Risk Profile

The following risks have been identified through PGL's risk assessment process:
   a. Equipment failure.
   b. Slips/trips/falls.
   c. Injury from participation/physical exertion.
   d. Fatigue/exhaustion/dehydration.
   e. Injury whilst fencing.
   f. Injury from entering fencing area during session.
   g. Injuries caused by faulty equipment.
   h. Unsupervised use of foils.

Implementation of the following operating procedures reduces the residual risk to a level as low as reasonably practicable given the intended purpose of the activity.

Control Measures

Deployment Requirements

Instructor Qualifications: Centre based Training and Assessment by a competent person.

Instructor – Participant ratio: 1:15

Total group size: 15

Active participation: 1:15

1. Equipment Requirements

Per Instructor and guest
- 1 x Mask
- 1 x Full jacket
- 1 x Plastron (may be integrated into jacket)
- 1 x Gauntlet
- 1 x Foil
- 2 x Chest protectors

Per Activity Base:
- Warning signage for fencing taking place

2. Specific Clothing Requirements (instructor and guest)
- Loose fitting clothing
- Long hair tied back
- Flat soled shoes (no open toed shoes, sandals, croc type or wellies)
- Long trousers (no poppers down side of leg)

3. Session Preparation

a. Ensure you only use designated fencing areas as approved by the CI in line with BF guidelines.
b. Inspect the area to be used for any local hazards (wet floors, uneven ground, and furniture) and make safe before use.
c. Place signage to prevent 3rd parties walking into session.
d. All PPE and foils must be thoroughly checked prior to session.

4. Session Instruction

a. An appropriate warm up must be used prior to the physically demanding part of the session.
b. The session must follow the approved session plan and should be split into two distinct sections:
    i. Stance, movement and hit/lunging without foils and PPE.
    ii. Hit/lunging, parry, riposte and duelling with foils and PPE.
c. The non-foil section must prepare guests to be able to start fencing with foils with limited additional instruction.
d. The foil section must begin with a safety talk to include:
    i. How to hold a foil.
    ii. Checking for a button.
    iii. Safety area and pistes.
e. All participants must wear chest protectors whilst fencing.
f. All foils must have a button attached.
g. Guests must be instructed to cease fencing should a foil break, a button become dislodged, a mask is removed, or if a participant is injured during any part of the session.
h. Masks must be worn everywhere outside of the safety area.

i. Waiting participants and spectators must remain in the safety area, instructor to remain vigilant.
j. Foils are to be managed by the instructor throughout the session, to ensure participants cannot access foils whilst unsupervised.
k. If the fencing area is suitable and there is no risk of foils being accessed by participants or others, it is acceptable for foils to be placed on the ground within it. Guests can then remove equipment in the safety area.
l. It is acceptable for the instructor to remove their mask in the fencing area if all guests' foils are pointing to the ground.
m. The target area is the chest and stomach only.
n. All participants must fence with their unprotected hand kept away from the target area, for participants struggling with this concept they must keep their hand behind their back.
o. Fencing practice between guests must be a maximum of 1 on 1.
p. Ensure that guests are monitored throughout the session and actively coached through each technique.
q. Demonstrate each fencing technique at an appropriate time through either direct demo or games that create the technique, ensuring that guest's questions/concerns are addressed before moving onto next element.

5. Session Conclusion

a. All equipment must be accounted for and returned to a secure storage point.