

Boxing – Training



Activity scope

This document relates to student participation in amateur Boxing Training sessions as a curriculum activity. The training sessions provide basic movements with **no contact** defence techniques, and may target strength and cardio work, skipping, shadow boxing, foot work, hand work, bag work, and mirror work.

Special considerations

This risk assessment guideline does not cover any form of 'contact' boxing or martial arts.



Minimum activity-specific qualifications for supervisors

- For a registered teacher, Competence (demonstrated ability/experience) in the teaching of boxing, **OR**
- For a leader other than a registered teacher, Level 1 coaching qualification from [Boxing Queensland Inc.](#)

Minimum activity-specific equipment/facilities

- Paper towels, antiseptic spray or antiseptic wipes.
- Towel for each student.
- Hand wraps and padded boxing gloves (e.g. bag gloves, punch mitts) should be worn, and headgear and mouthguard if required.
- Eye wash readily available.
- Ice packs should be available.
- Shoes should be soft-soled, without buckles or sharp metal eyelets, or if outdoors, appropriate footwear worn.

Activity-specific hazards/risks and suggested control measures

- Ensure there is adequate ventilation.
- Avoid training during excessive heat or cold.
- Ensure students only execute moves taught in class or discussed with the leader.
- **Note** that NO jewellery is to be worn.
- Ensure students have a drink break every 15 minutes.
- The teacher should introduce the activity comprehensively and include:
 - warm-up and warm-down activities
 - initial instruction in rules, safety procedures, prerequisite skills, dangers of prohibited moves (including contact) and of non-supervised practice
 - a programme that is based on a hierarchical training system that slowly increases the difficulty of techniques as the student progresses through levels (grades)
 - techniques taught with due consideration to the student's body type, age and any disabilities they might have
 - emphasis on good posture in performance of all techniques
 - grouping of students according to ability, age, size and maturity.
- Guidelines/codes of practice are established for this activity, refer to [Boxing Australia Inc.](#) and [International Boxing Association](#) for further information.

Useful activity-specific links

- Boxing Australia
<http://boxing.org.au/>
- Boxing Queensland
<http://www.qabai.org/>
- International Boxing Association
<http://www.aiba.org/>

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