### Annex C - Risk Assessment – Sparring

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| **Dept / Sub-Unit / Unit / Formation:** | ARMY BOXING ASSOCIATION | **Assessor**  **(No, Rank, Name):** | N Pearce |
| **Activity (SSW) / Exercise (SST):** | SPARRING | **Assessor’s signature:** | N L Pearce |
| **Generic or Specific Risk Assessment:** | Specific to 2020/21 Only | **Assessment Date:** | 22/07/2020 |
| **Relevant Publications / Pamphlets / Procedures:** | JSP660 – Sport in the UK Armed Forces  Governing Body - England Amateur Boxing Association  UKAFBA Official Handbook – season 2020/2021 Edition | **Review Date** **for GRA** (Step 5)**:** | For 2020/21 only |

| (a) | (b) | (c) | (d) | (e) | (f) | (g) | (h) | (i) | (j) | (k) | (l) | (m) | (n) |
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| **Ref** | **Activity / element**  (Step 1a) | **Hazards identified**  (Step 1b) | **Who or what might be harmed and how**, e.g.  • Military personnel - fatality  • Civ staff / contractors - injury  • General public - injury • Environment - spill(Step 2) | **Existing control measures**  (Step 3a) | **Assessment with  existing controls** | | | **Is residual risk acceptable in the context of risk appetite for the activity?  (Yes / No) – Refer to Risk Score Calculation above** *If Yes, move to column (n). If No, identify  additional controls* (Step 3e) | **Reasonable additional controls that can be implemented to reduce risk  to ALARP** (Step 3f) | **Reassessment with additional  control measures** | | | **List required action(s)  to instigate controls** (Step 3j) |
|  | **L  (1 to 5)** (Step 3b) | **I (1 to 5)** (Step 3c) | **Score  (L x I)** (Step 3d) | **L  (1 to 5)** (Step 3g) | **I (1 to 5)** (Step 3h) | **Score  (L x I)** (Step 3i) |
| 01 | Sparring | Death from Brain Injury | Military Personnel –  Permanent disability  Fatality | 1. Participants have Annual medicals. Information contained in RA pack of participants and medical dates.  2. Qualified ABAE Level 2 Coach to supervise, Details in RA Pack.  3. Coaches are qualified and in date and registered with the Army BA. Details in RA pack.  4. All Boxers are registered through the Army BA. Details in RA folder.  5. Boxers are to be categorised and matched according to Weight and Experience.  Details in RA Pack  6. Only 16oz gloves to be used for sparring. This is compulsory  7. Pre-sparring verbal confirmation of Boxer’s consent to Spar is compulsory and is to be recorded on the Sparring activity log to be completed for every sparring session.  8. Boxers are required to declare any headaches or injuries prior to sparring activity.  9. Coaches are aware of the Unit Emergency Action Plan procedures – Annex A to Section 3 of the UKAFBA Handbook. | 2 | 4 | 8 | NO | 1. Boxers conducting  sparring should only  spar to a maximum  of 2 x per week and  not on consecutive  days or a duration of  their competitive  round duration plus 1 round. i.e.  Development Boxer  4 x 2 mins rounds  Elite Boxer  4 x 3 mins  TO BE RECORED ON SPARRING LOG | **1** | **4** | **4**  **LOW**  **ALARP** | **Boxing Officer to make weekly checks on Sparring Log.** |
| Burst ear drum  Detached retinae  Fractures to face, hands, or ribs | Military Personnel –  Significant Injury requiring treatment | 3 | 3 | 9 | NO | **2** | **3** | **6**  **LOW**  **ALARP** |
| Bruising injuries to face, hands or ribs | Military Personnel –  Injury requiring treatment | 5 | 2 | 10 | NO | **5** | **1** | **5**  **LOW**  **ALARP** |
| 2 | Sparring | Actions on Injury | Military Personnel –  Bruising injuries to face, hands or ribs  Burst ear drum  Detached retinae  Fractures to face, hands, or ribs  Permanent disability  Fatality | 1. Medical Centre made aware of Sparring – dates, times and location.  2. First Aid Kit available.  3. All personnel to have Medical Centre contact numbers in Mobile phones  4. Serious injury - Coaches to call Medical Services 999 and inform main gate that the medical services have been called and the location. Instigate Bn Boxing Emergency Action Plan  5. No lone sparring. Key to be held by the Head Coach | 3 | 3 | 9 | YES  LOW  ALARP |  |  |  |  | **Sign and instructions displayed in sparring area. All to be made aware of this**. |
| 3 | Sparring | Dehydration | Military Personnel - Fatality | 1. 1 min breaks afforded at end of each round, Rounds only 2- or 3-mins max dependant on Cat of Boxer.  2. Water to be available – water containers brought in by participants | 2 | 1 | 2 | YES  LOW  ALARP |  |  |  |  |  |
| 4 | Sparring | Muscle injury / strain | Military Personnel - Injury | 1. All Boxers are trained by qualified Coaches and have pre-bout medical to ensure fitness to box. Records kept in RA Folder. | 2 | 2 | 4 | YES  LOW  ALARP |  |  |  |  |  |
| 5 | Sparring | Injury due to faulty or  damaged training  equipment including Boxing Rings and Boxing PPE | Military Personnel  Fall from height out of ring.  Fractures to face, hands, or ribs from defective PPE  Permanent disability  Fatality | 1. Senior Coaches (Level 2 and above) are to inspect all training equipment including the Boxing Ring for serviceability prior to any training taking place. This is to be recorded on the various equipment and boxing ring. | 2 | 2 | 4 | YES  LOW  ALARP | . |  |  |  | **Boxing Officer to make weekly checks.** |

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| **Authorising Officer / Warrant Officer (at unit level)** | **No, Rank, Name** | **Post** | **Date** | **Signature** |
| **Existing and additional controls agreed** |  |  |  |  |
| **Where risk is elevated up the CoC, CO to confirm additional controls implemented** |  |  |  |  |