

SPARRING

HEALTH AND SAFETY RULES

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