



# KIT REQUIREMENTS & TRAVEL CHECKLIST FOR JWCs

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## Version History (this table can be moved to end of document if required)

Version Number	Date Updated	Updated by	Comments
v0.1	25/07/2016	NB	First draft

## 1. Purpose of Document

To provide those fencers selected for International Junior World Cups with a comprehensive check list to assist with preparations for travelling.

For athletes who are seasoned competitors at Junior events we have pulled together a quick check list below – you do not have to bring everything on this list. it is here a reminder of some things you do need and as a guide. If you have not competed at this level before, please read the remainder of the document.

If you have any questions at all, please contact your weapon Performance Team Manager (PTM)

## KIT REQUIREMENT FOR JWC FENCERS

### 2. Checklist

Documentation	Personal Kit	Fencing Kit
If U18 in loco parentis form signed X2	800N jacket	Foils – FIE (Maraging) blades min x3 Sabre –FIE (Maraging) blades min X3 Epee -- FIE (Maraging) blades min X3
Passport	Lame foil or sabre jacket (name & GBR required on the back)	Body-wires x3 Head-wires x2/3
Current EHIC card	800N under plastron	<b>Tool kit /Spares dependent on weapon</b>
Current BF & FIE license	800N breeches	Tapes (Cloth & Tip)
Flight details/Boarding pass	Socks (they must stay up)	Grub screws (x10)
Address of Hotel	Shoes	weight & travel springs (pack of 6)
Address of Venue	800N Glove	Inside Guard sockets (x2 complete)
Entry Fee	1600N mask (spare bib if applicable)	Gauges
Travel Insurance details	Personal Medication	Springs
	water bottle	Screwdriver for grub screws
		Allen Key
		500g Weight (Foil) 750g Weight (epee)
		Test Box

## 3. Documentation required

### 3.1 In Loco parentis form

If you are under 18 years old you **must** have the [form](#) completed and signed by your parent or guardian. This is an FIE regulation and you may not be allowed to fence if you don't have it. Please print out 2 copies of the form, get it signed, put one copy in your fencing bag and give the other copy to the PTM.

### 3.2 Passport

Check that it is current, it is advisable that it has at least 3 months to run

### 3.3 Valid BFA membership and a FIE License

Obtainable from BF head office.

### 3.4 A European Health Insurance Card (EHIC)

This can be obtained on line at [http://www.dh.gov.uk/en/Policyandguidance/Healthadvicefortravellers/Gettingtreatmentaroundtheworld/EEAandSwitzerland/DH\\_4114795](http://www.dh.gov.uk/en/Policyandguidance/Healthadvicefortravellers/Gettingtreatmentaroundtheworld/EEAandSwitzerland/DH_4114795) This card must be taken on trips. Please check it is still valid – they do run out

**IMPORTANT:** Please check that all your information on the BF database & sport80 platform (next of kin, passport number, medical information etc.) is up to date. If you change anything after accepting your place, please inform the PTM directly.

### 3.5 Entry Fee

Please bring an envelope with your name on it and the appropriate entry fee inside. This must be given to the PTM at the point at which you enter the trip.

### 3.6 Insurance

Travel insurance is your responsibility and it is advisable to ask your provider to confirm in writing that your cover extends to sporting events and more specifically fencing competitions.

### 3.7 Personal Medication

It is your responsibility to check that any medication you take regularly or bring with you on a trip is not on the banned list. Medications can be checked online at [Global DRO \[www.globaldro.co.uk\]](http://www.globaldro.co.uk).

- a) If you find you are taking medication on the list of banned substances you can ask your GP if they can prescribe an alternative or you may have to apply for a Therapeutic Use Exemption (TUE). The British Fencing website has a section on medical and anti-doping rules and

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regulations which contains links to many helpful websites and contact details for the BF medical advisor. <http://britishfencing.com/governance/medical-anti-doping/>

- b) It is important to note that over the counter medications bought in one country may contain different ingredients to the same branded medication in another country so if you think you may need something it is advisable to buy and check the contents in your home country before departure. Athletes will often bring some over the counter medications such as paracetamol, ibuprofen, blister plasters, hay fever medication with them.
- c) If you take supplements you should also visit the UKAD website for further information [[www.ukad.org.uk/supplements](http://www.ukad.org.uk/supplements)] including information on the Informed Sport [[www.informed-sport.com](http://www.informed-sport.com)] program, which provides a batch-testing service for supplement products.

### 4. Equipment

It is advisable to name all your equipment.

Fencing Clothing & kit - Clothing must be FIE compliant i.e. 800N please check jackets, breeches and gloves to make sure there are no holes and that seams are in good condition.

For Junior World Cup team competitions it is a requirement to have GBR stripes down both legs and on the arms. It is important to ensure your socks stay up and cover your legs completely.

Breeches must overlap jackets adequately. Long hair must be tied up so it does not cover the back of the lame.

#### Kit list

- 800N Under-plastron, jacket and breeches
- for foil and sabre Electric Jacket – this needs to have your name and GBR in dark blue on the back. A spare is advisable.
- 1600N Mask – if this is a Leon Paul contour type it must have an additional strap fitted.
- If you have a Leon Paul exchange mask a spare bib is advisable.
- Glove
- Minimum of 3 (FIE) blades – check dates carefully if using Leon Paul V epee blades (08/2012-06/2015 are banned)
- Fencing socks
- Fencing shoes
- 3 Body wires
- 2 Head wires
- Tool box\*

## KIT REQUIREMENT FOR JWC FENCERS

***Ensure your kit is in full working order***, with all weapons and body-wires tested for continuity, resistance, and weight. You must do this before leaving the UK as there may not be an armory service or an equipment stall at the event. Having your equipment well maintained can mean the difference between hits registering or not.

There will be a weapon control. Different competitions check different items – so be prepared for **everything** to have to pass weapons control.

### **\*Tool box**

While not mandatory, you are expected at JWC level to take a small tool kit and be able to check and keep your weapons in good working order. This can mean the difference between winning or losing a fight. The following items are recommended:

- Appropriate weight for weapon (eg Foil 500g, Epee 750g, sabre)
- Test box
- Spare grub screw (pack of 10 advisable)
- Grub screw screwdrivers
- An Allen key
- Spare tips (pack of 6 advisable)
- Weight and travel Springs (Pack of 6 advisable)
- Inside guard socket spares (2 complete spares advisable)
- Tape – cloth tape and tip tape
- Gauges

**Please note** – These items should **not** travel in your hand baggage or they may be confiscated

If you are unsure whether you have the right spares, please ask at your club in good time for them to advise you or assist you in ordering these items. Although officials on the trip may be in a position to assist with repairs when faults arise during the competition, it is expected that all athletes should be in a position take responsibility for this area of their performance. If you cannot do this already, please ask your coach to arrange to teach you before the trip.

## **5. General comments**

### **5.1 Luggage - Hold Luggage and Hand Luggage**

Please make sure you are aware of any luggage sizes and weight restrictions that apply to your flights.

To avoid excess luggage charges please take the minimum of casual clothing and non-essential items.

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Please make sure you aware of items that can and cannot be carried in your hand luggage and of any size restrictions. It is not advisable to take tool kit items in your hand luggage.

Some fencers like to take their mask, jacket, plastron, breeches, glove, socks, and a spare handle in their hand luggage in case their fencing bag gets lost. They wear trainers to travel in. This means that in the event that a fencing bag does not arrive all they need to borrow to fence is a sword. Where a journey involves connecting flights this is strongly recommended.

Ensure that ALL your electronic equipment (phone, etc.) is fully charged, and can be shown to be working. If it isn't, it may be confiscated at security.

### **5.2 Travel food and snacks**

If we are going to be travelling over a meal time, please buy food/drink after you have gone into the departure lounge after security. You can take food but not drink through security.

### **5.3 Money**

You will need enough money for any evening meal not included in the accommodation package and for lunches, snacks and water throughout. A suggested amount of about €50 per one night stay (or equivalent in local currency), but a little more if you think it necessary or for 2 or more nights. Taking large amounts of money is not advisable. Consider having the option of a pre-loaded debit/credit card in case of emergencies, these are available from a number of companies, including the [Post Office](#)

### **5.4 Code of Conduct**

Your code of conduct applies during travel to the event so please be aware of your responsibilities while representing GB and British Fencing.

## **6. Questions**

Please do not hesitate to contact the PTM allocated to for the competition (found on the selection page), if you have any questions on kit that are not answered by this document or your coach.