

This Code of Conduct is a set of guidelines and rules designed to facilitate learning, growth and trust in our training environment for all members. If you have any concerns, comments or suggestions please address them to your instructor(s).

- As a member of the Meyer Freifechter Guild (MFFG) the following will serve as your Code of Conduct. It covers behavior expected of each and every one of our members, during their local club training sessions, socials, and/or any event or function attended as a member of the MFFG.

Best Practices:

1. Don't be afraid to ask questions and try things out.
 - a. Everyone has their own journey, and their own individual body mechanics and learning style. The cadre with the MFFG are here to help.
2. Come prepared to exert yourself both physically and mentally.
 - a. This martial art is a very fun and historical one. But it is a martial art and as such it is demanding, there will be intense moments, minor pain, fatigue, sweat, bruises, frustration and massive amounts joy and fulfillment.
 - b. You know your own body best.
 - i. You know yourself, remember to communicate to your fellow fencer. You both need to work at the intensity level you and your fellow fencer can manage appropriately.
 - ii. If you are not sure, communicate to your fellow fencer.
 - c. Take appropriate breaks when necessary- even in between the scheduled training breaks.
 - i. It is always acceptable to sit out and watch a drill, it is still learning. However if you are feeling unwell remember to inform a member of the coaching cadre.
3. Be a good training partner.
 - a. You are both there to learn a technique, help your partner to learn by following instructions.
 - b. Do not defeat drills.
 - i. Drills have no winner, and the only losers of drills are those individuals that adversely affect their fellow fencers skill advancement and training.
 - ii. Diminish not defeat the drill, be a respectful training partner. Drilling not only trains the given subject matter, but also trust in your fellow fencers.
4. Sparring or 'Freeplay' is not a competition nor is it intended to be. You spar to:
 - a. Practice techniques and principles under pressure.
 - b. Help your fellow fencer with their physical and mental education in historical fencing.

5. When using club equipment please be mindful that this is for the use of everyone.
 - a. Sparring with borrowed equipment should be kept to low to moderate intensity to avoid any unnecessary wear and tear.
 - b. Also you will make sure it is returned to where you found it when you have finished using it. (If you notice any problems with the equipment such a missing pieces or serious damage report it to a member of the cadre).

Safety:

1. There will be No training under the influence of intoxicants or any other substance(s) legal or illicit that could inhibit your ability to participate safely. If you are not sure, ask your doctor prior to your next training session and inform a member of the cadre.
2. Ensure that you are wearing the suitable safety equipment for drilling or sparring. Prior to engaging with a fellow fencer, ensure that they are also wearing the appropriate safety equipment.
 - a. You do this by visual inspection and verbal confirmation.
3. If you have a relevant injury (physical or mental trauma) or pre existing condition, please make your cadre and training partners aware of this as necessary.
4. If you are disabled, you should feel welcome to discuss any of your requirements with the cadre or training partner(s) so that any barriers to your participation can be addressed and drills adapted as necessary.
5. Safety is paramount and is everyone's responsibility.
 - a. If you see something unsafe, shout "Halt" to get everyone to stop.
 - i. You must stop whatever you are doing if you hear anyone shout "Halt".
6. Before sparring make sure you discuss with fellow fencer what you are comfortable with in terms of intensity, contact and hits.
 - a. Remember to check that you are both wearing suitable protective equipment.
 - i. You do this by visual inspection and verbal confirmation.
7. If cadre or an assigned referee tells you to stop doing something or orders 'Halt' to your activity for whatever reason you must accept this and comply.
 - a. This is a safety precaution in a combat sport, you must
 - i. stop the perceived unsafe action(s)
 - ii. or reduce the intensity of your sparring.
 - iii. Alternatively you can leave the training area.
8. Referees are indicated by a white armband or are called out and identified clearly by the instructor, and there must be one present for all sparring.
 - a. If you do not know who is acting as your referee, do not engage with your fellow fencer.

9. If you are repeatedly asked to stop an unsafe action or lower your intensity by a member of the cadre, a referee or your fellow fencer you will be told to stop and move off to the side of the training hall.
 - a. You will have to take or retake a sparring safety evaluation before drilling or sparring with any of your fellow fencers moving forward of the incident.
 - i. No matter what, this safety evaluation may not be conducted on the same day of training.
10. Pointing a weapon at an unmasked person is dangerous; extreme care should be taken at all times when protective equipment is not worn.
11. You must be aware of your weapon at all times.
12. Accidents happen, but your goal must be to not neglect any safety rules and/or your instructions.
13. When crossing the hall wait for a safe moment to pass around a sparring bout.
14. When watching sparring, please stand to the edge of the hall at a safe distance.
15. When sparring, please be mindful of the space around you and your fellow fencer.
16. You are responsible for maintaining your personal safety and training equipment making sure it's safe to use.
 - a. If an instructor decides an item is unsafe, it is unsafe and you may not use it with the club (until repaired and reinspected).
17. All club training equipment should be inspected by the user before and after use. If any defects or damage are found it must be immediately reported to an instructor and may not be used in training (until repaired).

Respect:

1. Respect means considering other people's needs and feelings, prior to your actions or words. We must act considerately, listen, and make reasonable adjustments with others. Treat every member and the cadre with respect and courtesy.
 - a. If you feel you are not being treated properly, say something to that individual and/or your cadre.
2. We ask that all members arrive on time and be ready to begin at the scheduled start time of the class.
 - a. If lateness is unavoidable, the member should enter the club quietly and wait at the side for an appropriate moment to join in.
 - b. Do not engage in conversations with other tardy members nor distract your fellow fencers currently training or warming up.
3. We request all members attend class in a reasonably clean state and wear appropriate training attire.
 - a. This also includes your personal safety equipment, please ensure that all personal safety equipment is clean and free from strong odor.

4. Be aware that your fellow fencer may have different comfort limits, so ask permission if you are initiating close physical contact (outside of sparring - for sparring please discuss this in advance).
5. Give your fellow fencers feedback during your paired drills to make sure you are both working at the same pace
 - a. You will ask permission prior to the giving of any type of performance critique to a fellow fencer.
6. Don't use equipment that is not yours without asking first.
 - a. All used equipment, club or personal, must be put back in the correct place after use.
7. Be aware that if you leave items in club storage we don't guarantee others won't use it.
8. Please make sure you change into or out of your personal safety equipment in a discreet manner.

Inclusion:

MFFG welcomes people of diverse gender, race, ethnicity, sexual orientation, religion, disability, and age. Any form of discrimination or harrasment of these or any protected characteristic will not be tolerated.

1. Offensive conduct may include, but is not limited to, offensive jokes, slurs, epithets or name calling, physical assaults or threats, intimidation, ridicule or mockery, insults or put-downs, displaying offensive objects or pictures.
2. Safeguard your fellow fencers from accidental or purposeful mistreatment. If you see or hear any form of offensive discriminatory behavior, you are empowered (if you are able) to inform that individual that their behavior is unacceptable and/or inform the cadre.
 - a. You can and should feel free to call 'Halt' to the training hall if you see or hear your fellow fencer receiving any form of offensive discriminatory behavior from any person onsite, a member of the club or otherwise.
 - b. You then can say something to the offender or to an instructor publicly or in private. Solving the issue is more important than completing the remainder of any training day.
3. MFFG includes individuals with a range of gender identities and expressions. All members are asked to clearly inform their fellow fencers of and to use each other's gender pronoun. Gender pronouns are words that an individual would like others to use when talking to or about them and how they interact with reality.
 - a. If you are uncertain of, or have forgotten what pronouns someone uses, ask them.
 - b. If your gender pronouns change, please inform your fellow fencers.

We are all human, mistakes are understandable as long as an active effort is made to use the correct terms. An apology goes a long way to help no issue will be taken. If you are being repeatedly mis-identified or hear one of your fellow fencers being consistently mis-identified by a particular individual, you are empowered (if you are able) to inform that individual that their behavior is unacceptable and/or inform an instructor. You can and should always feel free to call 'Halt' to the training hall, say something to the offender or to a member of the cadre publicly or in private. Solving the issue is more important than completing the remainder of any training day.

4. Sexual harassment, defined as being where a person is subjected to unwanted or uninvited sexual behavior, will not be tolerated. If you see or hear something, say something.
 - a. Remember you are empowered (if you are able) to inform that individual that their behavior is unacceptable and/or inform an instructor. You can and should feel free to call 'Halt' to the training hall, say something to the offender or instructor publicly or in private. Solving the issue is more important than completing the remainder of any training day.

Issue Resolution:

If you have any issue(s) with a fellow fencer or any instructor (local or visiting) please speak to a member of the cadre, preferably in person and at the time. All reports are taken seriously and will be investigated promptly and acted upon accordingly.

Alternatively, if you do not feel comfortable speaking in person with us, or unable to do so at the time, you can send us a facebook message to our page, or email us at madisonfreifechterguild@gmail.com and a response package will be sent to you.

Please note: The cadre of instructors have the right to issue warnings, suspend or expel members who are found to be guilty of misconduct or malicious intent.