



BILLINGHAM BOXING ACADEMY CIC

Risk Assessment Form

This risk assessment reflects safe practice for amateur boxing training, including supervised sparring, appropriate matching, and use of protective equipment.

Name of club	BILLINGHAM BOXING ACADEMY CIO
Venue	31-35 WEST PRECINCT, BILLINGHAM, TS23 2NN
Name and position of person doing check	
Date	

GYM SPACE	
The floor is clean, has a non-slip surface and is free from obstacles and hazards	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 and heating is sufficient	Yes ☐ No ☐
Comments / actions taken or required: 	

RING

BILLINGHAM BOXING ACADEMY CIC

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 ☐
Comments / actions taken or required:	

BOXERS' EQUIPMENT	
All equipment is appropriate for the number, age and level of boxers	Yes ☐ No ☐
Gloves are in good repair without rips, foam of sufficient depth across the knuckles	Yes ☐ No ☐
Head guards should fit the boxers correctly and have secure straps / lacing	Yes ☐ No ☐
Groin protectors are in good repair and are a good fit	Yes ☐ No ☐
Mouth guards are properly fitted	Yes ☐ No ☐
Hand wraps are of the appropriate length and material	Yes ☐ No ☐
Footwear is in good repair and is a good fit	Yes ☐ No ☐
Comments / actions taken or required:	

GYM EQUIPMENT	
Equipment is regularly cleaned and maintained to a safe and hygienic standard	Yes ☐ No ☐
Sufficient space around equipment for it to be used safely	Yes ☐ No ☐

BILLINGHAM BOXING ACADEMY CIC

Punch bags are sufficiently padded to not cause hand damage i.e. no 'hard sports'	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 ☐
Skipping ropes have secure handles and are in good condition	Yes ☐ No ☐
Benches are in good repair and are splinter-free	Yes ☐ No ☐
Medicine balls are in good condition with no splits	Yes ☐ No ☐
Weights: stands, bars and collars are all in good condition with secure collars and no damage to welds	Yes ☐ No ☐
Aerobic equipment (e.g. bikes, cross trainers) is maintained in accordance with manufacturer's recommendations	Yes ☐ No ☐
Comments / actions taken or required:	
BOXERS	
Medical information, emergency contacts, and relevant health declarations are recorded for all boxers	Yes ☐ No ☐
Any injuries or medical conditions are considered before participation	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 ☐
Comments / actions taken or required:	

SPARRING

BILLINGHAM BOXING ACADEMY CIC

Coaches are appropriately qualified, insured, and operate within their level of competence.

Head contact is controlled and reduced where appropriate (e.g. juniors/beginners)	Yes ☐ No ☐
Sparring is supervised by a suitably qualified and experienced coach	Yes ☐ No ☐
No boxer is pressured or forced to take part in sparring	Yes ☐ No ☐
Correct equipment is worn at all times during sparring i.e. head guard, mouth guard, protector, gloves, hand wraps	Yes ☐ No ☐
Sparring is controlled and conducted at an appropriate intensity	Yes ☐ No ☐
Boxers are matched appropriately (age, weight, ability, experience)	Yes ☐ No ☐
Sparring activities are planned according to ability and experience	Yes ☐ No ☐
A range of sparring opportunities are on offer, tailored to the needs of the boxers	Yes ☐ No ☐
Comments / actions taken or required:	

EMERGENCY PROCEDURES AND FIRST AID	
All coaches hold appropriate first aid qualifications	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 ☐

BILLINGHAM BOXING ACADEMY CIC

Emergency access points are checked and operational	Yes ☐ No ☐
A fully equipped first aid kit 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 ☐
A designated first aider is present at all sessions	Yes ☐ No ☐
Comments / actions taken or required: 	

Signed:

Name:

Role:

Date: