

Care and Feeding of Your New Foil Equipment

Congratulations on getting your starter set! Now...what is all this stuff and what do you do with it?

First of all, what's included in your set?

- Jacket
- Chest protector
- Plastron (underarm protector)
- Lamé (conductive vest)
- Foil mask
- Glove
- Body cord (long)
- Mask cord (short)
- Electric foil

The following items are not included but are highly recommended:

- A set of jeweler's screwdrivers (for the screws on your tip and body cord)
- A plastic hanger (for the lamé)
- A 36 inch length of PVC pipe for your weapon (this protects both the blade and your jacket from rust as well as keeps the tip from poking through your bag)
- A Scotch or other brand of scouring pad (to clean the blade)
- A small towel or microfiber cloth (also for cleaning the blade)

Equipment Care

- **Please make sure all of your equipment has your name on it!!**
- Jacket and Plastron: Allow to dry after every practice. Occasionally machine wash in warm water and either hang to dry or tumble dry on low heat.
- Chest Protector: Wipe down with a damp cloth or disinfectant wipe.
- Lamé : Turn the lamé inside out before hanging it up to help it dry faster. Make sure you use a plastic hanger. Lamé's **cannot** be machine washed or dried but can be gently hand washed to prevent sweat build-up from corroding the metal fibers. (See the "I Can Haz Armory #17: Washing your lamé, glove, or mask" video on YouTube for excellent washing instructions).
- Mask: Wipe down with a damp cloth or disinfectant wipe.
- Glove: Can be machine or hand washed and either hung to dry or tumble dry on low heat.
- Body Cord: Has one 3-prong plug and one 2-prong plug with a spring-loaded clip. After every practice, check that all the screws are tight, especially in the clip.
- Mask Cord: Keep an eye on the soldered points that connect the wire to the clips.
- Foil: The tip and top 6 inches of the blade are covered in tape. This will need to be replaced occasionally as it wears out, so let your coach know when it needs replacing. Keep the blade free of rust by avoiding contact with moisture (such as a sweaty jacket). If you see any rust buildup, scrub the blade with a scouring pad, followed by wiping down with a microfiber cloth or old towel.

If you need any repairs to your equipment, let your coach know as soon as you can. Coach Alan and Coach Jenn are the club armorers and will take care of major repairs. You can help by keeping your equipment clean and well maintained (checking screws regularly will help tremendously).

And once again, **Welcome to the Round Rock Fencing Club family!**
We're so happy you're here!