



Risk Assessment Form

Name of club	
Venue	
Name and position of person doing check	
Date	

GYM SPACE	
The floor is clean, has a non-slip surface and is free from obstacles and hazards	Yes <input type="checkbox"/> No <input type="checkbox"/>
Equipment is not in a hazardous position or blocking entry / exit points	Yes <input type="checkbox"/> No <input type="checkbox"/>
Space is appropriate for the activity and number of participants	Yes <input type="checkbox"/> No <input type="checkbox"/>
Lighting and heating is sufficient	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments / actions taken or required:	

RING	
Ropes, rope ties and turnbuckles in good repair & ropes securely fastened and not frayed	Yes <input type="checkbox"/> No <input type="checkbox"/>
Underlay in good repair and of sufficient thickness as stated in the rules and regulations	Yes <input type="checkbox"/> No <input type="checkbox"/>
Canvas is tight, smooth and with no rips or tears	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments / actions taken or required:	



BOXERS' EQUIPMENT	
All equipment is appropriate for the number, age and level of boxers	Yes <input type="checkbox"/> No <input type="checkbox"/>
Gloves are in good repair without rips, foam of sufficient depth across the knuckles	Yes <input type="checkbox"/> No <input type="checkbox"/>
Head guards should fit the boxers correctly and have secure straps / lacing	Yes <input type="checkbox"/> No <input type="checkbox"/>
Groin protectors are in good repair and are a good fit	Yes <input type="checkbox"/> No <input type="checkbox"/>
Mouth guards are properly fitted	Yes <input type="checkbox"/> No <input type="checkbox"/>
Hand wraps are of the appropriate length and material	Yes <input type="checkbox"/> No <input type="checkbox"/>
Footwear is in good repair and is a good fit	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments / actions taken or required:	

GYM EQUIPMENT	
Sufficient space around equipment for it to be used safely	Yes <input type="checkbox"/> No <input type="checkbox"/>
Punch bags are sufficiently padded to not cause hand damage i.e. no 'hard sports'	Yes <input type="checkbox"/> No <input type="checkbox"/>
Bag chains and fastenings are securely tightened and in good repair with no broken links or bent fastenings	Yes <input type="checkbox"/> No <input type="checkbox"/>
Floor-to-ceiling balls have secure anchor points and elastic is in good condition	Yes <input type="checkbox"/> No <input type="checkbox"/>
Mats have no tears or rips	Yes <input type="checkbox"/> No <input type="checkbox"/>
Skipping ropes have secure handles and are in good condition	Yes <input type="checkbox"/> No <input type="checkbox"/>
Benches are in good repair and are splinter-free	Yes <input type="checkbox"/> No <input type="checkbox"/>
Medicine balls are in good condition with no splits	Yes <input type="checkbox"/> No <input type="checkbox"/>
Weights: stands, bars and collars are all in good condition with secure collars and no damage to welds	Yes <input type="checkbox"/> No <input type="checkbox"/>
Aerobic equipment (e.g. bikes, cross trainers) is maintained in accordance with manufacturer's recommendations	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments / actions taken or required:	



BOXERS	
Medical and emergency contact information has been collected for all boxers	Yes <input type="checkbox"/> No <input type="checkbox"/>
Boxers are suitably attired and are not wearing jewellery	Yes <input type="checkbox"/> No <input type="checkbox"/>
Any injuries are taken into account when planning and conducting activities, which must be suitable	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments / actions taken or required:	

SPARRING	
All boxers that participate in sparring hold an appropriate medical card	Yes <input type="checkbox"/> No <input type="checkbox"/>
Sparring only takes place when a full coach or higher is present	Yes <input type="checkbox"/> No <input type="checkbox"/>
Sparring is not conducted by any coaches under the age of 18	Yes <input type="checkbox"/> No <input type="checkbox"/>
Level 1 coaches do not conduct open sparring	Yes <input type="checkbox"/> No <input type="checkbox"/>
Correct equipment is worn at all times during sparring i.e. head guard, mouth guard, protector, gloves, hand wraps	Yes <input type="checkbox"/> No <input type="checkbox"/>
Boxers and coaches to understand the need for control in conditioned and technique sparring and understand that it is a learning experience	Yes <input type="checkbox"/> No <input type="checkbox"/>
Boxers are matched suitably according to age, experience, ability, weight and height	Yes <input type="checkbox"/> No <input type="checkbox"/>
Suitable themes are chosen relative to age, experience and ability	Yes <input type="checkbox"/> No <input type="checkbox"/>
A range of sparring opportunities are on offer, tailored to the needs of the boxers	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments / actions taken or required:	



EMERGENCY PROCEDURES AND FIRST AID	
All coaches hold appropriate first aid qualifications	Yes <input type="checkbox"/> No <input type="checkbox"/>
Emergency procedures are published and available for all to see, and all coaches are aware of them	Yes <input type="checkbox"/> No <input type="checkbox"/>
A working telephone is available	Yes <input type="checkbox"/> No <input type="checkbox"/>
Emergency access points are checked and operational	Yes <input type="checkbox"/> No <input type="checkbox"/>
A fully equipped first aid kit is available at all sessions	Yes <input type="checkbox"/> No <input type="checkbox"/>
There is an accident / incident book in place and accessible, in which injuries other than minor training injuries are logged	Yes <input type="checkbox"/> No <input type="checkbox"/>
Comments / actions taken or required: 	

Signed:

Name:

Date: