



British Fencing

Neil Brown Chef de Mission / Team Manager
07590 046892 | neil.brown@britishfencing.com

Linda Strachan Team Manager
07956 618898 | lindastrachan@hotmail.com

BRITISH FENCING
1 BARON'S GATE
33-35 ROTHSCHILD ROAD
LONDON W4 5HT
T: +44 (0) 20 8742 3032
F: +44 (0) 20 8742 3033
www.britishfencing.com



European Cadet Championships Athens, Greece – 2nd - 7th March 2010 Great Britain Team

Dear Fencer, Coach, Parent

11/03/2010 14:51

Please return feedback form, this can be downloaded [here](#). Full British results are now up on the spreadsheet.

This document will contain full details for the British team travelling to the European championships in Athens. Please read all of it carefully. **You should print a copy on the day before you leave & bring it with you.**

As you know the lead team managers will be:-

- Neil Brown (Chef de Mission)
- Linda Strachan (Team Manager)

Please copy us both in all email correspondence

Fencers need to read & act on the information contained in this document & the linked information spreadsheet (<http://sabrerankings.250x.com/athens10.htm>). Things that need action will be highlighted in **red on the spreadsheet & in this document.**

You can now download the 1-line reply spreadsheet [here](#) (see page 12), **please complete & return this at once renaming the file as per the instructions on page 12. All fencers must now complete, sign & post the permissions form to Neil Brown.**

- This must be done immediately



The British team (24 fencers & 6 reserves) has now been selected by the international committee of British Fencing.

Information can be found on the link from the national teams page on the British Fencing web site at http://www.britishfencing.com/British_Fencing.asp?PageID=1753. This information is also linked from www.fencingcoach.net & will be on 2 documents:-



<http://sabrerankings.250x.com/athensinfo10.pdf> (this document)



the spreadsheet at <http://sabrerankings.250x.com/athens10.htm>. This shows the fencers who have (or NOT):-

- returned permission & reply forms
- confirmed they have a tracksuit. See page 7
- confirmed they have a travelling jacket. See page 7
- confirmed they have travel insurance
- sent me a digital photo for accreditation
- confirmed they have a Therapeutic Use Exemption certificate (TUE) if appropriate. You all must be absolutely sure you have checked the latest information about TUEs on the British Fencing web site, it has changed recently. If you have any questions please contact the British Fencing medical officer, Clare Halsted, at clarehalsted@blueyonder.co.uk

Please can all fencers check this spreadsheet & contact me (Neil) if there are any errors. This spreadsheet also shows all the coaches & officials who will be part of the British team.

Information & Communication

For email notification of each change to the information about this event you should subscribe to the **“European Cadet Championships - Athens. 1-7 March 2010”** thread at www.fencingforum.com, make sure you have “Instant Email Notification” selected as the Default Thread Subscription Mode on the Edit Options tab in their CP. If you don't know what all this means ASK.

Administration here in the UK is being done by the Team Managers (Neil Brown [Chef de Mission] & Linda Strachan [Team Manager]), Nosheen Khan & your weapon captain/coach. Please copy Neil & Linda in all email correspondence & Nosheen in any that are about funding (emails are nosheen.khan@britishfencing.com & you should know your weapon captain's email).

You must fill in & return the athlete agreement form & the 1-line spreadsheet now. There is a copy at the end of this letter & you *cannot* fence in the event unless I have this signed by you (& a parent for U18s). I need information to be returned from all fencers including the non-travelling reserve cadet fencers.

- you *cannot* fence in the event unless I have this signed by you (& a parent for U18s)

Organised travel will be out and back in 3 groups. Details of the days each person is travelling are on the spreadsheet, please can you confirm the travel days are correct & contact us if you want to make any changes. Please note that fencers will not be able to travel on their own on flights organised by British Fencing, we will take responsibility only from the point of arrival with one of the team officials.

Essential links:

www.britishfencing.com

www.fencingcoach.net

<http://sabrerankings.250x.com/athensinfo10.pdf> (this document)

<http://sabrerankings.250x.com/athens10.htm> (reply details spreadsheet)



<http://www.cadeteurofencing2010.gr/>

The event is being held at:-
Athens Olympic Complex (O.A.K.A.)

You can see a google map showing the venue & hotel at
<http://maps.google.co.uk/maps/ms?ie=UTF8&hl=en&t=h&msa=0&msid=101740413562329073801.00047ddc2c64c116c44d6&z=13>

Training day

You all know about the training day for the team on the 21st February. This will be at KES in Stratford.

Please make sure you have confirmed you will be attending & checked the information I have on the spreadsheet. You will need a packed lunch & obviously you will need all your fencing kit.

Start time will be 9:30 so please arrive at 9. The day will finish at 4:30.

This event is open to all personal coaches of the team fencers. Other fencers of suitable standard will also be able to attend as sparring partners, please contact me or the weapon coach first if you think you qualify.

Costs

British Fencing will fund part of this trip so the cost to the fencers will be reduced as far as possible. There will still be a fee to be paid to cover the essential officials. British Fencing will pay *some* of the costs for: Chef de Mission, all welfare & team managers, weapon coaches, entry fees, & tracksuits (only for those who do not have one). For this event the referees are paid by the EFC from the entry fees. The entry fees for the event are close to £3000 for our team, this will be paid by British Fencing.

Invoices from British Fencing will cover travel & hotel B&B. Fencers will need to bring enough money to pay for evening meals each day & food at the venue. There will be food available at the venue.

Travel will cost in the region of £200 & hotel will cost in the region of £40 per night (to include B&B). There will be a cost for the officials, cost TBC but we will do our best to keep this as low as possible.

All the invoices for the fencers will be sent out from British Fencing & you will need to pay by return. The invoices will cover: entry fees, travel if we are organising it, hotel, & essential officials costs.

Note: All hotel charges relating to phone, anything charged to the room etc. will have to be settled by the room occupants prior to departure. You must pay these directly to the hotel.
You need to bring money for all food & drink during the day.



Travel

Latest information about travel:-

If travel is organised by British Fencing the flights will be the days as on the information spreadsheet. Exact times of travel each day are below.

Men's Foil & Women's Sabre

BA 632 28FEB LHRATH HK9 1225 1810
BA 641 05MAR ATHLHR HK9 1500 1650

Men's Epee & Women's Foil

BA 632 01MAR LHRATH HK8 1225 1810
BA 641 07MAR ATHLHR HK8 1500 1650

Men's Sabre & Women's Epee

BA 632 03MAR LHRATH HK1 1225 1810
BA 641 08MAR ATHLHR HK1 1500 1650

Please bring one bag to check in & it should weigh less than 23kg

Departure 28th February

Please meet at the Athens check-in desks at Heathrow Terminal 5 by 10:00
Call Neil Brown if any problems, 07590 046892

Departure 1st March

Please meet at the Athens check-in desks at Heathrow Terminal 5 by 10:00
Call Jamie Miller if any problems, 07779 226808

Departure 3rd March

Please meet at the Athens check-in desks at Heathrow Terminal 5 by 10:00
Call Ian Williams if any problems, 079812 17053

Please can you all contact me to let me know if you are NOT planning to use the flights we organise for the team. This should only be an option if you are travelling with a parent & joining the trip in Athens.

Any fencers not using these flights *must* arrive with at least a clear day before their event (for preparation & weapon control) & should not leave until at least the day after their event.
Note: you must travel with the British team on the transport we organise or with a parent or guardian. Please make sure you are clear when you are joining & leaving the trip.

Please note all enquiries about travel should be directed to Neil & Linda, please check that I (Neil) have got the details on the web site updated correctly. Note: British Fencing or your weapon captain will be responsible for booking travel for the fencers & the officials only, we are not responsible for booking travel or hotels for personal coaches or parents.

Transfers from the airport to the hotel will be arranged for all those on the flights we have arranged & booked & for any fencers who have booked & told me they are on the same flights.

If taxis from the airport are arranged by the organisers of the event they will be:-

Office hours (06:00 - 21:59)

- Taxi €58.00 per way, private transfer, maximum 3 persons per taxi



- Mini-bus €220.00 per way, private transfer, for 7-15 persons

Non office hours (22:00 - 05:59)

- Taxi €85.00 per way, private transfer, maximum 3 persons per taxi

- Mini-bus €250.00 per way, private transfer, for 7-15 persons

Hotel

The hotel room allocation is now on the spreadsheet, please check this & if you're not happy with any of it tell us before we travel so we can make changes (if possible).

Hotel cost is going to be £38 per person per night.

The hotel is:-

President Hotel - 43, Kifissias Avenue, Athens

Email: president@president.gr

Tel. 210 6989000 Fax. 2106924900

Important Documents

You need a valid full British Passport. Without this you will not be allowed to enter the competition. It is your responsibility to have this with you. You must have a British Fencing licence & **bring it with you.**

Each fencer and their parent/guardian will need to sign the Consent / Medical form giving permission to travel with the British Team. This also sets out the terms under which the team will operate and contact phone numbers for emergency. **This form should be completed and returned to me by post as soon as you can. Please make sure you have read the bit that says there will be no drinking alcohol at all, this will also apply to all the officials who are supervising the trip or have accreditation.**

- **Parents who are in the same hotel or who are eating with the fencers should respect this & not drink any alcohol in the company of fencers or British Fencing officials. If you do not want to conform we politely request you please stay or eat somewhere else.**

You need a digital photo for accreditation, **please send this to me (Neil) as an email attachment;** this should be a passport-style .jpg file.

Therapeutic Use Exemption (TUE)

If you are undergoing any medical treatment you will need supplies of any (permitted) essential medicines together with written details, as these will have to be declared under anti-doping regulations. If in doubt please contact Dr Clare Halsted at clarehalsted@blueyonder.co.uk for advice and TUE forms. You need to bring an EHIC card with you & a valid TUE form. See

http://www.britishfencing.com/British_Fencing.asp?PageID=105 for the latest information from British Fencing & you should all know about www.100percentme.co.uk, www.globaldro.com & <http://www.wada-ama.org/en/>.

Please note that there are new regulations for TUE forms from 1st Jan 09. Anyone taking medication for asthma may need to provide details of lung function tests from a doctor in order to complete a TUE, if this is relevant to you please start the process now.

Latest information from WADA:-

BEWARE SUDAFED



The decongestant Pseudoephedrine (in Sudafed preparations and other cold remedies) is back on the WADA in-competition prohibited list from 1.1.10. Any fencer competing at a level where they may be tested should stop this drug at least 48 hours beforehand.

Asthma inhaler changes

Salbutamol (Ventolin) and salmeterol (Serevent) no longer require TUEs just a Declaration of Use on the new UKAD site.

<https://www.ukad.org.uk/forms/declaration/>

BUT other beta-2 agonist inhalers eg Terbutaline (Bricanyl) do still require a TUE with full medical information including results of tests confirming asthma. If you take one of these drugs please make sure you are advised fully as the TUE form is complicated.

REMEMBER check your medication if in doubt

www.globaldro.com

Suitable travel insurance cover is obligatory, not all policies will cover you for fencing if that is the purpose of the trip or cover you for delayed travel because of drug-testing, **check**. If you already have travel and medical insurance valid for the period for this trip you **must tell me in writing** (email is OK). If you do not have this cover already please organise it now.

Equipment & clothing

- Your fencing kit: (all fencers obviously need FIE equipment {800N jacket, breeches, & plastron, 1600N mask, S2000 blades for sabre & FIE blades for foil & epee}). Your lame {mask, jacket, overlay/glove} must be in very good condition; you should have 3 weapons & 3 body wires. Ask your coach if you are unsure about any of your equipment.
- As most of you will know the weapon control at a major championships is stricter than at any other event, all your kit must be in very good condition. This is your responsibility, there will be no armourer travelling with the British team.
- If you have a visor mask the date stamp on the visor must be dated within the last 2 years. As you will know all visor masks have been banned by the FIE for foil & epee at the moment. See <http://www.fie.ch/download/letters/2010/urgent/3/en/Urgent%20Letter%203-10.pdf>
- It goes without saying that **all** your kit must be clearly labelled with your name & GBR.
- You need to have your name & GBR on the back of your jacket.
- You must have GBR stripes on your kit & all fencers must use the latest version of the GBR stripes. You can see this at <http://www.fie.ch/download/homepage/fr/Logos%20des%20tenues%20FN.pdf> & buy them from Leon Paul, Battling or Allstar UK http://www.britishfencing.com/British_Fencing.asp?PageID=96. All fencers need stripes down full length both legs of breeches, foilists & epeeists must have stripes full length on the back arm only. All fencers must have socks which are mainly white with a small manufacturer's logo, i.e. not large adidas stripes.

All fencers in any weapon (e.g. men's foil) must have the same colour kit (i.e. clothing with coloured panels). Masks & are not part of the national uniform so do not have to be identical.

The message from the last 2 major championships is that electric jackets are not part of the uniform, therefore there are no restrictions on their matching across the team.

Here is the message from previous events, for information only:-

"After very lengthy discussions I have had over past years at the junior & cadet European championships with all the relevant FIE officials & 2 manufacturers this was interpreted as: Leon Paul or PBT lightweight material is officially the same colour as the standard silver as



sold by most manufacturers, i.e. the colour is happenstance because of the material, it's not dyed to be a different colour. If a fencer has a jacket which is dyed, e.g. blue or pink, they must be the same for all fencers in that weapon. We can only assume this is the rule that will be applied at these championships.”

What is important about the Leon Paul lightweight electric jackets is that the name printing is often too faint to pass the control. If you've got one of these you should take a dark blue marker pen with you.

Socks must be, according to the rules “of identical design”. At some European championships recently this has been interpreted to mean completely identical, i.e. same brand with matching logos. Please can all 4 fencers in each weapon contact each other & agree what socks you will take. If you can't agree let me know I will tell you which manufacturer to buy from, bear in mind you're all competing on 2 days.

At recent major championships these FIE rules about identical equipment were not strictly enforced. However, we must travel with the expectation they will be this year.

Transparent masks are optional for sabre at all stages of the event & may be optional or not allowed for foil & epee (depending on the latest FIE ruling at the time).

There will be no video refereeing or wireless.

Please bear in mind you will have to hand in your equipment to weapon control the day before your event, this means if you want to train that day you will need to bring 2 sets of kit with you.

As you may know Leon Paul are supplying discounted equipment. They will give 20% discount to all selected fencers & there will be a special deal on custom-printed bags & holdalls. Details & order form are at the end of this information document. Orders must be with Leon Paul by 5th Feb 10.

Maggie Lloyd-Jones will produce a t-shirts order form. There will be a copy at the end of this information document. These orders must be with Maggie by Thursday 4th Feb at the latest.

Maggie is also collecting details for the travelling jackets everyone will need to have for the event. You need to email her with your size & confirm the exact version of your name as you want to have on the front. If you don't do this in time we will use your name as on the info spreadsheet & guess your size.

British team Tracksuits

Fencers & coaches must wear their British team tracksuit when competing, training or supporting at the venue. Obviously the weapon coaches should make sure the fencers do this although we don't anticipate any problems.

Tracksuits can be ordered directly from the British Fencing office. All fencers must have a British team tracksuit. These cost £55 but will be supplied at no charge to selected fencers who do not have one. Contact Nosheen directly by email at nosheen.khan@britishfencing.com with your name, size and address.

NEW

For this event & for Baku we are going to have a British team travelling jacket. These will be the blue & white jackets as used by the U20 sabre & WE squads for the last few years, so some of you will already have one & do not need to order a new version for this championships. You must wear this to travel to & from Athens. There will be a cost for these, £45 which will be added to the invoice you get from British Fencing.



Please contact Maggie Lloyd-Jones to confirm your size for this. Everybody must have one & wear it to travel to and from the events. The sizes are:-

Small = 37"

Medium = 41"

Large = 44"

Extra Large = 48"

Extra Extra Large = 52"

Discipline/Team Management

All fencers must be absolutely clear at what point they become part of the trip & when they leave it at the end. For those travelling on the flights organised by British Fencing it is at the airport; if anyone is travelling independently to Athens you need to agree meeting & departure points with one of the team officials. Fencers must understand that the British Fencing team officials are then in charge from the point of arrival until the end of the trip.

On a daily basis once in Athens, individual fencers will be under the direction of the appropriate Weapon captain/coach and he/she will organise training and other activities. I will be in overall charge (as Chef de Mission), Linda & I will be the lead managers and any problem will be referred to us. will be in assisting welfare (i.e. will be assisting me & Linda & the coaches with team management), she may be your first point of contact for any problems you may have, fencing or non-fencing related.

All members of the team must be aware that even after they have finished their own competition other members of the team will still have their competitions to come. Anything that interferes with any other fencer's preparation for their competition will not be tolerated.

Coaches and other officials

The list of coaches & officials can be seen on the spreadsheet at <http://sabrerankings.250x.com/athens10.htm>.

All people in a position of authority on this trip need:-

- to be members of British Fencing
- to have completed and submitted a CRB (Criminal Records Bureau) form to British Fencing
- to have done a sports coach UK Safeguarding & Protecting Children workshop in the past 3 years

All coaches whether personal or official will need to be on the British Fencing register of coaches. You must have a *British Fencing* CRB clearance but coach registration is done by each home country federation. **Coaches will not be able to have accreditation without this.**

A list of the fencers & officials travelling on this trip can be seen on the web page. Welfare officers / assistant team managers will be: Neil Brown, Linda Strachan, Eileen Buist.

All team officials & coaches must agree to abide by the coaches code of conduct. This has been emailed to all the officials now.



Personal Coaches

As most people will be aware British Fencing appoints an official weapon coach and / or Team Captain for the championship in each particular weapon. That person is in charge of the weapon team and has the full authority of British Fencing to organise training schedules and other issues for the benefit of the team and all members of the team are required to accept this discipline. Personal coaches will also be under the direction of each weapon coach.

There is a limit to the number of officials/coaches who are allowed to have British team accreditation. This limit is set by the EFC but we will try to add any fencer's personal coaches to the list. Coaches must be on the British Fencing coaches register to be accredited & will need to send me a digital photo.

Parents, Relatives and Supporters

It is not unusual for the people who have been supporting a fencer all year to wish to attend major championships and support the British team. This support is very welcome and the more vocal it is at critical parts of the competition the better. We would request however that parents and other camp followers do their utmost not to interfere with the focus of the fencer in the preparation for the competition and similarly not to interfere with the smooth running of the team after your particular competition; your fencer may have duties to assist the preparation of other fencers in the British Team.

If you are a parent travelling to Athens remember you are there for the benefit of the fencers. If you are not sure what to do ask me, one of the officials, or your child's coach.

There is a guide for parents & fencers on the cadet information page at www.fencingcoach.net, please read it all carefully. Please also read the leaflet produced by the Youth Sport Trust at http://www.youthsporttrust.org/downloads/cms/jae/YST_Performance_Parent_final.pdf

Please bear in mind that if you are at the event as a parent you will not be allowed to be responsible for any other fencers apart from your own children unless you have CRB clearance from British Fencing & have done a sports coach UK Safeguarding & Protecting Children course. (It would be helpful if all those of you who travel with your children regularly do both of these.) Any parents who travel with the British team should do these.

Please note all the officials who are supervising the trip or have accreditation have agreed not to drink any alcohol during the trip.

Parents who are in the same hotel or who are eating with the fencers should respect this & not drink any alcohol in the company of fencers or British Fencing officials. If you do not want to conform we politely request you please stay or eat somewhere else.



Timetable

There will be a copy of the timetable of events on the event web site, <http://www.cadeteurofencing2010.gr/>. The timetable is as follows:-

1/3/2010

Technical meetings

2/3/2010

09:00 - Women's Sabre Individuals

18:00 Opening ceremony

18:30 - Finals

2/3/2010

10:30 - Men's Foil Individuals

18:30 - Finals

3/3/2010

09:00 - Women's Foil Individuals

18:30 - Finals

3/3/2010

09:00 - Men's Epee Individuals

18:30 - Finals

4/3/2010

09:00 - Men's Foil in Teams

15:00 - Finals

4/3/2010

10:30 - Women's Sabre in Teams

15:00 - Finals

5/3/2010

09:00 - Men's Sabre Individuals

18:30 - Finals

5/3/2010

10:30 - Women's Epee Individuals

18:30 - Finals

6/3/2010

09:00 - Men's Epee in Teams

15:00 - Finals

6/3/2010

10:30 - Women's Foil in Teams

15:00 - Finals

7/3/2010

09:00 - Women's Epee in Teams

15:00 - Finals

7/3/2010

10:30 - Men's Sabre in Teams

15:00 - Finals

Closing Ceremony

Please check the European rankings to make sure your results & points are correct.

General

Please remember you have signed a code of conduct governing your behaviour. Please reread it if you have forgotten what you have signed. None of it is optional.

All documentation must be sent back to me now. Nosheen will be sending out invoices and it would be greatly appreciated if payments could be made by return to her at British Fencing. If you wish to pay by credit card, a £2 surcharge will be added to the amount for processing fees.

Make sure you understand the implications & the rules of a possible dope control (this applies to any major fencing event). Please also note the requirement to have a TUE if required.

The officials in charge of the trip are obviously there for you, the fencer's, benefit - if you want help/advice/support you must not be afraid to ask.

We hope the information here is of help towards your planning the goal of making this a very successful Championship for Great Britain. Thank you for your support and good luck to everyone.

Contact us (preferably by email) if you have any questions.

Neil Brown

Chef de Mission
Team Manager

Linda Strachan

Team Manager



Great Britain team

European Cadet Championships

Congratulations to all the fencers who are travelling to Athens as part of the British team.

Code of Conduct, forms & information

Please complete all the fields on the 1-line spreadsheet, this must be completed by all fencers & official coaches/officials, you can download this file [here](#). Please complete all the relevant fields, rename the file as Athens10info_Firstname_LASTNAME.xls (using your own name, so if you are Valentina Vezzali the file will be called Athens10info_Valentina_VEZZALI.xls), & send to me as an attachment at neil.brown@britishfencing.com. Use only one row for your data & don't add any more columns. Once you have done this please check the replies spreadsheet to confirm I have all your information.

Please send me a digital photo. This should be passport-style & saved as GBR_LASTNAME_Firstname.jpg, obviously rename it with your own name.

Please note I need a signed copy of your agreement to abide by the code of conduct (relevant part of page 15) & you won't be able to fence unless I have this. It needs to be back to me by 29th Jan 10.

You need to complete & return the athlete agreement page.



British Fencing – Code of Conduct

All athletes selected for Great Britain (GB) squads for Junior (under 20) or younger participants, (“Youth Events”), must read this Code of Conduct, and return it signed to record that they, and for fencers under 18 at the date of signature their parent or legal guardian, understand it and agree to abide by it. All athletes (and parents/guardians where required) must sign this code of conduct before the athlete will be permitted to travel as part of a GB squad. *Please keep a copy for your own reference.*

1. GENERAL

This Code of Conduct covers activities as an athlete at Great Britain Youth Events at home and abroad. Athletes are reminded that selection for Great Britain carries with it a responsibility to the sport, so all athletes are expected to be positive ambassadors for the sport at all times. A fencer’s conduct reflects not only on him/herself but also on the team or squad and fencing as a whole.

Whilst part of a GBR squad competing abroad, all athletes are expected to support each other whenever possible.

Each trip will have a Chef de Mission who is appointed by British Fencing to maintain overall authority and responsibility for the trip.

For the avoidance of any doubt:

- a trip starts when the athlete joins the squad or any subgroup and ends when the athlete officially leaves the squad.
- an official is a person appointed by BF for the trip to be responsible for the fencers.

2. GENERAL BEHAVIOUR

All athletes are expected to act in a responsible and respectful manner appropriate to membership of a national squad.

3. CURFEW

All fencers must be in their rooms from the specified curfew unless instructed or permitted otherwise by an official.

4. ATTENDANCE

Attendance at sessions as defined by the Chef de Mission is compulsory except when there are exceptional circumstances such as illness, which must be reported to an official as soon as possible. The decision of the Chef de Mission as to whether or not such circumstances are accepted is final.

5. PUNCTUALITY

Every fencer must be punctual. Lateness will not be tolerated as it disrupts the team and is unfair on those members of the team who make the effort to be on time. Exceptional circumstances must be reported to an official, and again the Chef de Mission’s decision on such circumstances is final.

6. BULLYING

This will not be tolerated in any form, whether physical, psychological or verbal. Any fencer who believes he/she has been subjected to bullying should inform an official as soon as possible and in the strictest confidence.

7. EQUITY and DISCRIMINATION

All athletes are expected to respect the rights of every person, regardless of age, ethnic origin, gender, religion, sexual orientation, cultural background or political affiliation.

Discrimination will not be tolerated in any form. Any fencer who believes he/she has suffered from discrimination should inform an official as soon as possible

8. ALCOHOL

At all Youth Events fencers are not permitted to drink or be in possession of alcohol at any point of the trip under any circumstances. See also Code of Conduct for officials.

9. SMOKING

Athletes are not permitted to smoke or be in possession of cigarettes at any point of the trip under any circumstances. See also Code of Conduct for officials.



10. MOBILE PHONES

Mobile phones are generally allowed on trips, however, athletes are expected to behave appropriately and turn off mobile phones as directed by an official or when circumstances dictate (e.g. in a team meeting and during training or competition). Phones may be confiscated if they are used in an intrusive or inconsiderate way.

11. ACCOMMODATION/VENUE

Accommodation allocated by the Chef de Mission must be used. Athletes must not cause any damage; it is the responsibility of the athlete to pay for any damage caused by him/her to facilities or possessions.

Athletes are not allowed out of the confines of the camp or competition without the prior consent of an official. Minors (under 18) must be accompanied by an adult approved by an official.

12. PERSONAL APPEARANCE

All athletes are expected to wear team kit (e.g. Great Britain tracksuits) at all times, unless directed or permitted otherwise by the Chef de Mission. Requests by the Chef de Mission or Team Manager to change inappropriate dress must be complied with.

13. ANTI DOPING

Athletes must comply with the European Anti- Doping Code. Anti-doping remains the responsibility of the individual and all athletes are expected to make themselves aware of current anti-doping regulations. Further information can be found at <http://www.100percentme.co.uk>

14. ITEMS NOT COVERED

The Chef de Mission has the right to make additions to this code of conduct and to take decisions on any matters not covered. Fencers will be kept informed of any changes.

15. DISCIPLINARY CODE AND PENALTIES

Failure to comply with the Code of Conduct will result in the Chef de Mission applying the British Fencing Youth Events Penalties.

ATHLETE AGREEMENT

Please sign & return the following page to confirm: I wish to be considered for selection for British squads and I agree to:

1. Abide by the British Fencing Athlete Code of Conduct as set out above
2. Accept the authority of the designated British Fencing Chef de Mission and officials

*Required if under-18

NB: Electronic signatures are acceptable and deemed to be binding.



Name of fencer:

For over 18s

- I have read & understood this document & agree to take part in the competition under the terms described.
- I accept the authority of all British Fencing officials for this trip and will comply at all times by the code of conduct from point of entry to point of exit on the trip and understand that any breach of this code will have consequences. I agree that I will be responsible for any damages caused by me while on the trip
- Fitness to compete: I confirm that I am in good health and injury-free and can therefore take a full and active part in this trip
- I have read & understand the drug testing rules & have a TUE if appropriate
- I agree to accept my place as part of the team and with that will be responsible for all payments due

Fencer’s signature:..... Date:.....

For under 18s

- I have read & understood this document & agree to take part in the competition under the terms described
- I accept the authority of all British Fencing officials for this trip and will comply at all times by the code of conduct from point of entry to point of exit on the trip and understand that any breach of this code will have consequences. I agree that I will be responsible for any damages caused by me while on the trip
- I have read & understood the disciplinary code & sanctions

Fencer’s signature:..... Date:.....

- Fitness to compete: I confirm that the fencer is in good health and injury-free and can therefore take a full and active part in this trip
- I wish my child to be allowed to take part in the journey specified above and having read the information provided, I agree to them taking part in any or all the activities described
- I have read & understand the drug testing rules & noted the requirement to have a TUE if appropriate
- I agree to accept the fencer’s place as part of the team and with that will be responsible for all payments due
- I understand that British Fencing only assumes duty of care for my child named above from the time that he reports to the Chef de Mission or other specified official at the agreed point of entry for the trip and that British Fencing’s duty of care ends when the fencer is handed over to the parent/guardian/carer or at the agreed point of exit for this trip
- I do/do not (delete as appropriate) wish to allow photos of my son/daughter to be published without my prior consent
- Consent for collection after the trip by an individual other than the parent:-
I give consent for my child _____ to be handed into the care of _____
at the end of the trip
- Consent for independent travel after the trip:-
I give consent for my child _____ to leave the trip on their own using public or other means of transport & will not hold British Fencing responsible for any mishap that may occur after the point of exit from the trip
- In loco parentis authority:-
I hereby give permission for the Chef de Mission or person nominated by him to give the immediate necessary authority on my behalf for any emergency medical or surgical intervention recommended by competent medical authorities, where it would be otherwise contrary to my child’s interest, in the doctor’s medical opinion, for any delay to be incurred by seeking my personal consent and where the young person is incapable of giving informed consent themselves. This consent to act also applies for any drug testing and/or other situation where someone is required to act as a responsible adult in my stead

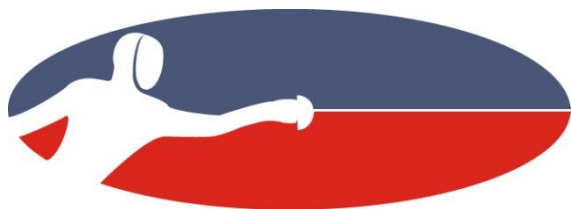
Parent/guardian/carer’s signature:..... Date:.....

Print name (parent/guardian/carer):.....

For information:

- In Loco Parentis is being sought for all children / young adults under the age of 18 with the following limitations to use:-
1. Family Law Reformed Act 1969 was the statute that brought the age of majority down from 21 to 18 AND allowed a child / young person of at least 16 years of age to give informed (full knowledge of possible side effects) consent to surgical, dental and medical treatment (including anaesthetics) providing that they are deemed competent (not under the influence of drugs or alcohol)and conscious The person who is 'In Loco parentis' can then give consent on behalf of the parent / carer
 2. Criminal consent – according to criminal matters in the UK (may vary from country to country) a child / young person who is held at a police station will require to be released into custody or questioned in the presence of a responsible adult if they are under the age of 17. 'In loco parentis' refers to being the responsible adult.
 - 3 In Sport a child / young person is anyone under the age of 18 and hence it is 'best practice' for permission to be sought to allow an adult other than parent/guardian to act as chaperone when being drug tested





British Fencing

The Team

| | | | |
|-----------------|-----------------|-------------|----|
| Men's foil | TOFALIDES | Alex | 93 |
| Men's foil | ARCHER | Kristjan | 94 |
| Men's foil | SAVIN | Alex | 94 |
| Men's foil | CHERITON | Kareem | 93 |
| | | | |
| Women's sabre | RIDGEON | Verity | 93 |
| Women's sabre | JONES | Libby | 93 |
| Women's sabre | MAIDWELL-SMITH | Alice | 94 |
| Women's sabre | LILLYCROP | Megan | 93 |
| | | | |
| Men's epee | HUDSON | Jack | 94 |
| Men's epee | MARSH | Philip | 94 |
| Men's epee | LITTLER | Joe | 93 |
| Men's epee | FREWIN | James | 93 |
| | | | |
| Women's foil | KING | Leah | 95 |
| Women's foil | SUDDERICK | Phoebe | 94 |
| Women's foil | CLARKE | Ruth | 93 |
| Women's foil | KUBLER | Ife | 95 |
| | | | |
| Men's sabre | AIYENURO | Soji | 93 |
| Men's sabre | BOTELER | Harry | 93 |
| Men's sabre | WALKER | Henry | 93 |
| Men's sabre | LAWRENCE | Chris | 93 |
| | | | |
| Women's epee | RADFORD | Amy | 94 |
| Women's epee | DENHAM | Toni | 93 |
| Women's epee | CHANG | Caitlin | 93 |
| Women's epee | BARRINGTON | Georgina | 93 |
| | | | |
| Reserves | | | |
| Men's foil | RATTAN | Amol | 93 |
| Men's sabre | <i>SLANKARD</i> | <i>Kirk</i> | 93 |
| | ARTESI | Fabio | 94 |
| Men's epee | SANCHEZ-LETHEM | Paul | 94 |
| Women's sabre | RUAUX | Emily | 95 |
| Women's epee | MACKINNON | Leonora | 94 |
| Women's foil | LINEHAM | Amy | 94 |

(Reserves are non-travelling)



Leon Paul Equipment,
Unit 14 Garrick Industrial Centre, Hendon, London, NW9 6AQ
E-Mail: sales@leonpaul.com Web: www.leonpaul.com
Tel: 0845 388 8132 Fax: 0845 388 8134

Offer from Leon Paul to all Team members of 2010 European Cadet Championships Athens 02 - 07 March 2010

All equipment

All items on the current price list see www.leonpaul.com. Less 20% (Except London range clothing)

Fencing bags

Wheelie Bag 518WS as supplied to previous teams, in national colours, and individually named
= £99 (+£10 p&p if posting)

Holdall Bags Large size with two side pockets, name and carrying strap as supplied by Leon Paul
previously = £35 (+£4.15 if posting)

Note

All Bag orders must be made on attached order form and must be returned by 05/02/10
For other items please use separate page

Note:

All prices above include VAT

All new clothing will be supplied with national colour strip sewn as follows

1. Foil to the outside seams of both legs and arms.
2. Epee back arm and both legs.
3. Sabre both legs.

Free naming on all new clothing purchased.

Free testing of all equipment brought into our retail shop.

All equipment is supplied for personal use by the individual selected fencer or participating Coaches and officials.

Equipment must be collected from Leon Paul or postage will be charged at cost.

Good Luck from all at Leon Paul.

Phone 0845 388 8132 Fax 0845 388 8134. E-mail orders@leonpaul.com



Leon Paul are the preferred suppliers of British Fencing.
Registered Office and Works
Directors: B. Paul, J. Paul



Ref : 2010 European Cadet Championship

If you want to take up any of the offers below and be sure of receiving them before departure you **MUST FAX, POST OR EMAIL** the form no later than Friday 05 February 2010. To avoid any mistakes on names sizes or requirements phone orders will not be accepted.

Name..... Contact Telephone
Address.....

.....
.....Must include Postal code

Position (ie Coach, Fencer, Referee etc.).....

Payment by Cheque or credit Card

Type..... Number..... Expiry Date.....Security code...

Please indicate items required clearly, if left blank it will be assumed that the item is not wanted.

Fencing Bags

Wheelie Bag 518WS with top bag as supplied to previous British Teams, in national colours individually named. **Yes / No = £99.00 (+£10 p&p)**

Holdall Bags

Holdall Bags Large size with two side pockets, name and carrying strap as supplied to previous teams in British national colours, Size 300mm wide by 550mm long by 320mm high.

Yes / No = £35.00

(+£4.15 p&p)

Other equipment.....

State Weapon and R/H or L/H.....

.....

Barry Paul



EUROPEAN CADET CHAMPIONSHIPS ATHENS 2010

ORDER FORM FOR LEISURE KIT

This is the order form to be used for optional leisure kit AND the obligatory GB travelling jacket IF you haven't already emailed me with your requirements. Here is the link to the pics, prices and sizes:

<http://our-catalogue.com/brochure/MaggieLloydJones/GBAthensKit/>

Leisure kit is to be paid for direct to me, the cost of the travelling jacket will appear on your British Fencing generated invoice (£45).

Track suits must be ordered direct from British Fencing HQ: replacement suits are chargeable, first time suits are provided free.

For this championships, we have limited leisure clothing to the Union Jack t shirt and red polo shirt, with navy shorts. Tops have an embroidered logo on the left chest, shorts on the left lower leg. The embroidery design includes the Union Jack and Greek flag plus 3 weapons. I will need to have orders for total of at least 10 items before I can justify the cost of the embroidery disc.

Those who already have a GB squad sabre or epee blue travelling jacket do NOT need to purchase another travelling jacket BUT can if you wish.

Anyone attending (fencers, coaches, officials, parents etc) can order and wear.

Please take care with choosing sizes: enter the size of each item required, and EITHER send the order form to me at 88 Sunny Bank, Hull, HU3 1LF with a cheque for the total sum OR email to maggielloyd-jones@hotmail.co.uk OR fax to 01482 345597 AND send the cheque by post: no items will be delivered without payment. Cheques payable to M. E. Lloyd-Jones please, with card number and expiry date on the reverse. Each item carries a small mark up from cost price to cover the embroidery set up charge: all but a few pennies on some items, this kit is sold to you at the price it is sold to me, which includes VAT @ 17.5%.

Post and packaging is NOT included and will be advised IF we are going to post.

Orders by midday Saturday 6th February latest, please: time marches on!!

ANY QUERIES ABOUT THIS ORDER MUST BE MADE TO ME AND NOT BFA OR NEIL BROWN/ LINDA STRACHAN

NB: I cannot refund or return items once they have been embroidered, washed or worn. If goods are faulty or not the size ORDERED BY YOU, I must be told immediately and I will see what if anything can be done to replace by my supplier/ his agents, or at my cost if my mistake in ordering.

My mobile number is 07974 437193: I am working out of town until 6th February, but can access my email, and can check on faxes each evening.

Orders for track suits are being dealt with by British Fencing HQ.

May good fortune go with you.

Maggie L-J



Order Form – European Cadets 2010

Your name, address for delivery (if posting).....
 Email and contact number

| | Unit price | | | | | | | | Total price |
|----------------------------|------------|-----------|----------|----------|-----------|------------|------------|--------------|-------------|
| | | S | M | L | xl | Xxl | | | |
| Men's T shirt | | | | | | | | Union flag | |
| | | S | M | L | XI | | | | |
| Lady's T shirt (fitted) | | | | | | | | Union flag | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | XS | S | M | L | XL | XXL | | |
| Men's polo shirt | | | | | | | | Red | |
| | | XS | S | M | L | XL | XXL | | |
| Lady's polo shirt (fitted) | | | | | | | | Red | |
| | | S | M | L | XI | Xxl | | | |
| Men's shorts | | | | | | | | Navy | |
| | | S | M | L | XI | Xxl | | | |
| Ladies shorts | | | | | | | | Navy | |
| | | S | M | L | XL | XXL | | | |
| GB Travelling Jacket | | | | | | | | Navy & White | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |
| | | | | | | | | TOTAL | |

Value of cheque enclosed: £

Please EITHER email to maggielloyd-jones@hotmail.co.uk
 OR fax to 01482 345597
 Post cheques to 88 Sunny Bank, Hull, HU3 1LF.

ALL cheques with cheque card number and expiry date must be sent to me at the above address, payable to M.E.Lloyd-Jones.

Thank you.

Maggie L-J



Travel Summary

- There is a general threat from terrorism, which has been on the increase. Attacks could be indiscriminate, including in places frequented by expatriates and foreign travellers. Calling 999 from a UK mobile in Greece will also automatically transfer you to the Greek emergency services.
- On 9 January, a bomb exploded outside the Greek parliament in the centre of Athens. There are no reports of casualties.
- Motorists can expect some traffic disruption on major roads in central and northern Greece due to road blockades by farmers.
- The Greek government have confirmed a number of cases of Swine Flu in Greece. You can check for updates on the cases and their locations through the World Health Organisation website at www.who.int. Information on the Greek National Influenza Pandemic Plan can be found in English on the website for the Hellenic Centre for Infectious Diseases Control (KEEPLPNO) on www.keel.org.gr. You should monitor local media reports for any developments and advice
- Around three million British people visit Greece every year (Source: Civil Aviation Authority). Most visits are trouble-free but you should maintain at least the same level of personal security awareness as you would in the UK. 885 British nationals required consular assistance in Greece in the period 01 April 2008 – 31 March 2009 for the following types of incident; deaths (118 cases); hospitalisations (433 cases); and arrests, for a variety of offences (237 cases). During this period assistance was also requested with regard to lost or stolen passports (441 cases) If you need to contact the emergency services in Greece call 112.
- You should maintain high standards of public behaviour in Greece. The Greek police will not accept rowdy or indecent behaviour, especially where excessive alcohol consumption is involved. Greek courts impose heavy fines or prison sentences on people who behave indecently.
- We recommend that you obtain comprehensive travel and medical insurance before travelling. See the General (Insurance) section of this Travel Advice.

Safety and security

Terrorism

There is a general threat from domestic terrorism, which has been on the increase in recent months. Attacks could be indiscriminate, including in places frequented by expatriates and foreign travellers. On 9 January, a bomb exploded outside the Greek parliament in the centre of Athens. There are no reports of casualties.

There is a history of domestic terrorism in Greece. High profile British interests in Greece should



remain vigilant and regularly review their security measures. Attacks have involved the use of explosive devices against Greek institutions and commercial interests. Latterly, some attacks have included the use of automatic weapons against police personnel and their facilities. Commercial and media establishments have also been targeted, and up-market shopping areas are seen as legitimate targets.

Domestic anarchist groups remain active and the number and scale of attacks have increased since the shooting of a Greek teenager in December 2008, and the serious riots that followed. A memorial service and rallies were held on 6 December to mark this anniversary. Attacks have involved the use of explosive devices against Greek institutions and commercial interests. On 9 January, a bomb exploded outside the Greek parliament in the centre of Athens. Latterly, some attacks have included the use of automatic weapons against police personnel and their facilities. Commercial and media establishments have also been targeted, and up-market shopping areas are seen by the anarchists as legitimate targets.

There have been reports of an attack against a police station in the Athens suburb of Agla Paraskevi around 22:00 on 27 October. Six police officers have been reported as having been injured.

For more general information see our [Terrorism abroad](#) page.

Crime

Most visits to Greece are trouble-free, but you should be aware that the tourist season attracts an increase in incidents of theft of wallets, handbags etc. particularly in areas and events where crowds gather. You should leave valuables in safe custody at your hotel or apartment.

Personal attacks, including sexual assaults and rape, are generally infrequent in Greece. However, this is not the case in some holiday resorts frequented by large numbers of youth tourists. In 2008 Greece was one of the countries with the highest number of cases reported to our Consular staff of British nationals who were the victim of a serious sexual offence. In some of these cases those alleged to have carried out these offences were also British Nationals. In many cases excessive consumption of alcohol by either the victim or the offender preceded the incident. For more general information see our [Rape and sexual assault abroad](#) page.

You are therefore advised to maintain at least the same level of personal security awareness as in the UK. Be aware that alcohol and drugs can lead to you being less alert, less in control and less aware of your environment. If you are going to drink, know your limit. Remember that drinks served in bars overseas are often stronger than those in the UK. We advise lone visitors, in particular, never to accept lifts from strangers or passing acquaintances at any time. For more general information see our [Victims of crime abroad](#) page.

Political Situation

[Greece Country Profile](#)



Greece is a stable democracy, however, public protests are a standard feature of Greek political life. You should take precautions for your personal safety and avoid public gatherings and demonstrations, which have the potential to turn violent and are often quelled with tear gas.

Local Travel

Generally there are no local travel restrictions, but you should be aware that certain areas near the Greek borders are militarily sensitive. Although these areas can be visited without any problems, do not take photographs or make notes near military or official installations. In addition, travellers should seek permission before photographing individuals.

Road Travel

In 2008 there were 1,559 road deaths in Greece (source: [DfT](#)). This equates to 13.9 road deaths per 100,000 of population and compares to the UK average of 4.3 road deaths per 100,000 of population in 2008.

Air travel

The revised EU-wide security measures that came into effect for all passengers departing from UK airports in November 2006 are also being implemented in Greece. For more details about this see [Airline security](#).

Local laws and customs

Greek people are renowned for their hospitality. The Greek police are used to dealing with large numbers of foreign tourists, especially on the islands and do so in a low-key way.

Indecent behaviour, including mooning, is not tolerated. The police have made it clear that they will not hesitate to arrest those who do it. You should be aware that the courts impose heavy fines or prison sentences on people who behave indecently. You should bear in mind that some fancy dress costumes may offend the local Greek authorities and be considered as contravening decency laws.

You should not become involved with drugs of any kind, nor bring drugs – including “class C” drugs – from the UK. Possession of even small quantities can lead to long terms of imprisonment. You should also know your alcohol limits as your travel insurance may in some cases not cover you after excessive drinking.

The plant Khat is an illegal narcotic in Greece. You will be arrested and detained with the possibility of a prison sentence if you are caught trying to take Khat into Greece. Driving any vehicle whilst over the legal drinking limit is heavily penalised and can result in a heavy fine and/or imprisonment.

In common with many countries there is a requirement in Greece to be able to identify yourself. A passport or document with a photograph on it should be carried at all times.



In order to comply with Greek law, you should ensure that you obtain a receipt for goods purchased. If you purchase pirate CDs or DVDs in Greece you could be imprisoned.

You should not purchase any offensive weapons whilst on holiday. This includes items such as knuckledusters or knives with a blade length of 10cm or above.

From 1 July 2009, it is illegal to smoke in hospitals, schools, vehicles and all public places. The penalty for violating this law is a fine of up to €500.

For more general information for different types of travellers see our [Your trip](#) page.

Entry requirements

Visas Visas are not required to enter Greece. You need a passport or a National Identity Card (see the website of the [Identity and Passport Service](#) (IPS)) to enter Greece. As a British passport holder or National Identity Card holder you may stay as a visitor for three months. For longer stays, you will need to apply to the appropriate office for a residence permit.

Passport validity

Non-EEA (European Economic Area) nationals travelling to Greece must have a passport valid for at least 3 months **after** the period of their intended stay or expiry date of their visa. Nationals of the EEA are exempt from the above regulation but must have a passport valid for the period of their intended stay.

Travelling with children

Single parents or other adults travelling alone with children should be aware that some countries require documentary evidence of parental responsibility before allowing lone parents to enter the country or, in some cases, before permitting the children to leave the country. For further information on exactly what will be required at immigration, please contact the [Greek Embassy in London](#).

Health

The Hellenic Centre for Infectious Diseases Control ([KEEPLPNO](#)) has released guidance in English about their pandemic planning. Travellers should be aware that should they contract swine flu when overseas, they may be subject to quarantine and treatment to prevent the spread of the disease.

The Greek National Health system provides a basic medical service to Greek nationals and it has a reciprocal agreement with the British National Health Service. There are many public and private Hospitals and Medical Centres in Greece, all of varying standards. Doctors and facilities are generally good on the mainland, but may be limited on the islands. The standards of nursing and after care, particularly in the public health sector lag behind what is normally acceptable in the UK. The Public Ambulance Service, which will normally respond to any accident, is rudimentary. There are severe shortages of ambulances on some islands.



The Form E111 is no longer valid. You should obtain a European Health Insurance Card (EHIC) before leaving the UK. The EHIC is not a substitute for medical and travel insurance, but entitles you to emergency medical treatment on the same terms as Greek nationals. It also does not cover you for medical repatriation, on-going medical treatment or treatment of a non-urgent nature. For more general information see our [EHIC](#) page.

In the 2008 Report on the Global AIDS Epidemic the UNAIDS/WHO Working Group estimated that around 11,000 adults aged 15 or over in Greece were living with HIV; the prevalence rate was estimated at around 0.2% of the adult population. This compares to the prevalence rate in adults in the UK of around 0.2%. You should exercise normal precautions to avoid exposure to HIV/AIDS. For more general information on how to do this see our [HIV and AIDS](#) page.

You should seek medical advice before travelling to Greece and ensure that all appropriate vaccinations are up-to-date. For further information on vaccination requirements, health outbreaks and general disease protection and prevention you should visit the websites of the [NaTHNaC](#) and [NHS Scotland's Fit For Travel](#) or call NHS Direct on 0845 46 47.

For more general health information see our [Travel health](#), [Swine Flu](#) pages and the [UK Department of Health](#) website. You should monitor local media reports for any developments and advice.

Natural disasters

Earthquakes

Mainland Greece and most of the Greek islands popular with British tourists are in seismically active zones, and earth tremors are common. Serious earthquakes are less frequent but do occur.

General

Insurance

We strongly recommend that you obtain comprehensive travel and medical insurance before travelling. You should check any exclusions, and that your policy covers you for all the activities you want to undertake. For more general information see our [Travel insurance](#) page.

If things do go wrong when you are overseas then see our [When Things Go Wrong](#) page.

Registration

Register with our [LOCATE](#) service to tell us when and where you are travelling abroad or where you live abroad so our consular and crisis staff can provide better assistance to you in an emergency.

[More information about registering with LOCATE](#)

Money

The currency of Greece is the Euro. Since 15 July 2007 new legislation on the controls of cash entering or leaving the EU apply in all Member States. Any person entering or leaving the EU will have to declare the cash that they are carrying if this amounts to 10,000 euros or more; this includes cheques, travellers' cheques, money orders, etc.

