



# ZETA FENCING

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## Proper Attire for Fencing Classes

For safety reasons, it is very important to wear proper attire to every fencing class. **Students who don't follow the guidelines below cannot be allowed to participate in fencing activities.** Please always follow these guidelines:

### Clean Shoes

Please bring a pair of laced sneakers with clean soles that are not worn in the street, not even for the few steps from the car to the building. These shoes must be carried into the building and put on in the lobby before entering the fencing room. We protect our fencing floor like dance or martial arts studios—for the safety of all students, it is imperative that the fencing floor be kept free from dirt, dust, and water.

You don't have to buy new shoes, simply clean a pair of sneakers that you already own and bring them in a bag to every fencing class. They should become your fencing shoes and not be used for any other activities.

Usually, athletic shoes for indoor sports that require fast moves with changes of direction work best for fencing (volleyball, indoor soccer etc.). Make sure they fit well, fully enclose the feet for protection, and have good traction and side stability. Shoes that slip on without laces or have velcro fasteners, as well as outdoor walking or climbing shoes are not suitable for fencing.

### Long Sweat Pants and Short-sleeved T-Shirt

During practice, fencers wear long, loose-fitting sweat pants and a short-sleeved T-shirt. No cargo pants, jeans of any kind, tight-fitting or low-rise pants are allowed. Leggings are not safe as they don't provide enough protection for the legs. While the upper body will be protected by a fencing jacket and a chest protector, a student's pants will be the only protection from hits to their legs. That's why shorts are never okay for fencing!

The T-shirt must be long enough to be tucked into the sweat pants. It is not safe to fence with any skin exposed on the abdomen or on the legs.

### Additional Items

Please bring a **water bottle** to practice. We have a filtered water fountain available at the third floor to refill an empty bottle. We also suggest to bring an **extra T-shirt** to change after practice. If you have long hair, bring a **hair tie** to pull your hair back under the fencing mask.

**All fencing equipment will be provided during our beginner-level classes.**