European Fencing Confederation
Confédération Européenne d'Escrime

November 3, 2026

Webinar - "Skin Health in Fencing – Healthy Skin. Confident Fencing."

Information Letter no. 37-2026

Dear Member Federation,

The European Fencing Confederation (EFC) invites you and your fencing community to a free educational webinar:

"Skin Health in Fencing – Healthy Skin. Confident Fencing."

When: 7 November 2026, 12:30 CET
Where: Online
Register: Click to join the webinar

Why this matters

Fencers spend hours in masks, jackets and gloves, training and competing in conditions that can be hard on the skin. Breakouts, irritation and infections are common, yet they are rarely discussed. They can affect comfort, performance and confidence on the piste. This session offers practical, expert advice on prevention, management and keeping skin healthy both on and off the piste.

What you will learn

Acne and folliculitis: causes, prevention and treatment
Contact dermatitis: managing reactions to protective equipment
Infection prevention in training and competition
The link between healthy skin and self-confidence

You will leave with practical tools you can use right away in training and competition.

Meet the speaker: Alex Silberzweig

Alex is a former Division I sabre fencer at the University of Pennsylvania and a current medical student at the Donald and Barbara Zucker School of Medicine at Hofstra/Northwell. At Penn, she served as the fencing team's Health and Wellness Captain and advocated for student-athlete well-being. She recently completed a dedicated research year in dermatology, focusing on inflammatory skin diseases. Her experience as a competitive fencer, her medical training and her research give her a rare view of how skin health and athletic performance connect.

Alex approached the EFC with the idea for this webinar, and we were glad to accept. It reflects the collaboration of our community across our zones and the commitment of highly qualified members who give their expertise back to the sport.

Please share this invitation

We kindly ask you to forward this message to your clubs, athletes, coaches and medical staff, and to encourage anyone in your fencing community to join. Healthy skin supports confident fencing, and this session is relevant to everyone who steps onto the piste.

We look forward to seeing you online on 7 November.

Pascal Tesch
President

Jacek Slupski
Secretary General