

Annex C - Risk Assessment – Sparring

Dept / Sub-Unit / Unit / Formation:	ARMY BOXING ASSOCIATION	Assessor (No, Rank, Name):	N Pearce
Activity (SSW) / Exercise (SST):	SPARRING	Assessor's signature:	<i>N L Pearce</i>
Generic or Specific Risk Assessment:	Specific to 2021/22 Only	Assessment Date:	22/05/2021
Relevant Publications / Pamphlets / Procedures:	JSP660 – Sport in the UK Armed Forces Governing Body - England Amateur Boxing Association UKAFBA Official Handbook – season 2021/2022 Edition	Review Date for GRA (Step 5):	For 2021/22 only

(a)	(b)	(c)	(d)	(e)	(f)	(g)	(h)	(i)	(j)	(k)	(l)	(m)	(n)
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 <i>If Yes, move to column (n). If No, identify additional controls (Step 3e)</i>	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.	e	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	1	4	4 LOW ALARP	Boxing Officer to make weekly checks on Sparring Log.

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		Burst ear drum Detached retinae Fractures to face, hands, or ribs	Military Personnel – Significant Injury requiring treatment	2. Qualified England Boxing registered Level 2 Coach or England Boxing registered referee to supervise. 3. Coaches are qualified and in date and registered with the Army BA. 4. All Boxers are registered through the Army BA. 5. Boxers are to be categorised and matched according to Weight and Experience. 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.	3	3	9	NO	their competitive round duration plus 1 round. i.e. Development Boxer 4 x 2 mins rounds Elite Boxer 4 x 3 mins TO BE RECORDED ON SPARRING LOG	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	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	3	3	9	YES LOW ALARP					Sign and instructions displayed in sparring area. All to be made aware of this.

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			Permanent disability Fatality	5. No lone sparring. Key to be held by the Head Coach									
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.

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				