



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

**11 July 2020**

Issue	Status	Date	Details of Change
Version 5.0	Approved	11 July 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
- Toilets may be available if operators follow the guidelines outlined on the Scottish Government website. [Opening Public Toilets Guidelines](#). Please check with your venue operator in advance of your session
- All inside social spaces should remain closed
- Remove any other unnecessary equipment

## CLUB COVID-19 CO-ORDINATORS

To help ensure that clubs are following the correct guidance at the correct time, we are asking that every club nominate a 'Club COVID-19 Co-ordinator' who would be the main point of contact within each club for Boxing Scotland and also for their own club members with regards to COVID-19. Please check Social Media and Club emails for this document.

This person, who may be a coach or on the committee, will receive up to date information directly from Boxing Scotland and would be responsible for ensuring their club is following the current guidelines.

Your club will not be authorised to carry out this activity without sending the Club COVID-19 Co-ordinator Role Descriptor to your District Boxing Scotland Club Development Officer. The club will not be insured if the if this document is not held by Boxing Scotland.

## **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**

#### **COACHING ADULTS**

Personal training or coaching is permitted if it is outdoors, physical distancing can be maintained, and is with a maximum of 14 members from 4 other households, giving a total of 15 people per day.

1. Coaches should not deliver training to more than 4 households (or extended households) at any one time or provide coaching to more than 4 households (or extended households) per day.
2. Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
3. Coaches who are shielding are not permitted to deliver at the current time.

#### **COACHING CHILDREN**

1. Children under 12 do not need to maintain physical distance between themselves.
2. Children aged 12-17 are only free of physical distancing guidelines during the activity. Normal physical distancing guidelines will however apply before and after the activity takes place.
3. Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
4. Coaches who are shielding are not permitted to deliver at the current time.
5. From the 13<sup>th</sup> July the following should be applied when Coaching Children:

- **The club must appoint a 'COVID Co-ordinator' who will be responsible for completing a documented risk assessment and mitigating any risks prior to the session.**
- Coaches are required to keep an attendance list of all taking part in activity.
- **Coaches and other adults supporting organised activity should attempt to keep physically distant where possible**
- **No Sparring, Paddles, Noodles or Pads allowed**
- Health, safety & hygiene measures for children's activity which should be in line with guidance provided within this document.
- Where possible children should work individually on a separate spot for each activity
- Children should bring their own equipment (or equipment can be provided by the club on condition that it is cleaned with sanitising wipes prior to use)
- Coaches must be operating within a 1:10 adult to child ratio and take into consideration the space available.
- There is no limit as to how many sessions coaches can deliver to children within a day
- We recommend a maximum session length of 90mins or what is deemed appropriate for their age and stage of development.

- All Clubs providing children's activity must abide by relevant SGB guidance and have a named 'COVID Co-ordinator' who will complete documented risk assessments and ensure all appropriate mitigations are put in place by the sports organisation before any children's outdoor activity is undertaken.

**At all times coaches should:**

- be aware of their responsibilities and that of their participants before, during and after each session.
- check, in advance of delivery, that appropriate insurance policies are in place for all coached activities and that their insurance is valid for the activities they plan to deliver.
- find out about their direct and surrounding delivery environment in advance of the session and contact the park/green space operator, where relevant, to confirm any changes in processes and procedure
- ensure appropriate policies are in place in line with respective Scottish Governing Body and local authority or leisure trust regarding safeguarding best practice.
- ensure they have an approach to activity that is feasible and safe to deliver.
- Coaches working with children should familiarise themselves with the additional considerations developed by Children 1st: <https://sportscotland.org.uk/media/5774/cyp-return-to-sport-after-covid-19.pdf>

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 onwards.**

## **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.

## SHIELDING GUIDANCE

### Staying safe outdoor

Our advice is that you can choose to leave your home to exercise or meet with people outdoors. This is as long as the infection rate in Scotland stays low. There are no limits on the number of times you can go out, or for how long you can stay out.

#### Who this advice applies to.

This advice applies to most people who have been asked to shield. This includes those who are pregnant. It also includes any children and young people who have been asked to continue to shield.

This advice does not yet apply if you have been asked to shield while living in a residential nursing or care home.

We advise anyone shielding because you are waiting on a solid organ to strictly follow this guidance. Please also contact your transplant team to discuss if this advice is right for you.

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 <https://www.gov.scot/publications/covid-shielding/pages/staying-safe-outdoors/>

### Going outdoors to exercise or be active

If you have not been very active for the last few months, you may wish to take things slowly at first. NHS Inform has more guidance about physical activity.

If you choose to go outdoors to be active, you can:

- do whatever level of physical activity feels comfortable for you
- go for a run, wheel, walk or cycle as much as you want
- take part in a non-contact outdoor sport or activity, such as golf, hiking, canoeing, outdoor swimming, fishing etc.

### Travel advice

- There is now no limit on how far you can choose to travel.
- You can travel in a car, either driving yourself or someone who you live with can drive you. For now, do not go in a car with people you do not live with.
- Avoid using public transport.

## 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.**
- 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.**
- **It is mandatory to wear a face mask or covering for all shops or public buildings and public transport.**
- Guidance on delivering first aid during the coronavirus pandemic is available on the St John Ambulance website: [St John's Ambulance COVID 19 First Aid advice](#)
  - 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, Physical 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 have been and 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.

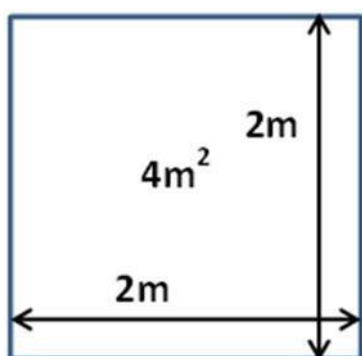


Figure 1



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 Coaches 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, Boxers 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.