



Participant Handbook

Created: 13/01/2026

Newest version update: DD/MM/YYYY

Introduction

Welcome to Kings Historical Fencing Club. This handbook is designed to provide you with all the information you need to understand how our club operates, how you can participate safely, what you can expect from us, and the expectations that we have of you. We hope that you will review the information provided here and feel comfortable approaching us with any questions.

Who are we?

Kings Historical Fencing Club is a not-for-profit society registered with NS Joint Stocks. Our mission is to advance the sport of Historical European Martial Arts (HEMA) locally in a welcoming and inclusive environment through education, physical participation, and competition.

Our volunteer Council runs the organization with input from our membership. Students and parents may purchase memberships in the society at a cost of \$15 annually. Members are entitled to vote at our AGM and special meetings, and to run for Council positions. We encourage everyone who becomes involved to become a member and help guide the course of our club.

Our current Council consists of the following members:

- Troy Turple – Chair
- Scott Gardiner – Acting Co-Chair
- Nathaniel Maxner – Treasurer
- Tyler Perrott – Secretary
- David Morine – Director at Large
- Scott Gardiner – Director at Large
- Dane Berringer – Director at Large
- Mykhailo Videiko – Armorer

Our website and newsletter are created and administered by Sue Earle.

Concerns and queries can be addressed to any of our Council members by emailing kingshistoricalfencing@gmail.com

You can submit content for our monthly newsletter or report issues with the website by emailing KHFNewsletter@gmail.com

Class Structure and Fees

We currently offer classes for both Beginner and Intermediate students. All classes cost \$10 per class. Both Beginner and Intermediate classes are open to students ages 11 and up. Students may progress to the Intermediate classes after taking 2 beginner sessions (different swords) or after 6 months. Beginner students must pre-register for the course through our website.

Our Beginner classes are designed to introduce the fundamentals, and each 10-week course focuses on a specific sword. All equipment is provided. Students who do not have their own fencing mask will be required to rent one at a cost of \$60 for the 10 weeks, with an option to buy the mask out for another \$60 if they decide to continue.

Our Intermediate classes combine instruction and skills development with open sparring amongst participants. Students attending Intermediate classes are strongly encouraged to purchase their own protective equipment. Please reference the section on Gear for the recommended order in which to obtain specific items, and learn about the gear required for fencing with each type of weapon. Intermediate students must buy passes to attend classes. Passes in 3, 6 and 10 class denominations are available through our website at a cost of \$10 per class. Upon purchasing a pass, students should bring their receipt (either printed or digitally) to class and show it to the instructor to obtain the physical pass. The pass must be brought to class each time the student attends and punched by the instructor. Intermediate students are allowed and encouraged to attend at either or both of our class locations.

The class calendar can be found on our website and we make an effort to update it immediately if a change to location or a cancellation occurs. Should we need to change or cancel a class you will receive an email. We also provide information about class changes in our newsletter when they are available. Please ensure that emails from both the email addresses listed above are not going to your junk folder so that you can stay informed.

Snow Day and Cancellation Policy

If school is cancelled in the area, we will be cancelling class. For the 10-week Beginner program cancelled classes will be added at the end to make up the 10 weeks. Cancellations will be communicated via email at the earliest opportunity. The class calendar on our website will also be updated as soon as a change to class is made.

Clothing and Equipment

When attending class, we recommend wearing athletic clothing that stretches and allows freedom of movement. You will also need a pair of sneakers that are dedicated to inside wear - most of our classes are held in school gymnasiums and dirt tracked in by outside footwear may result in extra janitorial fees for the club.

We also recommend bringing a water bottle and a towel.

Beginner students must bring their mask to every class.

Intermediate students should bring all their protective gear to each class, and are encouraged to bring a sword if they own one. There are club swords available for those who don't yet have one.

When considering the purchase of equipment, students should ensure they have appropriate protective gear in the following order of importance:

1. Fencing mask, gorget and protective cup (for biological males)
2. Gloves (clam shell for longsword, heavy gloves for sabre)
3. Puncture resistant jacket (350N Minimum rating)
4. Back of head protector
5. Hard arm, shoulder and shin guards
6. Protective pants / skirt (350N Minimum rating)

Ideally all Intermediate participants will own a full protective kit within a year of starting.

A few of our favourite Canadian suppliers are listed below:

- swordshop.ca
- historicalcombatarmoy.com
- swordgear.com

Required Sparring Gear		
Foam Weapons	Steel Longsword	Steel / Synthetic Other
Fencing Mask	Fencing Mask	Fencing Mask
Gorget (Recommended)	Gorget	Gorget
-	350N Jacket with Heavy Padding	350N Jacket
-	Back of Head Protection	Back of Head Protection
-	Hard Elbow & Forearm Protection	Hard Elbow & Forearm Protection
-	Hard Knee & Shin Protection	Hard Knee & Shin Protection
Padded Gloves (Recommended)	Hard Mittens / Clamshells	Plated Gloves with no gaps
Chest (recommended)	Chest	Chest
Athletic Cup	Athletic Cup	Athletic Cup
-	Padded Skirt / Pants	Padded Skirt / Pants

This chart represents the MINIMUM level of protection allowed.

This Sparring Gear chart shows the protective equipment required to fence with each weapon.

Students found fencing without the appropriate protective equipment may be asked to leave class or to fence with foam instead of steel.

Fencing Weapons

Students are encouraged to bring their own swords and other appropriate HEMA weapons to class, however weapons should be examined and approved by an instructor before use. Weapons with sharpened edges or tips are NOT allowed. Tips should be covered with a resistant material such as rubber, foam, leather or other treatments that render it less likely to puncture or inflict damage.

Safety and Code of Conduct

Fencing by its very nature carries potential dangers. It is the goal of our club to ensure above all that every person participating understands the risks and behaves in a manner which supports safety for themselves as well as the other people present in the venue. To this end we have created the following Code of Conduct. Each participant must read, understand, and sign this Code to indicate that they accept the responsibilities and conditions contained within.

The Kings Historical Fencing Code of Conduct

1. Fencers will be respectful of others and of Kings Historical Fencing property.
2. Fencers will not harass, bully, or use slurs, or make racist, sexist, homophobic, or otherwise prejudiced or disrespectful comments.
3. Fencers will follow the **Partnered Fencing Etiquette** (see below).
4. Fencers will report violations of this Code of Conduct to the instructors, or to Kings Historical Fencing via kingshistoricalfencing@gmail.com

Consequences:

Violations of the Code of Conduct will be documented and are subject to a 3-strike process.

- **Strike 1** -A written warning will be issued.
 - **Strike 2** -The fencer in violation will be, at the instructor's discretion, either:
 - Barred from class and required to submit a written 500 word essay (topic to be assigned by Kings Historical Fencing). The submission must be approved by the strike-issuing coach in order to restore class privileges.
- OR**
- Barred from partnered fencing, except with coaches
- AND / OR**
- Required to replace damaged property

- **Strike 3**- The fencer will be expelled from the class.

Multiple strikes may be issued simultaneously for severe breaches of this Code of Conduct. Please do your part to ensure that our club is a safe and welcoming space for all fencers.

Partnered Fencing Etiquette

Before engaging with your partner, complete the checklist:

- #1. **BANS**- Identify any techniques and targets that are off limits
- #2. **INTENSITY**- Discuss how intense your fencing is going to be. Are you engaging in friendly sparring, a tournament level duel, or somewhere in between?
- #3. **GOALS**- What do you each want out of your partnered fencing? How much would you like your partner to coach you?
- #4. **GEAR**- Ensure your gear meets the minimum requirements on the gear chart. Note any missing recommended gear and any gear which may require your partner's special attention.
- #5. **EXPERIENCE**- How much experience do each of you have fencing? Senior fencers are expected to adjust their behaviour to meet the learning needs of junior fencers in partnered fencing.
- #6. **SPECIAL REQUESTS**- Is there a technique that you are trying to work on, or anything else unusual you need from your partner?
- #7. **TEST**- Trade test hits to ensure your hits are properly calibrated (not too hard, but can be identified as hits).

While fencing ensure that you:

- **CALL** when you have been hit during sparring.
- **PAUSE** after hits during sparring to reset.
- **COMMUNICATE AND ADJUST** to stay comfortable and safe. Identify any hits that are too hard/too soft/just right Adjust speed and / or intensity
- **MODIFY** your **BANS** or **SPECIAL REQUESTS**.
- **SUPPORT YOUR PARTNER'S LEARNING** Maintain appropriate blade resistance. Make sure you each get a turn while drilling. Provide suggestions on technique or approach if included in **GOALS**.
- **REPORT** your partner to the instructor if they do not adjust as requested or are ignoring requests to support your learning.
- **STOP**- when you need to. If you feel unsafe, feel tired, need a water break, need a minute to shake off a hard hit, are injured, or begin feeling unwell.
- **REPORT**- any injuries or health concerns to your instructor.

Harassment Policy

Kings Historical Fencing (K.H.F.) is committed to providing all members an environment that is free from all types of violence and harassment. All forms of harassment, discrimination and violence are unacceptable, and will not be tolerated. KHF will take every reasonable effort to ensure members are not subject to harassment.

For purposes of this policy, harassment is defined as any of the following:

- A single incident or repeated incidents of objectionable or unwanted comment, conduct, display, action, bullying (including an assertion of power through aggression) or gesture by a person that the person knows or ought to know will or could cause offence or humiliation to a member, or that adversely affects the members health and/or safety.
- Actions or comments that the person knows or reasonably ought to know would cause another person to be humiliated, intimidated, or threatened.
- Bullying and harassment based on prohibited grounds of discrimination, or otherwise discriminatory behaviour, as set out in human rights legislation.
- Psychological harassment, which may involve any behaviour in the form of repeated and hostile, or unwanted conduct, verbal comments, actions, or gestures that affect a member's dignity or psychological integrity.
- Sexual harassment, including but not limited to unwanted comments, touching, jokes, showing of images, or other materials displaying sexual content.
- Harassment includes bullying, spreading gossip or malicious rumours, targeted isolation of a person or group of people, vandalizing equipment or belongings, personal attacks, asserting power through aggression, or any other repeated pattern of behaviour intended to intimidate, offend, degrade, or humiliate a person or group.

For harassment (or bullying) to occur, it is not necessary that a person have intentionally offended the victim or that the bully or harasser target another person or persons. The bully or harasser may be unaware that their behaviour is offensive and perceived as bullying and harassing. It is sometimes difficult to determine what may be considered inappropriate and offensive behaviour because every member is different and may see things and events differently. Therefore, all members must be attentive to perceptions that certain behaviours may inspire in others and act in conformity with this policy.

Contact Information

- KingsHistoricalFencing@gmail.com -for information requests or to contact a Council member or instructor
- KHFNewsletter@gmail.com - To submit to the monthly newsletter or to report a website issue
- Join the Kings Historical Fencing Discord Channel at <https://discord.gg/QuH6sdM4>
- Our website URL is <https://kingshistoricalfencing.ca>