

ORGANISATION AND RISKS ASSESMENTS

FENCING

Activity duration : 2h45

Number of staff/participants : 1/14

Aims and objectifs : Learn the french expressions related to the fencing activity. Initiate fencing to the kids in a recreational and safe way.

Necessary equipment : foils, masks, protections, gloves, walkie-talkie and a first aid kit. Make you sure you have water and cups if it's hot.

Lieu d'activité : Fencing room.

Preparation for the activity (minimum 10 minutes before the activity)

Check the information about the group : age, aptitude, experience and number of participants. Make sure you've got all the necessary medical information. Check how many fencings are planned on the same time and organize with your colleague to know which room you will use.

Pick up your group

Be on time at the meeting point! Check that the group is here with the right equipment for each kid = medical necessary, old clothes (T-shirt or long sleeves top, NO SHORT, trainers), the workbook and a pen. **It is important for the instructor to show the example about the equipment, you mustn't wear shorts or flip-flops.**

Start of the activity

Introduce yourself and the session's plan. Ask each kid to present themselves. Use this time to know better about their own experiences and knowledge in this activity.

Equipment

In general, the set up for the equipment is in two times.

When it's hot, it's better to do the warmup **before** putting on the equipment.

Remove all the jewelry and tie your hair up.

It is better for the participants to wear a t-shirt under the jacket (more comfortable). **Do not allowed hoodies (safety reason).**

Explain how to wear each equipment parts :

- **THE PLASTRON** : placed under the jacket, on the arm of the foil - explain correctly how to tie the strap.
- **THE JACKET** : place the zip at the back and pass the strip between your legs - be proactive and diplomatic about jacket sizes (adapt it as best as you can)- all the girls need to wear a breast protections, whatever their age is.
- **THE GLOVE** : only one glove, wear it on the hand with the foil - the glove needs to cover the end of the sleeve.
- **THE MASK** : A small circle with different colors shows the size of the masks - For the safety and the comfort each participant needs to wear a mask with a good head size. The size is about the higher between the chin and the forehead - the depth can be adapted on most masks.

- **THE FOIL** : the foil's blades at the Château are slightly curved, the point toward the floor. Each blade needs to be protected at the end with a rubber tip - the rough part on the handle shows how to hold the foil correctly (to the top)

To practice fencing with the foil each participant needs to be **fully equipped**. Make sure the kids wear correctly the equipment during the whole session.

Getting started / Learning techniques without foil

Once the participants wear the mask, it's more difficult to be understood and to keep their attention. It's important to maximize the « learning techniques without foil » part.

Every sport activity must **start with a warm-up**. Do games to allow participants to approach the rest of the session in good conditions. Ideally, find exercises related to fencing (use the positions for example)

Show and practice the different positions that the participants will use during the session = **EN GARDE, EN AVANT, EN ARRIERE, ATTAQUE**. Diversify your games and your methods. Do not hesitate to use your imagination for this part. Do not forget the pedagogy learned during your training for each positions : Explanations/Demonstration/Practice.

Practice with the foil

Like it says before, once the participants wear a mask, it will be more difficult to control the group. Be clear in your explanations to avoid downtime. Ideally, for a 2h45 session, you must do 1h15 of practice with the foil. (At least 45min).

Some participants got an apprehensiveness about the foil. Take you time to present each part of the foil, to explain clearly the risks and use of this arm :

- **THE STRAP** : must hold at least two fingers.
- **THE BLADE** : it doesn't cut but can hurt if it's used badly. That's why it's forbidden to do big movements (slash & Co). The blade is curved toward the floor to avoid neck contacts. Be vigilant and meticulous on that point !
- **THE POINT** : protected with a rubber tip, the point is not dangerous and can't go through a person.

To be approved, a touch needs to reach the opponent's chest (NOT the arm, the head, the leg or the back). The blade must be curved to judge the quality of the touch. Don't hesitate to demonstrate this action on each participant to prevent their apprehension.

Safety instructions to not forget.

- Explain the limit and the split for the two zones in the room.
- No foil goes in the safe area.
- **EVERYBODY** must wear a mask in the practice area.
- For safety reasons, we ask each participant to maintain the hand that they don't use behind their back (En garde position).

- Forbid large lateral movements = « slash »
- **CHECK THE PROTECTION AT THE END OF EACH FOIL BEFORE YOU GIVE IT TO THE KIDS.**
- Do not let more than two kids together when you practice fencing with the foil.

Once each participant is fully equipped, do a feed back with the kids about the techniques learned since the beginning.

Practice the launch technique (attack) without moving helps the participants to feel better about it. Then, you can make them practice two by two while moving. Explain the parry and riposte technique. Give a lot of advises and diversify your exercises to improve the skill of the participants. You can make games, small team competitions... Be vigilant, and stay available to help the kids and assure security during the practice.

Competition

When the techniques are acquired, you can start a competition. You choose how to organise it : individually, by teams, with eliminations, etc... The aim for each kid is to make at least three matches.

You can use the competition to introduce the concept of judge and to make them practice the vocabulary. Stay always vigilant and ready to show up in case of a dispute or a safety problem. Keep a good control of the fight (no uncontrolled duels). Make sure everybody is involved.

Break

Fencing is a very intense activity. You'll probably need to do breaks regularly. We suggest you ask the kids to have their own water bottle with them for this activity. However, if you prefer, you can also do a longer break and come back to the chateau. In that case, be vigilant on these points :

- Be careful of the equipment, especially the jackets. If it's raining, remove the jackets, don't let the kids going out with it. If the weather is good, they can keep the jackets on, but it's your responsibility to ensure respect from the kids (don't let them roll in the grass).
- Before going out the fencing room, tidy ALL the foils in the big box and lock it.

Note : If you do more than 10min for your break between the practice and the competition you'll need to do a warm-up before starting it.

End of the session / Bilan

At the end of your session do a debrief with the kid's feeling and the vocabulary learned during the session. (Body parts, fencing equipment, fencing actions, sport's vocabulary, ...).

Make sure to tidy all the equipment correctly. Don't hesitate to involve the kids on that part. The jackets must be fold. Each equipment must go back at the right place, the sizes need to be visible to make it easier for the next person.

Say thank you to the group and remind them the following part of their program. (meal, workbook).

Tidying up

- ❖ Check that the equipment is back and tidy correctly.
- ❖ Report ALL the damaged equipment and put it away, at the right place, to not use it anymore. Don't forget to tell the office about it.
- ❖ Replace, if it's possible, the damaged or unusable equipment to make everything ready for the next session.
- ❖ Tidy the room, collect all the rubbish, etc....
- ❖ **Before going out the room**, make sure that the boxes are locked and close the doors / windows.

Each thing above takes only few minutes at the end of each session, it's clearly more professional and show respect to your team. If you respect it, it will improve the team spirit and will makes things easier for everybody at the Chateau.

RISKS ASSESMENTS

Danger	Risk	Person at risk	Probability	Control measures	Result
Damaged equipment	Injury	Group/ Staff	Medium	The instructor will check the whole equipment before and during the session.	Low
Using foils without masks	Eye and other injuries	Group/ Staff	Medium	The instructor MUST make sure that each kids wear a mask when they use a foil	Low
No protection or non-adapted	Injury	Group / Staff	Medium	Participants and instructors must wear the protections	Low
Uncontrolled duels	Sword injury	Group	Medium	The instructor keeps control of the group during the whole session	Low
Protection equipment not fitted properly	Sword injury	Group	Medium	The instructor needs to make sure that the protection equipment is properly fitted at the beginning of the activity and check throughout the activity, especially the mask.	Low

Obstacles/objects impacts	Collide	Group	Medium	The instructors need to keep the room safe, the floor needs to be flat.	Low
Floor not flatten	Slip, trip and fall	Group/ Staff	Medium	Instructors must keep the area safe and inform the group of the risks.	Low
Hot weather	Dehydration, tiredness	Group	Medium	Give water and make breaks as many time as you need	Low
Unauthorised access to fencing areas	Injury for people watching	People watching	Medium	The instructor must control the access to fencing area and ensures people watching stay in the safety zone.	Low
Sword left unattended	Injury due to an unsupervised use	Group/ People watching	Low	Make sure that swords are away when they're not used, locked in the box.	Low
Wrong knowledge of the medical information	Allergic or other reactions (Asthma attack,...)	Group	Medium	At the meeting point, find the group and check all the medical information - asthmatics, EPIPEN, ...	Low
Belongings	Losts	Group	Medium	At the end of the session, give back all the kid's stuff (workbook, inhalers, ...)	Low