

Clubs & Societies

CODE OF PRACTICE

All clubs and societies are affiliated to Lancaster University Students Union and are therefore bound by the Union regulations and constitution.

Club/Society: Fencing

The Aims of the Club/Society

To promote the sport of Fencing, safe practice within the sport and to compete at University and individual levels.

The following constitutes the clubs/societies procedures which must be followed by all members so that all activities are carried out safely:

Area of activity: Training

Procedures to follow

- Members must always warm up properly before fencing to avoid sprains and muscle injuries. An experienced member of the Exec will lead a warm up before all training sessions. Members who arrive too late for the official warm up will be told to carry out their own in an empty area of the room. Members must follow the execs advice.
- Training sessions will only take place if there is a qualified coach or experienced exec member present to supervise.
- Members must fence with respect and courtesy to other members and not attempt to hurt/injure other members/opponents through hitting hard or harsh body contact.
- Members must not behave in a reckless manner endangering other people. i.e. Weapons must be kept pointing towards the floor, and members must not run whilst carrying weapons etc.
- Whilst fencing, members must wear full kit, up to BFA regulations, at all times. The Armourer or Safety Officer will check to ensure kit is worn and that it meets BFA regulations. If kit does not meet the regulations then it must be fixed or disposed of and suitable kit worn in its place.
- Members must wear appropriate footwear with good grip whilst training (Fencing trainers or squash shoes are recommended).
- Members wearing earrings (excluding studs) must either remove them or cover them up with tape or a plaster before fencing. This is to avoid catching the earring inside the mask.

- Members must only use weapons that are in good condition and pose no dangers through blade weakness or general deficiency in the weapon. The Armourer or Safety Officer will check to ensure foil and epee tips are safe before the beginning of each session, as well as the general integrity of all blades; this applies both to club weapons and personal equipment. The exec will teach members when they join how to check that their equipment is safe and up to regulation standards.
- The Armourer or Safety Officer will visually check the clubs' equipment before every use to make sure it is safe for members to use. A detailed equipment check will be carried out at least twice a term.
- Exec members will ensure that spectators, and members not fencing, stay at the end of the sports hall or around the walls of the sports hall, so as to be a safe distance from those fencing.
- Members must check the floor of the sports hall on and around the pistes before any activity takes place to ensure it is safe to fence on without risk of slipping, and members must keep the activity area clear of equipment and cables to avoid the risk of tripping up. This will be supervised by the Exec members to ensure it happens.
- Members must ensure they are in good physical health before fencing, and between fencing bouts members must rest and keep themselves hydrated before fencing again. The Exec will ensure everyone knows to drink water and where to get it from. The Exec will also ensure the door is left open to air the room. The Exec will remind members at the start of each session that they cannot fence with an existing injury.
- When getting club equipment out, or putting it away, members must ensure that they do not over burden themselves and that they lift heavy equipment correctly (as shown by the Safety Officer in the safety talk at the start of the year). Members must also not rush up/down the stairs and ensure they can see the steps to avoid falling. Members will be told this by the Safety Officer in the safety talk at the start of the year.
- An Exec member will check the equipment cupboards at the end of each session to ensure that kit has been stored in a safe and tidy manner.
- Experienced fencers and the coach will give beginners the appropriate training, to ensure they do not injure or over exert themselves. Including the basic rules of fencing, footwork, and the basic actions of fencing such as lunging and parrying to prevent fencers overbalancing.

Areas of risk assessment covered:

Hit on Body; Hit on head; Hit on major blood vessels; Slipping on dusty/wet floor; Spectators getting hit; Blades breaking; Fencers over-balancing/over-lunging; Muscle injury; Tripping up; Fencers overheating; Lifting kit; Falling on the stairs; Fencing with an existing injury.

Area of activity: Matches

Procedures to follow

- As above; and
- Members representing the club and the university when competing must behave appropriately, so as to not bring the club or university into disrepute.
- Spectators of official matches must never coach or give advice to fencers once the match has begun.
- Members when travelling to and from matches must ensure the Captain (or acting Captain) knows where they are at all times, and whether or not they are travelling with the team. The Captain or acting Captain will count everyone on and off the coach after any stop to ensure everyone is accounted for.

Areas of risk assessment covered:

As above; and Travel to/from matches.

Area of activity: Socials

Procedures to follow

- Members must behave in a way that does not bring the club or university into disrepute.
- Members will not drink excessively, nor pressure others into drinking excessively.
- The Social Secretary and Safety Officer will ensure there is at least one sober Exec member(s) present on the social to supervise the group and make sure members do not drink excessively. This sober Exec member will be identified to the group at the start of the social.
- Members must ensure that their whereabouts are known to the organiser of the social (usually the Social Secretary) at all times.

Areas of risk assessment covered:

Getting drunk on a social; Alcohol poisoning

Duty of Care

Please note that on top of the above procedures, all individual members of the club owe a Duty of Care to fellow members of the club and other clubs, and where appropriate the public. Any club member who acts in such a way as to deliberately cause harm or injury to a fellow member and/or who displays open and persistent disregard for the clubs Code of Practice will be disciplined by the club executive committee and may face expulsion from the club.