanlarının maç sonu selamlaşmaması, katılımcılardan onay ve risk kabul formu talep edilmesi gibi görüşler dile getirmiştir. Tartışma bölümünde detayları verilen farklı spor branşlarının spor elemanlarına

yönelik yapılan araştırmalarda da benzer sonuçlar gözlemlenmiştir. Araştırma sonucunda; Tüm dünyayı etkileyen Covid-19 salgınının Eskrim Antrenör ve Hakemlerinin organizasyonlara katılım tutumlarını etkilediği tespit edilmiştir. Ayrıca çalışma sonucunda hazırlanan rapor; Türkiye Eskrim Federasyonuna sunularak, ilgili federasyonun Covid-19 normalleşme adımları kapsamında düzenleyeceği organizasyonlarda antrenör ve hakemlerin önceliklerine yönelik düzenleme yapılmasına olanak sağlamıştır.

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KATKI ORANI CONTRIBUTION RATE	AÇIKLAMA EXPLANATION	KATKIDA BULUNANLAR CONTRIBUTORS
Fikir ve Kavramsal Örgü <i>Idea or Notion</i>	Araştırma hipotezini veya fikrini oluşturmak <i>Form the research hypothesis or idea</i>	Yusuf BARSBUĞA
Tasarım <i>Design</i>	Yöntem ve araştırma desenini tasarlamak <i>To design the method and research design.</i>	Yusuf BARSBUĞA
Literatür Tarama <i>Literature Review</i>	Çalışma için gerekli literatürü taramak <i>Review the literature required for the study</i>	Yusuf BARSBUĞA
Veri Toplama ve İşleme <i>Data Collecting and Processing</i>	Verileri toplamak, düzenlemek ve raporlaştırmak <i>Collecting, organizing and reporting data</i>	Yusuf BARSBUĞA
Tartışma ve Yorum <i>Discussion and Commentary</i>	Elde edilen bulguların değerlendirilmesi <i>Evaluation of the obtained finding</i>	Yusuf BARSBUĞA

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*Researchers do not have any personal or financial conflicts of interest with other people and institutions related to the research.*

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*This research was carried out with the decision of Selçuk University Faculty of Sport Sciences Non-Interventional Clinical Research Ethics Committee dated 26.05.2021 and numbered E-40990478-050.99-75488.*



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