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
Muay Thai / Boxing	Gloves (14oz for drills and pad work, 16oz for sparring unless told otherwise), mouthguard, shin guards and hand wraps. Groin protector for all sparring. Headguard where specified.
Fundamentals MMA Grappling / Wrestling	No equipment required.
MMA	Padded, domed MMA gloves, mouthguard, groin protector and shin guards for sparring sessions.

3. Buying Your First Kit

If you are buying boxing gloves and shin guards for the first time, we recommend **RDX** as an introductory brand. RDX sizing charts are available on the RDX website and on Amazon.

4. 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.

5. 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.