



## **Safety Principles**

### Chichester Community Fencing Club

The club's safety code is built around certain principles

- Good discipline and courtesy
- Wearing the correct equipment and maintaining it in good condition
- The teaching of techniques based on balance and good posture
- Responding to accidents and emergencies quickly based on a knowledge of first aid
- Being able to communicate quickly and effectively

#### Good discipline and courtesy

From the time beginners join the club they are taught to behave in a well disciplined way towards each other, keeping the points of weapons pointing downwards when not engaged in fencing and saluting before and after each bout. This is reinforced by senior fencers whenever thought necessary.

#### Wearing correct equipment

All fencers must wear an approved jacket, trousers, socks, glove, mask and plastron in accordance with the British Fencing Association rules. Some dispensation is given to beginners who may be permitted to wear strong trousers until they can acquire their own equipment. New rules concerning the construction of masks for major competitions mean that each weapon now requires its own mask. For club use appropriate masks to any of the FIE standards will be accepted.

#### Teaching techniques

All pupils are coached by approved coaches that fully understand the importance of good posture, body alignment and physical movement when fencing.

#### Responding to accidents and emergencies

The club has a qualified first aider in attendance every club night. In addition the Chichester College Sports Centre often has more than one first aider on the premises. A first aid box of equipment is kept at the reception desk.

In the event of fire the club follows the procedures laid down by the Chichester College Sports Centre and all members are encouraged to read the evacuation notices in all the public spaces.

#### Effective communication

There are at least four members with mobile phones, emergency numbers and accident forms are kept to hand. Also the reception desk to the sports centre is manned continuously and further telephone communication can be initiated from there if all else fails.

#### General information

Fencing is a safe sport and in the time that CCFC has been running there has only been minor incidents that have required minor measures, but did not lead to any lasting consequence.

Injuries are thus very rare and can be divided into three categories

- (I) Muscular strain and tendon inflammation. These are reduced by good warming up and subsequent fencing technique.
- (II) Trips and scratches due to carelessness or wide movements. These may result in grazes of the unprotected hand. These have not occurred. If, however, blood is drawn first aid would be applied using rubber gloves.
- (III) Very rarely penetration by a broken blade during a bout. Statistics show that injury is nearly always caused by not wearing the right level of protective clothing. An incident has occurred where a newly provided jacket failed and the suppliers instantly responded to the club's approaches to address the matter. A new jacket was supplied and the companies procedures were tightened.

**NO SIGNIFICANT INJURY HAS OCCURRED AT CCFC SINCE ALL FENCERS ARE STRONGLY ENCOURAGED TO WEAR THE CORRECT PROTECTIVE EQUIPMENT**

It is the responsibility of all fencers to ensure their own safety and for all others to draw attention to any omission that needs to be corrected. This policy is constantly reinforced by the coaches.