



Foil Fencing	<i>An introduction to Fencing for beginners</i>
Target group	Age 6+
Time	1 hour +/- 20 mins
Rationale / Outcome Benefit	Great fitness session plus lots of fun
Staff: Participant Ratio and Qualifications	1:12 Club Leader Minimum plus current First Aid Certificate
Preparation	Set up: •
Specific Emergency Procedure	Perform first aid as required and send two runners to the Site Manager with information of incident. Site Manager will: <ul style="list-style-type: none"> • Call Emergency Services • Photocopy Medical Form <ul style="list-style-type: none"> ○ Original to be kept ○ Photocopy to go with Emergency Services
Trainer kit	First Aid Kit Mask Gauntlet Jacket (containing separate or integrated breast protection) Foil Long sleeves and trousers Non-slip training shoes
Delegate kit	Mask Gauntlet Jacket (containing separate or integrated breast protection) Foil Long sleeves and trousers Non-slip training shoes
Sites	Mobile suitable for Sports Hall

Risk Assessment – Foil Fencing



Significant Hazards	Protective Measures
Heat	<ul style="list-style-type: none"> • Instructor to ensure Fencing area is well ventilated if the weather is hot. • Instructor to ensure that participants are provided with opportunity to rest during the session • Instructors are to be made aware of the dangers of excessive exertion during particularly hot days • Instructors are to slow the pace of the session down if the heat is excessive
Cold and/or Wet (if activity runs outside)	<ul style="list-style-type: none"> • Instructor to check that all participants have suitable clothing prior to commencing the activity • Instructors must always wear appropriate clothing in order to run the activity safely
Sun (if activity runs outside)	<ul style="list-style-type: none"> • Instructor must ensure that they make participants aware of the dangers relating to the sun i.e. heatstroke & sunburn • Instructor to ensure that participants have suitable clothing, e.g. long sleeves, trousers and sun hat
Harm to Non-Participants	<ul style="list-style-type: none"> • Fencing activity to take place in clearly defined areas • Instructor to ensure that where possible, area is secured against unsupervised access during fencing periods • Warning signs to be displayed at all access points when fencing activity is in progress
Slips, trips and falls	<ul style="list-style-type: none"> • Instructor to perform a visual inspection of the fencing facility prior to commencing the activity to ensure that it is free from clutter and loose items. • The floor area is to be flat and clearly marked for fencing purposes • Where mats are used, Instructor to ensure their edges are not raised causing a trip hazard. • All ledges and edges are to be marked in a bright contrasting colour • The instructor is to brief the participants that no running is allowed • Instructor to check prior to commencing the activity that there are no obstructions that may impede the session • Instructor to ensure the activity is conducted in an area designated for that purpose



Significant Hazards	Protective Measures
Harm from Equipment Failure	<ul style="list-style-type: none"> • Instructor is to conduct a visual inspection of all equipment prior to first use to ensure it is fit for use • Instructor to maintain an ongoing vigilance towards equipment condition during the session, particularly with regard to foil buttons • Site Manager to conduct a thorough weekly inspection of all fencing equipment and repair or replace damaged items as necessary
Participant or Spectator Harm from Foil Use	<ul style="list-style-type: none"> • Instructor to brief participants prior to commencing the activity on the location and purpose of the safe waiting area • Instructor to stop the session immediately if any unauthorised access is gained to the fencing area • Instructor to brief participants prior to commencing the activity on correct foil use and associated safety rules • Instructor to ensure that participants outside the safe waiting area involved in foil use are equipped with a mask, gauntlet and jacket containing separate or integrated breast protection, and are wearing long sleeves and trousers in addition to the protective equipment provided • Instructor is to control access to foils • Instructor to brief participants on correct technique and use of equipment, and ensure equipment is not misused during session
Unsupervised access to equipment	<ul style="list-style-type: none"> • Equipment secured in locked store accessible only to authorised Kingswood staff • Instructor to brief participants prior to the session commencing not to handle equipment unless authorised by the Instructor • Instructor to ensure session equipment is issued in a controlled manner and is not left unattended at any time
Muscle injury	<ul style="list-style-type: none"> • Instructor to run appropriate warm-up exercise at the beginning of the activity • Instructor to explain and demonstrate to team at appropriate points through the activity correct techniques for fencing moves • Instructor to closely monitor technique of all participants throughout the session and give appropriate coaching for poor technique