



Risk Assessment Form



Name of club	Jennings Boxing Academy
Venue	Coppull Mill, Mill Lane. Coppull. PR7 5BW
Name and position of person doing check	Club Secretary - Nicola Hartley Senior Coach - Dave Jennings
Date	23 rd October 2023 Updated 4 th September 2025

GYM SPACE	
The floor is clean, has a non-slip surface and is free from obstacles and hazards	✓
Equipment is not in a hazardous position or blocking entry / exit points.	✓
Space is appropriate for the activity and number of participants.	✓
Lighting and heating is sufficient	✓
Comments / actions taken or required: We have evidence on the site that these checks have been carried out. These are all up to date.	

RING	
Ropes, rope ties and turnbuckles in good repair & ropes securely fastened and not frayed	✓
Underlay in good repair and of sufficient thickness as stated in the rules and regulations	✓
Canvas is tight, smooth and with no rips or tears.	✓
Comments / actions taken or required: New ring – bought September 2021. There has also been a new canvas fitted on April 2023. This is well maintained and cleaned on a daily basis.	

BOXERS' EQUIPMENT	
All equipment is appropriate for the number, age and level of boxers.	✓
Gloves are in good repair without rips, foam of sufficient depth across the knuckles	✓
Head guards should fit the boxers correctly and have secure straps / lacing	✓
Groin protectors are in good repair and are a good fit.	✓
Mouth guards are properly fitted.	✓
Hand wraps are of the appropriate length and material.	✓
Footwear is in good repair and is a good fit.	✓
Comments / actions taken or required:	
Mouth guards are the responsibility of the boxer, sparring cannot take place without wearing an appropriate mouth guard. This also includes any other protective wear that can not be obtained and/or provided on-site.	

GYM EQUIPMENT	
Sufficient space around equipment for it to be used safely.	✓
Punch bags are sufficiently padded to not cause hand damage i.e. no 'hard sports'	✓
Bag chains and fastenings are securely tightened and in good repair with no broken links or bent fastenings	✓
Floor-to-ceiling balls have secure anchor points and elastic is in good condition	✓
Mats have no tears or rips.	✓
Skipping ropes have secure handles and are in good condition.	✓
Benches are in good repair and are splinter-free.	✓
Medicine balls are in good condition with no splits.	✓
Weights: stands, bars and collars are all in good condition with secure collars and no damage to welds.	✓
Aerobic equipment (e.g. bikes, cross trainers) is maintained in accordance with manufacturer's recommendations.	✓

Comments / actions taken or required:

Prior to each session, all equipment is checked to ensure that it is fully working order to prevent any accidents or injuries from occurring. This is performed by the lead instructor that day/evening.

BOXERS	
Medical and emergency contact information has been collected for all boxers	✓
Boxers are suitably attired and are not wearing jewellery.	✓
Any injuries are taken into account when planning and conducting activities, which must be suitable.	✓

Comments / actions taken or required:

All medicals are in line with ABAE policy and procedure, and documentation is held on the vault. Furthermore, all medicals is kept with the gym manager David Jennings.

SPARRING	
All boxers that participate in sparring hold an appropriate medical card.	✓
Sparring only takes place when a full coach or higher is present.	✓
Sparring is not conducted by any coaches under the age of 18.	✓
Level 1 coaches do not conduct open sparring.	✓
Correct equipment is worn at all times during sparring i.e. head guard, mouth guard, protector, gloves, hand wraps.	✓
Boxers and coaches to understand the need for control in conditioned and technique sparring and understand that it is a learning experience.	✓
Boxers are matched suitably according to age, experience, ability, weight and height.	✓
Suitable themes are chosen relative to age, experience and ability.	✓
A range of sparring opportunities are on offer, tailored to the needs of the boxers.	✓

Comments / actions taken or required:

EMERGENCY PROCEDURES AND FIRST AID	
All coaches hold appropriate first aid qualifications.	✓
Emergency procedures are published and available for all to see, and all coaches are aware of them.	✓
A working telephone is available.	✓
Emergency access points are checked and operational.	✓
A fully equipped first aid kit is available at all sessions.	✓
There is an accident / incident book in place and accessible, in which injuries other than minor training injuries are logged.	✓
Systems in place, so that the main gym door (entrance), is locked via a maglock during the day, so that all visitors have to make themselves known, prior to entering the boxing gym. In order for them to enter, they have to be buzzed in the building, prior to signing in.	✓
Comments / actions taken or required:	
New system fitted (September 2025).	

Community Surroundings	
There is a water hazard nearby, which all attendees are informed of when they first arrive. They are instructed that they are not to go near the water without staff supervision. Failure to comply with this, due to health and safety issues, may result in their dismissal from the gym.	✓
There is a security team on-site, which oversee people not accessing other parts of the buildings and other businesses without permission.	✓
The members of the community are aware of the gym and the fact that we are open to the general public, as well as an educational provider during the daytime.	✓
All members of the gym and the students that attend are aware of the various stairs on the outside of the building, in which they aren't able to access. Failure to comply with this, due to health and safety issues, may result in their dismissal from the gym.	✓

Comments / actions taken or required: The lake near the gym has the correct lifesaving equipment on the banks, in case any people/person enters the water.	

Signed: Nicola Hartley & Dave Jennings

Name: Nicola Hartley & Dave Jennings

Date: 4th September 2025

Staff signed:

- Mikey Jennings – 4th September 2025
- Zoe Jennings - 4th September 2025
- Micheal Jennings - 4th September 2025
- Taye Joseph - 4th September 2025
- Leon Hughes - 4th September 2025