



**BOXING SCOTLAND:  
COVID-19 Guidance for returning to boxing activities**

**20 June 2020**

<b>Issue</b>	<b>Status</b>	<b>Date</b>	<b>Details of Change</b>
Version 4.0	Approved	20 June 2020	Original document based on latest and available guidance - changes in red

**OVERVIEW**

These guidelines have been developed by Boxing Scotland for boxing activities within Scotland and were produced in conjunction with sportscotland and the Scottish Government.

The document shall remain fluid and shall be updated as further phased guidance is released by the Scottish Government regarding Covid-19 and our route from lockdown.

## **INTRODUCTION**

We are all very well aware as to the benefits boxing can have over and individual's physical and mental wellbeing. Unfortunately, competitive boxing is not a sport that can avoid person to person contact. That said, there are a number of boxing activities that can be undertaken which are consistent with the new route map moving out of lockdown, where the local environment allows.

These guidelines set out how boxing activity can be enjoyed in a way that is in line with Scottish Government advice and helps to prevent the spread of COVID-19. They include measures to limit hand to shared surface contact and minimise unnecessary interactions with others.

## **VENUES & FACILITIES**

Boxing facilities across the country are all different and operate in different local contexts. Making an assessment of whether a safe exercise environment can be provided depends on a range of factors, which apply differently at each venue. It is the responsibility of each boxing club, coach and facility to make that assessment based on their local environment.

- Ensure your club committee oversees and maintains the implementation of measures. Venues are advised to take time to ensure they reopen safely, rather than rushing
- All activity should be consistent with the Scottish Government guidance regarding health, travel, social distancing and hygiene at all times
- Venues must consider safety first, particularly minimising the risk of infection/transmission. A thorough risk assessment should be undertaken, and appropriate measures put in place to ensure participants, staff and volunteers are protected. A risk assessment template can be provided by Boxing Scotland should any club require.
- Guidelines will be updated as we progress through the different phases of Scottish Government measures.

## **FACILITIES**

- At this moment in time all indoor boxing facilities must remaining closed for any activity other than maintenance
- Toilet facilities should also be closed
- All inside social spaces should remain closed
- Remove any other unnecessary equipment

## **PERFORMANCE ATHLETES (BOXERS) AND COACHES**

**Performance athletes and Elite Boxing Group members should be aware of the guidance issued by the performance team and contact Boxing Scotland's Performance Director with any queries.**

## **COACHES**

**Personal training or coaching is permitted if it is outdoors, physical distancing can be maintained, and is with a maximum of 7 members from 2 other households, giving a total of 8 people.**

**A coach should not deliver training to more than 2 households at any one time, or provide training to more than 2 households per day.**

When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.

**No spectating should take place other than where a parent/guardian is supervising a child or vulnerable adult. In all cases physical distancing should always be followed.**

**Please also refer to our recommended Coaching Activity on page 5.**

## **BOXERS**

At all times, boxers should adhere to the Scottish Government's social distancing guidelines (staying at least 2m away from others), and practice public health advice for hygiene. Further information is available at:

[www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/](http://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-for-non-healthcare-settings/)

[www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/](http://www.hps.scot.nhs.uk/a-to-z-of-topics/hand-hygiene/)

Given the length of time most boxing activity has been suspended, it is advised that anyone returning to training should ease themselves back in gently.

**IMPORTANT: Do not leave your home to undertake exercise or outdoor activity if Scottish Government advice means you should stay at home because you or someone you live with has or has had symptoms of COVID-19, or you are in the most vulnerable category and have been advised to shield from the coronavirus.**

- 1.1 The advice for clinically vulnerable groups has been updated.**
- 1.2 People who are shielding can now undertake outdoor exercise activities. Further information is available at Scottish Government: Staying safe outdoors .**
- 1.3 People who are symptomatic should self-isolate for 7 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.**

## **STAY UP TO DATE**

- Scottish Government information around social distancing is available at the following link and should be read in full:

<https://www.gov.scot/collections/coronavirus-covid-19-guidance/>

<https://sportscotland.org.uk/covid-19/>

## **BEFORE LEAVING HOME & AFTER YOU RETURN**

- Wash your hands with soap and water for at least 20 seconds before leaving home to go outside (or use an alcohol gel if washing hands is not possible)

## EQUIPMENT

- Take hand sanitizer with you
- Take all your own equipment (do not share equipment)
- Bring a full water bottle, and do not share food or drink with others
- Ensure your equipment is kept clean and wipe down your equipment and water bottles before and after use
- Ensure you take all your belongings with you at the end of the session and do not leave anything behind

## TRAVELLING TO AND FROM TRAINING

- **Avoid using public transport where possible. Please note that if public transport cannot be avoided, it is mandatory to wear a face mask or covering. This applies to travel on all forms of transport including taxis and private hire cabs.**
- **Coach a maximum of 2 other households per day, so long as the boxers/athletes have not had to travel more than 5 miles and physical distancing is maintained.**
- **Coaches can travel beyond 5 miles to deliver a session so long as they adhere to Scottish Government guidance which only allows for 'work purpose' travel beyond 5 miles. As such, the Scottish Government guidance is referring to employed people (in essence to allow people to return to work and earn a wage). Volunteer coaches should not travel out with the 5 miles.**
- Arrive as close as possible to when you need to be there.
- Avoid touching entrance gates, fences, benches, etc. if you can.
- Do not congregate after training. No extra-curricular or social activity should take place.

## HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Avoid touching your face .

## HEALTH, SAFETY & HYGIENE

- Ensure usual access to first aid and emergency equipment is maintained (in some cases this may require limited access to the clubhouse being possible)
- **Please ensure the first aid equipment has been updated appropriately for the COVID pandemic and first aiders have undertaken appropriate additional training.**
- Guidance on delivering first aid during the coronavirus pandemic is available on the St John Ambulance website: <https://www.sja.org.uk/what-we-do/Coronavirus-support/>
  - Clean all common touchpoint surfaces regularly, wearing disposable gloves
  - **Make hand sanitizers or wipes available for use at entrance/exit to venue/facility where possible. Hand sanitiser should be at least 60% alcohol based and detergent**

**wipes are appropriate for the surface they are being used on. Cleaning products should conform to EN14476 standard or any detergent is followed by chlorine releasing agent.**

## **COMPETITIONS**

- At this stage, no competitions are permitted, however, Boxing Scotland will be providing guidelines for the resumption of competitive boxing activity in due course.

## **COACHING ACTIVITY**

All activity should be consistent with the government guidance regarding health, travel, social distancing and hygiene at all times. All coaches must ensure guidance is communicated to boxers before a training session takes place to ensure participants are aware of what they should and should not be doing.

- **Guidance for coaches, leaders, personal trainers, and instructors is available at [Getting your coaches ready for sport](#).**

## **Outdoor Training Guide**

This guide has been produced to assist coaches in delivering outdoor training during Coronavirus COVID-19 Phase 1.

Please note – the health and safety of everyone is paramount. You should not train boxers who are either considered vulnerable or extremely vulnerable or live in a household with someone in considered vulnerable or extremely vulnerable.

**People who are shielding should not attend activities.**

- **People who are shielding can now undertake outdoor exercise activities. Further information is available at [Scottish Government: Staying safe outdoors](#).**

People who are symptomatic should self-isolate for 7 days: household members for 14 days as per info on NHS guidance.

**No one who is self-isolating should attend an outdoor gathering.**

**Non-Contact Training only** - precautions must be taken to minimise any accidental contact and there must be no deliberate body-contact training. No pad work is permitted until guidance is issued that it can be undertaken. Clubs should undertake risk assessments of all coaching activities

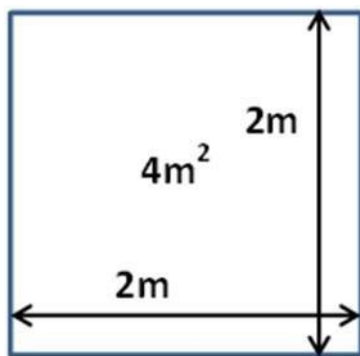
## **Session Planning**

- Identify several suitable outside areas within your local community
- You should avoid crowded places where physical distancing may be difficult

- Use your judgement - if somewhere is likely to be busy, you should avoid going there – and if you arrive somewhere and it is busy, alter your plans and consider going somewhere else that is quieter
- You should arrive earlier than the time you have arranged with your Boxer to ensure the area is suitable. If not, inform your Boxer of another pre-determined location
  - Ideally your area will be accessible via less popular areas

### Session Area

- Ensure you conduct a visual review of the area in order that dangerous items can be collected for safe disposal, for example broken glass, dog faeces etc.
- You should choose an area that is even and in good condition e.g. free of loose grit, and relatively level, no hollows or bumps
- If other people are nearby, ensure there is adequate space between areas
- Use an object(s) to define the 2m distance between you and your Boxer. Cones, boxing gloves and skipping ropes can be used to mark out the ground.



**Figure 1**



**Figure 2**

As in figure 1, a square can be marked out to define the 2m distance. In this case, the coach and boxer would always remain at opposite sides of the square.

To assist with the movement aspect of a session, two (2) circles could be marked out (2m from white circle outer line to blue circle outer line). The coach could be situated inside the inner circle and the boxer outside the outer circle, providing the boxer with 360 degree movement.

### Session Content

Despite the distancing required, you can still provide a variety of sessions to keep your boxer stimulated.

You can refer to our series of “Adapt and Overcome” Training Videos which can be found on the Boxing Scotland Facebook page, and also the Technical Training Videos on the “Boxing Scotland New” YouTube Channel.

Please find the following examples for session content:

### Technical

Drills and Exercises to focus on:

- Stance, Guard & Footwork (Agility, Balance & Coordination)
- Punch Mechanics and Full Punch Repertoire
- Full Defensive Repertoire
- Fault Correction

### Tactical

Set your Boxer Tasks / Scenarios using a Tactical Theme / Situation, for example

- Opponent Specific:  
Taller, Shorter, Counterpuncher, Southpaw, Mobile Stylist, Physical Power Puncher etc
- Boxing Ranges – Close, Medium (Middle) and Long Conduct appropriate skills for each Range
- General Tactics – Front Foot Pressure, Patterns of movement, nullify opponents’ strengths / preferred tactics, Tempo changes, Feinting etc.
- Attacking – repetition of 3 punch combinations. Set tasks for each combination i.e must Switch the Attack (head then body or vice versa), change range for each punch etc

### “Mirror” Coaching

This is an extremely effective method of Coaching without contact. Basically, the Boxer responds to the actions of the Coach, for example:

- Movement – if the Coach moves left, the Boxer moves right. If the Coach steps forward, the Boxer steps back etc.
- Attacking – the Coach can indicate a part of the body for the Boxer to throw a punch(es) at that target area (CLEARLY MAINTAINING 2M DISTANCE AT ALL TIMES). The Coach can also use pre-determined hand signals for the Boxer to react to i.e Left hand on Chin, Boxer reacts with a Jab, 2 hands on chin Boxer reacts with double jab etc.
- Defence – The Boxer must execute the appropriate defence for the punch the Coach has thrown etc.