

BOXING RISK ASSESSMENT

Assessed by: Lauren Bean

Date of Assessment: 14/12/19

Date of Review: 14/12/20



Hazard	Risk	Persons at Risk	Initial Rating			Actions	Rating After
			Severity	Probability	Rating		
Skipping ropes	Bruises, cuts	Staff + participants	2	3	9	<ul style="list-style-type: none"> Providing enough space for the number of participants Instructors must be vigilant 	2
Holding boxing pads	Joint strains, bruises, being hit in the face or shoulder	Participants	3	3	6	<ul style="list-style-type: none"> Teaching appropriate technique for holding pads, in order to lower the force of impact on the joints. Instructors must be vigilant 	3
Tripping on Equipment	Slips, trips, falls leading to bruises or breaks	Staff + Participants	2	2	4	<ul style="list-style-type: none"> Equipment to be stored tidily when it is not being used. 	2
Hitting pads	Joint strains	Participants	2	2	4	<ul style="list-style-type: none"> Teaching correct technique and enforcing low levels of force. Using boxing gloves and appropriate PPE 	2
Partner games	Bruising, eye injury, head clashes	Staff + Participants	3	3	9	<ul style="list-style-type: none"> Gloves to be worn to prevent eye injuries Instructor vigilance 	3
Over exertion	Breathing difficulties for participants with asthma	Participants	2	3	6	<ul style="list-style-type: none"> Participants inhalers must be ready available Water breaks should be taken Instructors must be vigilant 	2

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Public	People walking into boxing area without appropriate equipment	Public	3	2	6	<ul style="list-style-type: none">• Consider the use of barrier• Instructors to be vigilant	3
Weather	Sunburn, heat exhaustion.	Staff+ Participants	3	2	6	<ul style="list-style-type: none">• Ensure a shaded area is available during hot weather• Encourage the use of sun cream and sun hats.• Allow water breaks	3