



FENCING

Safety Guide

Sports Recreation

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KEY BENEFITS

Cardiovascular Fitness

Enhances cardiovascular fitness and endurance through rapid and sustained fencing bouts.

Hand-Eye Coordination

Improves hand-eye coordination and reflexes essential for effective striking and defense.

Strategic Thinking

Develops strategic thinking and tactical planning required for match play.

Mental Focus

Boosts mental focus and concentration necessary for anticipating opponents' moves.

Flexibility & Agility

Increases flexibility and agility through dynamic footwork and body movements.

Physical Fitness

Supports overall physical fitness and muscle tone through active engagement.

KEY HAZARDS & CONTROL MEASURES**Broken Blades**

- ✓ Regularly inspect blades for damage or wear
- ✓ Train participants on proper blade handling
- ✓ Replace broken blades immediately
- ✓ Ensure all blades meet safety standards

Improper Protective Equipment

- ✓ Train on correct use of masks, jackets, gloves, plastrons
- ✓ Regularly inspect and replace damaged equipment
- ✓ Ensure all protective gear fits properly
- ✓ Enforce gear use during all sessions

Poorly Fitting Protective Gear

- ✓ Ensure protective gear fits correctly and meets FIE standards
- ✓ Replace non-approved or ill-fitting gear
- ✓ Provide fittings for participants

Collisions Between Fencers

- ✓ Educate on proper distancing and engagement
- ✓ Supervise bouts to ensure controlled interactions
- ✓ Enforce rules to prevent reckless behavior

Uncontrolled Actions (Fleching)

- ✓ Teach controlled techniques emphasizing safety
- ✓ Use protective gear to reduce injury severity
- ✓ Supervise drills and enforce engagement distances

Wet or Dirty Floors

- ✓ Regular floor inspections and maintenance
- ✓ Require appropriate fencing shoes
- ✓ Use non-slip surfaces and proper drainage

Safeguarding

- ✓ Implement comprehensive safeguarding policy
- ✓ Establish clear reporting procedures
- ✓ Conduct background checks on all coaches
- ✓ Never leave minors unattended



Weapon Storage

- ✓ Implement secure storage for weapons after use
- ✓ Use lockable cabinets or racks
- ✓ Train participants on proper storage procedures

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Venue & Equipment

- Piste (fencing strip) clean and clear
- Blades inspected for damage
- Floor dry and non-slip
- Electronic scoring equipment tested

Participants

- Full protective equipment worn
- Masks meet safety standards
- Plastron worn under jacket



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