

PEI Amateur Boxing COVID operational plan

November 2020.

This plan takes into consideration PEI's current active COVID Cases.

Capacity:

- We will adhere to the indoor gathering limit of 20 people including coaches as determined by Public Health.

Cleanliness:

- Athletes will only use their personal gloves whenever possible.
- All equipment (heavy bags, speed bags, skipping ropes, weights, etc.) will be sanitized before and after each use.

Screening of athletes, coaches and visitors to gym

- Anyone entering the gym must sign in on the screening and contact tracing form.
- Any athlete displaying any signs or symptoms of being sick (cough, sneezing, etc) will not be allowed to enter / will be asked to leave the club if they are already there.

Sparring:

- We will be allowing sparring to take place effective November 1, 2020.

RECOMMENDATIONS FOR SPARRING

PEI Boxing recommends that sparring groups be limited to 6 people, who spar within their own group of 6 and do not spar with other groups.

Those people should use their own equipment whenever possible.

Prior to sparring:

- Complete the sparring log before each new athlete begins.
- Use your own equipment whenever possible
- Sanitize equipment (ex. headgear, gloves) immediately before and after sparring
- Each boxer must have their own water bottle
- If a mouthpiece lands on the floor the coach should call "stop!" and have the boxer's step back. With gloves on, pick up the mouthpiece, clean it with appropriate 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