

Coach Nudge#21

*We are in your coaching
corner*

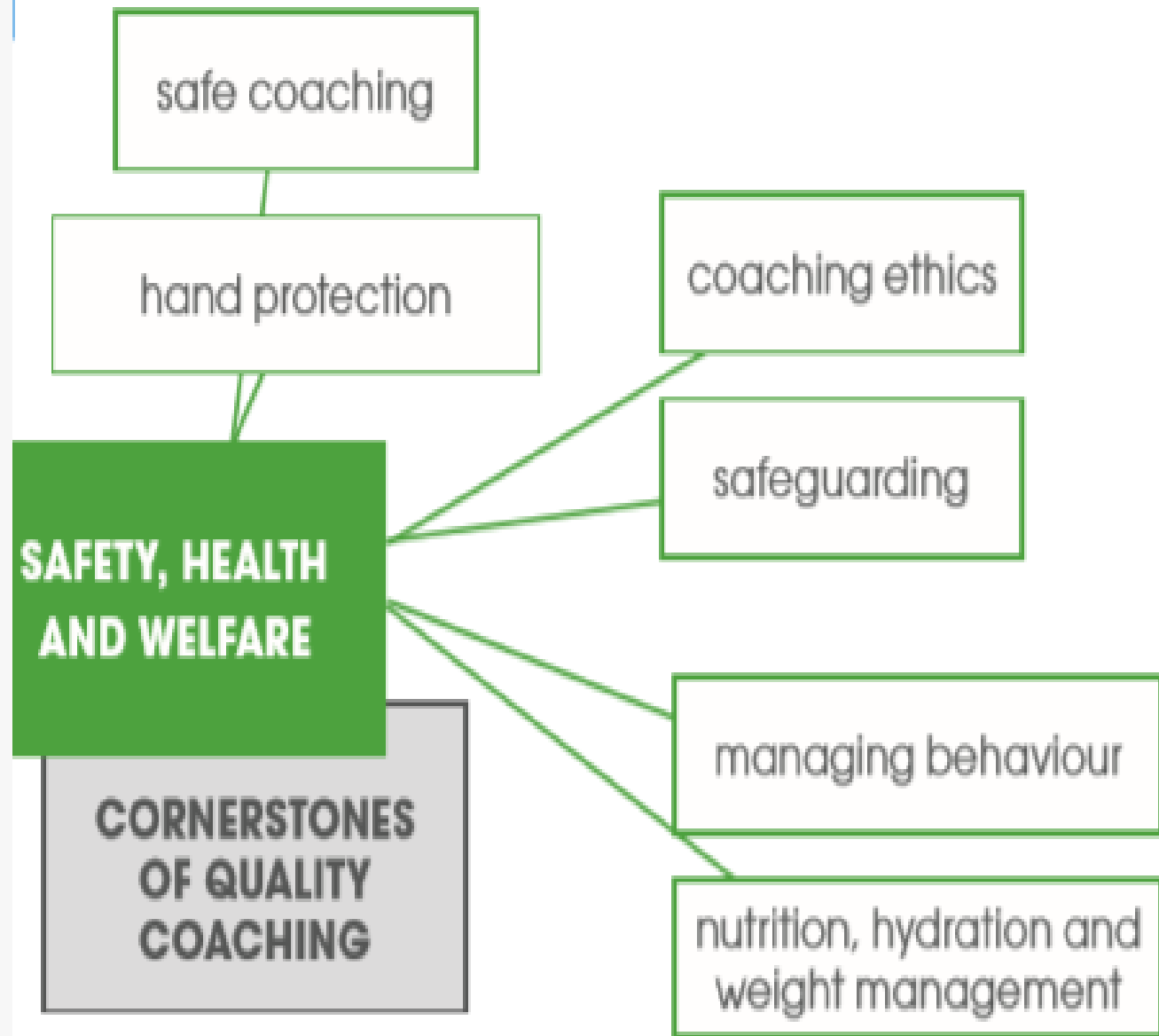


Coaching Assistant

Safety, Health & Welfare

Part 1

Safety, Health & Welfare

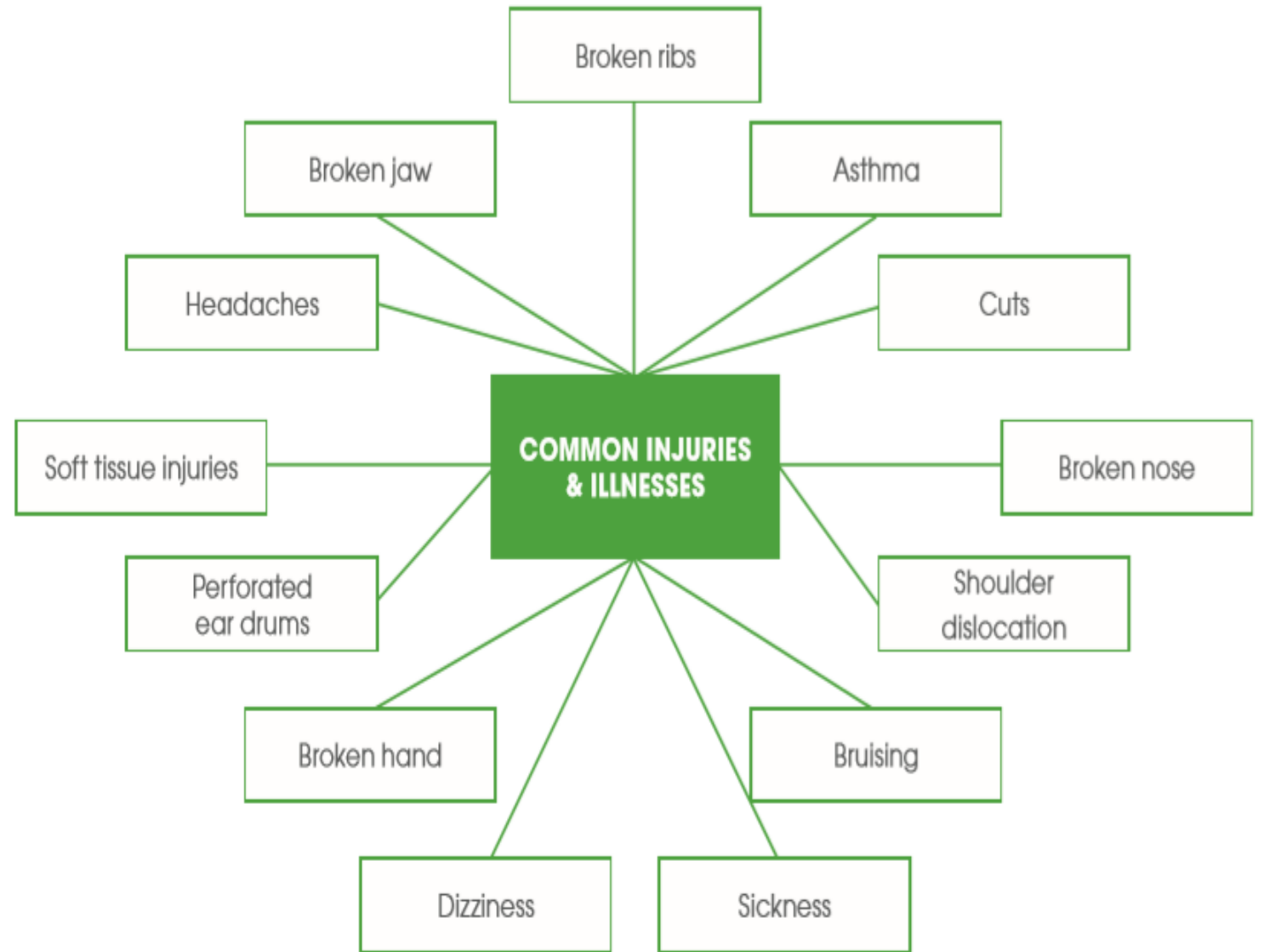


The boxer/coach relationship is one of the most personal in sport. The health and well-being of the boxer comes first and you are there to protect boxers as well as to offer them carefully graded challenges to improve as well as to develop life skills.

All the activities you deliver must be in line with EB's policies and guidelines (www.englandboxing.org)

Safe Coaching

Common Injuries & Illnesses



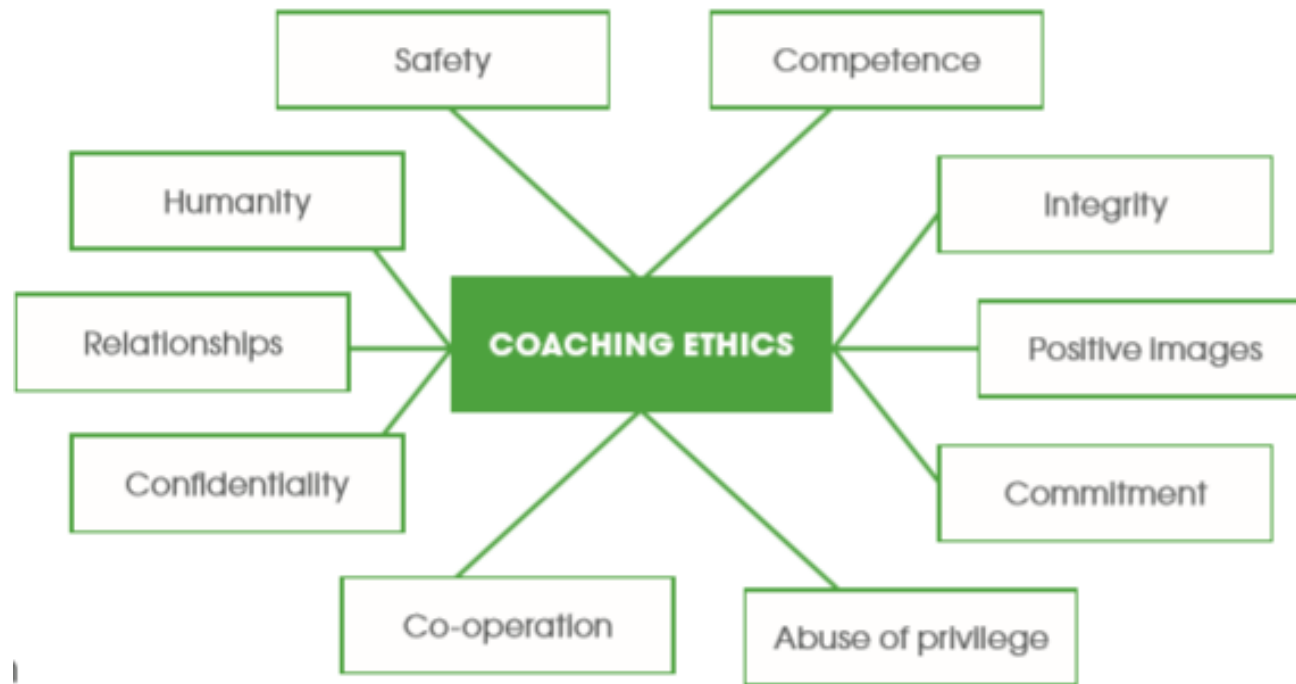


Hand Protection

- It is also vital that the hands are properly wrapped (bandaged) whenever the striking of an opponent, a sparring partner, pads or any piece of hitting equipment is likely to occur.



Coaching Ethics



- All governing bodies have a code of conduct for coaches that all coaches are expected to follow. This section outlines the ethical standards upon which these are based.



Stayed Tuned for Part 2

Treat us with care, Train us well The Boxer
England Boxing Coaching Scrapbook 2020