

PHYSICAL ACTIVITY SAFETY CHECKLISTS

FENCING (FOIL, ÉPÉE, AND SABRE)

Fencing, a combative sport where two opponents try to tag each other using a sword-like weapon, includes three events each based on the type of weapon used: foil, épée, and sabre.

Risk Factor Rating

4

General Learning Outcome

The student will demonstrate safe and responsible behaviours to manage risks and prevent injuries in physical activity participation and for daily living.

Risk Management Strategies

Safety information and recommendations contained in this safety checklist are believed to reflect best practice to reduce risk. The suggested risk management strategies are considered minimum standards for physical activity in an organized or formal setting. They may not apply to all situations (e.g., home-based, recreational, or modified activities), and more stringent safety standards may be applied by instructors/coaches/program leaders of OUT-of-class physical activities in organized programs.

Instruction

Note: The amount and level of instruction/directions required by the student may vary based on circumstances such as the student's personal experience, skill level, and physical condition. The use of media resources, such as books and instructional videos, may replace direct instruction if deemed appropriate and safe.

Instruction is received from a trained/certified National Coaching Certification Program/Canadian Fencing Federation coach or experienced fencer capable of demonstrating competencies required of certified coach

All sessions are conducted in a safe environment, with students aware of potential risks involved in fencing

Safety rules associated with fencing are learned prior to participation

Skills/movements are learned in proper progression

Each session is conducted with a proper warm-up, cool-down, and appropriate fitness work

Opponents are appropriately matched

Drinking water is available and consumed as needed

Supervision

Note: The level of supervision is provided as is appropriate, depending on various factors such as level of risk, intensity, accessibility, experience, and skill.

Recommended level of supervision: **constant visual supervision**

Safety rules and procedures are enforced

Emergency action plan is in place to deal with accidents/injuries

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Facility

- Floor is clean/dry/free of obstacles and debris
- Floor surface is in good repair and provides good footing
- Safety rules are posted
- Proper lighting and ventilation are provided
- Emergency exit of indoor facility is clearly marked

Equipment

- Equipment to be used is suitable and in good condition
- Fencing equipment is checked regularly by qualified personnel and students
- Damaged equipment must be repaired or replaced
- Foil/sabre/epée must be in good order
- Protective equipment must fit properly and be worn at all times
- First aid kit and phone are available

Clothing/Footwear

- Running shoes are worn with laces tied
- Jewelry is removed or secured when safety is a concern
- Long athletic pants are worn
- Fencing vest/jacket and mask fit properly

Other Considerations

- The student has completed a regular medical checkup and a medical history prior to starting the program
- The student has submitted the signed Parent Declaration and Consent & Student Declaration Form (student under 18) or Student Declaration Form (student 18 and over) prior to beginning the program
- Registration in an accident insurance plan is encouraged
- Students who suffer an injury are referred to appropriate medical personnel for treatment and rehabilitation, and should not return to training until cleared by a qualified medical professional
- The activity is suitable to the student's age, ability, mental condition, and physical condition
- The student demonstrates self-control at all times and avoids any behaviour deemed inappropriate
- The student's choice of this activity as part of the OUT-of-class component of the physical education/health education course has been presented to the parent/guardian (student under 18 years of age) and to the teacher