**Dennis and Dyer Non- contact Policy**

The Dennis and Dyer Boxing Academy offers both contact and non-contact boxing sessions for all. We believe in the potential of every member and young person, even when they don’t believe in it themselves. Through non-contact boxing, we empower members and young people to develop their physical and mental wellbeing and build the confidence they need to go after their dreams.

**Non – contact boxing activities**

Many people think boxing only involves opponents fighting it out, so "non-contact boxing" might sound like a contradiction in terms. But this form of exercise, which involves throwing punches but not receiving them, has found a role well beyond the ring.

Workouts are done using punching bags and hitting oversized boxing mitts worn by coaches. Class formats can vary, but most routines, including those offered through the Academy, involve a coach leading you through a series of moves based on standard boxing punches: crosses, hooks, uppercuts, and jabs. For instance, you may perform a combination of punches for a set time, such as jabs, crosses, jabs again, and two hooks. Other routines may involve more complex sequences, or something simpler like repeating one or two punches at a quick pace.

**Contact boxing activities**

There are some contact activities within the Boxing Academy. Any Contact activities are supervised and controlled by one of the Academy’s qualified coaches.

These contact activities include:

* Pad work
* Body Sparring
* Head sparring
* Close contact drills

All participants in the above activities will only be permitted to take part if wearing the appropriate wear.

This policy runs in accordance with the Academy Health and Safety policy. In the event of an injury first aid procedures will take place.

**CLUB HEALTH AND SAFETY OFFICER:**

**Name: Marc Dennis**

**Telephone number: 07487745209**

**Email:** **marc@dennisanddyerboxingacademy.co.uk**

**FIRST AID:**

Location of first aid facilities:

Dennis and Dyer Boxing Academy

Landmark Building,

30 Barrington, Grn, Debden,

Loughton

IG10 2BA

Location of telephones: 07487 745209

**QUALIFIED FIRST AIDERS:**

1. **Marc Dennis**
2. **Liam Dyer**
3. **Simeon Dennis**
4. **Carly Attridge**

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