CHECKLIST

Foam weapon safety checklist for every event

- [ ] Inspect your weapon for splits, rough edges and loose fittings before joining combat
- [ ] Press the tip firmly to check it compresses without hitting a hard core
- [ ] Pull every strike and aim only for permitted targets
- [ ] Freeze and lower your weapon immediately when anyone calls a halt
- [ ] Use each weapon only for the strikes its design supports
- [ ] Speak to an organiser if someone repeatedly ignores safety rules
- [ ] Warm up your shoulders and wrists before fighting and step out when you are too tired to control your strikes
- [ ] Tell your opponent if you have an injury or want to try a new technique before the scene starts