



Boxing Scotland Limited

Sample Risk Assessment Template

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

PRE-SESSION PLANNING		
Club has informed Boxing Scotland of COVID Coordinator	Yes	No
COVID Coordinator has completed online training	Yes	No
Club has an adequate working Test and Protect system	Yes	No
Emergency Action Plan is up to date	Yes	No
All participants, existing and new, have completed PAR Q	Yes	No
Adequate number of U18 PARQ / Adult PARQ available	Yes	No
GYM SPACE		
All gates and entry points are open and cleaned regularly	Yes	No
If possible, create a one-way flow in and out of the Gym s to avoid breaching 2m social distancing	Yes	No
Training areas are set up and clearly marked (EG cones and equipment) and signage to advise on direction of flow and what is and isn't allowed in that area (eg 2m distancing and no contact)	Yes	No
The floor is clean, has a non-slip surface and is free from obstacles and hazards	Yes	No
Equipment cleaning and hand sanitisation stations are set up with appropriate signage and adequate supplies	Yes	No

Equipment is not in a hazardous position or blocking entry / exit points	Yes	No
Space is appropriate for the activity and number of participants	Yes	No
Lighting, ventilation and heating is sufficient	Yes	No
Comments / actions taken or required:		
RING		
Ropes, rope ties and turnbuckles in good repair & ropes securely fastened and not frayed	Yes	No
Underlay in good repair and of sufficient thickness as stated in the rules and regulations	Yes	No
Canvas is tight, smooth and with no rips or tears	Yes	No
If floor ring all mats are flats with no tears or trip hazards	Yes	No
Comments / actions taken or required:		

PATICIPANTS EQUIPMENT		
No club equipment is to be shared between participants ie. Gloves, ropes	Yes	No
Gloves are in good repair without rips, foam of sufficient depth across the knuckles	Yes	No
Hand wraps are of the appropriate length and materiel for hand protection for bag work	Yes	No
Footwear is in good repair and is a good fit	Yes	No
Comments / actions taken or required:		

GYM EQUIPMENT		
Clean all equipment down and individuals wash hands after use	Yes	No
Physical distancing can be maintained around training areas for safety	Yes	No
Punch bags are sufficiently padded to not cause hand damage i.e. no 'hard sports' cleaned after use	Yes	No
Bag chains and fastenings are securely tightened and in good repair with no broken links or bent fastenings	Yes	No
Floor-to-ceiling balls have secure anchor points and elastic is in good condition	Yes	No
Mats have no tears or rips	Yes	No
Benches are in good repair and are splinter free	Yes	No
Medicine balls are in good condition with no splits cleaned after use	Yes	No
Weights – stands, bars and collars are all in good condition with secure collars and no damage to welds and cleaned after use	Yes	No
Aerobic equipment (bikes, cross trainers etc) is maintained in accordance with manufacturer's recommendations and cleaned after use	Yes	No
Comments / actions taken or required:		
PARTICIPANTS		
Medical and emergency contact information has been collected for all boxers	Yes	No
Boxers are suitably attired and are not wearing jewellery	Yes	No
Any injuries are taken into account when planning and conducting activities, which must be suitable	Yes	No
must bring own water bottle and towel	Yes	No
Comments / actions taken or required:		

EMERGENCY PROCEDURES AND FIRST AID		
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All coaches hold appropriate first aid qualifications	Yes	No
All first Aiders are aware of additional requirements due to COVID-19	Yes	No
Emergency procedures are published and available for all to see, and all coaches are aware of them	Yes	No
A working telephone is available	Yes	No
Emergency access points are checked, and operational and operational fire extinguishers are available	Yes	No
A fully equipped first aid kit with appropriate PPE is available at all sessions	Yes	No
There is an accident / incident book in place and accessible in which injuries other than minor training injuries are logged	Yes	No

Comments / actions taken or required:

CHANGING, SHOWER AND TOILET FACILITIES		
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Shower and Changing rooms remain closed	Yes	No
Toilets are checked and "fit for purpose"	Yes	No
Enhanced cleaning of all facilities regularly during the day and at the end of the day.	Yes	No
Equipment is not in a hazardous position or blocking entry / exit points	Yes	No
Lighting and heating is sufficient	Yes	No

Comments / actions taken or required:

Signed:.....

Name:.....

Date:.....