

BOXING ACT SPARRING POLICY

1. Sparring is only permitted under the direct supervision of a boxing coach accredited by the National Coaching Accreditation Scheme.
2. Boxers must wear a mouth-guard and a head-guard. Females should wear a breast protector and males should wear a genital protector. Male Elite Open boxers **ONLY** may spar without head-guard.
3. Sparring match-ups should be arranged taking into proper account compatible experience and fitness levels, and weight differentials.
4. Proper boxing 16oz gloves in good condition must be worn during sparring. Bag mitts are not acceptable for sparring. Sparring with smaller gloves is allowed at the discretion and direct responsibility of individual coaches.
5. Any blood must be cleaned from gloves and body in a timely manner.
6. Sparring carries a risk of infection, injury or even death. Boxers who participate in sparring acknowledge and accept this risk.
7. Hepatitis B is a serious illness transmitted through blood contact. It can be prevented by vaccination, and boxers are strongly advised to see their doctor about getting vaccinated.
8. If a person is knocked-out by a head blow **without loss of consciousness** during a sparring session, they **MUST NOT** resume sparring for a minimum of 30 days. In case of a knockout without loss of consciousness, it is **highly recommended** that medical clearance is requested before the athlete resumes training.

If a person is knocked-out by a head blow **with loss of consciousness** during a sparring session, they **MUST NOT** resume sparring for a minimum of 90 days. In case of an athlete suffering a knockout with loss of consciousness, **medical attention must be immediately required; it is a mandatory requirement to notify Boxing ACT without delay and request a full medical clearance** before the athlete is allowed to resume training.
9. The gym & coaches are responsible for ensuring that sparring is conducted safely, & that boxers who are injured **DO NOT** take part in sparring.
10. Boxing ACT's insurance policies are **ONLY** applicable to boxers & coaches who are registered as members of the association, & to clubs/gyms which are affiliated with the association.

Authorised by Boxing ACT Incorporated, May 2015