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BOXING SAFETY

Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.



Information available from the U.S. Consumer Product Safety Commission indicates a total of approximately 5,100 youth aged nine through 19 years, were treated in hospitals for boxing injuries during 2006. Most of the injuries were contusions, abrasions, and fractures to hands. Other frequent injuries included wrist sprains and lacerations to the face and eyes. Many of the injuries could have been prevented by always using the proper personal protection equipment and applying correct boxing defensive and punching skills.

USA Boxing is a non-profit organization that is the national governing body of amateur and Olympic-style boxing. Accordingly, 4-H boxing activities should be conducted in accordance with USA Boxing standards and rules. USA Boxing information can be accessed online at: usaboxing.org or by telephone at (719) 866-4506.

If you are interested in starting a boxing project, contact your local 4-H youth development program staff.

Personal Protective Equipment

4-H boxing participants shall wear appropriate personal protection equipment as follows:

- Foul-proof protection cup for males or an optional well-fitting breast protector for females. Jock straps and groin protectors are recommended for males and females, respectively.
- Individually-fitted mouthpiece.
- 12 ounce boxing gloves and handwraps.
- Headgear (weighing 10 to 12 ounces) bearing the official USA Boxing Label.
- Males shall wear a sleeveless athletic shirt. Females may wear a T-shirt.
- Loose-fitting boxing trunks and sneakers or other types of soft material shoes.

Basic Boxing Precautions

- Boxing activities are restricted to 4-H members nine years and older.
- Boxing coaches and trainers shall be certified in CPR and first aid and know how to direct emergency responders to the boxing gym or venue.
- Boxers shall not wear metal objects into the ring, including buckles, necklaces, and jewelry.
- Boxers that are wearing a dressing on a cut, abrasion, or blood blister and swelling shall not spar or compete in the ring with another person. Skin injuries must be completely healed before resuming activities that involve boxing between two persons.
- Sparring and ring competitions shall take place between opponents of appropriate weight classes as delineated by USA Boxing.
- Boxers that suffer a closed head injury (concussion) shall require clearance by a medical doctor before resuming activities that involve boxing between two persons.
- Boxers shall follow the USA Boxing code of conduct.
- When participating in a boxing match, always follow the referee's directions.