

Session Risk Assessment

Venue: St Paul's Gym		Session Size (approx):			
Date:		Coach Completing Assessment:			
Event:		Coach Signature:			
Activity	Who at risk?	Hazards	Considered - Tick Box	Interventions	
Warm-up:- Running outdoors/indoors	All participants	Slips/tripping over/muscular injuries		Environmental risk assessments will be completed. Guidance will be given by qualified personell before warm up commences.	
Shadow Boxing	All participants	Muscular Injuries		Participants will be put through suitable warm-up to prevent such incidences. Coaching staff will advice on proper form for the activity.	
Bag Exercises	All participants	Muscular injuries/joint trauma/exhaustion		Exercise intensity will be predetermined by coaching staff. Technical guidance will be given to ensure safe technique is used.	
Skipping	All excluding infants	Muscular injuries/joint trauma/skin lasserations		Participants will be given equipment suitable to their skill level for the given task. Also, an adequate warm-up will be given to ensure participant safety.	
Weight Training	Seniors/Professional Boxers	Muscular strains/Extremity specific exhaustion		Weight training will be supervised by an appropriate body. Guidance will be given for each exercise to ensure proper technique, and thus safety.	
Circuit Training	All participants	Exhaustion/Muscular injuries/Joint injuries/Falls		Each exercise will be demonstrated to the participant with appropriate guidance notes to ensure safety. Injuries will be taken in to consideration and advice given accordingly.	
Sparring	All who are medically approved	Head injuries/injuries to the body/fatigue		Boxers will be medically approved by the governing body (ABA), and the personnel supervising will be a minimum of ABA level 2. Boxers will be monitored during the exercise.	
Technical Pad work	All Participants/coaches	Muscular injuries/Fatigue		Qualified boxing coaches will be conducting the exercise to ensure technique is correct. This will help prevent injury. Coaches will be warmed up to prevent injuries.	
Flexability work	All Participants	Muscular Injury		The person(s) conducting such activities will be appropriately qualified to do so. Those with previous muscular injuries will be given guidance accordingly.	
Cool-down: Run and/or Static Stretching	All Participants	Slips/trips/muscular injuries		Participants will be monitored to identify those suffering from session fatigue and intensity will be set accordingly. Exercise will be prescribed by a qualified member of coaching staff.	