



# IABA

IRISH ATHLETIC BOXING ASSOCIATION

**IABA Technical Guidelines 2022– High Five Boxing Programme for Children with Disabilities and Additional Needs.**



## Contents

<b>Ethos &amp; Aims</b> .....	3
<b>Background</b> .....	3
<b>Structure, Format &amp; Reporting</b> .....	4
<b>Clubs</b> .....	5
<b>Coaches</b> .....	5
<b>Boxers</b> .....	5
<b>Buddies</b> .....	6
<b>Boxer Supporters</b> .....	6
<b>Training Elements</b> .....	7
<b>Insurance</b> .....	8
<b>Additional resources for clubs</b> .....	8
<b>Underpinning policies and procedures</b> .....	10

## Ethos & Aims

The High Five Programme for children with disabilities and additional needs is aimed at enabling children with disabilities and additional needs to participate in the sport of boxing, become members of their local clubs, and of the wider boxing community. The High Five Programme focuses on fun, participation and skill building at the boxers' pace, in accordance with their needs, abilities and goals.



## Background

The High Five Programme for children with disabilities and additional needs was created in four Dublin boxing clubs: Drimnagh, Crumlin, St. Catherine's and Palmerstown, in October 2021. The IABA extends its thanks to the High Five Programme, its Chair, Paddy Dingle, Steering Committee and participating clubs for paving the way for disability inclusive boxing training for children throughout Ireland.

## Structure, Format & Reporting

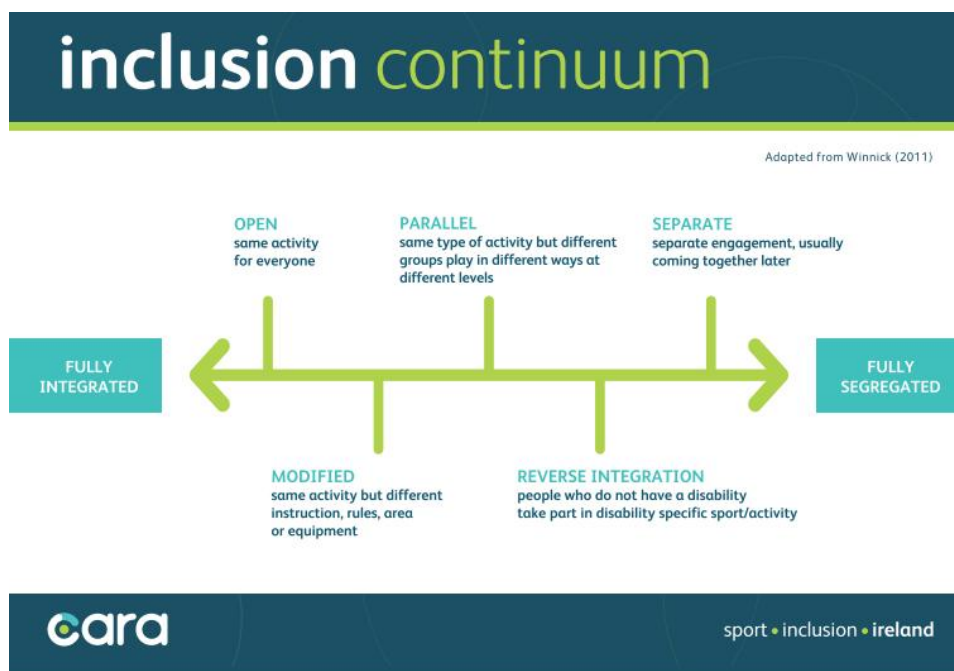
The High Five Programme will be delivered in 6-week programmes. This can take several forms, and the club may decide which suits their boxers and their club best:

- One six-week programme per season
- Rolling six-week programmes throughout the season
- Several separate six-week programmes per season
- Every three months,, clubs must report the following information to IABA Communications and Inclusion Officer, Ciara Plunkett ([ciara@iaba.ie](mailto:ciara@iaba.ie))
  1. Club name
  2. Club location
  3. Club email address
  4. Average number of High Five training sessions in the last 12 weeks
  5. Average number of boxers in each High Five training session
  6. Please indicate the additional needs High Five boxers in your club experience – this will be a multiple-choice answer, and we'll never request any personal information, such as their name, address or personal circumstances, on an individual child as part of this process
  7. Any other information you'd like to share.

## Clubs

Clubs providing the High Five Programme must:

- Be affiliated to the IABA
- Ensure all boxers taking part in the High Five Programme are fully registered as club members
- Be a signatory to the [Cara Sport Inclusion Ireland Sports Disability Inclusion Charter](#)
- Be mindful of the Cara Sport Inclusion Ireland's inclusion continuum



## Coaches

Coaches delivering the IABA's High Five programme must:

- Have an IABA Level One qualification, or above.
- Have a minimum of two years' experience in coaching children and young people.
- Have current Garda vetting
- Have undergone child safeguarding training
- Have completed the Cara Sport Inclusion Ireland Disability Inclusion Training and have retained their certificate of completion.

## Boxers

All boxers taking part in the High Five programme must:

- Be fully registered members of their club, in order to ensure that they are insured during boxing training and be aged between 5 years and 18 years
- Boxers participating in the High Five programme must be included in their club's annual affiliation process, along with boxers participating in club activities in other training groups. Clubs can do so on a regular basis here: <https://boxing.blocworx.com/>

## Buddies

Buddies are de facto assistant coaches aged 16 to 18 years old. Buddies do not coach High Five Programme training sessions and may be present at training only under the supervision and direction of the High Five Programme qualified coach. Buddies may help with organising equipment and assisting boxers under the direction of the programme coach.

Buddies should be: Teenagers aged 16 to 18 who are long-standing members of the participating club. The inclusion of buddies has numerous benefits including reducing the overall boxer to coach/assistant ratio, enabling greater provision of personal attention for individual boxers, and enabling boxers to interact with people in authority who are closer to their own age.

Please be advised that Buddies must undergo Garda Vetting in order to assist the High Five programme coach. Buddies must also have the [consent of their parents](#) to act as Buddies. This is the club's responsibility. Additional Garda Vetting information is [here](#). IABA's National Safeguarding Manager, Declan Lynch can be contacted through: [declan@iaba.ie](mailto:declan@iaba.ie)

## Boxer Support Person

Some boxers taking part in the High Five programme may need, or wish, the support of a parent/guardian, adult sibling or SNA during their training session.

Parents/guardians, adult siblings and SNAs are welcome to participate in the High Five Programme as High Five Boxer Supporters, providing assistance and support to their boxer, **only**. The following applies:

- As Boxer Supporters are present at High Five training solely to assist their boxer, and have no organisational, coaching or administrative responsibilities, they do **not** need to undergo child safeguarding training. However, in order that they be fully aware of child safeguarding standards, and the safeguarding ethos in the boxing community, they should complete [Tusla's Children First online training](#), and must share their certificate of completion with their boxer's club. Ensuring Boxer Supporters undergo this training is the club's responsibility, and a required High Five element.
- Barring exceptional circumstances, which will be assessed by the club and coaches, there should be no more than one Boxer Supporter per boxer
- Boxer Supporters should be acutely mindful of the fact that they are present in training to assist their boxer, only, and must limit their direct contacts to their boxer.
- Should a Boxer Supporter wish their contribution to the High Five Boxing Academy to grow beyond assisting their boxer in to organisational, coaching or administrative capacities, they must undergo formal safeguarding training and complete IABA Garda vetting in advance of expanding their duties. This is the club's responsibility. Additional information is [here](#). IABA's National Safeguarding Manager, Declan Lynch can be contact through: [declan@iaba.ie](mailto:declan@iaba.ie)
- Clubs may wish to consider up-skilling Boxer Supporters who have the capacity to assist beyond their High Five Boxing Academy role through the IABA's Fundamentals- Assistant Coach qualification. For more information, contact IABA National Club Development Manager, James Geraghty via [james@iaba.ie](mailto:james@iaba.ie)



## Training Elements:

High Five programme training will be modified for each boxer in accordance with their needs, abilities and goals, and will focus on fun and participation.

- Training is non-contact
- Training will be a maximum of one hour per session
- Training will take place once per week.
- It is desirable that there is a high coach to boxer ratio in the High Five Programme, so that additional supports are available to boxers who may require them. To meet that ratio, clubs may consider the Buddy and Boxer Supporters systems in their provision of the High Five Programme.

## Training should include:

### 1. Warm-up

### 2. Main body

- Fun monkey flow movements, inspired by animal flow, as appropriate to the individual boxer.
- Instruction on proper stance, body positioning & punching technique, as appropriate to the individual boxer.
- Punches on the heavy bags, shields & punch mitts, as appropriate to the boxer, to the individual boxer.
- Boxing conditioning work, as appropriate to the individual boxer.
- Jumping rope, push-ups, as appropriate to the individual boxer.

### 3. Cool-down

Clubs should also consider the Cara Sport Inclusion Ireland [Tree Model](#) in delivering High Five Programme Training:

**cara** sport + inclusion + ireland

**tree** Teaching + Rules + Equipment + Environment

**Inclusive Fitness Training - Factsheet**

**TREE Model**  
A tool to adapt and modify your activities to make them more inclusive and accessible for all ability levels.

**Teaching/Coaching Style**

- Ensure participants are correctly positioned
- Use visual aids and demonstrations.
- Check participants' understanding
- Always use first names and direct general instructions personally
- Give small amounts of information at a time and repeat the demonstrations
- Allow extra time for participants to observe others perform the exercise before they attempt it.
- A buddy system or exercise buddy may be another good way of supporting the person. Having someone with them may help or encourage them more.

**Rules and Regulations**

Consider changing the way a particular exercise is thought or instructed. Are there different types of equipment that could be used to perform the same exercise or skill?

Consider:

- How fast the exercise is taught – slow the exercise down to ensure it is performed correctly.
- Using a lighter weight, body weight only or heavier weight depending on the person's ability.
- Look at the versatility of the exercise position. You may be able to perform the exercise in a standing, sitting or lying position?
- Could you teach the same exercise in the pool?

**Equipment**

You can modify the equipment you use to help the participants access your activities. The fitness professional can ascertain if the exercise is best performed using the following:

1. Body weight only
2. Small equipment
3. Free weights
4. Fixed resistance equipment
5. Dual access machinery
6. Dyna bands.

Be mindful of a person's reaction to equipment, they may be sensitive to the texture e.g. the rubber around the handlebars on the bike or the strap on a pair of swimming goggles.

**Environment**

You can adjust where the activities happen and how they are structured to accommodate all ability levels:

1. Consider the following:
2. Lighting – is the lighting too bright or too dark?
3. Noise – do I need to keep noise to a minimum?
4. Temperature – is the room too hot or too cold?
5. Location of exercise/seat – is it indoors, outdoors, in a hall, in a gym etc.
6. Layout of gym floor – is the gym floor safe and free from obstacles?
7. Proximity of pool and gym to changing facilities – should be close and easy to access.
8. Personal positioning during exercise/demonstrations – are you in the best position for the person to see what you are doing?

This factsheet resource was funded by:

**cara centre.ie** **SPORT IREANN SPORT IRELAND**

**cara** sport + inclusion + ireland

## Insurance

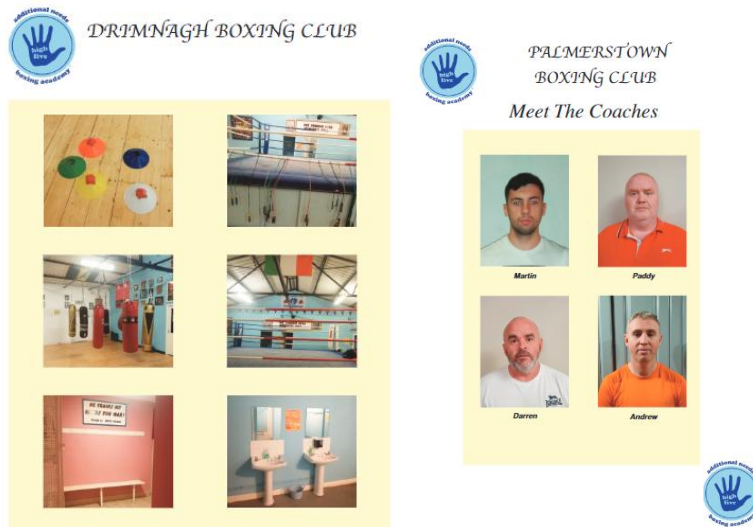
All affiliated clubs are insured to participate in and deliver the High Five Programme. Boxers participating in the High Five Programme must be fully registered members of their clubs in order that they are insured. This means that the boxers must be included in the club's [Blocworx portal](#). This portal can be up-dated at any point in the year, and clubs must include all new boxers in all training groups as they begin their training.

- Usernames and passwords unique to all clubs were issued to all clubs during the 2021/2022 and 2022/2023 affiliation processes. If your club does not have access to your Blocworx username and password, please contact IABA National Club Development Manager, James Geraghty via [james@iaba.ie](mailto:james@iaba.ie)

## Additional Resources for Clubs

Clubs providing High Five Programme training are not required to use these additional resources. Clubs are strongly advised to review these resources and determine whether their use will benefit High Five boxers in their clubs, and coaches delivering High Five training.

- [High Five Programme Welcome Pack](#)



This contains the names and pictures of the High Five coaches in their club, and pictures of the training space. The pack aims to enable boxers to familiarize themselves with the programme before attending training. [Clubs can download a template here](#)



- High Five Programme Passport

**BOXING ACADEMY PASSPORT**

I have sensory reactions to:

	Under Sensitive	Under Sensitive
Light		
Noise		
Touch		
Smell		
Taste		
Body Awareness		
Movement		
Internal Organs		

Areas that may be difficult to me:

	Under Sensitive	Under Sensitive
Balance, coordination, sense of direction		
Concentration, following complicated instruction, multi-tasking, short-term memory		
Social conversation, speed of responding		

Please provide more information on the above:

Sport Inclusion Ireland

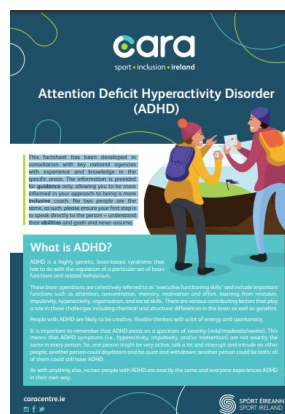
The High Five Programme passport gives coaches important information on how best to create the most beneficial training environment for individual boxers

It includes questions on how boxers like to communicate, issues or situations which may affect boxers' ability to participate, how boxers may behave if upset, and how coaches can best help if boxers become upset or unsettled. [Clubs can download a template here.](#)

- Cara Sport Inclusion Ireland Factsheet.

Cara Centre/Sport Inclusion Ireland has prepared a fact sheet which may assist coaches in providing High Five Programme training. Cara Centre says:

*“This factsheet has been developed in consultation with key national agencies with experience and knowledge in the specific areas. The information is provided for guidance only, allowing you to be more informed in your approach to being a more inclusive coach. No two people are the same, as such, please ensure your first step is to speak directly to the person – understand their abilities and goals and never assume.”*



[Clubs can download the factsheet here](#)

## Policies and Protocols

IABA Technical Guidelines 2022– High Five Boxing Programme for Children with Disabilities and Additional Needs is informed by:

- The IABA 2019 Rulebook, [here](#)
- The IABA Diversity and Inclusion statement
- Sport Ireland’s Policy on Participation in Sport by People with Disabilities, [here](#)
- The National Physical Activity Plan for Ireland, [here](#)
- The Cara Centre Sports Inclusion Disability Charter, [here](#)
- The National Sports Policy, 2018-2027, [here](#)