

UWCB Return to boxing framework.

Guidance for a full return to Ultra White Collar Boxing events:

Following the latest government guidance ultra-events has formulated the below strategies to enable us to return to running training and delivering events.

Ultra events primary priority is the health and wellbeing of participants, staff, spectators, and all associated families.

Boxing poses a greater risk from Covid-19 than most other sporting activities. Risks associated with returning to sport must be balanced with the positive impact of physical and mental wellbeing associated with participation in our events as well as the economic benefit for boxing clubs, gyms, venues, and Cancer Research UK. In 2018 & 2019 we raised £9million for CRUK, and we are keen to resume fundraising for them. Our current fundraising total stands at £22Million.

The below document is being submitted to the Department of Culture, Media and Sport in order to allow the phased return of Ultra White Collar Boxing.

This guidance will be put in place directly by UWCB staff and sub-contractors. All training locations will be given clear guidance and each gym will assign a Covid officer. At all events we will employ a Covid officer and provide checklists to ensure procedures are correctly followed.

All training at all venues will follow exactly the same 8 week programme. This will be straightforward to deliver as all participants are beginners and follow the same programme.

We plan to go above and beyond England Boxings provision by asking all participants to carry out lateral flow tests in the same manner as all secondary school children to enable a return to sport as our events have a hugely positive impact on peoples mental and physical health.

Ultra white collar boxing – Overview:

UWCB has organised events since 2009, organising approximately 450 events per year. We operate in over 100 locations in the UK as well as Australia, Poland and we are about to expand to the USA. Since 2009 we have had over 75,000 participants/competitors and entertained over 1,000,000 spectators.

The concept is simple, we pay for beginners to receive 8 weeks of FREE training at gyms that we choose across the UK. At the end of the 8-week training period participants are fairly matched from within the group to box each other at an event which we organise.

Our events are a fantastic way to make boxing accessible to many people and it is a fantastic steppingstone to get the general public engaged in physical activity; a key target following the 'Active lives adult survey'. We have had many adults take part and then go on to enrol their children to local boxing clubs, we introduce entire families to boxing.

We are, to our knowledge the only organisation in the UK running white collar boxing events that provide insurance for participants, this insurance is provided by Bluefin who also insure England boxing.

We are in a corporate partnership with Cancer Research UK's and their biggest fundraising events of this type, to date we have raised over £22Million.

Our sport is 'white collar boxing' and is quite different to the 'Olympic style' boxing that is offered by the national governing body – England boxing. We have more 'competitive' participants than England boxing with over 15,000 per year, compared to England boxings approximate 13,000 carded boxers.

We are not governed by England boxing and have no contact with them. We did discuss working with them some years ago, but it would rule out our events for those over 40 and make our events more dangerous as we would need to use smaller gloves for events to fall in line with their AIBA rules.

Our sport is different in the following ways:

- Exclusively accessible to over 18's.
- Accessible to over 40's.
- Larger 16oz gloves and headguards for participants.
- Entry level for all ages.
- 8 weeks of training is provided FREE of charge for participants and runs to a generic programme.

Participant safety

All participants are from the local area and train together as a group for 8 weeks. They are then matched fairly based on weight, fitness, and ability. All participants wear 16oz boxing gloves and headguards for maximum protection. All participants have pre and post bout medicals on event day and everyone is handed a head injury advice card and given head injury advice following their bouts.

Medical cover

All events are covered by CQC registered independent ambulance providers. We always have: 1 x frontline ambulance / 1 x paramedic / 2 x Technicians.
We also employ a clinical director to ensure our medical standards are the highest possible.

Quality control

We regularly carry our quality control checks at our events to ensure they are carried out safely and in accordance with our protocols. This includes all aspects of the event including governance visits to check the medical provision.

Covid considerations

Current Covid figures

The national average is currently 21.6 cases per 100,000 (12.5.21) people in the UK (0.0216% of population) Our summer (July) 2021 events will attract approximately 2,500 participants, statistically 0.54 (less than 1) of our participants could have covid at any time based on current figures.

Pre training PARQ

All participants will be asked to fill out the PARQ that can be found on this link, this ensures all participants are healthy and not within risk groups. It also has many clear Covid guidelines within it ranging from details of symptoms to where to order Covid tests. It also clearly outlines that there is still a risk of contracting Covid whilst attending sessions:

<https://www.ultrawhitecollarboxing.co.uk/pre-training-agreement-par-q/>

Risk overview – DCMA Guidance

According to current evidence, COVID-19 is primarily transmitted between people through respiratory droplets and contact with contaminated surfaces (usually those that are frequently touched but also direct contact with an infected person). Airborne transmission also occurs and is particularly important indoors, in close proximity environments such as occur when participating in some sport.

In the context of what is known about COVID-19 transmission, about combat sport, and about the incidence of asymptomatic but still infectious illness, combat sport is a high-risk activity. Almost all human-to-human transmission is likely to occur at close range (<2m). Contact combat sports involve very close range and sustained contact with other people, and all participants must be made aware of this inherent risk.

- **Droplet transmission and aerosol generation:** the risk associated with each action in an activity based on duration and proximity of participants. Contact combat sports involve very close range and sustained contact with other people.
- **Fomite transmission:** the risk associated with the direct contact between participants during the sport, and equipment and surfaces used in the delivery and participation of the sport. The risk of fomite transmission from skin and blood-borne diseases on training and competition surfaces is a consistent risk for contact combat sports. Contact combat sports' national governing bodies should have well-developed guidance and protocols for reducing the risk of fomite transmission and should ensure that these are updated to reflect the specific risks of transmission of COVID-19.
- **Population:** the number of participants likely to take part in the proposed activity plus known risk factors of participants with underlying health conditions or high-risk groups who wish to participate. As contact combat sports are individual sports, population management is a suitable risk mitigation mechanism.

Identifying carriers

Participants identifying symptoms:

All participants are made aware of the covid symptoms:

- Persistent cough.
- High temperature, above 37.8 degrees Celsius.
- Loss or change of smell or taste.

All participants are asked not to attend training and follow government guidance if they have any of the above symptoms.

Participant testing to identify asymptomatic carriers:

This the most obvious way to identify those with the virus.

All participants will be asked to carry out at home Lateral flow tests in the same manner as secondary school children. This step should identify asymptomatic Covid carriers who may be spreading the virus unaware that they have it.

Participants will be given the link to the government website and asked to order the home test kit.

(<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>)

Obviously, all participants are told not to attend training and follow government guidance by booking a PCR test. We have also given all participants free access to our YouTube channel to enable them to follow home workouts.

Participants coming into contact with carriers:

All participants are asked to follow government guidance if they are traced as having come into contact with a covid carrier they should follow the government guidance. This is a significant additional level of safety and is in keeping with practice identified by the events research programme.

Event training delivery

It is recognised that to engage in 'indoor sports' it will obviously be necessary to compromise the 2m social distancing. The increased risk due to close contact will be mitigated by protocols listed in this document and by keeping close contact to a minimum during training.

It is important to note that compliance with legal gathering limits and social distancing must always be maintained when not training. The maximum occupancy for each gym will be limited to one person per 100sqft in line with government recommendations.

Our coaching sessions across the UK will generic and identical in every location with all participants following the same 8 week training programme, this will make implementing the risk mitigation strategies outlined in this and other documents sent far more straightforward than in a typical England boxing training facility.

Phase 1: return to equipment training from May 17th – DCMS Guidance

At phase 1, contact combat sports can resume contact training. They can train with others and do not have to maintain 2m social distance. This is solely for the use of training with handheld and wearable equipment (such as pad work), and during this phase there should be no direct personal contact or contact with clothing. Sports should provide guidance on whether (and what type of) personal protective equipment (PPE) is appropriate for individuals holding or wearing contact equipment.

Training which involves contact should take place within ‘training bubbles’, in accordance with the relevant social contact rules at that step of the roadmap. Individuals may only be part of a single bubble at an individual club/gym. Individuals may not be part of multiple bubbles at the same or at different venues (for example a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group; a children’s instructor may not coach more than one group of children, even on separate days).

Phase 2 – return to contact training – DCMS Guidance

At phase 2, contact combat sports may resume contact training which includes direct physical contact between participants.

Training which involves contact should take place within ‘training bubbles’, in accordance with the relevant social contact rules at that step of the roadmap.

Individuals may only be part of a single bubble at an individual club or gym. Individuals may not be part of multiple bubbles at the same or at different venues. For example, a coach may not train with a bubble of similarly experienced participants and then become a coach for a less experienced group. Coaches or officials who operate socially distanced from bubbles and are not holding or wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure and should make clear to facility operators if they work across multiple venues. Where possible, socially distanced training should be maintained for all participants.

Coaches or participants holding or wearing the equipment are considered to be part of the bubble. Coaches or officials who operate socially distanced from bubbles and are not holding or wearing equipment can operate across bubbles or multiple gyms. However, even when socially distanced, coaches or officials may wish to limit the number of bubbles or facilities they work with to limit exposure, and should make clear to facility operators if they work across multiple venues. Where possible, socially distanced training should be maintained for all participants.

Phase 3: return to competition – July 9th – DCMS Guidance

At phase 3, contact combat sports may resume competition between participants. The provision of competition, including the number of participants permitted to take part, should be determined adhering to legal gathering limits, and dependent on venue capacity (see guidance above on ventilation and venue capacity).

The number of participants set out in legal gathering limits does not include coaches, officials and others attending for work purposes (e.g. event staff), but these numbers must be minimised. Sports should provide guidance on whether (and what type of) personal protective equipment (PPE) is appropriate for individuals holding or wearing contact equipment.

Competition activities in phase 3 should be organised with a minimum 2-week break between phase 3 activities. Phase 1 and 2 activities may continue during this time. Individual sports action plans should set out clearly who is responsible for adhering to measures and maintaining records of phase 3 activities.

Training delivery – Phase 1 Ultra Events - Commencing 17th May:

Week 1 (17th May)

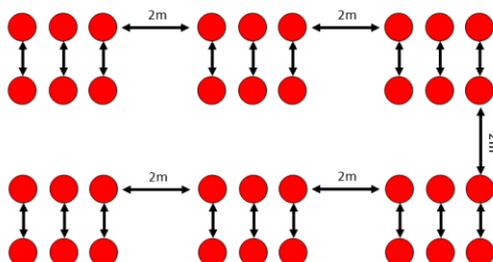
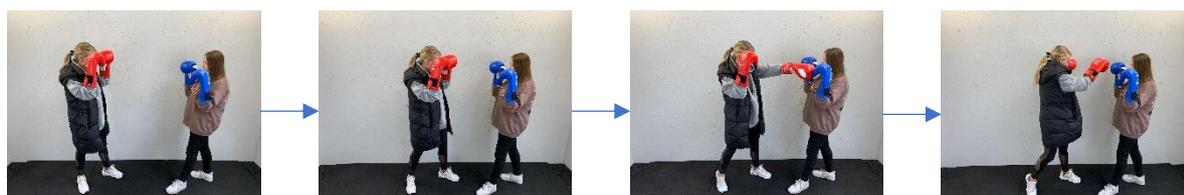
Fitness sessions, all participants socially distanced. Outdoor in groups smaller than 30.

Week 2 (24th May)

Footwork drills, all participants socially distanced. Outdoor in groups smaller than 30.

Week 3 (31st May)

Groups of 6, sub-grouped into pairs. One acting as coach, one punching gloves which are used as pads, swapping within the pair. Participants know what punches are coming and only using jab or 1-2.



Week 4 (7th June)

Progress to punching gloves in faster manner with multiple punch combinations, e.g. jab, 1-2, 1-2-3.

Week 5 (14th June)

Further progress of week 4 activities.

Continued in next phase.

Risk Mitigation – Training during Phase 1

As the sport progresses from outdoors to indoors training and through each phase of its return, the risks due to fomite, droplet or aerosol transmission will increase. This increased risk will be mitigated by the following hygiene and social distancing protocols that will be always maintained and throughout the phase:

- Ensure participants are aware of the 3 main symptoms of Covid-19 which are:
 - No loss of smell or taste.
 - Persistent cough.
 - High temperature.
- All participants asked to carry out lateral flow covid tests twice per week.
- Coaches to wear masks or visors.
- Coaches to socially distance from participants.
- Groups split into bubbles of 6 for non-contact training.
- Groups of six for all participants, this will be based on weight to further improve participant general safety.
- Bubbles of 6 to socially distance from other bubbles of 6.
- Participants must sanitise their hands prior to entry of gym with their own sanitizer.

- Sufficient hand soap to be provided by gym for post toilet use.
- Gym capacities to be calculated in line with government guidance (100sqft per person).
- Toilet areas to be limited to one per 100sqft (Numbers will be dependent on gym toilet size to be calculated by gyms).
- Bubbles to be utilised prior to entering gym, prior to first session all participants in bubbles will be introduced to each other within an online group.
- Time spent outside gyms before and after training to be minimised via communications with participants.
- Ensure participants bring clearly marked drinks to avoid sharing of bottles.
- Only equipment specifically needed for the exercise will be allowed into the training area, personal belongings must not be brought to the gym.
- Gyms changing rooms not to be used. Participants informed to arrive at training in their training kit.
- During training social distancing will be observed whenever possible e.g., during warm ups, line work.
- Participants must clean their protective equipment before and after each training session. Sharing of personal protective equipment is not allowed.
- Retention of participants email and phone numbers for easy contact.
- Retention of register to ensure list of attendees.
- Good levels of ventilation must be maintained, this may require doors and windows to remain open.
- All participants must sanitise their hands and equipment upon leaving training.
- Ensure gyms are cleaned and disinfected regularly.
- 17th – 30th May – All training to be done outdoors where possible.
- 31st May – Training to move indoors.

This tables indicates how training start dates and event dates intercede with the hopeful lift of restrictions on June 21st and movement to phase 2.

	Start								
Training start	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Event
17/05/20 21	17/05/20 21	24/05/20 21	31/05/20 21	07/06/20 21	14/06/20 21	21/06/20 21	28/06/20 21	05/07/20 21	10/07/20 21
24/05/20 21	24/05/20 21	31/05/20 21	07/06/20 21	14/06/20 21	21/06/20 21	28/06/20 21	05/07/20 21	12/07/20 21	17/07/20 21
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07/06/20 21	07/06/20 21	14/06/20 21	21/06/20 21	28/06/20 21	05/07/20 21	12/07/20 21	19/07/20 21	26/07/20 21	31/07/20 21
14/06/20 21	14/06/20 21	21/06/20 21	28/06/20 21	05/07/20 21	12/07/20 21	19/07/20 21	26/07/20 21	02/08/20 21	07/08/20 21
21/06/20 21	21/06/20 21	28/06/20 21	05/07/20 21	12/07/20 21	19/07/20 21	26/07/20 21	02/08/20 21	09/08/20 21	14/08/20 21

Training delivery – Phase 2

At Phase 2, boxing contact training may resume, including direct physical contact between participants. They can train with others and do not have to maintain 2m social distance during the activity.

The following High Risk and Extreme Risk Activities can be performed during phase 2:

- Pad Work (No PPE) – indoors
- Sparring

Coaches will not spar with participants and will wear visors or mask whilst working amongst participants. All coaches used only coach within the facilities and do not work at other venues, this limits risk of infection spread between gyms. Coaches will be socially distanced from participants at all times.

Whenever possible, socially distanced training should be maintained for all participants e.g. during warm ups, when performing non-contact training such as bag work or line work.

Week 6 (21st June)

Body sparring commences. Still working in bubbles of 6.

Week 7 (28th June)

Head sparring commences. Still working in bubbles of 6.

Week 8 (5th July)

Head sparring commences. Still working in bubbles of 6.

End of week 8 – Event day (July 10th)

Risk Mitigation – Training during Phase 2

As the sport progresses from outdoors to indoors training and through each phase of its return, the risks due to fomite, droplet or aerosol transmission will increase. This increased risk will be mitigated by the following hygiene and social distancing protocols that will be always maintained and throughout all phases.

- Ensure participants are aware of the 3 main symptoms of Covid-19 which are:
 - No loss of smell or taste.
 - Persistent cough.
 - High temperature.
- All participants asked to carry out lateral flow covid test twice weekly.
- Coaches to wear masks or visors.
- Coaches to socially distance from participants.
- Participants must sanitise their hands prior to entry of gym with their own sanitizer, sufficient hand soap to be provided by gym for post toilet use.
- Groups of six for all participants.
- Only equipment specifically needed for the exercise will be allowed into the training area, personal belongings must not be brought to the gym.
- Gyms changing rooms not to be used. Participants informed to arrive at training in their training kit.
- Ensure participants bring clearly marked drinks to avoid sharing of bottles.
- During training social distancing will be observed whenever possible e.g. during warm ups, line work.
- Participants must clean their protective equipment before and after each training session. Sharing of personal protective equipment is not allowed.
- Retention of participants email and phone numbers for easy contact.
- Retention of register to ensure list of attendees.
- Good levels of ventilation must be maintained, this may require doors and windows to remain open.
- All participants must sanitise their hands and equipment upon leaving training.

- Limits on class size are determined by 100sqft per person.
- Social interaction immediately outside gym to be limited to bubbles of 6 and bubbles to maintain social distancing whilst entering gym.
- Ensure gyms are cleaned and disinfected regularly.

Phase 3: return to competition

This is expected from July 9th.

At Phase 3, it is assumed events can resume with no restrictions on numbers for guests or participants.

The provision of competition, including the number of participants permitted to take part, should be determined in accordance with government restrictions, adhering to legal gathering limits, and dependent on venue capacity.

The expectation is that grassroots competition will not start before Step 4 of the government roadmap. Currently no earlier than June 21st. At this point limits on social contact are expected to be lifted with indoor events operating at full capacity.

Risk Mitigation – Events during Phase 3

- Full track and trace of spectators through online ticket sales.
- Collection of post codes during ticket purchase to allow exclusion of certain areas in case of Covid cases rising.
- Use of NHS track and trace at entry point.
- Collection of attendee DOB upon ticket purchase to allow us to provide an age profile of the event.
- Increased hand sanitizer stations.
- Ensure venues provide sufficient hand washing facilities.
- Compliance with government guidance for events.
- Supply PPE for referees and officials.