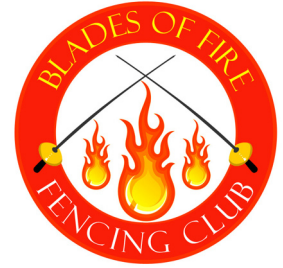


HEALTH, SAFETY AND CARE RULES



The club's equipment is loaned on the basis that it will be used in a safe and responsible manner. It is intended that it be used only at the Club, at competitions and approved training sessions outwith the Club.

Check your equipment at the start of every fencing session / class/ bout:

- Mask:** Is the mesh rusted, soft or torn?
Is the bib fixed properly to the mask?
Does the mask fit properly?
- Foil:** Does it have an intact button?
Does it have a martingale strap?
Do not use a blade that is badly kinked.
- Glove:** The glove must cover the cuff of the jacket to prevent a blade from going up inside the jacket sleeve.
- Jacket:** Is the jacket the correct 'hand' for you? It is dangerous for a right-handed fencer to fence in a left-handed jacket or a left-handed fencer to fence in a right-handed jacket.
- The jacket must be fully buttoned or zipped up. Take a look at your opponent's jacket before fencing. Tell them if it is not fully done up. Do not fence until you are convinced it is safe to do so.
- Ladies jackets must have breast protectors.
- Trousers:** Legs must be protected. Pockets should be zipped up or taped. When fencing using number 5 electric blades, breeches should be worn.
- When not actually fencing, carry weapons with the point directed to the floor or with your thumb over the point.
 - Do not fence or practice moves unless you are wearing your mask and suitable protective clothing. Do not fence unless your opponent is also wearing suitable protective clothing.
 - If you need both hands to put your mask on then put the weapon down first.
 - Be aware of what is happening around you. Do not wander onto a piste that is in use. When spectating, keep well back from the fencers.

- When fencing, do so in a controlled safe manner within the confines of the piste. Do not wander off piste. No points are awarded for hitting referees or spectators.
- The foregoing rules are common sense. Have regard for both your own and other people's safety. If you have any doubts or questions regarding safety please discuss them with your coach or any other club official.

CARE OF EQUIPMENT

- The equipment requires to be returned in good condition, subject to normal wear and tear, at the end of the loan period.
- Jackets, plastrons and gloves should be washed as per the manufacturer's guidance. Generally a 'sports wash' at 40 degrees. Note jackets should not be ironed.
- White fencing kit should not be washed with coloureds as they must be kept white. Pink or other coloured jackets are not acceptable.
- Masks should be checked regularly for rust or tears. They may be cleaned by wiping inside of bib with a mild detergent. Do not use anything strong or anything you might be allergic to. In some masks the internal linings and straps can be detached for cleaning.
- Foils should be kept dry. A wipe with a dry cloth is sufficient to prevent rust. Note be wary of storing the foil in the fencing bag with your fencing whites (jacket & plastron) as steel in contact with sweaty clothing will rust and stain the clothing. Best to keep weapons and clothing separate in the kitbag.
- If the blade becomes kinked do not straighten by hand. Let the Coach straighten it, that way if it breaks it is his fault!
- Do not let others who have had no fencing/safety training "play" with the equipment. Keep the foil away from young children.

GENERAL

If you have any questions about safety issues or care of equipment please do not hesitate to ask the Coach or other Club Official during a club session.

I can also be contacted at 01355 248783 or by email at tsorbie@aol.com

Tom Sorbie, Coach, Blades of Fire Fencing Club.