

Club Sports – COVID-19 Response Plan – University of Arkansas

Boxing

Practices

- What does a modified pod practice and/or conditioning look like for your group?
 - Modified practices will have an increased focus on utilizing small groups. Traditionally, training and conditioning have made use of circuit training methods, with the areas of each circuit spaced across the room from each other, so club meetings will focus even more exclusively on this method of training.
- For our group, pod practices will be held outside and will be limited to groups of fewer than 6 club members.
 - Moreover, all of our pod practices will be held outside in compliance with CDC recommendations.
 - All indoor conditioning practices for our club will be postponed until Spring 2021 at the earliest.
- Does your club have a direct relationship with a national umbrella organization? If so, what's your competition schedule projected to be this fall? Do they have any expectations for your operations that must be included in your planning?
 - The activities of the National Collegiate Boxing Association have been suspended until further notice, and the resumption of activities is not anticipated for the remainder of 2020.
- What infrastructure will your organization put in place in order to meet the expectation that all in-person activities track attendance?
 - The Boxing Club will use the preexisting attendance form provided by UREC. The president or one of the officers will be responsible for marking attendance.
 - All participants will also bring their own equipment to pod practices in order to limit members' shared contact with physical surfaces.

Equipment usage during practices:

- Blue mats: used only underfoot will not be sanitized for each user but they will be sanitized after practice.
- Blue mats used for upper body work will be assigned to one individual for the duration of practice and will be sanitized at the end of the practice.
- Heavy bag: The bag will be used by one person at a time, disinfected, and allowed the proper kill time between uses.
- Jump ropes: Everyone will have their own jump rope for each practice, jump ropes will be disinfected at the end of each practice.
- Boxing gloves: Everyone will have their own pair for each practice, gloves will be disinfected at the end of each practice.
- Mitts: Mitts will be replaced by pool noodles to further distance when practicing. Each set of pool noodles will only be used by one pair of participants for each practice. Pool noodles will be sanitized at the end of each practice.

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- Cones: Cones will be set out by the same person at each practice. Other members will not come in contact with the cones.
- Headgear, body protectors, and punch shields will not be used.

Recruiting/Retention

- An elevated risk of COVID-19 transmission is apparent due to the nature of the club and its operations, however, there are some precautions that can be made:
 - Sparring will be suspended indefinitely.
- Mitt work and other mirrored-boxing drills can be prioritized for the use of technical training. This keeps participants at a combined arms-length distance of each other, which may just reach or exceed social distancing guidelines depending upon the height of the participants.
- Conditioning drills typically consist of circuit training and will maintain a six-foot minimum separation by making maximum use of available space.
- The pod size for each group will be adjusted according to the nature of the circuit.
- Footwork drills make use of open space; these spaces will be marked and separated with cones.
- Movements involving elevated surfaces (box-jumps, tricep dips, incline/decline push-ups) will be limited to the far ends of each surface, since these spaces must be shared.
- While using stacks of blue floor-mats or puzzle mats.
- The use of disinfectant spray will be prioritized during practice as need arises, such as when groups switch to/from stations using floor mats, and after practice in order to sanitize all equipment.
- The president or one of the officers will be responsible for asking screening questions and marking attendance.
- With reduced in-person experiences, how will your organization build and enhance connection and relationships between
- The relationships amongst club members will be built around the in-person experiences available to them, so long as club activity remains viable.
- Risk-management steps will be made apparent through the GroupMe and during practices.
- How will you create expectations for membership responsibility and hold members (and officers) accountable if they don't adhere to your guidelines AND university guidelines while participating in club activities?
 - Article IV subsection E of the Boxing Club constitution states that "an individual may have their membership revoked for any disciplinary reasons made by the President." It will become the responsibility of the club president to convey the new guidelines set by the club and the university and to enforce the ejection of

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members should there be instances of conscious, repeated noncompliance to the set guidelines.