
Sparring Readiness Acknowledgment

Sparring is never required at Moose Jaw Boxing. An athlete spars only when the athlete wants to, the head coach invites them, and the parent or guardian has signed this page. Read it together.

Athlete: _____ Age: _____

Program: _____

What sparring at this club is

1. Controlled, supervised rounds between athletes matched by size, age, and experience, with the coach in the ring or at the ropes and able to stop it at any moment.
2. Headgear, a mouthguard, groin protection, and gloves of the weight Boxing Canada requires, every time. The club provides headgear and gloves from its pool if the athlete does not have their own.
3. Registered with Boxing Saskatchewan and Boxing Canada in a competitive category, with a physician's medical form on file. The club does not spar athletes who are not registered.
4. The athlete can stop at any time by saying so, and the coach will stop it for them. Nobody is ever pressured to spar or to continue.
5. Any blow to the head that leaves an athlete dazed ends the session, and the concussion protocol applies: no return without a physician's clearance.

Acknowledgment

☐ I understand that sparring involves contact and carries a risk of injury that training without sparring does not. ☐ I have talked with my athlete and they want to spar. ☐ I want the coach to tell me after each sparring session for the first month. ☐ I can withdraw this consent at any time by telling the coach.

Parent or guardian: _____

Signature: _____ Date: _____

Athlete signature: _____

Head coach: _____ Registration and medical on file ☐

Date: _____