

**Generic Risk Assessment  
For Risk Assessment of Boxing Activities**

<b>Hazard</b>	<b>Risk</b>	<b>Persons at Risk</b>	<b>Control Measures</b>	<b>Comments/ Action</b>	<b>Risk Rating</b>	<b>Initial if all in place</b>
<b>Training while unfit</b>	Injury possible	Learners, Staff	<ul style="list-style-type: none"> <li>• All learners and staff complete warm up exercises</li> <li>• All learners start from a basic level and complete all levels of their basic training programme.</li> </ul>	Briefing learners on the importance of warming up	<b>Low</b>	
<b>During Training</b>	Injury possible	Learners, Staff	<ul style="list-style-type: none"> <li>• No one shall train without first of all warming up and warming down after training</li> <li>• No one shall over train or attempt exercise beyond their capabilities</li> <li>• No one shall climb without specific supervision and permission from staff</li> <li>• Soft mats need to be in place on the floor</li> <li>• Learners to be supervised</li> </ul>	Correct Supervision by competent leader	<b>Low</b>	
<b>Strains</b>	Injury possible	Learners, Staff			<b>Low</b>	
<b>Dynamic Falls</b>	Injury possible	Learners, Staff			<b>Low</b>	

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<b>Ankle, Legs and arm damage resulting from falls</b>	Injury possible	Learners, Staff	<ul style="list-style-type: none"> <li>• Appropriate footwear shall be worn during training</li> <li>• Injury during Sparring</li> </ul>	Bring correct footwear with learners	<b>Low</b>	
<b>General Injuries</b>	Injury possible	Learners, Staff	<ul style="list-style-type: none"> <li>• No unsupervised sparring shall place</li> <li>• No sparring shall take place without the use of 'Sparring Gloves' head guards (gum-shields) and body protectors.</li> </ul>	Supervised  During session	<b>Low</b>	
<b>Flooring</b>	Injury possible	Learners, Staff	<ul style="list-style-type: none"> <li>• Floors should be non-slip, dry and clean</li> <li>• They should be checked before use of session</li> </ul>	Checking floors	<b>Low</b>	
<b>Mats</b>	Injury possible	Learners, Staff	<ul style="list-style-type: none"> <li>• There should be a range of mats designed specifically for boxing</li> <li>• Mats must be firm and dense enough to minimise the risk of injury</li> </ul>	Check mats are in place at the start of the session	<b>Low</b>	

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<b>Weightlifting</b>	Injury possible Fatality		<ul style="list-style-type: none"> <li>• Staff to have the correct qualifications to teach session</li> <li>• Learners to be supervised at all times</li> <li>• Warm up and Warm down after each session</li> <li>• Overloading must be avoided</li> </ul>	Staff have a First Aid award and experience of teaching the subject	<b>High</b>	

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