

Boxing

1. Registration opens September 8
2. Amended items
 - a. Preparation:
 - i. Each staff member should wear a face mask while inside the gym
 - ii. Maintain social distancing
 - iii. Wash all surfaces of gym with a **bleach solution** of 4 teaspoons bleach to quart of water
 - iv. Remove all common gym equipment (gloves, headgear, cups, etc.) and clean them with a bleach solution.
 - v. Wash all remaining equipment with **bleach solution** (ex. boxing bags, jump ropes, etc.)
 - vi. Hang gym guidelines posters on at least one wall in each room and near each station
 - vii. Identify hazards and risk “hot spots” as Low, Medium and High to mitigate those risks
 - viii. Place hand sanitizer and (bleach) wipes near common stations (ex. boxing bags, jump ropes, etc.)
 - ix. *After the gym opens* for members, routinely wash equipment (ex. boxing bags, ropes, etc.) and common contact points (ex. doorknobs, sink taps, etc.) after every session
 - b. Participation
 - i. Inform members of new policies (sign-in sheets; use personal equipment; etc.)
 - ii. Stay home if you show **symptoms** or may be in a **high risk population**
 - iii. Take each members temperature before entering gym
 - iv. All members should follow all hygiene precautions (ex. face covering, wash hands, use hand sanitizer, etc.) *Homemade masks are acceptable*
 - v. If possible, BYOE! Bring your own equipment (gloves, headgear, cups, etc.). Do not share! *If must share, strongly suggest sanitizing shared equipment between each person's use.*
 - vi. 10 people max. including coaches and parents
 - c. Expanded Rules
 - i. Separate classes....
 1. Group A will train outside while Group B is inside and vice versa. Maintain a boxing routine for beginners and experienced fighters, to

make sure we keep to the 10 people (total) in the gym at a time. We may not be able to have parents in the gym for now. ·

2. All fighters must have their own equipment (headgear, mouthpiece, groin protector, gloves and hand wraps) and we will maintain focus mitts, bags and gym equipment for training. I will work with Ringside to get the lowest price possible for our fighters to be able to purchase their own gear. We can maintain packages and offer a basic package for the students to purchase (for example headgear, mouthpiece, gloves and hand wraps basic cost is \$\$\$) or I can see if Ringside will put a package together and they can order straight from the company.
3. All equipment will be wiped down after training.
4. Keep bleach solution, hand sanitizer and bleach wipes by common area station.
5. CDC Recommendations
 - a. Advise Sick Individuals of Home Isolation Criteria. Sick coaches, staff members, officials or players should not return until all CDC criteria have been met to discontinue home isolation
 - b. Isolate Those Who Are Sick
 - c. All Parties Should NOT attend sporting activities if they are sick, have been in contact with someone who is suspected or confirmed to be COVID-19 Positive.
 - d. If a party becomes in contact or becomes ill / positive COVID-19 result they should notify JaxPAL Athletic Director or Executive Director.
 - e. Immediately separate coaches, staff, officials and players with symptoms and follow all CDC guidance for caring for those with COVID19.
 - f. Notify the proper health organization and require the sick individual be tested for COVID-19
 - g. No individual should return to play until after they have followed all CDC guidelines for quarantine and have had 2 NEGITIVE COVID-19 tests. Proper documentation will be required to return to the team
 - h. If the participant had contact with other participants make contact with those in contact and request necessary testing of COVID-19 for the group. Only those with negative test may
 - i. return. Those with HIGH RISK for severe illness should not attend functions until the fully open has been declared. When the return to normal call is given you may return to normal activities and any precautions above you wish to continue following if they are applicable and prudent or the safety of your players, coaches and parents.