

## **Rockville Fencing Academy, LLC Safety Rules & Waiver**

<u>Wear Mask:</u>	1) If you are fencing or within 10 feet of people fencing. 2) Beginning fencers must get permission from a coach before they can take off their masks. 3) All group classes: to get started -- masks on first then pick up swords, to finish – swords down then masks off.
<u>Listen to the Coach</u>	1) In all group classes, fencers must have their eyes on the coach when he is talking (so the coach knows that you are paying attention). 2) Fencers must attempt all skills, as instructed to them by a coach. A part of all fencing technique is safety. Even if you are not good at the technique, if you try to execute the skill the way the coach instructs you to – you will be safe.
<u>Eyes Open</u>	1) Before moving around the fencing floor, you must look to see where everyone is and and take a route that keeps you out of the way of the fencers, remembering that the fencers can move quickly. 2) Your drilling or fencing partner can't see behind them. You need to stop them and warn them if there is something dangerous behind them – e.g., a wall, a person, a dropped piece of equipment. 3) Do not fence “against the grain” of how people are moving.
<u>Proper Equipment</u>	1) Clothes – No Shorts, No Jeans. You must wear robust athletic pants (not outdoor pants with cargo pockets). You need athletic shoes (sneakers) with non-marking soles. A t-shirt is recommended, as it gets hot in fencing gear. 2) Full fencing clothes need to be worn when fencing or drilling, this includes Mask, Jacket, Plastron, Athletic pants or Knickers. 3) For beginning classes, rental equipment and a glove (to cover your fencing hand) must be worn.
<u>Physically Ready</u>	1) Warm up. It is the fencer's responsibility to warm up. Come early to make sure you are adequately warmed up to fence. 2) If you have any medical conditions, see your doctor first. Rockville Fencing Academy makes no representation about being able to give medical advice. 3) Do not fence if there is a medication issue that will cause you to have trouble focusing and/or staying alert.
<u>Improper Movement</u>	1) No Running 2) No Horseplay 3) No hard hitting on purpose 4) No retaliation 5) No walking while holding the tip of your sword up in the air.
<u><b>Always use COMMON SENSE</b></u>	

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**Rockville Fencing Academy**

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www.uRfencing.com

Rockville MD 20850

Students Name: \_\_\_\_\_

Age:

Birthdate:

if student is a minor parents/guardian's Name:

Address:

City:

State:

Zip:

E-mail:

Home Phone:

(cell or work) Phone:

Learned of Rockville Fencing Academy by:

I verify that I have read, understand, and agree to be bound by the safety rules. Furthermore I understand that like in any athletic activity there is a risk for injury from fencing and I (or my child) accept the risk willingly. I hereby release Rockville Fencing Academy, LLC and all employees herein from all responsibility for injuries incurred at the Rockville Fencing Academy, LLC and authorize Rockville Fencing Academy to request medical treatment as necessary.

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Student Signature and Date

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Parent/Guardian's Signature and Date