



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

17 June 2020

Issue	Status	Date	Details of Change
Version 3.0	Approved	17 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 (this is being reviewed by Scottish government)
- All inside social spaces should remain closed
- Remove any other unnecessary equipment

PERFORMANCE ATHLETES (BOXERS) AND COACHES

Boxing Scotland received an update from sportscotland, stating that it has been working closely with the Government's Active Scotland Division to develop guidance which follows the route-map through the COVID-19 pandemic. Following the announcement of the move into Phase One of the route-map on 28 May, a number of outdoor sports were given approval to issue guidance within their communities, which allowed appropriate outside activities to take place. Approval was also given on 11 June to commence the first stage of a return to professional / performance sport for athletes (boxers), coaches and support staff.

This will allow engagement in outdoor training, individually or in groups, with appropriate social distancing and health and hygiene measures in place. Travel to outdoor training sites beyond the current Scottish Government guideline of broadly 5 miles is now permitted. More detailed guidance

can be found via the following link: <https://www.gov.scot/publications/coronavirus-covid-19-what-you-can-and-cannot-do/pages/sport-culture-and-leisure/>

For the purposes of this guidance the definition of a 'performance athlete' is defined as:

1) Athletes who are: a. Professional athletes, and / or

b. Athletes in professional teams, or

c. 16 years of age and above and on performance development pathways for professional sports.

or

2) For GB Olympic and Paralympic sport, athletes who are:

a. GB senior (i.e. those not classified by age group) representatives for NGB's on a Summer or Winter Olympic and Paralympic Games (Tokyo/Beijing) pathway, or

b. On senior training squads (i.e. those not classified by age group) for NGB's on a Summer or Winter Olympic and Paralympic Games (Tokyo/Beijing) pathway, or

c. 16 years of age and above and on performance development pathways for NGB's on a Summer or Winter Olympic and Paralympic Games (Tokyo/Beijing) pathway.

or

3) Athletes who are senior representatives or on senior training squads (i.e. those not classified by age group) for Commonwealth Games sports for territories in the British Isles and are participating in sports which are not on the 2020 Olympic / Paralympic programme but are on the Birmingham 2022 Commonwealth Games programme.

Full details can be viewed here:

<https://www.boxingscotland.org/version2/wp-content/uploads/2020/06/Phase-1-Resumption-of-Performance-Sport-Guidance-step-1A-Appendix-1-FINAL.pdf>

COACHES

One on one personal training or coaching is permitted if it is outdoors, physical distancing can be maintained, and is with members of your household and/or members of 1 other household.

A coach should not deliver training to more than 1 household at any one time or provide training to more than 1 household per day. When participating in training or coaching, where possible, avoid touching surfaces and sharing equipment and touching your mouth and face.

Guardian (non-participant) attendance should be limited to one per child where possible, with social distancing strictly observed while watching the session.

Please refer to our recommended Coaching Activity guide below.

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/

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.

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
- Coach ONE Boxer from another household OUTSIDE, ONCE per day, so long as the Boxer/Athlete has 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 outwith 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)
- 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

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.

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 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 sports activity.

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.

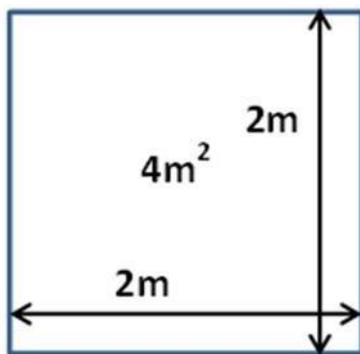


Figure 1

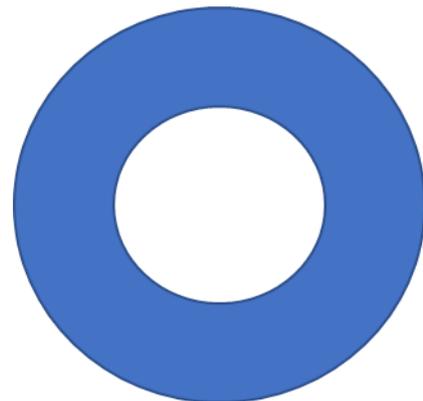


Figure 2

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.