

# Boxing SA

## **BOXING SPARRING SAFETY POLICY**

**Effective 13 April 2003**

### **MUST BE DISPLAYED AT GYM/CLUB ENTRY & SPARRING AREA**

- Sparring is only permitted under the direct supervision of a boxing coach accredited by the National Coaching Accreditation Scheme.
- You must wear a mouth-guard, head-guard and groin protector and females must wear a breast protector.
- You must wear proper sparring gloves in good condition. Bag mitts are not acceptable for sparring.
- Any blood must be cleaned from gloves and body in a timely manner.
- Sparring carries a risk of infection, injury or even death. If you participate in sparring, you acknowledge and accept this risk.
- Hepatitis B is a serious illness easily transmitted through blood contact. It can be prevented by vaccination, and you are strongly advised to see your doctor about getting vaccinated.