



www.radcliffeswordclub.co.uk

FENCING ACTIVITY SESSION

JOINING INSTRUCTIONS

What do I need to bring?

You need:-

- Training shoes with non-marking soles and good grip. No hard soles, open sandals or flip-flops.
- Long tracksuit trousers. Pockets should be zipped or taped closed.
- A plastic bottle of plain water
- Those with long hair must be able to tie it back
- If you use an inhaler, please ensure you bring this with you

Rules of the Salle

The Salle is the area in which we fence. Following these rules will reduce the risk of accidents and will help your fencing session run more smoothly, allowing more time for you to fence.

- Never point a weapon at anyone not wearing a mask
- You must wear a mask at all times when in the fencing area
- Keep the point of the weapon down when not fencing
- Put your foil on the floor when putting on and taking off your mask
- Do not run in the Salle (unless under an Activity Leader's direction)
- Walk around the edges of the Salle, never across the middle
- If you hear the word "Halt!" stop what you are doing, stand still, be quiet, and listen for instructions.

Note

Fencing is a sport that can be enjoyed by people at all levels of fitness. However, you may find that you are exercising muscles you do not use for other activities. If you have any injuries that may be aggravated during the session you must be responsible for managing your own fitness.

Declaration

Please sign and return this form to your session leader before starting the activity.

I confirm that I have read and understood these Joining Instructions and agree that Radcliffe Sword Club will be in no way responsible for any injury that occurs due to inappropriate equipment (other than that provided by the club) or failure to follow the Rules of the Salle.

Signed.....

Print Name.....

(to be signed by parent/guardian if participant under 18)