



2024-09-01

GENERAL INFORMATION TO ALL FENCERS IN MHFS

It is the responsibility of the trainers and the board to ensure that all practitioners are aware of this document. It is the responsibility of every club member to follow and respect its content. If you are unsure about something, talk to your trainer.

General for all fencers

- If you arrive late to practice, be sure not to disturb the rest of the class.
- If an exercise or movement hurts or feels uncomfortable, stop what you are doing and then discuss it with your trainer so you can find a solution together.
- If you have an injury or feel you need to rest, you can always take a break, sit down and continue when you feel ready.
- Many of our training sessions are given in English, please let your trainer know if you find it difficult with instructions in English so you can find a solution together.
- It is always okay to ask questions in Swedish even if the lesson is held in English, and then get an answer in Swedish. Of course, it is also always okay to ask questions in English if the lesson is held in Swedish, and then get an answer in English.
- It is always optional to lend one's private simulators and equipment parts, a no must always be respected.
- The form of training and specific manual that the trainers choose to work from must be respected. The trainers spend a lot of time and energy preparing training sessions, without any financial compensation.
- If you are not a trainer, assistant trainer or specifically asked to help, always ask if the other fencer wants feedback before giving feedback.

Overall safety for all fencers

- Your simulators should always be properly covered to and from training, even if you only move from the car to the hall. This applies regardless of the material of your simulators (steel, plastic, foam, etc.).
- A first aid kit must be clearly visible at all training sessions, trainers must ensure to bring it and that everyone knows where it is.
- It is the responsibility of everyone present to be aware of safety and to report safety risks.
- The club has a safety and security group that you can turn to if you feel insecure or unsafe, trainers shall inform who is part of the group. (How the security group works is described in Appendix 1.)
- When training on your own outside in a public place, we recommend the following: choose a place with suitable space, train at least two people, if you do not have fencing equipment you should train in obvious training clothes, be aware of your surroundings and remember that you represent the club when you speak with the public. If members of the public or police approach, first put down the simulators and then walk over and talk to them.

Rules for slow sparring

- Always greet each other.
- Do not increase speed. If someone speeds up, ask them to slow down.
- Do not thrust.
- No one can win.
- Don't hit too hard. If you feel someone is hitting too hard, ask them to hit more loosely.

Safety when sparring

- The first time you spar, you must do this in consultation with your trainer.
- It is free to ask anyone who has been approved to spar if they want to spar with you, regardless of your respective levels.
- It's always okay to say no to a sparring suggestion, even if it comes from a trainer. A no must always be respected, we are sparring to develop as fencers and everyone develops differently.
- Communicate with your sparring partner, always before and after but sometimes also during sparring.
- Rules, equipment requirements and correct behavior in both sparring and competition may differ slightly between different clubs and competitions. Talk to your sparring partner and read the rules before a tournament.
- It's always okay to stop sparring if you feel you shouldn't continue. Regardless of whether it is due to injury or a lack of control, focus or will either with yourself or your sparring partner.
- Refrain completely from sparring if you are in a state of mind where you are endangering safety in one way or another.

Rules when sparring

- Always greet each other, this applies both during sparring and competition.
- Determine the speed before you start.
- No one can win, you can only win in one competition.
- Do not use excessive force. If you feel someone is using too much force, ask them to use less force.

Correct behavior when two fencers are sparring with steel simulators

- Separate from each other between each exchange, unless you and your sparring partner agreed on something else.
- Use the honors system where we mark where we got hit to help each other develop, unless you and your sparring partner have agreed otherwise.
- Do not turn your back to your sparring partner.

Equipment requirements when two fencers are sparring with steel simulators

- Groin protection (required if you have a penis, recommended for everyone else)
- Fencing pants (marked with 350N)
- Chest plate (highly recommended but not required)
- Throat protection
- Fencing jacket (marked with 350N)
- Good training shoes
- Leg protection and knee protection that should also cover the outside of the knee
- Arm protection and elbow protection (arm protection is recommended, elbow protection is required)
- Gloves for the intended weapon (inner gloves must be used for gloves with an open palm)
- Fencing mask (marked with 1600N) and neck protection
- No bare skin should be visible
- Metal in the equipment may only appear in the front of the fencing mask and in the groin protection

Prohibited hitting areas, cuts and hits (regardless of what is stated in the manuals)

- It is forbidden to hit and aim at the back, neck, crotch and back of the knee.
- Although not prohibited, do not aim at the feet.
- It is forbidden to bend against joints when grappling and disarming.
- Buckler hits are only allowed with the center of the buckler directly on the target, never with the side of the buckler.
- Pommel hits are only allowed directly to the face, never to the side or directly from above.
- It is absolutely forbidden to strike with the crossguard, this type of hit can penetrate both the fencing mask and the skull.

Takedowns and throws

Throwing is prohibited but controlled takedowns are permitted, provided sparring is done on cushioning mats equivalent to those used in competitions. So although takedowns are allowed within HEMA, we do not practice this when sparring in our club due to the fact that we do not have mats to cushion the fall.

Tournaments

If you want to start competing – there are a few things you have to do:

1. Talk to one of your trainers.
2. Ask the board for permission to start competing, easiest by sending an email to info@mhfs.se
3. When you have received the OK from the coach and the board, you need to get a digital competition card, the card costs 200 kronor and is valid for one year. You can order it at www.svhemaf.se/forbundet/tavlingskort

Make sure to do all this in good time before you register for the competition you intend to participate in. It can take up to two weeks to get the card and you are not allowed to compete in Sweden without this card. So make sure you always have it with you to all competitions!



APPENDIX 1

SAFETY AND SECURITY GROUP – HOW WE WORK

THE GROUP

The Group Members

The group is elected at the club's annual meeting.

The Group's Responsibility

The group works to create a safe and secure environment in MHFS for all members and guests. It is also this group that sets and enacts any disciplinary actions that are deemed necessary.

A safety risk is defined as: A situation that can lead to physical injuries for one or more persons.

A security issue is defined as: A situation where someone feels insecure, bullied or discriminated.

MHFS strives to be a club where everyone feels safe and where everyone feels welcome. Anything that threatens this is not tolerated.

Secrecy

Members of the group are required to keep any discussions and facts within the group secret unless the group or board decides to make these discussions or facts open to the club. The secrecy rules apply to both current and former members of the safety and security group.

HANDLING SAFETY RISKS

Reporting a Safety Risk

If a member sees an unsafe situation they are required to inform those involved of their observation and to ask them to rectify the situation. It is also required of those members that are told that they are acting unsafely to listen to this and to change their behaviour accordingly.

All members and guests can and are encouraged to report what they see as unsafe situations or acts to the safety and security group. This can be done either verbally or in writing to either the entire group or to a member of it.

When a report has been made the group will first make sure that the reported incident falls under the group's responsibility. If this is the case the investigation moves on to a preliminary investigation to gather the basic information needed to start the true investigation that is described below.

Investigating an Issue

As soon as an investigation is started the persons involved must be informed.

One or more members of the group gather information by talking to the involved persons and witnesses. It is very important that the person or persons that have been reported as responsible for the unsafe situation gets to tell their version of what happened. All fact that are gathered must be treated equally.

No disciplinary actions are discussed during the investigation; it is a pure fact gathering exercise. All gathered facts should be written down.

Disciplinary Actions

When the investigation is finished the group gathers and decides if a safety risk has occurred and if disciplinary actions are needed. As much as possible these meetings should be face to face to avoid misunderstandings and to avoid wasting time.

The chosen disciplinary actions must fit the situation:

- **Warning** – The member is warned that the reported actions are unsafe and unacceptable. While this warning stands any further unsafe actions will result in a more severe disciplinary action. See the MHFS charters for more information about warnings and how long they last. Any further disciplinary actions, other than expulsion from the club, is added on top of a warning.
- **Suspension** – The member is suspended from all or parts of the clubs activities for a set amount of time. An example of such a suspension can be not being allowed to spar for a few months. Paid member and training fees are not refunded when a member is suspended. If a member is enrolled for a competition or workshop that is not allowed because of a suspension it is that member's responsibility to inform the organisers that he or she cannot take part of it. Any fees that will not be refunded are paid by the suspended member.
- **Expulsion** – If the reported safety issue is severe enough the member will be expelled from MHFS. Paid member and training fees are not refunded when a member is expelled. Expulsion from MHFS is permanent. If an expelled member is enrolled for a competition or workshop, that requires attending persons to be members of a club, it is that former member's responsibility to inform the organisers that he or she cannot take part of it. Any fees that will not be refunded are paid by the expelled member. An expelled member cannot use the connection to MHFS to gain or keep a competition card from Svenska Budo & Kampsportsförbundet or any other such documentation.
- **Other disciplinary actions** – The group has the right to decide on other disciplinary actions as they find suitable.

Reporting the decision

When a decision has been made it must be reported to the board. The board then decides if the investigation was adequate and if a reasonable decision was reached. The board then chooses who will report the decision to the involved members.

All involved members must be informed both verbally and in writing.

A copy of the report is saved on the MHFS board's facebook page and a printed copy is saved in the club secretary's binder.

The member must also be informed that there is a two week period where the decision can be appealed against. Such an appeal must be sent to info@mhfs.se within those two weeks.

HANDLING OF SECURITY ISSUES

Reporting a Security Issue

If a member sees or hears something that can be seen as a security issue they are required to inform those involved of their observation and to ask them to rectify the situation. It is also required of those members that are told that they are acting badly towards others to listen to this and to change their behaviour accordingly.

All members and guests can and are encouraged to report what they see as unfriendly behaviour, threats or other insecure situations or acts to the safety and security group. This can be done either verbally or in writing to either the entire group or to a member of it.

When a report has been made the group will first make sure that the reported incident falls under the group's responsibility. If this is the case the investigation moves on to a preliminary investigation to gather the basic information needed to start the true investigation that is described below.

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DOPING

MHFS follows national rules and guidelines regarding doping.

Members are encouraged to ask the safety and security group for more information about doping. MHFS tries to work preemptively and the spread of information is a large part of this.

HANDLING DOPING ISSUES

Reporting a Doping Issue

If a member sees a suspected doping situation, they are required to inform the safety and security group, a trainer or a member of the board. This can be done either verbally or in writing to either the entire group or to a member of it. The case is then handed over to Antidoping Sverige, where you can also report directly.