

Medieval Military Arts Academy Code of Conduct

Some general guiding principles which comprise the expectations of conduct for our members, leaders, and affiliates:

Maturity & Respect: This is the founding principle. We should demonstrate respect for ourselves in all our actions and activities. We should show respect for others including our competitors. Respect can be taken to include many things, including:

- Conducting ourselves impartially and professionally with students and coaches during the class
- Not disparaging our peers
- Conducting ourselves appropriately before, during, and after tournaments and public events
- Conducting ourselves appropriately on social media where our behavior represents the club. Grievances, frustrations, and objections should not be aired on social media, but rather handled through an appropriate forum with leadership.
- Proper respect toward the instructor during class includes not having side conversations, assisting others when struggling, and not being unduly distracted by friends and other things.
- There is no place in or out of the club for bullying, grudges, or animosities – see communication and attitude.
- This extends to our behavior towards fencers from clubs outside our own, we must always strive to make sure that we treat fencers from other clubs with the same respect that we show our own clubmates.

Safety: HEMA is inherently dangerous. That said, the risk of injury can be mitigated. Through proper equipment, training and attitude, we can work to minimize those risks. Specifically:

- Understand that injuries may happen, especially in tournaments.
- Be proactive in injury avoidance during training.
- Wear protective gear appropriate to the situation while drilling, sparring, or competing. Men should ALWAYS wear a protective cup and women chest protection for any sort of sparring.
- Measure your fencing intensity based on the skill, personality, and protective equipment of yourself and your partner.
- Acknowledge when you have been in a circumstance where your partner has been injured, showing proper concern and respect for their injuries.
- Review the circumstances of injuries with coaches and involved participants to come up with ways to avoid repeated incidents.
- Alcohol or other mood-altering substances (including prescription opiates or benzodiazepines) are prohibited prior to or during any sort of MMAA activity.

Communication: Communication is the key to our success and happiness as fencers. Good communication includes:

- Being open and honest in communication with students and instructors concerning class issues.
- Letting your instructor know, by speaking to him/her directly, if you don't understand a technique or lesson or are having problems in class.
- Listening to your peers with an open mind.

- Letting instructors know if you have a pre-existing injury, or have sustained an injury while fencing
- In the case of personal conflict, speaking with the instructor and openly discussing any issues.

Attitude: While swordsmanship is not without its serious side, we believe that as a club it should be approached with an attitude of enthusiasm, openness, and a sense of fun. There is no room in classes for animosity, agendas, grudges, feelings of superiority, or any other attitude which undermines the enjoyment of the sport and martial art for your classmates.

Likewise, there is nothing wrong with appropriately channeled competitive spirit and desire for excellence. Many fencers work hard both in class and during their own time to achieve a high degree of fitness and competency in readiness for competition. A passion to excel is a wonderful thing so long as it isn't at the expense of your peers. You should not use your skills to humiliate someone else.