

**Minimum Requirements for Safety and Function of Participants**

**Prospective ParaFencing Athletes should have these abilities:**

**SIT:**

- 1) Sit unsupported without assistance in trunk or core support, and be able to raise one or both arms overhead.

**REACH:**

- 2) Have enough trunk control to enable a reach and return distance of at least 12 inches

**HOLD:**

- 3) Be able to hold a 2-3 pound weight, straight out in front for 2-3 minutes
- 4) Be able to grip and reasonably control a Foil, Saber or Epee with the dominant hand

**MOVE:**

- 5) Be able to move shoulder, elbow and forearm with a full of range of motion on dominant side

**ENDURE:**

- 6) Be able to endure some cardiovascular exercise without dizziness

**PROCESS:**

- 7) Be cognitively able to follow multiple instructions and solve complex problems

**SEE:**

- 8) Have functional vision

**PARTICIPATE:**

- 9) With socially appropriate behavior

**COMPETE:**

- 10) With permission from a medical provider

ACCEPTANCE INTO THE PROGRAM WILL BE BASED ON AN IN-PERSON EVALUATION.

PLEASE NOTE: Fencing is a strenuous sport activity and prospective fencers should seek advice from their personal physician before participating. Continuation in the program will be based upon the discretion of the Head Coach, and subject to USA Fencing protocols and KAFF rules of the studio.