



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

21st October 2020

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1. 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. Current updates from the Scottish Government are available at [Coronavirus \(COVID-19\) Phase 3: Scotland's route map update – 10 September 2020](#)

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.

People who are symptomatic should self-isolate for 10 days (increased from 7 days previously): No change to 14 days self-isolation for those in contact with someone who tests positive or entering/returning from international travel from relevant countries.

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.

COMPETITIONS

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

2. GUIDANCE FOR CLUBS AND COACHES SESSIONS

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.

CLINICALLY VULNERABLE PEOPLE

The advice for clinically vulnerable groups has been updated. People who are shielding can now follow the full updated Boxing Scotland Phase 3 Guidelines. Further information on shielding in general is available [here](#).

People who are symptomatic should self-isolate for 10 days and household members for 14 days as per NHS guidance. No one who is self-isolating should attend an outdoor sports facility/activity.

GUIDANCE FOR TRAINING ADULTS (18 and over)

Personal training or coaching is permitted if it is outdoors, physical distancing can be maintained, the cap on the number of households a coach can work with in a day is removed.

From the 24 August 2020 additional sport and leisure activities will be permitted if appropriate guidance and risk assessments are implemented.

A 'field of play bubble' can be created whilst a sporting activity is taking place, in effect suspending Scottish Government household number guidelines for the duration of the activity. Where Clubs or sports facility operators are considering running outdoor sport or leisure activities with multiple bubbles of 30 people taking part, they must ensure that these bubbles do not mix at any time including before, during or after the activity.

Where there is likely to be close contact between participants in an organised sporting activity, mitigation should be put in place to minimise risk and keep participants safe.

Adult outdoor contact sports training and competition in an organised setting can resume ideally with a maximum of 30 people taking part in any one session.

Scottish Government has indicated that the size of groups/household numbers that can be coached at any one time (session) is being reviewed. An update will be provided as soon as it is available. Limits on size and the number of households in a group that a coach can work with at any one time remain, up to a total of 30 people including the coach per session.

1. Register of attendees to be taken and kept up to date for Test and Protect.
2. Maintain Physical Distancing: 2m physical distancing should be maintained at all times.
3. Pre and Post Session Meeting: Appropriate steps should be taken in order to ensure physical distancing before and after sessions. Staggering arrival times should be considered.
4. **No shared equipment:** Participants should use their own personal equipment and ensure appropriate hygiene rules are adhered to. Another participant's equipment should not be touched.
5. **No contact boxing: All forms of contact boxing must be avoided in order to maintain physical distancing.**
6. Coaches who are shielding are not permitted to deliver at the current time.

GUIDANCE FOR TRAINING YOUTH (12 – 17)

1. Physical Distancing: An exception to the physical distancing between youths is allowed during sessions. However, physical distancing between adults (coaches) and youths should be maintained at all times.
2. Pre and Post Session Meeting: appropriate steps should be taken in order to ensure physical distancing before and after sessions. Staggering arrival times should be considered
3. Register of attendees to be taken and kept up to date for Test and Protect.
4. Shared Equipment: Use of non-essential shared equipment (e.g. cones, agility ladders) should be avoided. Shared equipment should be cleaned before, during and after each session in line with the guidance available in Section 5 shared equipment cleaning guidance.
5. Coaching of people who are shielding is now permitted, provided it takes place outdoors and physical distancing and hygiene guidelines are strictly observed.
6. Coaches who are shielding are not permitted to deliver at the current time.

GUIDANCE FOR TRAINING CHILDREN (11 and under)

1. Physical Distancing: Physical distancing is not required between children. Care should be taken to ensure physical distancing can be maintained between any adults attending sessions with children.
2. Register of attendees to be taken and kept up to date for Test and Protect.

3. Shared Equipment: Use of non-essential shared equipment (e.g. cones, agility ladders) should be avoided. Shared equipment should be cleaned before, during and after each session in line with the guidance available in Section 6 shared equipment cleaning guidance.

3. COACH AND CLUB CONSIDERATIONS

- **The club must appoint a 'COVID Co-ordinator' who has completed COVID Co-ordinator Training and will be responsible for completing a documented risk assessment and mitigating any risks prior to the session.**
- **Coaches and other adults supporting organised activity should attempt to keep physically distant where possible.**
- **No Sparring, Paddles, Noodles or Pads allowed outdoors or indoors. Boxing Scotland will continue to monitor changes in government guidance.**
- 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 each use)
- Coaches must be operating within a 1:30 adult to child ratio and take into consideration the outdoor space available. Indoor ratios will be governed by physical distancing.
- There is no limit as to how many sessions coaches can deliver within a day.
- Sufficient time is allowed for changeover of the groups.
- 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.

DEALING WITH YOUNG PEOPLE

The role boxing clubs play in the support of young people within their community is widely recognised and admired. However, as well as ensuring Child Protection policies and procedures are maintained, it is important to recognise and listen to the young people attending the boxing clubs after the break caused by the pandemic. Whilst most may have coped well with the lockdown, others may not. For some young people, and indeed adults, the experience may have been very difficult.

Consideration should be given to the fact that the coaches / volunteers in the club may be one of the first people outside the family / household unit that a young person has come into contact with.

As a result, they may be struggling for various reasons. These can include:

- Lacking confidence, having been cut off from family and friends.

- Being confused and stressed about social distancing or the change of rules / environment / routine, especially those with learning difficulties.
 - Grieving for someone they care about who has passed away or concerned for someone who has been, or still is unwell.
 - Hearing that people from BAME communities may be more vulnerable to COVID-19.
 - Being neglected, encountering bullying (possibly online) or other similar issues.
- Please check in with the young people in your club. If its emergency, please contact 999. However, if there are other concerns, please contact your welfare officer, who can seek guidance as required.

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.

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 <https://sportscotland.org.uk/media/5948/phase-3-coaching-guidance-30th-july-final.pdf>

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 pages 11-13 onwards.

INDIVIDUAL EQUIPMENT

- Take hand sanitiser 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 sessions and do not leave anything behind.

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.

BOOKINGS AND PAYMENTS

- Encourage people to make bookings online where possible. However, be aware that a proportion of disabled people, people from low income households and older adults do not have access to the internet. Ensure you have alternative measures in place. For example, telephone bookings.
- Where possible and in line with Data Protection regulations, a register of users should be kept in case there is a need to Test and Protect. Please follow any guidance provided by your employer or venue operator.
- Consider introducing buffer periods between sessions to stagger start times so that participants do not all arrive/leave at the same time.
- A move to online booking and payment is recommended and participants should be encouraged to use contactless or cashless payment where possible. If Cash must be used ensure the cost of session is communicated to ensure individual arrives with the correct amount for payment to minimise contact and exchanges of money.

4. Equality & Inclusion

Covid-19 is affecting everyone. But the impact of the pandemic is not being felt equally. Before the pandemic certain groups were less likely to participate in sport and physical activity. These groups are also the most at risk of worsening inequalities due to Covid-19:

- Older people
- Disabled people
- Ethnic minorities
- Women
- People from deprived communities

It is more important than ever to consider inclusive guidance for people who need extra support to be active and sports facility operators should consider this as part of their work to encourage people to return.

The evidence emerging has clear implications for how we design and deliver sport and physical activity. Some key areas for consideration include.

- **Communication** – Digital exclusion is a key issue. With so many services and so much information moving online it risks worsening the health impacts of the pandemic. We have to think innovatively about the range of ways we can provide information to people about sport and physical activity.

- **Accessibility** – Accessibility of our environments is another key issue emerging from the pandemic. As clubs and leisure centres re-open it's important to build understanding of people's specific accessibility needs around things like hygiene, physical distancing and face coverings so we can provide the best possible support to people to take part in sport and physical activity.
- **Anxiety, mental health and wellbeing** – The pandemic is leading to an increased risk of anxiety and mental ill-health for people who share all characteristics. We know that sport and physical activity can have significant benefits for people's mental health so it's vital that we continue to promote those benefits, so people are encouraged to get involved.

Confidence - Confidence to return to sport is a big issue across all groups. We know that some groups are at higher risk from Covid-19 than others (including some ethnic minorities, disabled people and households experiencing poverty). These groups may be even more nervous about returning to sport or starting to participate. They are also less likely to participate in sport in the first place, so clubs will need to give extra attention to their needs to help build their confidence.

Where a disabled participant requires functional support to help them participate coaches or carers can provide this without maintaining physical distancing. In such circumstance the responsible 'Covid Officer' should consider appropriate mitigating actions as part of the risk assessment. For instance, providing appropriate PPE, limiting the number of participants an individual provides functional support to, limiting the duration spent in close proximity, or a combination of actions.

5. 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/>

6. TRAVELLING TO AND FROM TRAINING

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)

- **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.**
- Please consider whether you need to use public transport, to ensure it is available for those with no alternative.
- Where possible walk, wheel or cycle, whilst complying with the physical distancing measures.
- 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.
- Travel guidance outlined by the Scottish Government should always be adhered to. <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/getting-around/>

7. HEALTH AND SAFETY & HYGIENE

FACE COVERINGS

- It is mandatory for participants and visitors to indoor sports facilities to wear face coverings **before** and **after** activity or when in non-playing areas of the facility. If entry is through a reception area or the facility is a multi-use facility. Also, when individuals must transit through common transit areas with multiple groups. For example: reception and storage areas unless there is a reasonable excuse not to do so. For example, if you have a health condition or you are disabled, including hidden disabilities such as autism, dementia, or a learning disability.
- If you are deaf and need to look at lips and facial expressions to help you communicate, you can ask staff to remove their face covering.
- Face coverings do not need to be worn when undertaking physical activity, exercise.
- The [Coronavirus \(COVID-19\) Phase 3: staying safe and protecting others page on face coverings](#) provides guidance on their use and exemptions.

HYGIENE

- If you need to sneeze or cough, do so into a tissue or upper sleeve.
- Avoid touching your face.
- Cleaning, hand, and respiratory hygiene are core measures and provision should be made for these. Clear guidance and plans are needed for cleaning of equipment and waste disposal. 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
- 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.

HEALTH & SAFETY

- Coaches should ensure they have access to first aid and emergency equipment. Where equipment is stored indoors coaches should ensure public access to indoor areas is restricted as much as possible with hygiene and safety protocols reviewed as part of the risk assessment. Coaches should ensure that first aid equipment has been updated appropriately for the COVID pandemic and first aiders have appropriate training.
- 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](#)
- 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.**
- Clean all common touchpoint surfaces regularly, wearing disposable gloves

This guidance is only for sessions with children (11 and younger) and young people (aged 12 - 17). If you are **18 or older there is no sharing of any equipment.**

1. Use of Shared Equipment

- We recommend that no equipment that should be shared at this point. Additional training resources (e.g. cones, ladders) should not be used.
- Individuals should use their own equipment for as much of the session as possible. Sharing of equipment should be limited as much as possible. If you can avoid sharing equipment please continue to use your own equipment.
- Individuals should bring their own water-bottles. These should not be shared in any circumstances.
- Clubs should provide hand-sanitiser at all sessions, but individuals should also be encouraged to bring and use their own where possible

2. Boxing Cleaning Station:

- Clubs should set up a cleaning station at any session they are delivering.
- Cleaning station should include:
 - Disposable gloves
 - Spray bottle of disinfectant solution (conforming to EN14476 standards).
 - Kitchen roll of similar
 - A bin or bag for disposing of gloves/wipes
- One person should be designated as responsible for cleaning shared equipment before and after each use. (If it has to be used)

3. Cleaning frequency

- Shared equipment should be cleaned before and after every session.
- If you are sharing equipment for significant parts of sessions, the equipment should be cleaned during regular breaks in participation.
- At times when equipment is cleaned, all participants should also sanitise their hands.

4. Cleaning Process

- Disposable gloves should be worn while cleaning
- All equipment should be sprayed thoroughly to ensure all surfaces are covered
- All cleaning equipment should be taken from the training area and safely disposed of
- Gloves should be removed and disposed of.
- Hand sanitiser should be used by the individual who has completed the cleaning process

5. Participants

- All participants should use hand sanitiser immediately before and after using shared

Further guidance is available at.

[Health Protection Scotland: Test and Protect](#)

[Health Protection Scotland: General guidance for non-healthcare settings](#)

[Health Protection Scotland: Cleaning in a non-healthcare setting](#)

[Health Protection Scotland: Hand hygiene techniques](#)
[Health and Safety Executive: First aid during the coronavirus \(COVID-19\) outbreak](#)
[St. John's Ambulance: Covid-19 advice for first aiders](#)
[HSE: First Aid during the coronavirus](#)

8. OUTDOOR TRAINING GUIDE

This guide has been produced to assist coaches in delivering outdoor training during Coronavirus COVID-19 Phase 1-3.

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 10days (increased from 7 days previously): No change to 14 days self-isolation for those in contact with someone who tests positive or entering/returning from international travel from relevant countries.

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.

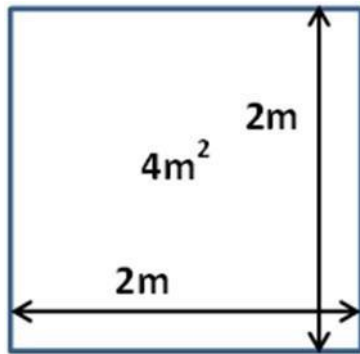


Figure 1

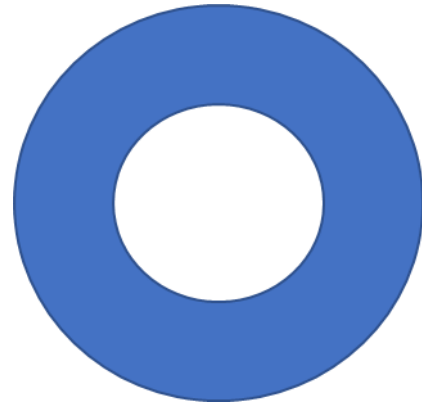


Figure 2

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.

9. OPENING OF BOXING CLUBS (Open from 31st Aug)

Indoor sport and leisure facilities can reopened from the 31 August 2020 subject to Scottish Government guidance being followed as outlined at Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) Clubs and participants should be aware that not all facilities will be able to open immediately following guidance changes and there will often be time lags as plans are put in place to re-engage staff, set up operations and ensure safety of participants.

These considerations and advice, understandably, cannot cover every situation. So, each club should also review the government advice / guidelines and how it specifically affects them.

We understand that some of the requirements will be in some cases difficult to implement. It remains our opinion that wherever possible, training activity should take place outside, where the risks are significantly reduced.

Clubs should also be aware that the following guidelines are in addition to the usual Boxing Scotland Club BSL COVID-19 OVERVIEW GUIDANCE and Child Wellbeing and Protection Policy and Procedures. In the coming days alongside this advice we will try and provide further updates to help manage this process, so the risk is minimised including an updated risk assessment form.

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. It is a Boxing Scotland requirement for COVID Co-ordinators are to complete the sportscotland COVID-19 Officer training. A link to the training module can be found below.

1. An e-learning module for COVID officers is available at **COVID Co-ordinator Training**. 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.

Test and Protect

[Test and Protect](#), is Scotland's way of putting into practice NHS Scotland's test, trace, isolate and support strategy. Containing outbreaks early is crucial to reduce the spread of COVID-19, protect the NHS and save lives, and avoid the reintroduction of social and economic lockdown. This will support the country to return to, and maintain, a more normal way of life.

Maintaining customer records

- It is a **mandatory** requirement that sport facility operators collect the name, contact number, date of visit, time of arrival, and where possible the departure time of all those attending facilities or activities. Where attending as a small household group, the contact details for one member – a 'lead member' – will be sufficient.
- Sports facility operators should store information for **21 days** and share it when requested to do so by public health officers.
- The [Coronavirus \(COVID-19\): Test and Protect information leaflet](#) provides information on the Test and Protect service from NHS Scotland.

Protect Scotland App

Although not mandatory Boxing Scotland is strongly encouraging individuals to use the Protect Scotland App in order to help speed up the contacting of individuals as required through the Test and Protect system.

- NHS Scotland has launched a free mobile app designed to help with contact tracing efforts and slow the spread of COVID-19. The app will alert users if they have been in close contact with another app user who tests positive for coronavirus.

- Supported by a dedicated Protect Scotland website, the app is an extra tool complementing existing person-to-person contact tracing which remains the main component of NHS Scotland's Test and Protect system.
- Further information on the Protect Scotland app is available at www.protect.scot.

Implement a one-way light system of entry

- Entrance and exit routes to and from the gym carefully planned / marked and facilitated. A one-way system for entering buildings and toilets may need to be established to maintain appropriate physical distancing.
- This may mean having separate entry and exit points, which may need to be managed by staff to minimise any queuing and to maintain physical distancing, equipment spaced out etc.
- All of this should be clearly marked for users and wherever possible communicated to them in advance of their arrival.

General advice.

- **It is essential that all activities in consistent with government advice**
- **Due to the two-metre social distancing requirement, pad work, paddles, noodles, sparring, skills bouts, or any form of competitive boxing is not permitted.**
- **It is clear that the risk of infection is greatly reduced in outside areas. Consideration should be given to whether more boxers can be accommodated in this way; and if it is safer to do so, to hold the training sessions outdoors.**
- **Indoor facilities must be ventilated as much as possible.**

Venue Capacity

The Government advice details the following - We have been advised that it has been confirmed that this advice applies to all indoor sporting facilities:

Ventilation is an important part of mitigating against the transmission of COVID-19. Ventilation into the building should be optimised to ensure a fresh air supply is provided to all areas of the facility and increased wherever possible. Particular attention should be given to areas where high intensity exercise activity takes place.

Indoor non-contact sports training, activity can be undertaken by children up to and including the age of 11 years. Non-contact activity may resume subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m.

Indoor non-contact sports training, activity and competition can be undertaken by those 12 years of age or older. Non-contact activity may resume subject to appropriate physical distancing measures being put in place to limit the risk of participants encroaching within 2m.

2m distancing with facility operators making assessments in relation to individual facilities to give certain amounts of space for users to ensure 2m distancing can be adhered to at all times.

In the absence of known ventilation rates, clubs should open windows and doors.

Further to this as well as the normal 2m distance, whilst exercising and moving around, a minimum distance of 2m in all directions allowing for movement between individuals must be maintained. This also needs to be considered for corridors, pinch points, entries and exits etc.

- Sufficient time is allowed for changeover of the groups.
- The advice and the protocols are communicated to the parents / children / young people ahead of the session.
- **They do not attend if feeling unwell or have COVID19 symptoms.**
- The groups are kept as consistent as possible.
- Test and Protect records are kept.
- All our previous advice (including this document) and Boxing Scotland Regulations and Child Protection requirements are also adhered to.
- The aim is also to stop mixing in larger groups, so multiple groups should be kept a significant distance apart and not mix or share equipment.

Indoor capacity numbers should be based on the venue guidelines above.

- Clubs and members should be aware that the relaxing of the regulations can be reversible and the government may reintroduce some restrictions.

Before Reopening Club to Members

Before the reopening of a boxing club the following recommendations should be followed:

- We would strongly recommend that, on a **weekly basis**, all water outlets (taps / showers etc) are run for a minimum of a minute whilst clubs are closed. This will help prevent the spread of disease.
- Prior to the reopening of a boxing club, a deep clean using appropriate disinfectant / antibacterial cleaning product of all floors, surfaces, waiting areas, changing rooms, toilets etc, together with the equipment fixed and mobile e.g. weights, gloves, headguards, ropes, bags, pads etc, should take place. Those doing the cleaning should use appropriate PPE.

VENUES & FACILITIES PREPARATIONS

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, physical 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.
- Signage and floor markings will be required to assist people to use the facility safely. This should be clear and easily understood, particularly for those who are hearing or visually impaired. It may be best to use existing signage templates to ensure all instructions are clear and recognisable. Avoid unintended impacts on people with disabilities or caring responsibilities.
- Guidelines will be updated as we progress through the different phases of Scottish Government measures.

Make essential facilities easy to clean

- Remove any non-essential items that may be difficult to clean.
- Consider how items such as toilet rolls and paper towels are provided. Domestic solutions are unlikely to be easy to keep clean. Commercial style dispensers will minimise touch points make cleaning easier. These must be cleaned and restocked regularly.

Changing rooms, showers, and toilets.

- Showering facilities are to remain closed at this current time.
- Changing rooms should remain closed at this current time.
- Consideration should be given to: Taking steps to ensure that all water systems, for example sinks, are safe to use after a prolonged facility shutdown to minimise the risk of legionella and other diseases associated with water.
- Introducing enhanced cleaning of all facilities regularly during the day and at the end of the day.
- Continue to encourage participants and staff to change and shower at home rather than in changing rooms where possible.
- Additional reassurance, providing cleaning materials and hand sanitiser for participant use at touch points.
- Providing additional signposting in these areas to maintain physical distancing.
- Maintaining use of lockers only where physical distancing can be maintained.
- Minimising use of larger toilet blocks.
- “Once a possible case has left the premises, the immediate area occupied by the individual, e.g. rowing machine, should be cleaned with detergent and disinfectant. This should include

any potentially contaminated high contact areas such as door handles, telephones, and grab-rails. Once this process has been completed, the area can be put back in use.

- Any public areas where a symptomatic individual has only passed through (spent minimal time in) e.g. corridors, and which are not visibly contaminated with any body fluids, these do not need to be further decontaminated beyond routine cleaning processes
- Environmental cleaning and disinfection should be undertaken using disposable cloths and mop heads using standard household detergent and disinfectant that are active against viruses and bacteria. All cloths and mop heads used must be disposed of and should be put into waste bags”
- Remove any other unnecessary equipment.

Opening Public Toilets Guidelines

- Public toilets are defined as any toilets accessible to the public.
- The opening of toilets should be accompanied by local risk assessment, and control measures should be proactively monitored by clubs and venue operators.
- All appropriate cleaning procedures and equipment/disinfectant should be provided as per Health Protection Scotland guidance.
- Access through to the convenience can be provided if suitable risk assessments and safety measures are put in place. These should include restricting access as much as possible, ideally one person at a time and with a one-way system in operation where possible. Persons moving through an area should not stop or congregate at any time.
- As well as maintaining a high level of personal hygiene, the key is reducing the spread of droplets, **so toilet lids should be closed when flushing, hand dryers should not be used and there should be an allowance of sufficient time between users.** There must be personal cleaning and sanitising / antibacterial equipment / liquid and gels available.
- Where possible, adapting spaces to facilitate physical distancing, including guided spacing markings on the floor at points of assembly including entrances and reception spaces:
- Fitness spaces: Pieces of gym equipment to be an appropriate distance apart to comply with physical distancing guidelines and with a suitable margin for adequate circulation or one-way routes
- Saunas and steam room facilities are not be opened.
- Set out designated positions from which those leading activity can provide advice or assistance to participants whilst maintaining physical distance.
- For clubs, people must access the rooms singularly whilst the numbers are to be restricted and controlled by the coach or designated person, to maintain the two metre social distancing rules. They should be cleaned after each use.

Once club reopened

- It is essential that the gym is regularly cleaned and that surfaces and equipment that are touched by individuals is cleaned with antibacterial cleaning product before and after each training session and after each use of the equipment.
- Suspend or modify activities that are not permitted or cannot be undertaken without contravening physical distancing guidelines within available facilities
- Boxers, coaches etc should come already changed, other than for toilets, should not be used. Showering at the facility is to be avoided and showering should take place at home.

Accidents, Security and other incidents

In an emergency, for example, an accident, provision of first aid, fire or break-in, people do not have to stay appropriately distanced if it would be unsafe to do so.

Protocols for dealing with emergencies, evacuations and accidents will be impacted by the need to maintain physical distancing.

Emergency, evacuation, and accident response processes therefore need to be considered to ensure effective arrangements are still in place. Everyone onsite should be familiar with new processes:

- Consider the security implications of any changes you intend to make to your operations and practices in response to COVID-19, as any revisions may present new or altered security risks which may need mitigations.
- Considering whether there are enough appropriately trained staff to keep people safe. For example, having dedicated staff to encourage physical distancing or to manage security.

Returning to Exercise / Boxing / Sport After Confirmed Case of COVID-19:

- Individuals who have recovered from COVID-19 need firstly to ensure they no longer pose a risk to the local community, and secondly to ensure they have sufficiently recovered to safely participate in physical activity.
- If you have had COVID-19 in the community and feel well then you can return to training 14 days after recovery and rest. If you get greater shortness of breath than normal, or chest pains, on your return to training, you should seek medical advice. If you have attended hospital with COVID-19, then you should seek medical advice before returning to training.
- A gradual return to exercise is also recommended.
- Ahead of entering the club, coaches should check whether the participants are showing any signs of symptoms or have come into contact with someone who has, or is recovering from, the virus. Basic questions would be whether they are feeling unwell, or if they have a temperature above 37.8C. **(Temperature check only If Club/Facility is using non-touch thermometer) Temperature thermometer is optional, it is not a mandated requirement for Affiliated Clubs)**

If so, they should not be permitted to enter / participate, should return home, and should phone 111. We will endeavour to provide further information in this regard, including a questionnaire.

Gym guidelines and signage

- The minimum amount of people should be allowed into in the gym. Waiting areas, car parks corridors etc also need be operated in such a way that physical distancing is maintained, with those waiting remaining outside, including wherever possible parents / guardians etc.
- Clubs must have appropriate social distancing and hygiene signage clearly displayed inside and outside the rooms. Examples are to be provided.
- The gym should be well ventilated, with windows and doors open, as much as possible.
- Clubs will need to communicate with members as to how they are going to operate and accommodate the reduced numbers as a result of social distancing requirements in the various training sessions. Wherever possible training groups / session should be kept to the same groups / bubbles to reduce the amount of contact with different people.
- Shorter sessions should be held to reduce contact time, and a gradual return to intensive training, in order to prevent injury.
- Sufficient time between training sessions should be made in order to allow for cleaning movement in and out etc.
- **Details of those attending each session should be recorded and kept securely for 21 days and only to be used in order to support Test and Protect. After this time, the relevant data should be destroyed. Details to include- Name, address, phone number, date / times of arrival and exit.**

Gym Training

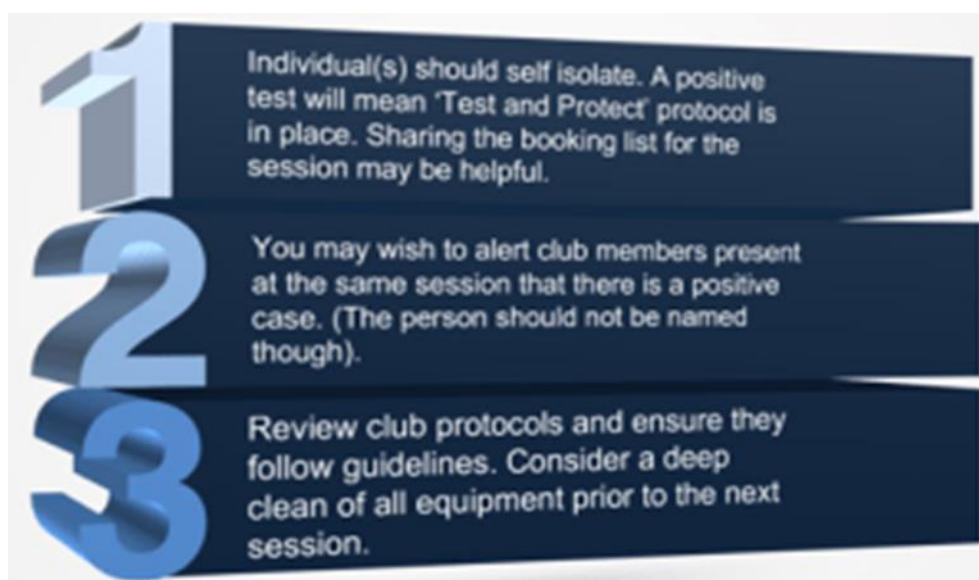
- **Physical distance of two metres in all directions should be maintained for all.** There should be no physical contact unless from a member of your household. Training back to back or side by side is far safer than face to face.
- Suspend or modify activities that are not permitted or cannot be undertaken without contravening physical distancing guidelines within available facilities
- Clubs will need to work out how many people can be accommodated in the training area allowing for the two-metre space in all directions (even if outside). Individual training areas accommodating the 2m distance in every direction should be marked / taped out.
- Participants should wash their hands and use antiseptic wash prior to the start and finish of training and after use of each piece of equipment.
- Equipment should be handled by as few people as possible. After each bit of equipment is used, e.g. bags, skipping ropes, weights etc, they need to be thoroughly cleaned with antibacterial product and the tissue safely disposed of. This would include the ring itself if being used as one of the areas for training.
- Loud music should not be played, and shouting / raised voices should be kept to a minimum.
- Clubs must ensure that their Risk Assessments is up to date and Boxing Scotland holds a copy for all coaching activities

Longer term planning

Consider the potential for a re-emergence of a COVID-19 style pandemic and any restrictions being re-introduced. This may form the basis of a business continuity plan.

10. WHAT TO DO IF SOMEONE IN YOUR CLUB HAS COVID-19

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- Individual(s) should self-isolate. A positive test will mean 'Test and Protect' protocol is in place. Sharing the booking list for the session with test and Protect will be helpful.
- Contact tracing is a process for identifying people who are at risk of coronavirus infection because they have had enough contact with a person who has tested positive. These people will be given advice to help reduce the risk of spreading the virus.
- You may wish to alert club members present at the same session that there is a positive case. (The person must not be named though).
- Review club protocols and ensure they follow guidelines. Consider a deep clean of all equipment prior to the next session.



11. REGIONAL AND LOCAL RESTRICTIONS

Please be aware that there may be regional or local restrictions in addition this guidance that will need to be considered. **Please refer to Appendix 1 for further guidance.**

- Scottish Government travel advice and guidance relating to local outbreaks or clusters of coronavirus cases is available at [Coronavirus \(COVID-19\): local advice and measures](#).
- Where a local outbreak has been reported, sports facility operators and deliverers within this locality should review Scottish Government 'local measures' guidance, their

facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include suspending activity, enhancing hygiene and physical distancing measures, or introducing additional activity restrictions.

APPENDIX 1: LOCAL MEASURES & RESTRICTIONS

The restrictions currently apply to the following **5 NHS Health Boards and 18 local authorities** but be aware these may change if infection rates increase in other parts of Scotland.

<u>NHS Board</u>	<u>Local Authority</u>
NHS Ayrshire & Arran -	North, South and East Ayrshire.
NHS Greater Glasgow & Clyde -	Glasgow, East and West Dunbartonshire, Renfrewshire and East Renfrewshire, and Inverclyde.
NHS Lanarkshire -	North and South Lanarkshire.
NHS Forth Valley -	Clackmannanshire, Stirling, and Falkirk.
NHS Lothian -	Edinburgh, East, West, and Mid-Lothian.

Introduction

1. The guidance within this appendix is applicable to sport and physical activity facilities and activities where Scottish Government have identified the requirement for local measures and restrictions to be applied.
2. This guidance is not applicable to **professional** or **performance** sports activity which is approved through the **'Resumption of Performance Sport'** process.
3. Local measures and restrictions for Gyms came into force for licensed premises from 00:01 Saturday 10 October. **In accordance with the FM announcement the original date has now been extended by a week until 6am Monday 2nd November 2020. The extension allows the government to transition more smoothly to the new level/tier system that is expected to be introduced on 2nd November 2020.**
4. **The proposed new level/tier system is which has been mentioned is currently still an unknown to BSL. BSL will continue to monitor the situation and government guidance and inform our membership when information is forthcoming.**
5. The information outlined below should be used in conjunction with, and where appropriate supersede, the **'Phase 3: return to sport and physical activity guidance'** to inform the development of sport specific guidance which will be shared with participants, clubs, local authorities/trusts, third sector and other sports facility operators within local areas identified by Scottish Government as requiring additional measures/restrictions to reduce the spread of COVID-19 infection.
6. It is the responsibility of the relevant facility operator / COVID officer to ensure that full risk assessments, processes and mitigating actions are in place before any sport or leisure activity takes place and to check if the activity is in an area which is subject to additional Scottish Government localised measures and restrictions.

7. Where a local outbreak has been reported, sports facility operators and deliverers should review their facility/operational risk assessment and consider if additional mitigating actions should be put in place to reduce risk. This may, for example, include suspending activity, enhancing hygiene and physical distancing measures, or introducing additional activity restrictions.
8. Travel to or from an area with Scottish Government local measures or restrictions in place to undertake sport or physical activity should where possible be avoided.
9. People living in areas with Scottish Government local measures or restrictions should not participate in outdoor amateur contact sport in any location.
10. Be aware that the Scottish Government may update or change measures and restrictions at any time, including the local areas subject to them. Therefore COVID officers should regularly check Scottish Government advice and guidance relating to local outbreaks and measures at [Coronavirus \(COVID-19\): local advice and measures](#).

Outdoor Sport & Leisure Activity – local measures

11. Facility operators in areas subject to local measures and restrictions may continue to open all outdoor sports areas, courts and pitches if documented risk assessments are undertaken and all appropriate mitigating actions including the guidance herein is put in place to ensure the safety of participants, staff and volunteers. Please also refer to additional guidance produced by [sportscotland](#) at: [Getting Your Facilities Fit for Sport](#).
12. Children and young people under 18 years of age can continue to take part in organised outdoor non-contact training if all relevant guidance is followed. **No Change**
13. Adults (18 years of age or older) can take part in organised outdoor non-contact sports training, if all relevant guidance is followed. **No Change**
14. Adults should not take part in any form of contact sport (Sparring) in areas which are subject to Scottish Government local measures or restrictions. **No Change**
15. Where outdoor sports training is planned and include **multiple bubbles**; facility operators, organisers and deliverers should, as part of their risk assessment, consult with relevant local authorities, environmental health, the police or other body responsible for the safety of the public. Agreement must be reached with these bodies before the training takes place.
16. Facility operators, organisers and deliverers should note that the situation around COVID-19 is fluid and activities may need to be cancelled at short notice should there be a change in local or national restrictions. In such circumstance's plans should be in place to notify participants of event cancellation and to ensure they do not attend the venue or activity.
17. Outdoor group coaching for organised sport and leisure activities including aerobics and fitness classes can continue to take place with up to 30 people at any one time, including the coach as long as **physical distancing is maintained at all times**.

Indoor Sport & Leisure Activity – local measures

18. Indoor sport and leisure facilities can remain open if Scottish Government [Coronavirus \(COVID-19\): Guidance for the opening of indoor and outdoor sport and leisure facilities](#) is fully implemented.
19. Children under 12 years of age can continue to take part in organised indoor non-contact sports training, activity. **No Change**
20. Young adults under 18 years of age can continue to take part in indoor non-contact sports training, activity. **No Change**
21. Adults (18 years of age or older) should not take part in any indoor group/class activity such as exercise classes, any form of contact sport, or group coaching/training.
22. **In order for Gyms to remain open for adults, all group/classes activity must become an individual activity and must not be run as a class/group.**

Example of Class/group is a Spin Class, Zumba Class, Boxercise, Body Pump, Body combat to name a few.
23. **As a sport Boxing has always been an individual sport and members conduct individual training in order to progress in the sport. As such club members/individuals must maintain physical distancing whilst they carry out their individual exercise.**

Example: If Physical distancing allows and the club has 10 individuals booked in for a time slot then you must ensure they train/exercise individually. Setting out pre-planned exercises to complete at each station is the recommended process and meets guidelines. If you work the 10 individuals as a class/group, then this is **not allowed**. **Clubs are not permitted to conduct class/group activity. The large corporate and local authority facilities are staying open as training is classed as individual training.**
24. Adult group/class activity for the purposes of this guidance is activity, involving adults, from more than 2 households / 6 members of those households who take part in an activity. This instruction allows you to training family members Brothers/Sisters together up to a maximum of 6 from the same household. The Coach Being the other household.
25. **Recreational activity, such as individual gym use**, 1:1 personal training and activity where physical distancing can be maintained is permitted.
26. Coaches can take multiple 1:1 booked sessions per day, but each session should not include more than one other household if adults are involved (maximum of 6 people in total).
27. The number of participants allowed to take part in indoor sport or leisure activity must be risk assessed by the sports facility operator following Scottish Government [Coronavirus \(COVID-19\): guidance on the opening of indoor and outdoor sport and leisure facilities](#) and sport specific [SGB Guidance](#).
28. Guidance for coaches, leaders, personal trainers, and instructors (referred to as coaches) is available at [Getting your coaches ready for sport](#).

DISCLAIMER

*Neither **BSL**, **sportscotland**, nor any contributor to the content of this guidance, shall be responsible for any loss or damage of any kind, which may arise from your use of or reliance on this guidance note. Care has been taken over the accuracy of the content of this note but SW and **sportscotland** cannot guarantee that the information is up to date or reflects all relevant legal requirements. We recommend that you obtain professional specialist technical and legal advice before taking, or refraining from, any action based on information contained in this note.*