

## **Sarnia Sword Club**

**Sarnia Sword Club is a community fencing club which welcomes fencers from complete beginners to elite athletes.**

**It is run by volunteer coaches and helpers and strives to promote fencing in Guernsey**

**The club welcomes fencers from the age of 10 upwards with no upper age limit. The Club offers opportunities to participate in the sport of fencing at all levels that are fair to everyone.**

### **Why Fencing?**

Fencing as a sport is almost unique, It has been described as “High Speed Chess” . It is a sport where tactics and planning along with technique can balance out physical strength and fitness. This means that fencing is a sport where persons of any body type, age or gender can compete safely and on equal terms.

Fencing is relatively low-impact, making it a good fit for people of all fitness levels. Many fencers continue competing or practising well into their senior years.

Fencing offers a fast, efficient workout that will burn calories, tone muscles, and improve cardiovascular fitness.

Offering three different weapons with related but different techniques and strategies there is always something to learn or improve. Fencing offers endless opportunities to grow stronger, physically and mentally.

**For Children or young adults**

**In addition to the benefits fencing offers to adults**

Fencing’s appeal to children comes, in part, from the unique position it holds within sports. It is a fully mixed gender sport, and children can compete on an individual basis.

These qualities mean fencing naturally reaches children who may not have engaged with other sports. Some are drawn to the structure and predictability. Others appreciate the chance to measure success on their own terms, rather than as part of a team dynamic.

One of the key reasons fencing works so well as a school sport is that it starts everyone from the same place. Most pupils arrive having never fenced before. They are taught the basics from scratch: how to stand, how to move, how to engage. There are no hidden preconditions such as speed, stamina, or throwing ability. Technique, timing and concentration are what matter. This levels the playing field in a way that few other sports can manage.

## Aims and objectives

The aims and objectives of the club are:

- To offer education, coaching and competitive opportunities through fencing
- To promote the club within the local and fencing communities
- To provide a socially inclusive club that promotes fencing as a sport for all ages and abilities, helping members to achieve their potential at all levels
- To ensure duty of care to all members of the club
- To provide all of its services in a way that is fair to everyone
- To support those involved in coaching the club to comply with current regulations for sports coaches
- Produce a development plan to promote the future of Sarnia Club

## Governance

Good governance is essential to the effective running of our club. We have an active and experienced Committee and a full set of policies and procedures followed by all at the club.

The safety and welfare of all our members is paramount. We follow the British Fencing Policy on Protection of Children and Vulnerable Adults in addition to our own set of Codes of Conduct for members, spectators, coaches and Parent/carers.

## Operating Plan

### Recruitment of members, volunteers and coaches

- **Members**

Members will be recruited through open taster sessions around the start of the school terms in August and October

In addition open taster sessions will be offered in the community through schools, youth organisations and other social groups as requested.

- **Volunteers**

The club has a number of x fencer volunteers. The volunteers are required to comply with all the club rules and policies and also have current British Fencing membership.

Any volunteers involved with our junior section (Musketeers) are also required to have current DBS checks and British Fencing Safeguarding qualification.

- **Coaches**

Persons involved in coaching or teaching fencers will be qualified or working towards a British Fencing coaches qualification. The club will help train and support any fencers who wish to develop as a coach following British fencing development guidelines.

*Notes:*

- *Fencers working towards their coaching qualification will only coach/teach under the supervision of a fully qualified coach*
- *All club or visiting coaches will only be recognised if they are on the British Fencing Coaches register - <https://www.britishfencing.com/coach-search/>*

## **Development Plan**

### **Current situation**

Season 2025/26

The club has 27 Musketeer members (under 14) and 20 adult members including 5 qualified coaches. The coaches are qualified to teach/coach all three weapons (Foil, Epee and Sabre)

The Musketeers section primarily fences Foil with a competitive league event once per month and training on the other weekly sessions

The Musketeers meet weekly on a Thursday between 1830 and 1930 at Beau Sejour.

Adult club members fence all three weapons, sessions are a mixture of bouting (fights/matches) and individual lessons

There are also monthly leagues for all three weapons.

All fencers are encouraged to enter competitions both locally and abroad.

The club coaches are currently involved in coaching at one secondary school, providing regular sessions for Scout Groups and one group of retirees.

## Moving forward

2026 - 2029 (short term)

Sarnia Sword Club		
Increasing adult membership and retaining adult beginners		
Objective	How	Measure
Increase adult membership by 5 fencers*	<p>Use social and traditional and traditional media to promote the club and fencing in general.</p> <p>Engage with Musketeers parents/carers and offer free tasters.</p>	<p>Sign up 1 person from any beginners course or taster session.</p> <p>Meet objective*</p>
Retain at least a third of all participants on the beginners courses	<p>Offer a formatted beginners/novices course with recognisable benchmarks using British fencing achievement awards,</p> <p>Run a Novice competition (fencing 12 months or less)</p> <p>Offer beginner/novice fencers the opportunity to learn all three weapons</p> <p>Offer individual coaching and lessons</p> <p>Offer opportunities and the support for novice fencers to enter local. UK and International competitions (Represent Guernsey - Commonwealth Fencing Tournaments)</p>	<p>Number of awards issued</p> <p>Number of entries</p> <p>Number taking up second weapon</p> <p>Number taking lessons</p> <p>Number of entries</p>
Transition Musketeer fencers to adult club	Offer older Musketeers the option of staying on after Musketeers finish to fence in the adult leagues and with adult club members. (13 yr +)	
Community		
Objective	How	Measure
Increase Fencing/interest in fencing in the Guernsey Community	<p>Offer taster sessions to Company Sports and Social clubs.</p> <p>Increase the number of schools Sarnia sword club provides fencing for, (Engage with the teaching staff and offer assistance to obtain British Fencing Coach qualifications - see developing coaches)</p> <p>Re-engage with College of further Education.</p> <p>Re-engage with Le Murier.</p>	

Increasing Musketeer membership		
Objective	How	Measure
Increase Musketeer membership by 5 fencers	<p>The Musketeers section is currently fully subscribed with a waiting list - To increase the numbers there are two main options</p> <p>Look at the option of introducing a second weekly session for Musketeers.</p> <p>Related to the above in order to introduce a second night or increase the number on the current night additional coaches are required - see <i>next section</i></p>	<p>Increase in number from 25+ to 35 + 2026 - 2027 season</p> <p>2026 -2027</p> <p>2026 - 2028</p>
Retain and develop Musketeer Fencers	<p>Musketeers fencers tend to stay with the club through to the under 14yr age limit.</p> <p>Introduce Musketeers to Epee and Sabre.</p> <p>Use British Fencing award scheme for all three weapons to maintain interest and engagement</p> <p>Run a full Club Championship for age groups within Musketeers (under 12 and under 14)</p> <p>As fencing in schools increases introduce inter-schools team competition</p>	<p>Musketeers vs St Sampsons and EC in June 2026</p>
Community		
Objective	How	Measure
Increase number of schools offering fencing	<p>Engage with Teaching staff, offer tasters and coaching qualification opportunity..</p> <p>Organise an inter-schools competition</p>	<p>Number 2026 - 2027</p> <p>2026-27</p>
Increase number of taster sessions to youth groups	<p>Contact scout/guide groups, youth clubs and societies.</p> <p>Work with the Sports Commission to continue participation in: The Family Fun Day Specsavers Youth Games Sport in the Library Work with the sports Commission to engage and or qualify their staff to take taster sessions.</p>	<p>Number 2026 - 2027</p> <p>Inclusion</p>

Qualify and developing Coaches and referees		
Club and Community		
Objective	How	Measure
Increase number of qualified coaches in the club.	Encourage fencers to develop coaching skills Offer a structured development course and assist financially	The club curenly has 5 qualified coaches accross all three weapons ranging from level one to level three,  increase in number
Upgrade current coaches qualifications. Encourage fencers to qualify in other weapons.	Encourage and assist.  Work with British Fencing to enable senior coaches to qualify locally.	
Qualify school teaching staff to at least British Fencing "Core Coach" Level.  (It has become evident from experience in offering fencing in schools that in order to maintain interest and engagement it is better to be part of the staff and be present through the school day. Therefore in order to develop fencing in schools the best way forward is to qualify teaching staff)	Offer teachers free training to achieve British Fencing core Coach qualification - <i>details below</i>  <a href="https://www.britishfencing.com/wp-content/uploads/2018/06/Core-Coach-Collateral-web.pdf">https://www.britishfencing.com/wp-content/uploads/2018/06/Core-Coach-Collateral-web.pdf</a>	Number 2026 -2027 Ongoing.
Increase number of qualified referees	Encourage fencers to develop refereeing skills Offer a structured development course and assist financially if required	number

Maintaining effective management and governance		
Objective	How	Measure
Ensure the constitution, rules, regulations and various policies including safeguarding etc. are in line with British Fencing standards and also comply with local legislation.	Use guidance and best practice from British Fencing  Committee to review. update and add (if required) on an ongoing basis all policies and regulations.  Publish any changes/additions and ensure members are aware of any updates or changes.  Request a review by British Fencing or Guernsey Sports Commission	Compliance review 2026 and thereafter 3 yearly
Review Development Plan, update objectives, add or delete.	Committee to review plan, compile results and present to AGM for comment.  Adjust plan to take into account member feedback  Adjust objectives and measurements,	annual