



RATIOS: 1: 10 (ADULTS TO PARTICIPANTS)

SUPERVISOR POSITION:

Amongst participants

SUPERVISOR ROLES:

Assist with training and join in

SAFETY ACTION PLAN

EQUIPMENT SUPERVISOR:

No equipment needed. Provided by FP staff

EQUIPMENT PARTICIPANT:

- a) Clothes: workout clothes or casual
- b) Foot wear: shoes or bare feet

PARTICIPANT REQUIREMENTS:

- a) Minimum age: 8 years or older
- b) Minimum level of competency: able to follow instructions

ACTIVITY: BOXING TRAINING

RESTRICTIONS:

No restrictions but all pre-existing medical conditions must be disclosed

ACTIVITY IN OPERATIONS:

Activity is instructed by FP staff.

Activity		Boxing training		Supervision category	Instructor of box instructor required	
Area	Big Gym or Rec Hall			Date reviewed	August 2021	
Hazard (what poses the threat)	Poss. Risk (injury outcomes)	Category (environment, people, equipment)	Risk Rate	Controls in place (What we do to either eliminate, minimise or isolate the hazard or risk)		Responsible (who is responsible for dealing with this hazard during activity)
Unqualified staff	General injury or strain	people		All FP staff are trained in the activity they deliver. All FP staff have a up to date 1 st aid certificate		FP staff
Improper exercise		People		All exercise used are of a simple easy to execute nature. Participants will be given correct examples and asked to imitate the example. Participants can step out at any moment		FP staff and participants
Sprains and strains	Sprained ankle, tendon injury, muscle soreness, over extension, etc	people		Participants are warmed up prior to most exercises. Participants are asked to only give and try as much as they are comfortable with and what they feel their body can handle.		FP staff and participants
Viruses, infections and bacteria	Sickness, contagious diseases or other easily transmitted infections or diseases	People, environment, equipment		Boxing training happens in a well set up ventilated spacious area. All gear (skipping ropes, gloves, boxing bags, and floor mats) are kept in good condition and fit for purpose. Areas and gear are wiped down after training. Participants are asked to wash or disinfect hands prior to putting on gloves r touching gear. Participants are asked to disclose any medical ailments or condition prior to session starting. Where possible shoes must be worn		FP staff and participants
Medical emergency	Pre-existing medical condition	people		All participants must disclose pre-existing medical conditions prior to session. Where possible program will be adapted to suit those people's needs. FP has a defib available on site		FP staff and participants