Additional Precautions and Recommendations

**Coach Focus Mitt Drills**
- When possible, wear PPE (protective eye wear, gloves, face mask, and long-sleeved shirt). Preferably change clothes before you leave the gym.
- Have boxers wear facemask, and encourage long sleeved shirts
- Wipe down equipment (ex. mitts, punch shield, noodles/punch sticks, paddles, etc.) before each new boxer arrives at the station, and at the end of the day
- Remind boxers to clean their equipment before the next station, and to follow all hygiene precautions (ex. face covering, wash hands, use hand sanitizer, etc.)

**Drilling & Sparring**
- Wear a face mask when possible (ex. when working body shots) and remove facemask for sparring immediately prior to putting on gloves and headgear.
- Encourage boxers to wear a shirt and preferably long sleeves (no shirtless)
- If possible, BYOE! Bring your own equipment (gloves, headgear, cups, etc.). Do not share! *If do not have own equipment, strongly suggest sanitizing shared equipment between each person’s use*
- Wipe down equipment (ex. headgear, gloves, water bottles, etc.) with cleaning/bleach solution immediately before and after sparring
- Each boxer should have their own water bottle and coaches should use precautions (ex. gloves, sanitizer) with each use of the bottle. Clean the outside of the bottle again with cleaning/bleach solution before the boxer takes it away from the sparring area. Properly clean the bottle, inside and out, with soap and water after each training session.
- If a mouthpiece lands on the floor the coach should call “stop!” and have the boxers step back. With gloves on, pick up the mouthpiece, clean it with sanitizer, and thoroughly rinse with water before placing it back into the boxer’s mouth, then dispose gloves into a trash bin and sanitize hands
- If a boxer’s gloves touch the canvas, immediately call “stop!” and have the boxers step back to wipe the gloves off with cleaning/bleach solution.
- Immediately after sparring, boxers should dry off with their own personal towel, and clean their equipment with cleaning/bleach solution before arriving at the next station
Staff Responsibilities for Sparring Areas

• When possible, wear appropriate PPE (protective eye wear, gloves, face mask, etc.).

• In a safe place directly outside the sparring area have a supply of gloves, paper towel, hand sanitizer, cleaning supplies and a trash bin

• Between each sparring match and at the end of the training session, wipe down corner pads and ropes with cleaning/bleach solution

• Remind boxers to clean their equipment with cleaning/bleach solution before the next station, and to follow all hygiene precautions (ex. face covering, wash hands, use hand sanitizer, etc.)

• Keep a record of sparring

• Mop vinyl ring covers daily with cleaning/bleach solution

• Periodically (daily or weekly depending upon the gym’s attendance levels) clean the spit pails by safely and carefully emptying in an appropriate spot (ex. outside away from high foot traffic areas), rinse with warm water, then wash with cleaning/bleach solution. Staff should wear protective gloves, eye wear and face covering while performing this task.