



Fencing Calgary – Club Rules & Expectations

A focused training environment is essential for the safety and learning.

These rules define how all participants are expected to behave in the practice and training environment.

1. Arrival & Readiness

- Enter the club calmly and be ready to train
- Arrive early enough to set up equipment and begin on time
- Come prepared with all required gear
- Mobile phones are not permitted during training time

2. Attention & Instruction

- Training begins with full attention - be silent and focused when class starts
- Do not talk while the coach is speaking or demonstrating
- Ask questions when invited or after instruction

3. Conduct on the Training Floor

- Maintain a focused, distraction-free environment
- Follow directions immediately
- Stay engaged, attentive and involved throughout the class

4. Respect for Coaches, Teammates, and Environment

- Treat coaches, teammates, and staff with respect
- Do not interrupt others—give full attention when someone is speaking
- Support a positive training environment—no disrespectful behaviour or language

5. Equipment & Space Etiquette

- Handle all equipment safely and responsibly
- Keep the training area organized and clear
- Use club equipment only with permission and return it properly
- Do not use others' equipment without permission

6. Safety & Awareness

- Be aware of your surroundings at all times
- Do not enter active areas without awareness and permission
- Stop immediately when instructed (e.g., "halt")
- No unsafe or reckless behaviour

7. Etiquette & Sportsmanship

- Follow the structure of training - no off-task play during drills
- Train with purpose; drills are for learning, not winning
- Show sportsmanship - respect opponents and accept results appropriately
- Carry yourself with discipline and composure. Fencing is historically rooted in honour, and behaviour should reflect that standard.

Adherence to these rules ensures a safe, respectful, and focused training environment for all participants. Consistent behavior supports both individual development and the overall standard of the Fencing Calgary program.