
Protective Equipment

London Fight Academy

Applies to all members, guests and trial attendees



1. Purpose

Protective equipment reduces the risk of injury to you and your training partners. Specific classes require specific equipment. Please check with your coach or the timetable for the latest list.

2. Required Equipment by Class

Class type	Equipment
Striking / sparring	Gloves (16oz for sparring unless told otherwise), mouthguard, shin guards and hand wraps. Groin protector for all sparring. Headguard where specified.
Grappling / wrestling	Mouthguard recommended. Ear guards optional but encouraged.
MMA	Padded, domed MMA gloves, mouthguard, groin protector and shin guards for sparring sessions.

3. Care and Condition

- Equipment must be clean, in good condition and fit properly. Coaches may refuse worn, damaged or ill-fitting equipment.
- Mouthguards should be clean and stored in a case.
- Gloves, shin guards and other protective equipment must be washed or wiped down regularly and aired out after each session.
- Label your equipment with your name to avoid mix-ups.

4. Sparring

- You may not take part in sparring without the required equipment for that session.
- Check with your coach if you are unsure what is required, or if you need to borrow or buy kit.

Acknowledgement

By training at London Fight Academy, you confirm that you have read, understood and agree to follow this Protective Equipment Policy. This document may be updated from time to time; the latest version is available at reception.