

METRO TACOMA FENCING CLUB

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Safety Gear Policy

Metro Tacoma Fencing Club (MTFC) is committed to the safety of our fencers. While fencing is one of the safest sports, injuries can still occur. We have safety equipment that can reduce the risk of injury.

Fencers in class or open fencing **must** wear the following uniform at all times: mask, glove, jacket, long pants, and closed-toed athletic shoes. Due to concern about possible breast cancer risk from repeated chest trauma from blades, national and international rules require girls and women to wear a hard plastic chest protector; we at MTFC also require this piece of protective gear. We strongly recommend that boys and men wear a cup. We also strongly recommend knickers, thick sweat pants, or thick warm-ups to decrease the risk of injury to the leg. Coaches may also require additional uniform items during their classes depending on fencer level; coach requirements must always be followed to participate in class. Shorts and sandals are not allowed during class or open fencing.

Fencers in private lessons **must** have a mask and glove as is required at national tournaments during warm-ups. The same uniform worn during class or during competition is encouraged. Individual coaches may require additional protective gear depending on fencer level, weapon, and the skills being covered in a specific lesson; coach requirements must always be followed to participate in these private lessons.

For any questions please contact any of the board members.

Sincerely,

A handwritten signature in cursive script that reads "Toby Lee".

Tobias (Toby) Lee, MD
Prévôt de Fleuret (Foil)
President of the Board and Coach
Metro Tacoma Fencing Club

On behalf of the Board of Directors voted 20 December 2019