



BOXING CANADA RETURN-TO-SPORT RECOMMENDATIONS

The following are **recommendations** for gym owners, managers and administrators. It is important that we take measures for protecting athletes, parents, coaches and staff from exposure to, and infection with COVID-19. We must minimize exposure risk, including potential for interaction with people suspected or confirmed COVID-19 and/or contamination of the gym environment. It is imperative that coaches adapt infection control strategies based on a thorough risk assessment using appropriate organizational and administrative controls, safe gym practices and personal protective equipment (PPE) to prevent exposure.

These recommendations are guidelines to help you elaborate your return-to-sport protocol while ensuring the safety of our members, staff and our friends and family.

Each Province differs in their reopening dates and requirements. The PSOs and their jurisdictional Provincial Government are the lead insofar as their restrictions and moving forward. Our guidelines will hopefully help PSOs and clubs establish their game-plan for approval purposes moving forward.

Keep in mind that for insurance purposes each club needs to be in tune with provincial restrictions. Review and adjust accordingly to the needs of your facility, based on federal, provincial and local guidelines.

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1. PUBLIC HEALTH AUTHORITIES

Please abide by the recommendations from Boxing Canada and refer to federal, provincial, regional and municipal Public Health authorities for guidelines specific to your region:

- [Government of Canada](#)

- [Alberta Health Services](#)
- [BC Centre for Disease Control](#)
- [Government of British Columbia \(COVID-19\)](#)
- [Government of Manitoba – Public Health Services](#)
- [Government of New Brunswick \(COVID-19\)](#)
- [Government of Newfoundland & Labrador \(COVID-19\)](#)
- [Nova Scotia Health Authority \(COVID-19\)](#)
- [Public Health Ontario \(COVID-19\)](#)
- [Government of Prince Edward Island \(COVID-19\)](#)
- [Government of Quebec \(COVID-19\)](#)
- [Government of Saskatchewan \(COVID-19\)](#)
- [Government of Yukon \(COVID-19\)](#)

2. SPORT MEDICINE ADVISORY COMMITTEE UPDATES

These joint updates are from the Own the Podium led Sport Medicine Advisory Committee comprised of Chief Medical Officers from the Canadian Olympic Committee, the Canadian Paralympic Committee, and the Canadian Olympic and Paralympic Sport Institute Network (COPSIN).

It is meant to guide National Sporting Organizations (NSOs) in decision-making with respect to travel to competitions within and outside Canada. Information has been obtained from the World Health Organization, Government of Canada and Australian Institute of Sports websites. Other references are listed in this document. This advisory will be updated regularly and distributed to NSOs and other high performance sport partners. The outbreak of severe respiratory illness related to the new coronavirus (COVID-19) continues to have an expanding impact internationally.

The World Health Organization (WHO) provides regular updates which guide our recommendations. The latest WHO statements can be found at [WHO website on Coronavirus disease \(COVID-19\) outbreak](#).

- Update #16 – [May 20, 2020](#)
- Update # 15 - [May 5, 2020](#)
- Update # 14 – [April 29, 2020](#)
- Update # 13 – [April 22, 2020](#)
- Update # 12 – [April 15, 2020](#)
- Update # 11 – [April 8, 2020](#)
- Update # 10 – [April 1, 2020](#)
- Update # 9 – [March 25, 2020](#)
- Update # 8 – [March 23, 2020](#)
- Update # 7 – [March 21, 2020](#)
- Update # 6 – [March 19, 2020](#)
- Update # 5 – [March 17, 2020](#)
- Update # 4 – [March 15, 2020](#)
- Update # 3 – [March 13, 2020](#)
- Update # 2 – [March 11, 2020](#)
- Update # 1 – [March 8, 2020](#)

3. FINANCIAL RESOURCES AVAILABLE

Canada's COVID-19 Economic Response Plan:

The Government of Canada is taking immediate, significant and decisive action to support Canadians and businesses facing hardship as a result of the global COVID-19 outbreak.

The list of all federal financial support can be found [HERE](#)

4. RETURN TO SPORT RESOURCES & TOOLS

a. RISK ASSESSMENT

Consider creating a map of your gym, then entering the building through the main entrance, walking through the gym, noting on the map the various “hot spots” of low, medium and high risk for contamination and transfer.

Also note on the map where instruction and sanitizer/cleaning stations should be set-up. Consider actions that can be taken to lower each level of risk. For example, set up a station with hand sanitizer (at least 60% alcohol) and bleach solution/cleaning wipes everywhere there is a high to medium risk, so it then becomes a medium to low risk area.

- HIGH Risk - areas where multiple people will *likely* transfer germs, sweat and other contaminants (ex. doorknobs, sink taps, treadmill control panels/handles, weight benches, change rooms, sparring, etc.)
- MEDIUM Risk – areas where multiple people *could* transfer germs, sweat and other contaminants (ex. heavy bag and light bag stations, where boxing gloves are worn causing somewhat of a barrier between the member and the surface area)
- LOW Risk – areas of *minimal* transfer

b. BOXING CLUBS RESPONSIBILITY

- Perform a risk management review and have a plan to mitigate low, medium and high risks areas
 - Refer to the COVID-19 Return to Sport Assessment Tool (R-SAT) available as an attachment
- Staff wears face masks (highly recommended), and disposable gloves / protective eyewear when appropriate
- If possible, keep entrance door open during operating hours
- Schedule group times for members to be in building and active (encourage parents and support to wait outside)
- Schedule enough time between session for members to leave, arrive and for staff to clean
- Have a designated area for street shoes
- Have a sign-in sheet
- No change room access (inform athletes to come prepared)

- Turn off water fountains and have members bring their own full water bottles
- Have hand sanitizer and cleaning wipes available at every station / area
- Monitor and refill hand sanitizers and cleaning wipes between sessions
- Clean medium and high risks areas between training sessions
- Trash bins are available and strategically placed (i.e. near each hand sanitizer and cleaning wipes station)
- Use hand sanitizer often and consider disposable gloves and protective eyewear when appropriate

c. MEMBERSHIP RESPONSIBILITY

- Stay home if you have symptoms or are in a vulnerable population (view [Government of Canada’s website](#) for more information)
- Be punctual and only come to the gym at your designated time
- Wear your gym clothes to the gym (change rooms will not be available)
- Wear a face mask that covers both your nose and mouth. Cough / sneeze into your shirt or elbow joint
- Use disposable gloves and protective eyewear when appropriate
- Bring to each training: 1. Clean clothes 2. Clean handwraps 3. Clean towel
- Leave your street shoes in the designated area
- Sign-in at the beginning of each new session arrival
- Bring your own equipment! No sharing!
- Social distancing and stay 2 meters away from each other
- Use your clean towel to wipe the sweat off your body often
- Follow the stations and instructions of your coach
- Follow the cleaning instructions before you leave a station and when you get to a new station
- Use hand sanitizer often, including but not limited to, every time you take off your gloves
- Consider bringing your own sanitizer and cleaning wipes

Boxing Canada recognizes that boxing clubs come in different shapes and sizes. To support the gradual reopening of activities, we recommend 1 person per 225 square foot (15 ft x 15 ft) of active gym space during training, including coaches and staff. See the chart below to assist you with calculations:

Boxing Club Square Footage	Number of people
2250	10
2025	9
1800	8
1575	7
1350	6
1125	5
900	4
675	3

If you can negotiate and encourage members to practice consistently at the same times in groups/teams, this may lower the risk for the overall club membership. With an agreed upon assigned

group time and sign-in sheet protocol, then contact tracing is available if a member (or member's family) contracts COVID-19.

d. GYM SPACE

Adjust all hot spots to minimize risk.

- Move equipment position to accommodate social distancing (ex. if bags are closer than 4 – 5 meters, consider removing every other bag, and place caution tape or “Do NOT Use” sign on every other
- Encourage members to bring their own equipment (gloves, headgear, cups, etc.) and have mitigation cleaning protocols in place for community equipment
- Remove all community water bottles
- Turn off water fountains
- Place near each medium to high risk hot spot:
 - Instruction poster
 - Hand sanitizer
 - Cleaning wipes
 - Trash bin
- We recommend identifying an area near the entrance where members can drop their personal items in a plastic bin upon arriving in the boxing training area and wash these bins when leaving (avoid carrying personal items throughout the gym)
- When possible, space out the arrival of athletes during training to minimize socializing opportunities.
- Avoid circuit training where equipment will be shared.

BOXING BAGS

- Wipe down the boxing bag with cleaning products BEFORE using
- Maintain social distancing of at least 4 meters to allow athletes to move around the bag (consider removing bags to allow sufficient space between each athlete)
- Use a personal towel to dry your body often
- Use your own gloves
- Sanitize your hands immediately after wearing any boxing gloves and using equipment
- Deposit any used cleaning materials into a trash bin

SHADOWBOXING

- Maintain social distancing of at least 2 meters
- Use a personal towel to dry your body often
- Wipe down any areas that you or your possessions may have touched
- Use hand sanitizer before you move to the next station

JUMP ROPE AREA

- Wipe down jump rope handles BEFORE using
- Maintain social distancing of at least 2 meters
- Use a personal towel to dry your body often
- Use your own rope
- Sanitize your hands immediately after wearing any boxing gloves and using equipment

- Deposit any used cleaning materials into a trash bin

AUXILIARY TRAINING AREA (PHYSICAL CONDITIONING)

- Wipe down the bench, mats and/or any handles/equipment you are about to touch
- Maintain social distancing of at least 2 meters
- Use a personal towel to dry your body often
- Deposit any used cleaning materials into a trash bin
- Sanitize your hands before moving onto the next station

RESTROOM

- Wipe down the toilet lever and seat before using (or use disposable toilet seat cover when possible)
- Wash hands when arriving **AND** leaving the restroom:
 - Wet hands
 - Lather your hands completely with soap
 - Scrub your hands for a least 20 seconds (singing Happy Birthday 2x)
 - Rinse
 - Air dry or with paper towel
- Wipe down sink taps and doorknobs before you leave

e. STAFF

- When it is possible the maintain social distancing of at least 2 meters, wear face mask covering nose and mouth at all times (**mandatory**)
- Before and after each session begin and end, wipe all medium and high risk hot spots with bleach/cleaner solution
- Wipe sign-in table and pens with bleach/cleaner solution
- Open door and if possible, leave open during open hours
- Monitor that all members:
 - Sign-in
 - Put street shoes in designated area
- Always maintain social distancing of 2 meters and do NOT practice with mitts, punch shields, etc.
- During Phase 1, **NO** physical contact, combat drilling or sparring
- Supervise and make sure members are cleaning the next station they arrive at
- Before members put on their street shoes to leave, encourage them to wipe the soles of their gym shoes before they put their shoes in the gym bag
- Wipe mirrors and mop floors of shadowbox and bag areas with bleach solution daily at the completion of all sessions
- Maintaining a strict protocol and your facility can prevent the spread of sickness and disease

5. ANNEXES & RESOURCES

In the following pages, you will find the following resources:

- Boxing Canada's High Performance National Centre return to training plan
- Template sign-in sheet



**BOXING CANADA'S HIGH PERFORMANCE NATIONAL CENTRE
RETURN TO TRAINING PLAN**

Actions	Comments
<p><u>SPORT COMPONENT</u></p> <p>Mandatory medical control with Team Doctor for Boxing Canada's staff and athletes prior to returning to the Centre.</p> <p>Boxing Canada's staff will return to the boxing training area prior to the athletes.</p> <p>Enforce social distancing.</p> <p>Adapted schedules.</p> <p>Training in small group with maximum 8 people in the boxing training area (including athletes and staff).</p> <p>Interactions by video conference with the support staff of the Centre.</p> <p>Masks will be mandatory for the staff inside the boxing training area.</p> <p><u>CLEANING / DESINFECTION COMPONENT</u></p> <p>Hand sanitizing station at the entrance / exit of the boxing training area.</p> <p>Mandatory hand washing for all individuals entering / exiting the boxing training area.</p> <p>Hand sanitizing station inside the boxing training area</p> <p>Enforce social distancing (2m) in a single line to enter / exit the boxing training area.</p> <p>Use your own equipment at all times.</p> <p>Athletes will need to drop their personal items in a plastic bin upon arriving in the boxing training area and wash these bins when leaving.</p>	<p>In-person or virtual meeting with doctor.</p> <p>For the 1st week of operations, only Boxing Canada's staff will be present in the centre in order to prepare and manage the arrival of athletes.</p> <p>No sparring, pad work or work in pairs.</p> <p>Solo shadow boxing only with a minimum of 2m between them.</p> <p>Heavy Bag: one athlete per bag – There will be more space between each bag (4-5m) considering athletes move around the bags.</p> <p>Training groups will remain the same in order to avoid cross-contagion.</p> <p>The boxing training area will be utilized 3 days / week (Monday, Wednesday and Friday).</p> <p>Cardio / running training: with summer around the corner, athletes will do their cardio sessions by themselves outside (Tuesday and Thursday).</p> <p>When possible, space out the arrival of athletes during training to minimize socializing opportunities.</p> <p>Possibility to do physical conditioning workout in the boxing training area or outside to minimize movement and interactions within the centre.</p> <p>Protection masks and gloves will be provided by Boxing Canada.</p>

<p>Temporary individual dressing room (man and woman) inside the boxing training area.</p> <p>Athletes will drop their dirty/wet clothes in a plastic bag after each training and bring them home.</p> <p>Wash their clothes at home after each training: take out clothes from plastic bag without shaking the bag. Clothes may be washed with your family's clothing. Warm water is sufficient and there is no need to dry at high temperature (WHO message April 23, 2020). Wash hands properly before manipulating and putting away clean clothes.</p> <p>Disinfect gloves and headgear after each training.</p> <p>Disinfect the exterior of gloves / headgear after each training.</p> <p><u>PREVENTION COMPONENT</u></p> <p>For each visit at the Centre, a health status and risk assessment form will need to be completed by staff and athletes.</p> <p>Medical information session with the entire group for instructions reminder in case of symptoms, spreading prevention, intervention plan, answer questions/concerns, ...</p> <p>Information session with the entire group to discuss our social responsibility.</p> <p>Information session with the entire group on symptoms associated with pericarditis risks (article Lancet in attachment) and sport sheet: http://www.insquebec.org/formation/savoir-sport/?requestedFiche=S889).</p> <p>Reinforce the importance to not show up at the Centre if you have one or more COVID-19 symptoms.</p>	<p>Avoid circuits where equipment will be shared.</p> <p>Mark the separation distances, for example at the entrance outside of the boxing training area.</p> <p>Panel divider for the man and woman dressing room in the boxing training area.</p> <p>Boxing Canada will provide plastic bins to store personal effects upon arriving in the training area.</p> <p>Boxing Canada will provide plastic bags for clothing.</p> <p>Boxing Canada will provide spray disinfectant and cleaning wipes in order to clean equipment in the boxing training area.</p> <p>If an individual in the group tests positive to COVID-19, the entire group will need to self-isolate for a period of 14 days.</p> <p>In case of infection, investigate recent contacts.</p> <p>If an individual in the group gets a positive diagnostic for COVID-19, the entire group will need to self-isolate for a time period defined by our doctor.</p>
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It is important to note that all measures and guidelines imposed by Health Canada, the Health Ministry of Quebec or by INS Québec must be respected above the advices provided in the present document.

