



PENTA OLYMPIC FENCING CLUB  
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## **SAFETY RULES OF PENTA OLYMPIC FENCING CLUB**

1. The fencing floor is a restricted area; only fencers may be on it. Non-participants (and parents) must stay in the designated observation/seating area.
2. No equipment, bags or personal items are permitted on the fencing floor area.
3. Swords must be carried pointed down or in a fencing bag.
4. Minors may not hold swords unless they are wearing masks.
5. Warm up stretches are required before a lesson or practice.
6. No running is permitted without the coach's permission and never with a sword.
7. A mask, glove, fencing jacket, fencing pants, athletic pants (sweatpants, warm-ups, or leggings), and clean and dry athletic shoes with non-marking soles must be worn while fencing. No jeans, casual pants, or shorts are allowed.
8. No type of movement with the sword is allowed if any person within 6 feet of the action is unmasked, except in a private lesson under the strict direction of a POFC coach.
9. When fencing, especially in a group, a student may not under any circumstances, remove a mask while another fencer's sword point is raised or when other fencers are making any type of movement with their swords.
10. Walking or standing close to a fencer in a bout or practice when sword points are raised or swords are in motion is prohibited.
11. Fencers should all fence in the same direction, never "against the grain".
12. Fencing outside of group classes or private lessons must be confined to designated areas.
13. Unsportsmanlike behavior, horseplay (falling down), or improper rough or strong movements, whether intentional or not, are prohibited and will result in expulsion.
14. Each fencer has a duty to report any unsafe area or unsafe activity to the staff.
15. Any illness, injury or the taking of medication must be reported to the instructor before a lesson or practice.
16. No drugs and no alcohol are allowed.
17. No participation in any fencing activity within the time limits for medicine to leave the participant's system, and in no case within 6 hours of using alcohol or any other prescription or nonprescription drug that comes with a warning label that actions may be slowed or impaired.

**Member Initial** \_\_\_\_\_