

1. General

- a) Being a combat sport means that safety must be given paramount importance to those participating in boxing, with special consideration to sparring.
- b) Sparring is optional; the main focus of the sessions is on fitness and technique. Sparring should only be done by those with sufficient skills and confidence, each participant is responsible for their own safety.
- c) Time is always allocated at the start of each session to prepare the body for physical activity. A warm-up exists to minimise the risk of soft tissue damage during exercise.
- d) First aid facilities should be nearby and should include a telephone, stretcher and adequate first aid kit. There should always be a qualified first aider working in the sports centre.

2. Clothing and personal protection

- a) All clothing and personal protection must be checked before use for excessive wear. Any dangerous equipment should be removed and replaced.
- b) Suitable indoor clothing and footwear must be worn. Clothing should allow freedom of movement and footwear should be supportive. The hall is climate controlled but it can still get hot.
- c) For sparring (optional), head-guards must be worn. Sparring will be supervised by a third party for both participants safety. Suitable sparring gloves, of equal weight, must be worn when sparring.

3. Facilities and equipment

- a) The hall should be free from dangerous objects or obstructions.
- b) Equipment should be stored in the appropriate place when not in use.
- c) The metal roof support beams should be padded at all times.
- d) Bag/pad gloves (not suitable for sparring) are provided, as are head-guards for the optional sparring sessions. Participants are welcome to bring their own mouth-guards, head-guards, hand-wraps, gloves/mitts and pads.