



BOXING

Safety Guide

Sports Recreation

6

Key Benefits

26

Control Measures

9

Checklist Items

KEY BENEFITS

Cardiovascular Health

Enhances cardiovascular health and endurance through high-intensity training and sparring.

Muscular Strength

Improves muscular strength and tone with repetitive punching and resistance exercises.

Hand-Eye Coordination

Develops hand-eye coordination and reflexes essential for effective striking and defense.

Mental Resilience

Boosts mental resilience and stress management through disciplined training.

Agility & Flexibility

Increases agility and flexibility with dynamic movements and footwork.

Weight Management

Supports weight management and overall physical fitness through rigorous active participation.

KEY HAZARDS & CONTROL MEASURES**Head Injuries During Sparring**

- ✓ Enforce the use of appropriate headgear that meets safety standards
- ✓ Match participants by skill level, size, and weight
- ✓ Provide training on defensive techniques and proper sparring etiquette
- ✓ Supervise sparring sessions closely and limit intensity

Sparring Impact

- ✓ Limit the frequency and intensity of sparring sessions
- ✓ Monitor for signs of concussion or injury
- ✓ Encourage technical sparring with controlled contact

Faulty Gloves and Wraps

- ✓ Regularly inspect gloves and wraps for wear or damage
- ✓ Provide guidance on proper care and hygiene
- ✓ Replace equipment as necessary

Inadequate Supervision

- ✓ Ensure qualified coaches are present during all sessions
- ✓ Enforce gym rules consistently
- ✓ Maintain appropriate participant-to-instructor ratios

Slippery Gym Floors

- ✓ Regular floor inspections and maintenance
- ✓ Use appropriate signage for wet areas
- ✓ Clean and dry before sessions

Ring Hazards

- ✓ Regularly inspect ring ropes, posts, and canvas
- ✓ Use mats around the ring exterior
- ✓ Ensure proper padding on posts and corners

Safeguarding

- ✓ Implement comprehensive safeguarding policy
- ✓ Establish clear reporting procedures
- ✓ Conduct background checks on all coaches
- ✓ Never leave minors unattended



Fatigue & Dehydration

- ✓ Monitor participants for signs of fatigue
- ✓ Educate on recognizing limits
- ✓ Schedule regular breaks and hydration

PRE-SESSION SAFETY CHECKLIST**Risk Assessment**

- Complete and review risk assessment for this activity
- Brief all staff on key risks and emergency procedures
- Ensure all identified hazards have control measures in place

Venue & Equipment

- Gym floor clean, dry, and hazard-free
- Heavy bags secure and in good condition
- Ring ropes and posts inspected

Participants

- Wearing appropriate training attire
- Hand wraps applied correctly
- No jewellery or watches



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