



**SAFTEY CHECKLIST FOR TRAINING FACILITIES**

CLUB NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

CLUB CONTACT: \_\_\_\_\_  
NAME POSITION

**1) THE RING**

A. All Posts and ropes to be well padded and a safe distance from walls or pillars. Floor to be padded with felt, rubber, or other suitable, approved material as per CABA rule 1. ©.

B. If the ring is raised (CABA rule 1, A to E).

( ) Approved

( ) Concerns: \_\_\_\_\_  
\_\_\_\_\_

**2) GLOVES & HEADGEAR FOR SPARRING**

Only approved CABA sparring and/or competitive gloves and head guards shall be used, in good condition

- no tears or breaks
- padding in good condition
- 10 oz. for competition
- no laces
- 14oz - 16oz for sparring
- thumb attached

( ) Approved

( ) Concerns: \_\_\_\_\_  
\_\_\_\_\_

**3) TRAINING & FITNESS EQUIPMENT**

- a) All equipment should be checked for safety and maintenance requirements on a regular basis (daily/weekly).
- b) Heavy bags, speed bags, double-end bags, etc. shall be secured in that they will pose no danger to boxers or coaches (check for wear/looseness of nuts-bolts, chains, bungee cords, etc.).

(     ) Approved

(     ) Concerns: \_\_\_\_\_  
\_\_\_\_\_

**4) TRAINING FLOOR AREA**

- a) Floor area should be kept clean and free of hazards
- b) It is recommended that the skipping area be made of wood, hard rubber, or material that has a firm bounce to it.

(     ) Approved

(     ) Concerns: \_\_\_\_\_  
\_\_\_\_\_

**5) COACHES/OFFICIALS**

There must be, at all times, a Boxing Ontario registered and NCCP CERTIFIED COACH in attendance when boxers are sparring and training.

List/officials who will supervise boxer's training:

_____	_____
_____	_____
_____	_____
_____	_____

**6) FIRST AID**

- a) A well-stocked First Aid kit will be readily available.
- b) Supervising trainers must show some knowledge of common boxing injuries and know how to respond to emergency situations.
- c) All emergency EXISTS are known to all members, that they be well lit and for public safety.

(    ) Approved

(    ) Concerns: \_\_\_\_\_  
\_\_\_\_\_

**7) PUBLIC HYGIENE**

- a) Washrooms and showers should be able to pass local health authorities' inspections.
- b) Spit bucket and water bottles should be available and clean.
- c) Commonly used gloves and headgear should be clean and in good condition.

(    ) Approved

(    ) Concerns: \_\_\_\_\_  
\_\_\_\_\_

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Approved:\_\_\_\_\_ Not Approved:\_\_\_\_\_ Date:\_\_\_\_\_

Inspected by: \_\_\_\_\_  
Name (PRINT) Signature

Club member who this was discussed with: \_\_\_\_\_  
Name (PRINT)  
Signature