

## ALLE FENCING CLUB Safety Rules

Violations will be reviewed by the ALLE FENCING CLUB Coaches and Club Manager.

***FIRST, LAST, AND ALWAYS: NEVER CROSS BLADES – FOR ANY REASON - WITHOUT FIRST PUTTING ON YOUR MASK!***

- ✓ Mask, jacket, long pants, glove and chaste protector must always be worn when fencing.
- ✓ The weapons are to be treated with respect and awareness at all times. Weapons must be carried point down at all times. They are not toys. A weapon is only pointed at another person when that person is fully masked and ready to fence or drill.
- ✓ Fencers must always be masked when weapons are raised, point forward. This means on all occasions, including discussion of actions and during drills.
- ✓ Violent fencing actions are not permitted. Fencers must control parries and attacks so that the opponent is not injured by whipping or hard stabbing actions of the blade. Do not cause body contact nor use the unarmed hand against your opponent. Do not turn your back on your opponent.
- ✓ Stop fencing instantly if you think something is wrong or if your opponent retreats and waves the unarmed hand or gives any sign of wanting to stop from coach or fencers.
- ✓ If you think a weapon is broken, stop fencing instantly.
- ✓ If you counterattack, you are responsible for preventing body contact, injury, and weapons breakage.
- ✓ If you feel a fencer is behaving in a dangerous or uncontrolled fashion, report it to an instructor immediately. They will speak to the fencer without disclosing your identity.
- ✓ Inspect your weapons and mask each time you use them. If you are using club gear and find any problem, please report it to an instructor. Do not put the item in question back into club storage without reporting it. Club fees cover routine breakage and maintenance. You will not be penalized for reporting broken gear.
- ✓ Wear proper shoes for fencing (court or fencing shoes, not a skateboard sneakers). Please be sure that shoes are clean when entering the fencing floor to avoid dust and moisture buildup which make the floor slippery.
- ✓ Fencers on the floor have right of way. Persons not fencing are obligated to keep themselves and their gear clear of fencers on the floor.
- ✓ Report injuries immediately to an instructor.
- ✓ It is expected that each student enters and exit the venue respectfully.

- ✓ Students should respond to a coach's request or direction promptly and respectfully.
- ✓ Each fencer will salute their opponent, the referee, and the audience before every bout, and salute their opponent and shake hands after every bout.
- ✓ Club-owned masks, clothing and weapons should be returned to their bags/containers when class is over. During class equipment should be placed (not dropped!) on the floor during breaks. Jackets should be placed neatly in the bags/containers after each use, along with gloves and other club equipment.
- ✓ Cheering for other fencers is encouraged, but name calling and displays of poor sportsmanship are not acceptable.
- ✓ Food and beverages are discouraged near the fencing floor. Fencers are expected to clean up after themselves on the fencing floor and in the bathrooms. In the club, each fencer is responsible for maintaining a clean, safe environment for learning.
- ✓ Never cross blades, for any reason, without first putting on your mask. This rule has no exceptions!
- ✓ Most fencing injuries are from muscle, ligament and tendon trauma. Always warm up before fencing.
- ✓ Legs must be protected with sweatpants, trousers or knickers.
- ✓ Be aware of your surroundings. Don't step out onto the active floor without looking to be sure it's safe.
- ✓ When fencing, do not drive your opponent into the wall or a hazard in your eagerness to win a touch.
- ✓ Inspect your weapon periodically; see that the blade's curve is uniform and that the button is secure.
- ✓ Be mindful of your fencing distance; don't fence too close!
- ✓ If you are repeatedly colliding with your opponent, stop fencing until you can correct the error.
- ✓ Aggressive fencing is OK; violent uncontrolled fencing is not. Nothing you do should ever cause pain or harm.
- ✓ When hit, don't point at the area, but quickly acknowledge the touch in a loud, clear voice.
- ✓ Never point a weapon at someone who is not wearing a mask.
- ✓ Observe caution when carrying weapons. Do not run with a weapon in your hands.
- ✓ Always respect your opponent and observe fencing etiquette.
- ✓ Respect the coaches and abide by their instructions and rules – they are there for your safety.
- ✓ Please let the coaches know of any disabilities that may affect the method of your coaching.

## CODE OF CUNDUCT

- ✓ Be respectful while fencing and in your daily life.
- ✓ Win with dignity and lose with honor
- ✓ Respect and protect the venue: do not damage walls, floor or strips.
- ✓ Do not hit the wall, floor or strip with your point or blade.
- ✓ Do not throw any equipment under any circumstance.
- ✓ Respect club equipment as your own property.
- ✓ Before leaving the Club, put away your equipment in your locker.
- ✓ When entering the Club, greet the Fencing Master and all members; do not interrupt lessons or bouts.
- ✓ Leaving the Club, give your regards to the Fencing Master and other-members before you leave.
- ✓ If you are late for a class, join the class with the least amount of disruption. If you can't make a class, practice or scheduled lesson, let your coach know ahead of time.
- ✓ At the end of a bout, shake your opponent's hand with your free hand.
- ✓ Never argue with a referee, opponent, coach or instructor.