



GENERAL SAFETY RULES

1. Fencing under the influence of alcohol is prohibited (this means any influence of alcohol!). Please drink alcohol responsibly throughout the entire event. As soon as the first whisky bottles are opened, all weapons and training weapons must be stored in bags without exception. Workshops and evening programmes take place in designated separate rooms.
2. Lack of safety measures during free exercises and fights must be avoided. These are: (1) control (reduced power and speed, suggesting hits, technique selection, ...); (2) protective equipment (practice weapons, padded weapons, protectors); (3) rules and regulations (these rules, tournament rules, safety concepts, ...). The following applies: Equipment does not replace control! But it does allow a greater degree of freedom.
3. Lack of attention towards our training partners is to be avoided. Similarly, any derogatory remarks about the trainer or training partner or inappropriate discussion is inappropriate.
4. Harmful exercises that do not correspond to our mental and physical condition are to be avoided.
5. Lack of calmness and care in the realisation of techniques and in the handling of weapons and training weapons is to be avoided.
6. Techniques should always be executed in a calm and controlled manner. Strength and speed must be co-ordinated with the partner.
7. It is forbidden to hit the fencing partner with the hilt or parry in the chest or stomach.
8. The techniques performed must be agreed in advance with the fencing partner (except in free fencing).
9. Appropriate safety precautions must be taken.
10. The instructor must be contacted if the equipment is missing or unclear.
11. In the event of an injury during the duel, the fight must be stopped immediately and the instructor/paramedic called in. In the event of injuries (even minor ones) or health problems after a fight, the instructor should be contacted.
12. All techniques should be performed slowly and without force. (Note: overextension of the joints should be avoided to prevent tendon damage).
13. The organisers' domiciliary rights apply. The requests of the instructors or organisers must be complied with.

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