



Redditch Boxing Academy

As we are an inclusive community facility to protect the interests and safety of all participants we ask you to kindly respect and comply with the following.

Gym Dress-Code and Equipment

Requirements

- Shorts: Mid length or long only
- Vest: To cover appropriately, no low cut tops
- T-shirts: No inappropriate images or wording
- Joggers: tapered or suitable for training
- Footwear: appropriate foot wear is needed for outdoor and for indoor training. (Boxing boots are needed to compete only)
- No makeup, hair extensions, fake nails or fake eyelashes.
- Gumshield: to fit properly
- Handwraps: according to size
- Training gloves: 10-12 oz
- Sparring gloves: 14-16 oz
- Head guard: get your own if you can. AIBA is preferred
- Groin guard will be needed for competitions.
- Sports bras compulsory for all females.
- Remove all jewellery and piercings before training.
- Hair to be tied back and out of the way.

Kindest Regards the management

