



Sweet Science Foundation H&S Risk Assessment Form

Venue:	
Name and position of person carrying out the check:	
Date:	

GYM/ROOM SPACE	
The floor is clean, has a non-slip surface and is free from obstacles and hazards	Yes ☐ No ☐
Equipment is not in a hazardous position or blocking entry / exit points	Yes ☐ No ☐
Space is appropriate for the activity and number of participants	Yes ☐ No ☐
Lighting and heating is sufficient	Yes ☐ No ☐
Comments / actions taken or required:	

RING (IF APPLICABLE)	
Ropes, rope ties and turnbuckles in good repair & ropes securely fastened and not frayed	Yes ☐ No ☐
Underlay in good repair and of sufficient thickness as stated in the rules and regulations	Yes ☐ No ☐
Canvas is tight, smooth and with no rips or tears	Yes ☐ No ☐
Comments / actions taken or required:	

BOXING EQUIPMENT	
All equipment is appropriate for the number, age and level of boxers	Yes ☐ No ☐

Gloves are in good repair without rips, foam of sufficient depth across the knuckles	Yes ☐ No ☐
Head guards should fit the boxers correctly and have secure straps / lacing	Yes ☐ No ☐
Groin protectors are in good repair and are a good fit	Yes ☐ No ☐
Mouth guards are properly fitted	Yes ☐ No ☐
Hand wraps are of the appropriate length and material	Yes ☐ No ☐
Footwear is in good repair and is a good fit	Yes ☐ No ☐
Comments / actions taken or required:	

GYM/EXERCISE EQUIPMENT (IF APPLICABLE)	
Sufficient space around equipment for it to be used safely	Yes ☐ No ☐
Punch bags are sufficiently padded to not cause hand damage i.e. no 'hard sports'	Yes ☐ No ☐
Bag chains and fastenings are securely tightened and in good repair with no broken links or bent fastenings	Yes ☐ No ☐
Floor-to-ceiling balls have secure anchor points and elastic is in good condition	Yes ☐ No ☐
Mats have no tears or rips	Yes ☐ No ☐
Skipping ropes have secure handles and are in good condition	Yes ☐ No ☐
Benches are in good repair and are splinter-free	Yes ☐ No ☐
Medicine balls are in good condition with no splits	Yes ☐ No ☐
Weights: stands, bars and collars are all in good condition with secure collars and no damage to welds	Yes ☐ No ☐
Aerobic equipment (e.g. bikes, cross trainers) is maintained in accordance with manufacturer's recommendations	Yes ☐ No ☐
Comments / actions taken or required:	
BOXERS	

Medical and emergency contact information has been collected for all boxers	Yes ☐ No ☐
Boxers are suitably attired and are not wearing jewellery	Yes ☐ No ☐
Any injuries are taken into account when planning and conducting activities, which must be suitable	Yes ☐ No ☐
Comments / actions taken or required:	

SPARRING	
All boxers that participate in 100% power head and body sparring hold an appropriate medical card	Yes ☐ No ☐
Sparring only takes place when a full coach or higher is present	Yes ☐ No ☐
Sparring is not conducted by any coaches under the age of 18	Yes ☐ No ☐
Trainee coaches do not conduct open sparring	Yes ☐ No ☐
Correct equipment is worn at all times during sparring i.e. head guard, mouth guard, protector, gloves, hand wraps	Yes ☐ No ☐
Boxers and coaches to understand the need for control in conditioned and technique sparring and understand that it is a learning experience	Yes ☐ No ☐
Boxers are matched suitably according to age, experience, ability, weight and height	Yes ☐ No ☐
Suitable themes are chosen relative to age, experience and ability	Yes ☐ No ☐
A range of sparring opportunities are on offer, tailored to the needs of the boxers	Yes ☐ No ☐
Comments / actions taken or required:	
EMERGENCY PROCEDURES AND FIRST AID	
First Aid qualified staff member present on site during each session	Yes ☐ No ☐
Emergency procedures are published and available for all to see, and all coaches are aware of them	Yes ☐ No ☐
A working telephone is available	Yes ☐ No ☐

Emergency access points are checked and operational	Yes ☐ No ☐
A fully equipped first aid kit is available at all sessions	Yes ☐ No ☐
There is an accident / incident book in place and accessible, in which injuries other than minor training injuries are logged	Yes ☐ No ☐
Comments / actions taken or required:	

Name:..... Signed:.....

Date:.....