



Fencing

Council Approval: Not required

Activity Permitted For: B J C S A

About Fencing

Derived from the word “defense,” fencing is a sport and martial art that involves using swords called foils (practice swords), sabers, and épées (a fencing sword with a bowl-shaped hand guard). The objective of fencing is to touch the opponent with the tip of a sword without getting hit by the opponent’s sword. A fencing game (or bout) is typically three minutes—the first fencer to score five touches (or hits) wins; if neither reaches five within the designated time period, the participant with the most touches wins. If performed correctly with the proper equipment, fencing is a safe activity with a low injury rate. Most fencing clubs provide students with a full kit of equipment. Daisies can learn about fencing games and the rules of fencing but should use only foam (mock) swords, as the balance and hand-eye co-ordination needed to fence are not sufficiently well developed at this age.

Learn More:

- U.S. Fencing Association: [USA Fencing](#)
- U.S. Fencing Coaches Association: [USFCA](#)
- International Fencing Federation: [International Fencing Federation](#)
- Fencing 101: [USA Fencing](#)

Include Girls with Disabilities

Communicate with girls with disabilities and/or their caregivers to assess any needs and accommodations. Research relevant resources provided for people with disabilities.

Safety Activity Checkpoints

Emergency Action Plan (EAP). Review and document your Emergency Action Plan (EAP) ahead of time before taking girls out for this activity. Think through scenarios of what can go wrong such as an accident, physical injury to a girl, missing girl, or sudden illness.

Verify instructor knowledge and experience. One adult needs to be a certified fencing instructor or have equivalent certification, or documented experience, in accordance with your council’s guidelines. Ensure that there is a ratio of one instructor for every ten girls. Fencing is always well supervised and appropriate to age, skill level, and endurance.

Note: The instructor-to-participant ratio is not the same as the adult-to-girl ratio in “Introduction to *Safety Activity Checkpoints 2020*.” Both ratios should be complied with when girls are participating in fencing.

Assess participants’ maturity level. Participants must be old enough to understand safety procedures and handle equipment so as not to endanger themselves and others. Ensure that swords are appropriate to the age, size, strength, and ability of the girls.

Select a safe site. Check with council staff to see if an approved vendor list is offered. If the council does not have an approved vendor list, look for organized fencing companies or organizations. Call the facility ahead of time to determine accommodations for children, and what ages they have experience with.

Always keep the sword pointed in a safe direction. This is an important rule of fencing. A safe direction means that the sword is pointed away from yourself and other persons, leaning it downward when walking or resting, or anytime when not jousting. Control the sword at all times.

Ensure that equipment to be used is in good condition. Make sure that the equipment is clean and in good working order and that nothing is broken or loose. Check that the épée or foil handles and/or wrist and arm guards are in good repair.

Dress appropriately for the activity. Make sure girls and adults avoid wearing dangling earrings, bracelets, and necklaces that may become entangled in equipment. Also have girls tie back long hair.

Review rules and expectations. The instructor reviews the rules and operating procedures with girls beforehand.

Safety and Required Gear

- Foils, sabers, or épées
- Fencing glove
- Plastron (underarm protector worn on fencing arm)
- Fencing jacket
- Fencing knickers or pants that cover knees
- Long socks that go up to knees (soccer socks are recommended)
- Sneakers or court shoes