

“Run by Coaches for Coaches”



Are You Fencing Yet?



I must admit that as a professional coach there is a little bit of self interest in getting back to fencing. My club is a major source of income for me, and no work means no income. So getting my club up and running has been very important to me. But setting that aside, I've just actually missed fencing, not just the hitting someone with a sword, but the social contact, and the thought processes that go with coaching and teaching, coupled with the desire to help someone.

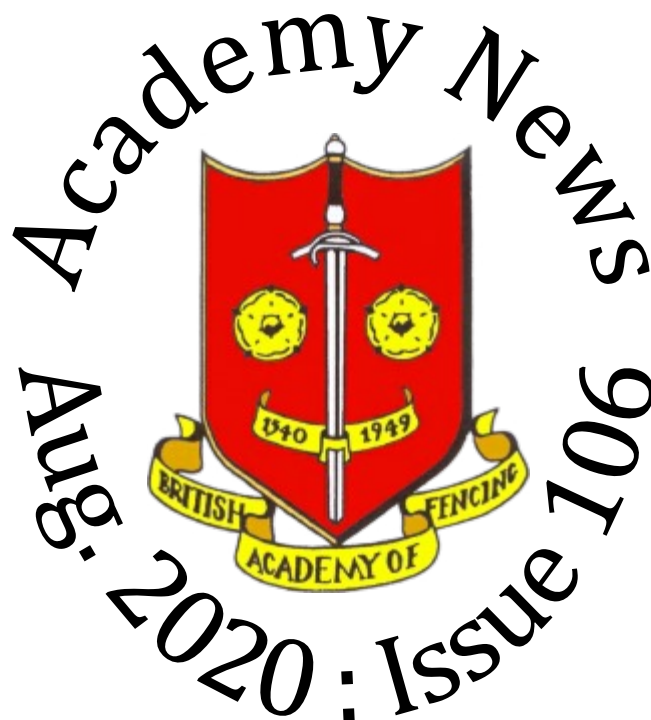


I found out fairly early in lockdown, that video's and zoom didn't really suit me, and a number of you may feel the same way. For me exercise has to have a purpose, I lose interest very quickly in exercise for fitness sake (I don't get the exercise high). So I resolved to get my main club running as soon as possible. I wrote a series of newsletters to keep my members aware of what was happening.

Once the government announced that indoor spaces could open up again. The first and most important thing was to produce a risk assessment, from which I could write informed procedures. Then it was a case of working with my venue to ensure that when sports centres were able to open, we could start up again as soon as possible. Having a good relationship with the centre manager meant that we could discuss aspects of each other assessments/requirements, and exchange ideas about how things needed to be done.

After gaining permission to meet in their car park, and appointing myself COVID-19 Officer, a British Fencing requirement for opening a BF registered club.

Continued inside on page 9



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Articles and other material are welcome and should be sent to the Editor.

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The President 's Piece.....

By Prof. Peter Northam

Welcome to this edition of Academy News, a paper edition that you can carry around with you, show others, and has a list of Academy Committee contact details. It is also available in .pdf format on the website and archived.

We are now looking towards starting Fencing this coming September, but there are going to be restrictions on how this will work in Schools, Universities and clubs.

We all need to keep safe and get back to the joy and pleasure of doing what we love most, fencing and coaching fencing.

We must make sure we are following Government and British Fencing Guidelines (who are doing an excellent job) who update their information almost on a daily basis.

I have seen some very good examples of 'on-line' fencing coaching, footwork actions to do at home, bladework skills to improve and develop, YouTube videos to watch and be inspired by.

Whilst for the first couple of months I enjoyed the break, I am now itching to get back on the piste and I know some of my fencers are too. The conditions for training are going to seem strange, working in bubbles and individual year groups for schools; clubs will have to have a risk assessment in place, and plan ahead with more emphasis on record keeping and data collection. This will not be easy, but is essential to keep this virus under control. Financially, it is going to be a challenge for any club to pay for venue and coach let alone make a profit.

The key here is to be 'adaptable' and 'inventive'. There is no problem that is unsolvable given the willingness of everyone involved. One of the positives from this period, I think, is that we have been shaken out of our normal methodology of work and made to look at alternative options. Those options could lead into a direction never considered before and may ultimately prove beneficial!

It is going to be interesting to see when competitions start, how the organisers run the events, I suspect it will be some months away, so club competitions would be one way of getting that 'competitive edge'.

I believe Academy Coaches are responsible, well trained, knowledgeable, thoughtful and very observant. I am proud to lead this great collection of strong individuals. We will beat this COVID-19, no question!

Good luck to everyone and take care.

Prof. Peter Northam,
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Pre competition: Goal Setting, Preparation and Anxiety

By Sally Peat

Following my previous article for the Academy News, I was approached to write a series of further articles based upon my experiences at competitions, from the perspective of a cadet coach. My first attempt focuses on the run up to a competition, the preparations around this time, including goal setting, managing your fencer's anxiety and possibly your own.

Training: try to provide individual lessons, make them competitive where possible, and have a fight with your fencer under controlled parameters (otherwise you might get a thrashing). Don't be afraid to slow down and isolate moves where required. Try to be mindful of previous competition experiences; build on strengths, look for elements that could be improved at different times and in various ways. Keep your communication lines open with your fencer, actively listen to them, what makes them react or worry. Find out what's on their mind, and if there anything you can do in training to mitigate against this. The key is knowing when to stop, rest and relax, so that your fencer can bring their 'game' on.



*"...remember the time for training is over once the **Pre Competition Routine** starts. You're not going to get any better at catching a ball the day before the World Series. Nor are you going to be able to improve your fitness on the morning of the finals. But you can easily use up some of your physical and mental resources well before the starting whistle if you are not careful." (Mole).*

Sparring & Coaching: observe your fencer in their natural state, sparring on a normal club night. Incorporate anything you spot and work on it during your lessons. You don't need to inform your fencer why you are working on certain moves, but if you've seen an area for potential development, then why not concentrate on it? As the competition looms closer, start to focus on your fencer's strengths and try to provide the right conditions to improve these further. My personal opinion is that **praise is very important at every stage** but particularly at this stage. They should be producing some good performances, as you continue to work on what you have decided. **Make sure that you tell them, and reinforce everything they do well;** ignore anything else, and leave detailed feedback until after the competition.

Goal Setting: be realistic, manage expectations, and avoid aiming for a particular place or trying to achieve a certain number of ranking points. Make the goals related to small and achievable activities that your fencer can focus on and control, checking kit, warming up correctly, etc. Encourage your fencer to avoid any negative thoughts which might affect their actions and reactions. Emphasise that this is one small step in their fencing career. This is a process; every time they compete, this is a building block which adds up to more knowledge and experience. Tell your fencer how valuable these experiences are, and how exciting it is to have this opportunity to compete at this level.

Anxiety: this is the most natural feeling in the world at any level of competition. Levels of anxiety will differ for each individual fencer.

Some tips for reducing anxiety:

- Recognise nerves and turn the energy into something positive
- Visualise successful moves and strokes within a relaxed, controlled performance
- Focus on tasks, not outcomes
- Try to enjoy it!

Please note that all these tips apply to both fencer and coach!

Finally, make sure that your fencer is sleeping well, that they are eating healthily, and that they are staying hydrated, especially on flights, which can be difficult.

Reference:

Gareth J. Mole, [2019]. *Pre Competition Routines How do you spend the hours before you compete? More importantly, does this time help or hinder your performance?*

<https://condorperformance.com/pre-competition-routines/>

For more information on Visualisation see the article by Craig Jinks in the July 2019 edition of Academy News (Pages 10 & 11)

Editor

Answers Referee's Rules



Committee Contribution

The committee has not met since the last edition, but plans to meet early in September. But some of the topics under discussion during the meeting will be Denstone 2021, the AGM, Insurance, coaching courses, and of course finances.



Double's

By Nick Chapman

A couple of issues back I talked about formatting for the first time (issue 103) and in the following issue Valerie Morrish responded saying that she remembered from her youth doing mixed doubles events in Devon but that they had not been a very satisfying experience as she had not been allowed to fence the boys. I have fond memories of participating in doubles events when I was a teenager however, we obviously had more enlightened organisers (Hereford & Worcester County Fencing Union) as we did fence the girls. I don't remember much about the format and now wonder if the events were more social engineering than competition, more about getting the boys to talk to and spend time with the girls, either way it worked as I loved the competitions and over 35 years later I am still with one of those girls.

Partially as a result of these fond memories I have over the years run a number of pairs competitions and have, after some experimentation, found a format that I think works well.

Essentially, I run my event as teams of two, in a pool format, where you fight everyone in your pool except your partner, then add your results to theirs and promote or place based on those statistics.

If you had a pool of 3 pairs (so 6 fencers) that would give each fencer 4 fights and a total of 12 fights in the pool. If you have a pool of 4 pairs (8 fencers) that would be 6 fights each and 24 in total. If you have several pools each with either 3 pairs or 4 that's all good. If you have one with 3 and one with 4 then you might think the fencers in the pool of 3 could suffer a very long wait till the end of the other pool, but no, if you give the larger pool 2 pistes and fight orders to match then both pools take the same time (or as close as any pools with the same number of fencers ever do). So now (so long as you have the space) you have a format where regardless of the number of teams your pools all finish at about the same time.

My preferred numbers are 16 pairs in 4 pools on 8 pistes (i.e. a 4 badminton court hall). At the end of the first round promote the top 2 pairs from each pool to the 'division 1' second round and the rest to the 'division 2' second round. Then repeat. At the end of the second round you then promote the top 2 from each of the division 1 pools to the final and the top 2 from each of the division 2 pools to the division 2 final. Total event, three rounds. 50% of fencers fence the whole time, 50% fence for two thirds of the time. Clear results (no computer needed). Everyone gets loads of fencing. As its only three rounds, assuming you run it efficiently you would have time to do a different weapon or different age group in the afternoon.

The format works for 3 pairs, 4 pairs, 6 pairs (2 pools of 3), 7 pairs (one pool of 3 one of 4) etc. The problem number is 5 pairs.... so I also have a pool sheet for 5 pairs over three pistes (its not quite as neat and is 14 fights long rather than 12 but it works).

This system creates lots of occasions where a fencer comes off one piste and goes immediately to fence on the other piste, however this is not a format you are going to use for any kind of official event it's a participation format where the emphasis is on fun and when presented that way I have rarely encountered resistance.

Now lets go one stage further. The fencers referee themselves. You now have a pool of 4 pairs, 8 fencers in total but they are on two pistes, so that's 4 of them fencing and 2 of them refereeing so 75% of participants are actively occupied at any given time (o.k. it's 50% if it's a pool of 3 pairs). It can all seem quite frenetic at the time but trust me its lots of fun with a minimum of hanging around.

This is a lovely format for an evenings fencing at a club, an afternoons fencing on a training camp where you want fencers to focus on pool fights, or an event in its own right where you want to have fun and have lots of fencing. Pairs can be formed in many ways, mixed doubles or just doubles, it can be done by drawing names out of a mask, or seed all the fencers put the names of the top 50% in a mask and get the lower ranked fencers to draw the names of their partners. If you're charging an entry fee It's not going to be a big money spinner because of the number of pistes relative to the number of competitors, but money isn't everything.

I wouldn't dare to say its double the fun, but it is well worth a try. Give it a go.

WHAT HAVE YOU BEEN DOING TO KEEP FENCING ALIVE DURING LOCKDOWN? WHAT ISSUES HAVE YOU ENCOUNTERED WHILE TRYING TO START UP?

WRITE AND TELL US ABOUT IT!

SHARE WHAT YOU ARE DOING!

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Visit the Academy's web site

www.baf-fencing.com

For all the latest information about the Academy go to the British Academy of Fencing web site at www.baf-fencing.com

Mental Health Matters.

U.K. Coaching has a wide range of courses some are even free. The courses cover a varied range of topics and can be found at <https://www.ukcoaching.org/> They are a great way of getting good quality CPD and give an excellent insight into the positive effect of coaching has on the lives of people's lives.

Members Advertise in the Academy News for Free

Three Pairs (one piste)

Name		1	2	3	4	5	6	Victories	Hits Scored	Hits Received	Place
	1										
	2										
	3										
	4										
	5										
	6										

Fight order

Piste 1 1-3 6-4 2-5 4-1 3-5 6-2 4-5 6-1 2-3 1-5 4-2 6-3

Four Pairs (Two piste's)

Name		1	2	3	4	5	6	7	8	Victories	Hits Scored	Hits Received	Place
	1												
	2												
	3												
	4												
	5												
	6												
	7												
	8												

Fight order

Piste 1 1-8 3-5 5-8 2-3 1-5 6-3 1-6 7-3 4-1 7-5 4-7 8-6

Piste 2 6-7 4-2 7-1 6-4 8-4 2-7 5-4 8-2 3-8 2-6 3-1 5-2

Five Pairs (Three piste's)

Name		1	2	3	4	5	6	7	8	9	10	Victories	Hits Scored	Hits Received	Place
	1														
	2														
	3														
	4														
	5														
	6														
	7														
	8														
	9														
	10														

Fight order

Piste 1 10-1 9-2 1-9 2-10 1-7 2-8 7-2 8-1 4-1 3-2 6-3 1-3 2-4

Piste 2 8-3 7-4 4-8 3-7 10-3 9-4 4-6 4-10 3-9 8-10 10-7 7-9 9-8

Piste 3 9-6 10-5 6-10 5-9 8-5 7-6 3-5 6-8 5-7 5-2 6-1 5-4 2-6 1-5

Are You Fencing Yet? Continued...

Cotswold Fencing Club has been open since the 15th July, admittedly outside for the first 3 weeks, although luckily the weather held fine so we could actually meet. It was an interesting time, with its own set of issues, although we quickly worked out that we could use the car parking lines (2.2m apart) to park a pair of fencers. The surface was sloped, and had a little loose gravel on it, hence we had to restrict movement to avoid slips. The biggest issue we found was signing everyone in and measuring their temperature, which took about 15 minutes. Alongside borrowing of club kit, especially for juniors, as we couldn't help them to find the right sizes, without going into social distance. The final issue was at 9pm, as it was too dark to fence.

At the end of each session the coaching team reviewed the session to see if we could improve what we were doing. These have proved so valuable, that we are continuing to review every week, and I would advise you to do so too.

Moving inside on the 5th August meant a different set-up, but a similar set of issues, the processes were already there. We split the hall into 3 sections using cones to keep the sections 2m apart (demarcation zone), and the fencers into pods of 6. So we can have a maximum of 18 fencers. The fencers queued outside and waited to be let in, again the issues were the time taken for registration, and borrowing club kit. It has been helped by encouraging them all to at least have their own mask and glove, and by putting the club kit into the demarcation zone. We now have a quarantine bag (Builders Rubble Sack) for the kids, in which they place the club kit that they have used for session. Which is then cleaned & quarantined for next week (see British Fencing Guidelines in their COVID-19 section).

Coaching issues encountered include, wearing a facemask under a fencing mask. It will steam up your glasses and make you sweat more. We, the coaches need more frequent drink breaks. Although a way of avoiding this is to use duct tape on the mask which covers up your nose and mouth (See picture on front page). Due to the social distancing there has to be less hands on and therefore more explanation. But, wearing a facemask interferes with verbal communication, as you have to talk a lot louder to be heard, and very clearly otherwise your voice is muffled. This can lead to a sore throat if you are not careful. I am currently experimenting with a P. A. System... with mixed results, but at least I can talk after running a group session. Lesson plans are a must, as a number of pre-COVID-19 games for the kids are no longer possible. Using lesson plans has really made it a lot easier to keep the group engaged, and keep the lessons flowing (Although the kids do complain about less time to chat).

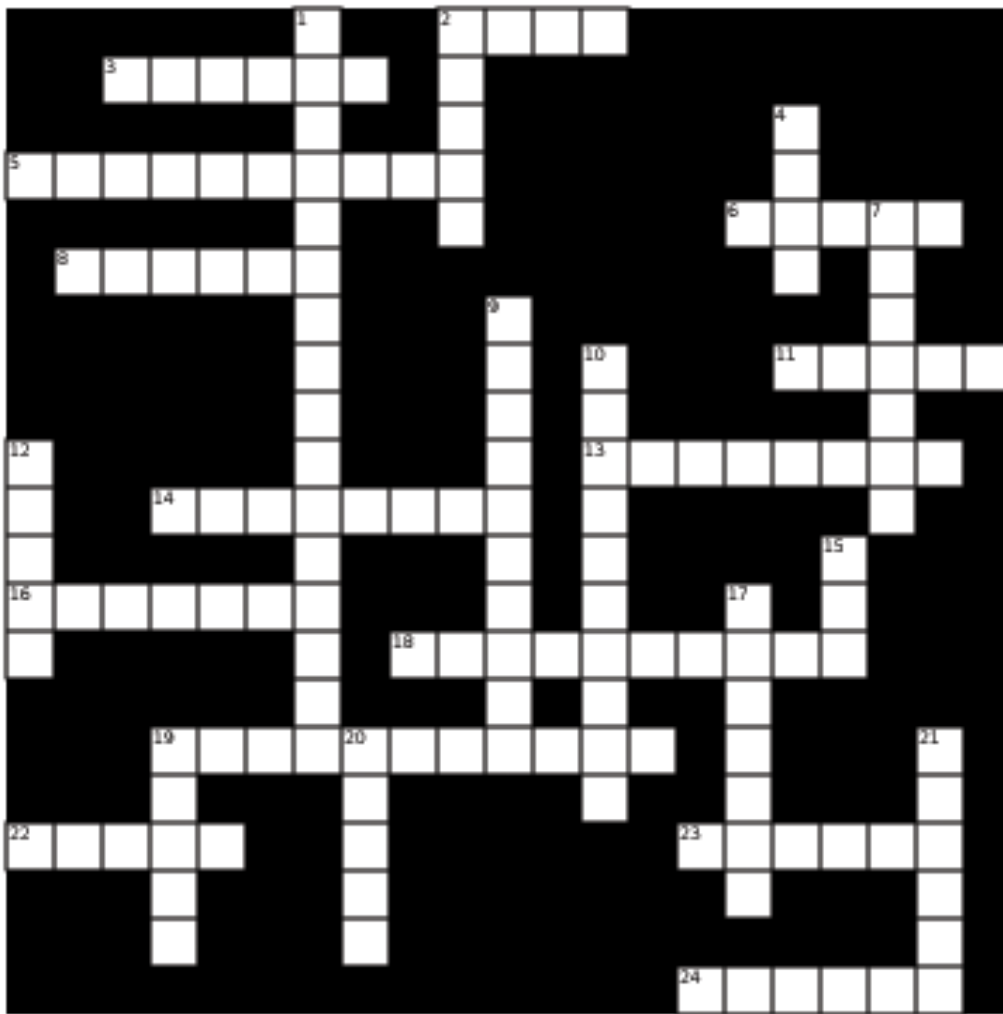


Little things help too, like having enough hand sanitiser, wipes, and bins placed where they are needed, so fencers will just use them without it being a chore. But most of all what has helped is having the back up of a committee and parents who are prepared to muck in and help to get everything done.

**I wish you all success in your return to fencing.
Kevin Nelson.**

PS - Remember to align your risk assessment and therefore procedures to local guidelines.

New Bronze Foil



Across

2. Part of the blade that goes through the handle
3. warning card
5. What rule number forbids using the non-sword arm
6. Protects your hand
8. Weak part of the blade
11. What should cover half the forearm
13. Right of way
14. Closing the line to your opponent's direct attack
16. Offense of showing your back to your opponent
18. What do women have to wear than men can choose to wear
19. What character should the hit have
22. In a premeditated first counter riposte what do you allow your opponent to do
23. What must overlap the breeches by 10cm
24. Courteous gesture to one's opponent

Down

1. Deceives the opponent's attempt to change the engagement
2. Number of indirect simple attacks
4. How many groups of offenses
7. After a successful parry what is the offensive action called.
9. When a fencer crosses swords with his adversary
10. Palm up
12. Strong part of the blade
15. Numbers for the defenders counter ripostes
17. Simple parry alternatively called
19. Riposte is the offensive action after a successful
20. Target area at foil
21. The eighth guard

From the Collection of Porthos



A Spanish Main Gauche (left hand dagger), ca. 1650. This weapon was used for parrying, when parries as we know them were in their infancy. A rapier would be used in the right hand, sometimes matching the decoration of the dagger. Matching pairs rarely come on the market and would be very expensive if they did. Some have amazing, exquisite pierced designs, now worth a small fortune. For examples, see the Wallace Collection in London, or try Pinterest on the net. On the other hand (pun intended!), some were left with no decoration. Even

these are very expensive. This one has some fine piercing and chiselling, but the blade isn't the original. It was clearly made from an old sword blade, cut down to match the main gauche style. They were always kept very sharp to deter attempts to seize them. I can't trace the makers mark, and on the forte at the back there's a hollow where the thumb was placed. Blade length 17 3/4", 445mm. Weight 1lb 10oz, 1.82 kg.

Having used epees and a pair of left hand daggers I made, we found the process very strange and difficult to co-ordinate. We kept hitting our sword arm with the quillons (cross bar) of the dagger. I would NOT like to be in a life or death situation with these weapons!

Porthos



Should you require help or information on safeguarding then please contact Jacqueline Redikin

E-mail courseofficer@baf-fencing.com

Should you need to report a Safeguarding issue then use the procedures of the organisation that you are working for. Then contact British Fencing, either through your club welfare officer, regional welfare officer, or directly.....

Equality and Safeguarding Manager, Liz Behnke for advice on 077177 40125

If you have a serious concern and you believe that a child or vulnerable adult is at immediate risk then in the first instance you must contact the Police or Children/Adult Services in your area.

Please note that articles published reflect the viewpoint of the individual authors in our knowledgeable and diverse academy, and the viewpoints expressed in articles are not necessarily those held by the British Academy of Fencing SSTT.

I have a light editorial touch on all articles received. So far all of which have been published. I am aware that sometimes there may be differences of opinion between members. If you have such a difference, you are always welcome to submit your own viewpoint in an article, as long as it contains reasoned arguments in favour of your viewpoint. Learning to coach is a process of evolution for each individual, and exposure to different viewpoints should encourage self reflection. Therefore I will always welcome thought provoking articles from members.

Kevin: Editor Academy News

Risk Assessment

By Kevin Nelson

It's something that we all dread doing, but at the moment with COVID-19 we should all be looking at our risk assessments. Do they cover all the new hazards that we face when we return to fence, or even do they cover all the hazards associated with our current venues? Reviewing your risk assessment is something that should be done on a regular basis, I would suggest about every 3 years, or after a major change.

Remember that the aim of a risk assessment is to define, then assess the hazards that we know about or perceive. Making a judgement on the likelihood of their causing harm, so we can objectively make changes to reduce the harm caused. It is not about producing excessive paperwork, or unworkable solutions. It is also **not about reducing the risk to zero** but trying to minimise the risk associated with the hazard. After all, there is a risk in everything we do. Even negotiating the stairs. According to "Safety & Health Practitioner 25 stair safety facts"² there is a fall on the stairs every 90 seconds, and during 2015 there were 787 deaths caused by a fall on steps or stairs; and yet we still use stairs, the risk is not zero.

"As part of managing the health and safety of your business, you must control the risks in your workplace. To do this you need to think about what might cause harm to people and decide whether you are taking reasonable steps to prevent that harm".¹

Both the British Academy of Fencing (BAF), and British Fencing (BF) have their own Risk Assessment forms³. I use the BAF form and will refer to that one.

On the BAF form in the first column we need to **define the hazard**, so what is it that is likely to cause harm? Once we have done that, then we need to think about **what is causing that hazard, and what risk does it pose** (column two)? The fourth column looks at **who is likely to get hurt**, and in the third column in the worst case scenario, **how badly injured will they be**.

Then we have to **assess the risk** at its current level by giving it a consequence and frequency score. The consequence is how badly injured will the person be, going from minor injury i.e. cut or a bruise at (1) to major injury or death at (4). The frequency is the likelihood of that happening, going from negligible (1), to almost certain (4). Multiplying these two figures together gives an idea of the danger of that hazard, it is useful in comparing relative risk, and is a good check on if you have assessed the risks at the correct level.

If after assessment we consider that risk is too dangerous, then we **must** put a practical **control in place to limit or reduce that risk** (column 7). If it is possible to reduce the risk on any of the hazards identified then it is good practice to do so, as long as it is reasonably practicable. A good control should be something that people will follow unconsciously, and be safer for doing so.

After deciding what controls need to be in place, we must **define who is responsible for enacting that control**, and finally we must **assess the risk of the controls** that we have put in place. Have we actually reduced the risk? Once we have a control, that control must be written into our operating procedures, making sure that the responsible person or persons are aware of the changes that have been made.

There is always a “responsible person” where safety is concerned. Normally it is a single person i.e. The teacher in a classroom is legally the responsible person. But sometimes there can be a group responsibility as well. As Chairman of a BF registered Club, I know that we have group responsibility shared between the club committee for the safety of our volunteers, employees and fencers.

I would recommend that you **always carry out your own risk assessment**, and not just blindly copy someone else’s. By doing it yourself you abide by the law, and having actually thought through it yourself, you create a sense of ownership for your own assessment. You don’t have to do it on your own, it can be “fun” dreaming up potential scenarios, with members of your committee, as long as you have enough coffee and biscuits. Sometimes there are things that you cannot assess the risk for at that time, but if you can source accident records they may give you some further information on which to base your judgements, and sometimes you just have to rely on expert opinion, i.e. what you need to do to stop COVID-19 spreading.

“Do not just copy an example and put your company name to it as that would not satisfy the law and would not protect your employees. You must think about the specific hazards and controls your business needs.”⁴

One parting thought... when you enter your venue, do you look round for potential hazards? do you move things or clear things up that would cause harm to yourself or your fencers? Its part of what we do every day, every time we enter a venue, we risk assess it, but we normally don’t write it down. But we do now need to revisit and reassess our formal risk assessments.

¹ : A Brief Guide to Controlling the Risks in the Workplace : 2014 : HSE : ISBN: 978 0 7176 6463 4

² : Safety & Health Practitioner 25 stair safety facts : <https://www.shponline.co.uk/resources/stair-safety-day-25-facts-about-stair-safety/> : 16th August 2020.

³ : British Academy of Fencing Risk Assessment Form : <https://baf-fencing.com/wp-content/uploads/2019/02/BAF-Risk-Assessment-Form.pdf> : 15th August 2020.

⁴ : HSE Website : Managing Risks and Risk Assessment at Work : <https://www.hse.gov.uk/simple-health-safety/risk/risk-assessment-template-and-examples.htm> ; 15th August 2020.

For those coaches who are self-employed, have you applied for the Second Self Employment Income Support Scheme grant yet? You have until 19th October 2020 to apply. The grant was a single payment for the three months June to August 2020 based upon 70% of average monthly trading profits (as declared on a self-assessment tax return) for the three tax years 2016/17, 2017/18 and 2018/19. Assuming that your business has been adversely affected by coronavirus on or after the 14th July 2020, then you may apply for a second grant. Applications will open for the second grant on 19th August 2020. The grant is capped at £2,500 per month. <https://www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme#eligible>

Voluntary Work / Unsung Hero

Are you ? Or do you know of a member of the Academy who is helping during the current crisis? What are you doing? And will you share it with us?

Letters

Dear Editor,

Because of this COVID-19 virus which everyone is living with, and being advised to wash our hands as often as necessary, also avoid shaking hands which will help to stop the virus spreading. Following this advise, my club members and I had a discussion about shaking hands, some said that at some competitions when shaking hands after fencing, that some opponents had sweaty hands.

My point is that the shaking of hands after fencing should be amended in the rule book. Where fencers have a choice of either shaking hands or giving your opponents a fencing salute.

Provost Jan Lacey

This letter should have been published in a previous edition of the Academy News but was lost in the post. Since the letters original inception, the rule has been amended for COVID-19 and it now reads

***t. 122** Before the beginning of each bout, the two fencers must perform a fencer's salute to their opponent, to the Referee and to the spectators. Equally, when the final hit has been scored, the bout has not ended until the two fencers have saluted each other, the Referee and the spectators: to this end, they must remain still while the referee is making his decision; when he has given his decision, they must return to their on-guard line and perform a fencer's salute ~~and shake hands with their opponent~~. If either or both of the two fencers refuse to comply with these rules, the Referee will penalise him/them as specified for offences of the 4th group (cf. t.158-162, t.169, t.170).*

<https://www.britishfencing.com/handshaking-rule-temporarily-suspended/>

As a further note it is worth keeping up with changes in the rules, as while producing newsletters for my club. I was looking for a definition of the salute, which I remember being in the rules. But it is not in the current version (December 2019). Although as can be seen from rule t. 122 fencers are still expected to salute, failure to do so in a match is a group 4 offence.

Kevin : Editor



Voluntary Membership Fees for 2020/21

Insured Coach	£60
Retired Member	£26
Overseas Member	£35

Due to COVID 19 and uncertainty following the outbreak, the Academy is offering a subscription holiday from October 2020 until September 2021, for all current members of the British Academy of Fencing. Should members feel able to still pay the membership fees, this would obviously be appreciated, and will help to offset this years costs. This offer will not apply to new members.

Membership is due on the 1st October 2020, and will be automatic. If you wish to pay, then send a cheque made out to "The British Academy of Fencing" or a make bank transfer.

If you require a copy of the insurance letter please contact Stefan Leponis (Membership Secretary).
membersrep@baf-fencing.com



Stefan Speaks

The thought of your Members' Rep.

When you have to kill the same terrorist twice in one week then there's either something wrong with your skills or something wrong with your world. Or in my case both!

With the world changed and no fencing happening, in a break from long work hours I find myself playing a computer game I haven't played in years and years (OK I don't want to look too closely at exactly how many) and I realise skills get rusty but not all equally.

As a fencer not having fenced in 6 months I wonder if I will be surprised by what comes back quickly and what I will really need to work on. I have tried to keep practicing my footwork but after this long it feels like a chore. And I presume like me all your fencers just want to get back to actually hitting an opponent and seeing that one light come up on the box.

Meanwhile you as coaches have to make sure all the new Covid-19 rules are enforced, whilst trying to keep the sessions fun within the current limits, all the time trying to assess what your pupils have forgotten. Whilst managing pupils' emotions from a lost season and an uncertain upcoming 20/21 fencing season, let alone their angst of a changed world.

So whilst I have not been able to fence (sigh) I have been doing some coach education. As I have mentioned a lot, the committee is always at the end of a phone for you, and this having been taken up, I have been going through the exam questions with someone via video chat for one hour a week. This week with all the relevant precautions we met up for a session outside. (I know I too was amazed to discover there is an outside that is more than just the thing that whizzes past as you drive to work or fencing. I think I have successfully exasperated my wife with the "quick come look we have a weird bird on the bird feeder" and "I never noticed that tree had flowers" statements etc). I hope my pupil learnt a lot, I certainly learned about facemasks steaming up glasses in the middle of a hit to wrist and sunlight blinding you if it's not trying to melt you alive in your padded coaching jacket.

So that's my essay on what I did over the summer, sadly I never did get to build that model of Mount Everest, not to scale, just to look at.

Now to remind you all that as the membership fees for 2020/2021 are voluntary I will not be sending out renewal notices, neither will I automatically send out copies of insurance and membership cards. If come October you require a digital copy please email me, if you require a printed copy and a membership card please send me an envelope upon which you have put your name and address and a stamp so that it can be posted to you.

And finally, please let me know if any of your contact details (address, email or phone number) change.

Stefan Leponis : Your Members Rep

Tel: 07816 423 809

Email: membersrep@baf-fencing.com

The overwhelming response from members has been for the Academy News to remain as a paper publication.

I would therefore like to encourage members to put pen to paper; quill to parchment; or fingers to keyboard and write an article, as we all have something worthwhile to give, and to share.

The Academy News cannot exist without its members support and contributions. I would like to thank all my regular contributors for their continued and welcome support.



I will be taking a holiday from writing for the November edition of the Academy News, while I continue to bring all my clubs and schools back to fencing. I would ask all members to profess their expertise, so that we continue to produce a quality newsletter.

Kevin (Editor).

Members Advertise in the Academy News for Free

Academy News is a service to our members and we offer the chance to advertise on its pages, whether it be for an **event, a course, your club, or indeed anything**. There is **no charge to members**.

It would be very helpful if you could supply with me the artwork that you would like to see published. Simply send me (Kevin Nelson) the details and I'll see you get a mention.

editor@baf-fencing.com

Proficiency Awards

BAF Members:	Approved non-Academy Coaches:
1 - 4 Awards £3.70 each	1 - 4 Awards £4.70 each
5 - 9 Awards £3.60 each	5 - 9 Awards £4.10 each
10+ Awards £3.40 each	10+ Awards £3.90 each

During the current crisis, the study guides are being reviewed and re-written, so they will not be available for the next few months.

The foil guide will be the first to be produced.

Documentation

The following documentation is available from the Course Officer Jackie Redikin.

Key Teaching Points (Weapon specific)	£7.35 (£9.4) each
Key Coaching Points (Weapon specific)	£7.35 (£9.4) each
Glossary of Terms (including Translation of Fencing Terms)	£7.35 (£9.45)
Employment Guidelines	£7.35 (£9.45)
Teaching/ Coaching Tactics (2nd Edition)	£16.80 (£21)
Examples of past written Papers for Advanced and Diploma examinations - FREE	
All prices include p & p. Figures in RED are for non-BAF members	

Examination Fees

Level 1 Assessment	£11.00
Level 2 to Diploma	£21.00 (£26.00)

These are for "normal" exams - for Special exams, consult the Course Officer. Figures in **RED** are for non-BAF members