



BEST PRACTICE CHECKLIST FOR COMBAT SPORTS GYMS

You expect the best from your athletes, but when was the last time you expected the best from your gym?

Whether you operate or work at a boxing gym, martial arts dojo, muay thai school, MMA training facility or traditional strength & conditioning gym, if you train combat sports athletes then consider adopting these best practices.



COMPETENCY: trainers are qualified, knowledgeable and experienced in combat sports, provide evidence-based information, only advise within their scope of practice, do not support or promote rapid weight loss practices & are committed to a process of continual learning & self improvement



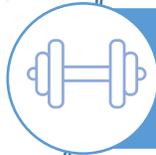
SUPERVISION: trainers provide services with due care & skill, adequately supervise training, advise on correct use of equipment, monitor athlete wellbeing (including concussion, dehydration or any pre-existing injuries) & adjust or cancel training of athletes accordingly



RISK MANAGEMENT: hazards are identified, risks assessed, risk controls are in place & specific combat sport risks are addressed such as infection controls, sparring standards, mandatory protective equipment & the prohibition of rapid weight loss techniques



ENVIRONMENT: facility is well lit with good ventilation, safe access & egress is available, flooring & mats are fit for purpose, regular cleaning & facility inspections occur, training areas are kept clear & drug use/doping is forbidden



EQUIPMENT: is fit for purpose, maintained & repaired to manufacturers specifications, routinely cleaned & inspected, stored appropriately, laid out with room to move safely & approved sparring protective gear is provided



EMERGENCY PLAN: first aid & fire equipment are readily available, emergency exit plans & signage are displayed, trainers are first aid/CPR certified & knowledgeable in first responder techniques for typical combat sports injuries & a stretcher can get in/out easily if needed



COMPLIANCE: facility complies with planning & building requirements, safety & health laws are followed, Combat Sports Act/ Regulations /Rules are understood & complied with, working with children checks are in place where required & public liability/ professional indemnity insurances are current