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## PDX Fencing Guidelines (Revised 1/30/17)

Our goal is teaching fencing in a safe, fun environment of mutual respect and self-discipline. We expect and encourage our students and fencing families to follow these guidelines.

Traditions of a fencing salle d'arms have developed over centuries. They promote and encourage self respect, respect for others involved (including one's opponent), self-discipline, good sportsmanship, and safety. Repeated or egregious violations of guidelines, rules, or courtesy will not be tolerated. Violators may be removed by coaches, instructors, or program manager at their discretion.

1. Students will greet the coaches as they arrive and let them know when you are leaving. Greet all newcomers or visitors and make them feel welcome.
2. Coaches/instructors may be addressed as Coach. Students will respond promptly and respectfully to a coach, instructor, or program manager's request.
3. The weapons will be treated with care, respect and awareness for safety. Weapons must be carried **POINT DOWN at all times**. A weapon is pointed at another person ONLY when the other person is fully masked and ready to fence or participate in drills.
4. Minor age students will NOT leave the facility for any reason unexpectedly without prior (preferably written) parental permission. PDX staff must be notified that the student will be leaving early, or with another person.
5. Cell phones are not allowed in class. That means no texting or cell phone use during class.
6. No Food Storage allowed in lockers. No gum in the facility at all. No drinks on the fencing floor.
7. Each fencer will salute his opponent, the referee and audience before and after every encounter, and shake hands. All referees will be treated with respect whether you agree with their decision or not.
8. Ask less experienced fencers to bout. If a less experienced fencer asks a more experienced fencer to bout, the fencer should say yes, encourage and teach the less experienced fencer.
9. Treat all equipment with respect and care. Do not throw, hit, tap the floors or walls with equipment or weapons. Equipment and uniform should be in safe and clean condition.
10. Keeping consistency of style, training and monitoring of progress is of paramount importance to athlete development. Minor age members will train, take lessons, and participate in saber fencing camps exclusively with PDX Fencing and its coaches. Should you wish to participate in a non PDX camp or program, please discuss with Head Coach, Charles Randall for approval.
11. Absolutely no swearing or profanity allowed. Speak to each other with respect. Saying "shut up" to anyone is disrespectful and not allowed.
12. Fencers and families will leave the area clean, clean up after themselves, & help keep the club clean.
13. When appropriate, cheering for your team, teammates, or child during games and contests is encouraged. Name calling, bullying or poor sportsmanship is not tolerated, even for opponents. Appropriate Ex. "Go for it! You can do it, good job," are all appropriate. Not appropriate Ex. "you own him, wipe her out, he's nothing".
14. All fencing bouts have a winner and a loser. Learn to win with dignity and humility, and lose with honor - recognizing that defeat at the moment can be a lesson. This is the hallmark of good sportsmanship – it teaches resiliency, mental toughness and emotional control.

I agree and accept these rules: \_\_\_\_\_

Date: \_\_\_\_\_

If under 18 parent signature also: \_\_\_\_\_ Date: \_\_\_\_\_