



ENGLAND BOXING

OFF THE ROPES:
RETURN TO BOXING
FRAMEWORK
March 2021



OFF THE ROPES: GUIDANCE TOWARDS A FULL RETURN TO AMATEUR BOXING March 2021

Dear Members,

Following the Government's latest updates, set out below are key considerations and guidance in order that a **phased return** of the sport can be implemented in accordance with the government requirements so that the process towards a return to full boxing can start.

Please be assured that England Boxing's number one priority continues to be the safety and wellbeing of our clubs, members, volunteers and staff. The organisation will continue to communicate regularly and directly with our clubs and members, and issue further guidance and supporting documentation as it becomes available.

As stated in previous updates, by its very nature, boxing poses a greater risk from COVID-19 than most other sporting activities. This reality is reflected in international advice as well as in this country. We also have to recognise that some members of the boxing community are more vulnerable to this virus than those in some other sports.

England Boxing would like to, once again, recognise and pay tribute to those within the boxing community who have lost their lives and their loved ones.

England Boxing would also like to thank the boxing community for coming together at this difficult time, whether you are a boxer, coach, official, volunteer or staff member supporting our sport and our local communities.

Detailed below is what has been agreed with the Department of Culture, Media and Sport in order to allow the phased return of boxing. It is important that these policies and the more broader government guidelines are followed if we want to be able to return to full boxing. Failure to do so will lead to enforcement and sanctions and could delay the return of the sport overall.

There are, of course, likely to be many other issues, some foreseeable and others not, that will need to be overcome before amateur boxing can fully resume. In the meantime, England Boxing will do everything it can to provide as much information, guidance and support to you through these unprecedented times.

If you have any specific queries, please do not hesitate to contact England Boxing (email: enquiries@englandboxing.org) or your Club Support Officer.

Yours faithfully,

Gethin Jenkins

Chief Executive

England Boxing

GOVERNMENT GUIDANCE ON THE RETURN OF AMATEUR BOXING

In developing this guidance in order to allow the return of amateur boxing, a summary of the considerations highlighted by the government is detailed below. Also factored in is the more broader government guidelines and policies currently in place regarding the COVID-19 Pandemic. These will be updated as required.

Further details can be found here:

<https://www.gov.uk/guidance/coronavirus-covid-19-grassroots-sports-guidance-for-safe-provision-including-team-sport-contact-combat-sport-and-organised-sport-events>

[Coronavirus \(COVID-19\): grassroots sports guidance for the public and sport providers - GOV.UK \(www.gov.uk\)](https://www.gov.uk/coronavirus)

The general COVID Pandemic advice can be found here:

<https://www.gov.uk/coronavirus>

Specific points are highlighted as follows:

The purpose of this guidance is to provide the necessary mitigations to enable the return of recreational contact combat sport. The framework below recognises the inherent risk in contact combat sport and is designed to minimise COVID-19 transmission risk and enable participants to make an informed decision about their own risk.

According to current evidence, COVID-19 is primarily transmitted between people through respiratory droplets and contact with contaminated surfaces – usually those that are frequently touched but also direct contact with an infected person. Airborne transmission is possible in specific settings where certain procedures or sports treatments are performed in close proximity.

In the context of what is known about COVID-19 transmission, about combat sport and about the incidence of asymptomatic but still infectious illness, combat sport is a high-risk activity. Almost all human-to-human transmission is likely to occur at close range (<2m). Contact combat sports involve very close range and sustained contact with other people, and all participants must be made aware of this inherent risk.

In developing and implementing these plans the following factors need to be considered.

According to current evidence, COVID-19 is primarily transmitted through respiratory droplets and contact with contaminated surfaces – usually those that are frequently touched. Airborne transmission is possible in specific settings where certain procedures or sports treatments are performed in close proximity. Each action plan should include an assessment of the transmission risk within that sport, based on three key variables:

- *Droplet transmission: The risk associated with each action in an activity based on duration and proximity of participants. By using the framework, sports can determine the risk of actions in their match play environment – anything, for example, from tackling, to bowling, to restart – which will then determine the overall level of risk of taking part in that sport.*
- *Fomite transmission: The risk associated with the handling and transfer of equipment in the sport.*
- *Population: The number of participants likely to take part in the proposed activity, plus known risk factors of participants with underlying health conditions or high-risk groups who wish to participate.*

The key generic principles in developing this framework and when implementing the guidelines are as follows:

Sport providers should put in place measures to limit transmission risk from activity, including:

1. *Limiting the time spent congregating at a venue before and after sporting activity. This could involve having strict meeting times or staggering start times and advising participants to arrive in kit and ready to warm-up. There is also a risk during training sessions and waiting for activity to take place. Mixing in these cases should also be minimised and face coverings worn except when actively exercising.*
2. *Minimising use of changing rooms and shower facilities. Changing rooms and shower facilities can be used, but participants must adhere to gathering limits while indoors, and maintain social distancing wherever possible. You should encourage participants to avoid or minimise use where possible (e.g. by arriving in kit and showering at home) and to minimise the time they spend in the changing area. Team talks/briefings and other gatherings should not take place in changing rooms under any circumstances. Access should be maintained for those with disabilities, and will be important for sports such as swimming, or outdoor sports in bad weather.*
3. *Ensuring that participants maintain social distancing throughout warm-ups and when not on the field of play (e.g. awaiting substitutions), and limit higher-risk activities like spitting or shouting (particularly when facing each other).*
4. *Ensuring that participants adhere to legal gathering limits. Social interaction before and after playing any sport should only take place in separate and distinct groups consisting of up to 6 people (tier 1) or limited to people from the same household or support bubble (tiers 2 and 3). Exceptions may be made where safety and safeguarding measures require this, such as supporting participants with disabilities (though minimal time should be spent waiting or in changing rooms).*
5. *Avoiding equipment-sharing where possible. Teams should limit the number of players handling the same ball during warm-ups, and ensure the balls are frequently sanitised.*
6. *Advising participants to bring their own water bottles and ensure they are labelled or highly distinguishable. Water bottles or other refreshment containers should not be shared under any circumstances.*
7. *Advising participants to take their kit home to wash it themselves, rather than have one person handling a large quantity of soiled materials. Where kit*

absolutely has to be shared or kept together (for example last minute stand-in players, shortage of kit, or an essential club function), each person handling it must wash or sanitise their hands immediately after.

In order to address this, there will be phased return set out as follows:

By following the steps below, it will allow amateur boxing to take place with appropriate mitigations, whilst maintaining appropriate compliance with social distancing and legal gathering limits. This is only permitted if this guidance for each sport is fully implemented by England Boxing, including an action plan which takes into account risks and mitigations for the relevant sport.

Compliance with legal gathering limits and social distancing must be maintained at all times when not in training or competition.

Stepped Approach to Return:

The design of the roadmap has been guided by some important principles. In the absence of significant regional disparity, the Government will ease restrictions at the same time across the whole of England. Due to the current relatively uniform spread of the virus across the country, the four steps out of lockdown set out in the roadmap are designed to apply to all regions.

Decisions on easing restrictions will be led by data rather than dates.

It takes around four weeks for the data to show the impact of easing restrictions and the Government will provide a further week's notice to the public and businesses ahead of any further changes. For that reason, there will be at least five weeks between the steps in the roadmap. The indicative, 'no earlier than' dates in the roadmap are all contingent on the data and subject to change.

At each step DCMS will confirm to England Boxing which Phase applies in order that Boxing can return. England Boxing will then, in turn, confirm to the membership which stage applies.

For the avoidance of doubt, any dates provided are indications unless stated otherwise and any changes will not before that date and could be later depending on what the government confirms.

After such a long period without boxing, boxers will naturally return at different levels of fitness and preparation. It is imperative that boxers do not progress through the steps until they are individually ready to do so.

In addition to these guidelines, England Boxing's Rules and Regulations also apply.

Phases:

The phases are defined as follows (more information on the specific activity permitted and the precautions required can be found below):

- *Phase 0 (non-contact, socially distanced activity only e.g. bag work)*
- *Phase 1 (return to equipment training e.g. pad work)*
- *Phase 2 (return to contact training e.g. sparring)*
- *Phase 3 (return to competition)*

Enforcement and Sanctions

As per the government laws, polices and guidelines, and as detailed in the combat sport framework, it's imperative that these guidelines and phases are adhered to. Failure to do so, could well resort in a delay to amateur boxing's return in this country.

Failure to adhere to these guidelines and the England Boxing membership and rule book will also lead to disciplinary action in accordance with our regulations.

Sanctions could lead to suspension, barring from competitions and other punishments available to the disciplinary committee.

Clubs can also face being reported to local government, who can issue fines and also take other measures.

It's imperative that these guidelines are followed by us all in order to ensure that the sport can return as quickly and safely as possible, otherwise it will be delayed and any return will be out of England Boxing's control.

PHASED REOPENING OF AMATEUR BOXING CLUBS AND ACTIVITY

Capacity Guidance and outdoor numbers.

Following the government advice dated 9th July 2020 and subsequent updates, these are the considerations and obligations that need to be undertaken in order to reopen indoor boxing facilities, outside of the household environment.

These considerations and advice, understandably, cannot cover every situation. So, each club should also review the government advice / guidelines and how it specifically affects them.

This advice can be found here:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

We understand that some of the requirements will be in some cases difficult to implement. It remains our opinion that, wherever possible, training activity should take place outside, where the risks are significantly reduced.

The government advice states:

COVID-19 is a public health emergency. Everyone needs to assess and manage the risks of COVID-19, and in particular businesses should consider the risks to their workers / volunteers and customers. As an employer or as an operator of sports or leisure facility, you also have a legal responsibility to protect workers, volunteers, customers and users from risk to their health and safety. This means you need to think about the risks they face and do everything reasonably practicable to minimise them, recognising you cannot completely eliminate the risk of COVID-19.

This applies to boxing clubs.

Clubs should also be aware that the following guidelines are in addition to the usual England Boxing Club Health and Safety and Safeguarding Policies and Procedures.

Further advice to help manage this process, so the risk is minimised, including a risk assessment form, can be found here:

<https://www.englandboxing.org/clubs/kocovid19/>

1. Medical Considerations.

When looking to reopen a boxing club and resume activity, the following medical considerations need to be factored in.

- Full consideration should be given to the medical implications of the virus, taking into account the way it is transmitted and individuals and groups who may be more vulnerable – for example, due to age, ethnicity, and underlying medical conditions.
- COVID-19 is highly transmissible from person to person and easily spreads to those who come in close contact with infected individuals. The disease spreads through droplets from the nose or mouth when a person coughs, sneezes or exhales. These droplets can also land on surfaces or objects which other people can touch and then touch their eyes, nose or mouth.
- There are increasing reports that there is the potential for airborne transmission which is relevant for confined and poorly ventilated spaces.
- Both these issues make stringent hygiene – personal, facilities and equipment – of the utmost importance.
- It should be noted there is increasing research into the effects on multiple organs as a result of coronavirus infection – for example, potential damage to the heart and kidneys, abnormal blood clotting and damage to nerves and muscles. There is also uncertainty about long-term implications.
- **It is clear that person to person spreading can occur with those infected, but not showing any symptoms (asymptomatic). It is for this reason that cleaning, hygiene and social distancing must be maintained at all times.**

Medical Considerations - for the Individual

- No club member should attend a boxing club or sports environment if unwell and should follow public health guidelines in regard to their own health and the risk to the local community.
- Individuals should not return to training if, in the last 14 days, they have been unwell or had close contact with a known or suspected case of COVID-19. This includes those with symptoms such as cough, sore throat, fever or shortness of breath, loss of taste / smell – even if mild. Again, Public Health England guidelines must be followed.
- It should also be factored in that anyone returning to sport and exercise after a period of social isolating and not exercising regularly may be at a greater risk of increased injury. Clubs and individuals should apply a gradual return in order to mitigate injury risk.
- Vulnerable groups and individuals should consult appropriate medical advice before returning to boxing / sport. Please follow this link for guidance: <https://www.gov.uk/government/publications/staying-alert-and-safe-social-distancing/staying-alert-and-safe-social-distancing-after-4-july>

Returning to Exercise / Boxing / Sport After Confirmed Case of COVID-19:

- Individuals who have recovered from COVID-19 need firstly to ensure they no longer pose a risk to the local community, and, secondly, to ensure they have sufficiently recovered to safely participate in physical activity.
- If you have had COVID-19 in the community and feel well, then you can return to training 14 days after recovery and rest. If you get greater shortness of breath than normal, or chest pains, on your return to training, you should seek medical advice. If you have attended hospital with COVID-19, then you should seek medical advice before returning to training.
- A gradual return to exercise is also recommended.
- **Ahead of entering the club, coaches should check whether the participants are showing any signs of symptoms or have come into contact with someone who has, or is recovering from, the virus. Basic questions would be whether they are feeling unwell, or if they have a temperature above 37.8C.**

If so, they should not be permitted to enter / participate, should return home and should phone 111.

2. General advice.

- **It is essential that all activities are consistent with government advice.**
- **It is clear that the risk of infection is greatly reduced in outside areas. Consideration should be given to whether more boxers can be accommodated in this way; and if it is safer to do so, to hold the training sessions outdoors.**
- **Indoor facilities must be ventilated as much as possible.**
- **Venue Capacity**

The Government advice details the following (we have been advised that it has been confirmed that this advice applies to all indoor sporting facilities):

The maximum occupancy of each gym should be limited by providing a minimum of 100sqft per person. For this figure, the area is the net useable gym space available to members to use, including changing rooms, toilet and wash facilities. Reducing capacity in this way whilst sustaining ventilation flows, will increase the typical current 10l/s/p flow rate of ventilation to at least 20l/s/p, as fewer people are being served by the ventilation system.

This is 9.29 sq.meters.

Further to this, as well as the normal 2m distance, whilst exercising and moving around, a minimum distance of 2m in all directions allowing for movement between individuals must be maintained. This also needs to be considered for corridors, pinch points, entries and exits etc.

3. Before Reopening To Members

Before the reopening of a boxing club, the following recommendations should be followed:

- We would strongly recommend that, on a **weekly basis**, all water outlets (taps / showers etc) are run for a minimum of a minute whilst clubs are closed. This will help prevent the spread of disease.
- Prior to the reopening of a boxing club, a deep clean using appropriate disinfectant / antibacterial cleaning product of all floors, surfaces, waiting areas, changing rooms, toilets etc, together with the equipment fixed and mobile e.g. weights, gloves, headguards, ropes, bags, pads etc, should take place. Those doing the cleaning should use appropriate PPE.

Once reopened

- It is essential that the gym is regularly cleaned and that surfaces and equipment that are touched by individuals is cleaned with antibacterial cleaning product before and after each training session and after each use of the equipment.
This is especially important as spreading of the virus can occur by those who do not show any symptoms (asymptomatic).
- Boxers, coaches etc should come already changed and changing rooms, other than for toilets, or the exceptions below, should not be used. Showering should take place at home.
- Toilets and Changing Rooms: Clubs have a responsibility to ensure the toilets and changing rooms are cleaned before and at the end of each session and, in the case of toilets, also after each use. As well as maintaining a high level of personal hygiene, the key is reducing the spread of droplets, so toilet lids should be closed when flushing, hand dryers should not be used and there should be an allowance of sufficient time between users. There must be personal cleaning and sanitising / antibacterial equipment / liquid and gels available.

Access

- Access to toilets and changing rooms should be restricted as much as possible to minimise any transmission of the virus, but may be required for medical reasons, reason of feminine personal hygiene, emergencies and unforeseen circumstances.
- For clubs, people must access the rooms singularly whilst the numbers are to be restricted and controlled by the coach or designated person, to maintain the two metre social distancing rules. They should be cleaned after each use.

4. Gym Training

- Social distance of two metres in all directions should be maintained, except for pad work or sparring sessions, as explained and mitigated in the detail below. Other than at these times, there should be no physical contact unless from a member of your household. Training back-to-back or side by side is far safer than face to face.
- Clubs will need to work out how many people can be accommodated in the training area allowing for the two-metre space in all directions (even if outside). Individual training areas accommodating the 2m distance in every direction should be marked / taped out.

- Participants should wash their hands and use antiseptic wash prior to the start and finish of training and after use of each piece of equipment.
- Equipment should be handled by as few people as possible. After each bit of equipment is used, e.g. bags, skipping ropes, weights etc, they need to be thoroughly cleaned with antibacterial product and the tissue safely disposed of. This would include the ring itself if being used as one of the areas for training.
- **Gloves:** Due to problems with cleaning the inside of the gloves, it is preferable for each boxer to have their own gloves, but still be cleaned before and after use with antibacterial cleaning product.
- Where this is not possible, the gloves should not be shared and be cleaned before and after use and then not used for 72 hours. If this is not possible, then boxers should wear non-sterile examination gloves under their wraps. Wraps should not be shared and washed after each training session. Again, gloves need to be cleaned before and after use.
- **Boxers must wash their hands thoroughly before and after use and avoid touching their face with their hands.**
- **Headguards:** Due to problems with cleaning headguards, it is preferable for each boxer to have their own headguard, but still be cleaned before and after use with antibacterial cleaning product.
- Where this is not possible, the headguard should not be shared and be cleaned before and after use and then not used for 72 hours.
- Loud music should not be played and shouting / raised voices should be kept to a minimum.

5. Gym guidelines and signage

- The minimum amount of people should be allowed into in the gym. Waiting areas, car parks corridors etc also need be operated in such a way that social distancing is maintained, with those waiting remaining outside, including wherever possible parents / guardians etc.
- It is also important to ensure that social distance is maintained and congregating is minimised during training sessions, especially whilst waiting for different activities. It is important that a face mask or covering is worn between exercise for all those present.
- Clubs must have appropriate social distancing and hygiene signage clearly displayed inside and outside the rooms. Examples are to be provided.
- The gym should be well ventilated, with windows and doors open, as much as possible.
- Clubs will need to communicate with members as to how they are going to operate and accommodate the reduced numbers as a result of social distancing requirements in the various training sessions. Wherever possible

and when permitted, training groups / session should be kept to the same groups / bubbles to reduce the amount of contact with different people.

- There is a particular risk where coaches act and engage in multiple scenarios with different people and groups. Coaches should keep interaction across the groups or bubbles to a minimum.
- Shorter sessions should be held to reduce contact time, and a gradual return to intensive training, in order to prevent injury.
- Sufficient time between training sessions should be made in order to allow for cleaning movement in and out etc.
- Details of those attending each session should be recorded and kept securely for 21 days and only to be used in order to support Test and Tracing. After this time, the relevant data should be destroyed. Details to include; Name, address, phone number, date / times of arrival and exit.

6. Dealing with Young People

The role boxing clubs play in the support of young people within their community is widely recognised and admired. However, as well as ensuring safeguarding policies and procedures are maintained, it is important to recognise and listen to the young people attending the boxing clubs after the break caused by the pandemic.

Whilst most may have coped well with the lockdown, others may not. For some young people, and indeed adults, the experience may have been very difficult.

Consideration should be given to the fact that the coaches / volunteers in the club may be one of the first people outside the family / household unit that a young person has come into contact with.

- As a result, they may be struggling for various reasons. These can include:
 - Lacking confidence, having been cut off from family and friends.
 - Being confused and stressed about social distancing or the change of rules / environment / routine, especially those with learning difficulties.
 - Grieving for someone they care about who has passed away or concerned for someone who has been, or still is unwell.
 - Hearing that people from ethnically diverse communities may be more vulnerable to COVID-19.
 - Being neglected, encountering bullying (possibly online) or other similar issues.

Please check in with the young people in your club. If its emergency, please contact 999. However, if there are other concerns, please contact your welfare officer, who can seek guidance as required.

PHASED REOPENING OF AMATEUR BOXING

Movement between phases

The decision to move between phases will be taken by DCMS in conjunction with Public Health England officials. This will be reviewed every four weeks. Each phase is dependent on successful completion and evaluation of the previous phase not having led to an increase in cases within the participant groups.

It is important therefore for the continued return of amateur boxing that the advice and guidelines are adhered to.

Phase 0: Non-contact socially distanced activity:

At Phase 0, this means that all training is to be undertaken as individuals with no partner or group activities within 2m. Activity with shared equipment, such as pad work and sparring, is also not permitted.

Individual training using a hanging bag and general fitness and conditioning activity is permitted.

Clubs, providers and participants must adhere to legal gathering limits, social distancing guidelines and venue requirements, as set out in government guidelines and the guidelines detailed within this document. This includes the cleaning of equipment and following hygiene guidelines.

Phase 1: Return to equipment training:

At Phase 1, when confirmed by DCMS, resumption of contact training - equipment use only will be permitted (sparring not permitted). At Phase 1 contact – i.e. coming within a range of 2m is permitted provided the following guidance is adhered to in addition to the guidelines detailed above:

- The use of handheld equipment - pads or noodles - for partner exercises is permitted. Sparring or competitive boxing is not permitted.
- There is to be no direct personal contact or contact with another person's clothing.
- Training should take place within the overall capacity numbers permitted for the training area (See general advice above) and the specific guidelines for 'training bubbles'.

Please note this can be different for adults and children (Under-18s) and will advised upon as we move through the steps.

- **Training Bubbles:**

Outdoors:

The Government requirements are as follows:

People will be permitted to meet outdoors in groups of up to 6 people, or as a group of two households, for exercise or recreation.

A group made up of two households can include more than 6 people, but only where all members of the group are from the same two households (or support/childcare bubbles, where eligible). Social distancing must be maintained between people who do not live together or share a support bubble.

However, for organised Sport e.g. within the Boxing Club, the following is permitted:

Outdoor sport for adults and children is permitted in larger numbers, provided it is formally organised (for example, by a national governing body or a qualified instructor - see the [section on understanding 'organised sport'](#) for more information) and follows COVID-secure guidance.

Organised sport and supervised children's sport and physical activity can take place outdoors in any number, but people should maintain the rules on social contact before and after sporting activity. This applies to organised outdoor (individual and team) sports, outdoor exercise classes, organised sports participation events and outdoor licensed physical activity.

When not specifically doing pad work, social distancing must be maintained. Permitted numbers must also be followed when a session is not in progress.

Organised sport has been defined as follows:

Organised sport, this means sport which is formally organised by a qualified instructor, club, national governing body, company or charity and follows sport-specific guidance. If the sport is not organised by one of these groups (for example, some friends having a kickabout) or the sport's NGB guidance is not being followed (for example, a football club ignoring the FA's safety measures), this is considered to be informal or self-organised sport.

Indoors (When permitted unless otherwise stated)

This will be updated near to Step 2. (when clubs can operate indoors.)

Individuals may only be part of a single bubble at an individual club / gym. Individuals may not be part of multiple bubbles at the same or at different venues (for example a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group; a children's instructor may not coach more than one group of children, even on separate days). **Coaches or participants holding / wearing the equipment are considered part of the bubble.**

- **Coaches or officials who operate socially distanced from bubbles and are not holding / wearing equipment can operate across bubbles or multiple gyms. But this should be kept to a minimum.**

However, even when socially distanced, coaches or officials should limit the number of bubbles or facilities they work with to limit exposure and should make clear to facility operators if they work across multiple venues.

Where possible, socially distanced training should be maintained for all participants.

In Phase 1, as part of the mitigation these measures must also be adhered to:

- Standard hygiene, test and trace, risk assessment plans and general procedures as detailed in these Return To Boxing guidelines must be followed and can be found here:
<https://www.englandboxing.org/rules-reqs-resources/forms-and-resources/>
- Coach / pad holders to wear mask and googles or mask and visor, apron and disposable gloves. Plus, after each session, clothes to go in a pillowcase and immediately washed by putting pillowcase into washing machine upon returning home.
- Pad holder to keep target at arms-length as much as possible and away from own face at all times to minimise exertion droplet transmission. Preference where possible is for noodles to be used.
- Group sizes restricted to a maximum one holder and up to five participants from different households. Boxers to be kept 2m apart whilst waiting.

- When targets / pads are used by one participant, the target / pads must be wiped clean with disinfectant before moving onto next participant.
- On completion of an activity with an individual, the coach is to change / wipe clean with a sanitising wipe any PPE and visor, googles, mask.
- Boxing gloves of the boxers are not to be shared and must be disinfected before and after use.
- To reduce the close proximity time, pad work is limited to a maximum two minutes per turn and no more than three turns per session. Boxers should move away from the area once each turn is completed and preferably outside.
- The area is to be ventilated as much as possible.
- At all other times, 2m distance to remain and all other COVID guidelines to be followed.
- Where practical, a pad work session should be the last activity of the session.

Phase 2: Return to contact training – Sparring:

At Phase 2, and when confirmed by DCMS, amateur boxing clubs may resume contact training which includes direct physical contact between participants.

- **Training Bubbles:**

Training which involves contact should take place within ‘training bubbles’, which will be specifically advised when the appropriate step level is reached.

- **Initial guidance is as follows:** Individuals may only be part of a single bubble at an individual club/gym. Individuals may not be part of multiple bubbles at the same or at different venues (for example a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group; a children’s instructor may not coach more than one group of children, even on separate days). Coaches or participants holding/wearing the equipment are considered part of the bubble.
- Coaches or officials who operate socially distanced from bubbles and are not holding/wearing equipment can operate across bubbles or multiple gyms but this wherever possible should be kept to a minimum.

However, even when socially distanced, coaches or officials should limit the number of bubbles or facilities they work with to limit exposure and should make clear to facility operators if they work across multiple venues.

Where possible, socially distanced training should be maintained for all participants.

In phase 2 as part of the mitigation these measures must also be adhered to in addition to the guidelines details above:

- Standard hygiene, test and trace, risk assessment plans and general procedures as detailed in these Return To Boxing guidelines must be followed and can be found here:

<https://www.englandboxing.org/rules-regulations/forms-and-resources/>

- As per England Boxing guidelines, boxers should be medicalled and all involved should be a member of England Boxing. As per current England Boxing regulations, individuals wishing to participants must be classed as fit to box having undertaken an Annual Medical and not be serving a medical suspension from boxing and must be a registered member of England Boxing.
- At all times boxers and coaches to remain 2m apart when not sparring.
- To avoid unnecessary close contact / proximity, boxers instructed not to hold or clinch an opponent. In the event it does occur, those controlling the sparring to call an immediate break.
- Sparring to be limited to no more than two minutes per turn and no more than three turns per session. Boxers should move away from the area once each turn completed and preferably outside.
- Coaches to wear mask and googles or mask and visor, disposable apron and disposable gloves. After each session clothes to go in a pillowcase and immediately washed by putting pillowcase into washing machine upon returning home.
- Boxers and coaches to arrive at a pre-booked time as allocated for the sparring session. The same training bubble to be maintained.
- Boxers and coaches to use own equipment and equipment must never be shared. Boxers have own clearly marked water bottles and must administer water themselves.
- Boxers to arrive and leave already changed and with their own gloves, headguard, gumshield, water bottle, and towel. Wherever possible, gloves should be Velcro fastening. Lace up gloves are to be avoided.
- Gloves and equipment not to be shared. Ring ropes, canvas, corner pads etc to be wiped down after each use. Spit buckets are to be emptied and cleaned after each use, with appropriate PPE worn whilst doing this.

- When selecting bubbles consideration should be given to age, weight, experience, and all EB sparring safety protocols.
- Before and after each sparring session, bubbles, ropes, canvas, corner-posts must also be cleaned.
- Coaches should avoid entering the ring during sparring wherever possible.
- Area to be ventilated as much as possible.
- While traveling to and from the gym, plus whilst waiting before and after each sparring session, social distance and hygiene guidelines must be followed.

Under no circumstances is Competitive Boxing is permitted at this stage.

Phase 3: Details to follow when available.