

## **BOXING QUALITY ASSURANCE CHECKLIST**

### **Gymnasium Facility Set up**

Toilets are operable and clean  
Hand basins with hot and cold running water are provided and paper towel  
Entrance and exits are well lit and provide safe access  
Signs for sparring and blood controls are in place  
Bag stands frames are properly attached and secure  
Appropriate bucket, paper towel and blood  
Rubber gloves are on hand  
A Properly equipped and up to date First Aid Kit is on hand and accessible  
Floors are clean, and free from blood  
Floor surfaces are of appropriate surface that is safe and non slippery  
Fire Extinguishers or appropriate Fire Hoses are on hand  
Any electrical cords are safety tagged and current

### **Instructors**

Instructors have current Level 1 Accreditation – minimum  
Instructors have current First Aid Certificate  
Instructors have current CPR certificate  
Instructors have submitted Police Clearance

### **Sparring and general programming**

All persons sparring are properly attired with:-

- Groin Guards (as applicable) are worn
- Breast Protectors (as applicable) are worn
- Mouthguards are being worn
- Approved Head guards are worn and in serviceable condition
- Approved Gloves are worn and in serviceable condition
- Instructor is present and supervising
- Appropriate care is being taken to ensure safety of participants
- Appropriate wraps are being worn on both hands

Appropriate warm-ups, stretches and cool downs are applied  
Program exercises and Boxing techniques are conveyed in a clear and understandable manner to all participants

### **Preparation for Tournaments**

Instructors have rubber gloves  
Instructors have bucket  
Headguards - approved  
Groin Guards  
Breast Protectors  
Mouthguards  
Appropriate shoes  
Appropriate clothing attire/colors