



WelshBoxing

BocsioCymru

Preparing for
Outdoor Training
with Equipment

What do we need from clubs before they can run outdoor training sessions?

- **As from Monday 20 July, large gatherings outdoors of up to 30 people** where these are organised and supervised by a responsible person is allowed with equipment.
- This means **non-contact group activity** and this will allow fitness sessions to take place outdoors.
- Equipment can now be used in your fitness sessions, either supplied by the club or brought along by the attendees.
- Members are not permitted to share their personal equipment with other members.
- **If you follow the Welsh Boxing Guidance – your insurance cover will continue.**
- **Please read and sign the risk assessment and return to amy.garrett@welshboxing.org**



Nobody should attend a training session if they are unwell and should follow public health guidelines:

- Individuals should not return to training if in the last 14 days they have been unwell or had close contact with a known or suspected case of COVID-19. This includes those with symptoms such as cough, sore throat, fever or shortness of breath, loss of taste / smell – even if mild.
- Individuals who have recovered from COVID-19 need to ensure they have sufficiently recovered to safely participate in physical activity. It is recommended that clearance from a doctor is obtained.
- Vulnerable groups and individuals should consult appropriate medical advice before returning to boxing: i.e. those over 70 and or with underlying health conditions.

Equipment Guidelines

Regular cleaning of equipment plays a vital role in the limiting of transmission of Covid-19.

- Clubs are to provide hand sanitiser and antibacterial wipes for members.
- Members should also bring their own hand sanitiser to the session, and must sanitise their hands at the beginning and the end of the session.
- Members should bring their own water bottle and towel. These items must not to be shared amongst others.
- All equipment – whether provided by the club or brought along by the member - must be thoroughly wiped down before, during and after the session with antibacterial wipes.
- Antibacterial wipes should be safely disposed of after use.
- Boxers should bring their own gloves and wraps where possible.
 - If own gloves are used, boxers are to wash/sanitise their hands thoroughly before and after use.
 - If club gloves are used, they are to be cleaned before and after use and the gloves are not to be used by another member for 72 hours.
- When cleaning all equipment, it is **not** necessary to wear personal protective equipment (PPE) or clothing over and above what would normally be used.

Risk Assessment

- The session supervisor needs to be aware of the current guidelines and the club policies.
- The session is limited to 30 people. This includes the session supervisor, so a session can be made up of 1 coach to 29 members, or 2 coaches to 28 members, etc.
- Members will follow the public health guidelines and will not attend the sessions if they are unwell.
- The club will maintain a register of anyone attending the fitness sessions, with contact details for track and tracing purposes if required.
- Equipment can be provided by the club, or members are permitted to bring their own equipment as long as it will not be shared.
- 2m distance between everyone attending the session is to be maintained at all times.
- Club Name: _____
 - I certify that I have read and understood all the relevant guidelines and I am happy to accept and abide by them. I understand that failure to do so places both myself and others at risk.
 - The club will take all appropriate measures to reduce risk – but I understand that it is not possible to completely remove all risk and the club and Welsh Boxing can not be held responsible if I or members contract Covid-19.

Name: _____

Signed: _____