

MEDICAL PROCEDURES & HEALTH SECURITY GUIDELINES



Adopted by the WAKO Board of Directors 26th September 2006
Updated versions will be communicated all members and on www.wakoweb.com

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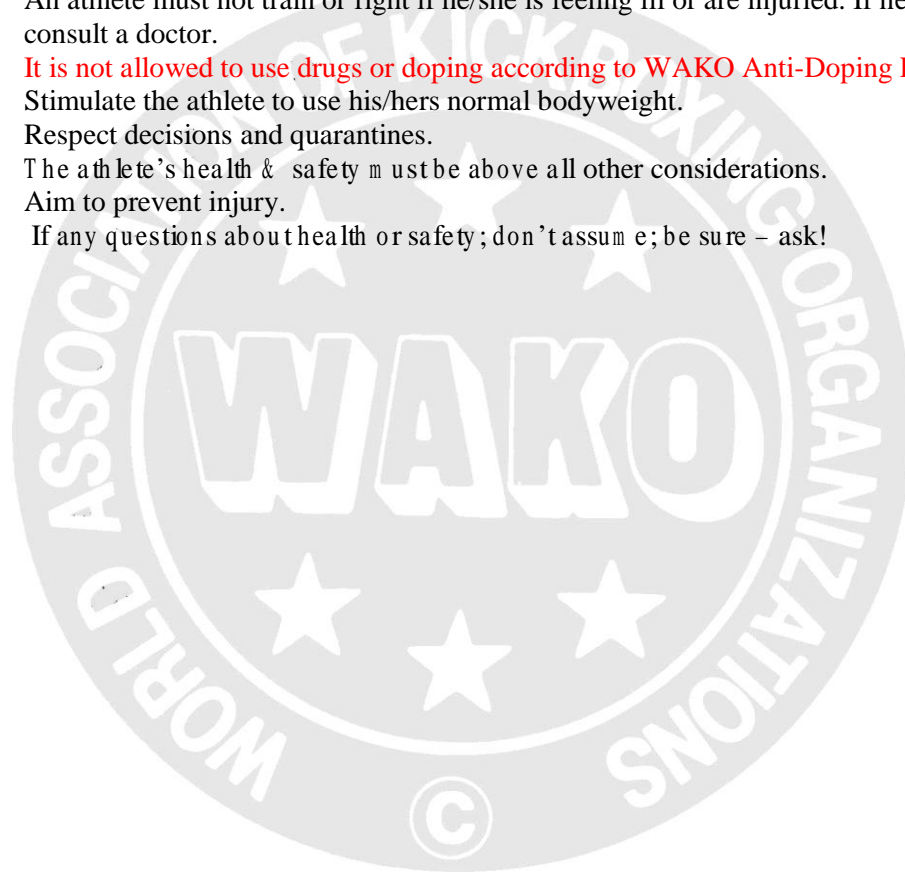
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Art. 1.0 - INTRODUCTION

This is the official document including medical procedures and health security guidelines. Some of the articles are rules needed to be followed by our member countries, other articles are guidelines that we do to your service as important health notice. This is a supplement to WAKO Sport Rules and Regulations found in the Rule Book or at the WAKO website <http://www.wakoweb.com/wako/rules.asp>.

In general:

- ❖ It is every nation's responsibility to follow all rules and regulations.
- ❖ We expect everybody to use all standard equipment at all time to avoid injuries. We refer to WAKO rules Chapter 1 and in the articles concerning the different disciplines.
- ❖ An athlete must not train or fight if he/she is feeling ill or are injured. If necessary, consult a doctor.
- ❖ **It is not allowed to use drugs or doping according to WAKO Anti-Doping Rules**
- ❖ Stimulate the athlete to use his/hers normal bodyweight.
- ❖ Respect decisions and quarantines.
- ❖ The athlete's health & safety must be above all other considerations.
- ❖ Aim to prevent injury.
- ❖ If any questions about health or safety; don't assume; be sure – ask!



Art. 2.0 - ANTI-DOPING



WAKO has signed the World Anti-Doping Code and has adopted Anti-Doping rules created under the supervision of WADA and under the World Anti-Doping Code model. The rules are informed to all WAKO members. Besides the anti-doping work done nationally, WAKO will intensify the work internationally and there will be more doping controls during our international events as World Cups, Regional and World championships and other events.

Nutritional / Food supplements

Note especially the danger of using food supplements, both because of the danger if containing doping material and of course the danger of using this as a tool to reduce weight instead of normal weight loss methods.

The following information is what WADA replies to inquiries from athletes concerning the use of nutritional/food supplements:

" The use of dietary/nutritional supplements by athletes is a concern because in many countries the manufacturing of supplements is not regulated by the government. This means that the ingredients on the inside may not match those listed on the outside of the package. In some cases, the undeclared substances found in the supplement can include one that is prohibited under anti-doping regulations. Positive tests have been attributed to the misuse of supplements.

Although there are certainly many manufacturers that abide by very strict guidelines, and offer safe products to their clients, WADA is in no position to judge which ones they are. Given the strict liability clause in the World Anti-Doping Code (Code) athletes are responsible for everything that they put into their bodies. Under these circumstances, athletes should be aware of the risks associated with the consumption of any type of dietary/nutritional supplement "

WAKO guide you to please investigate if your National Anti-Doping Office (NADO) has clarified specific food supplement products to use – if any.

The complete WAKO Anti-Doping rules are to be found WAKO's website:
<http://www.wakoweb.com/wako/rules.asp>

For the prohibited list, please log on to WADA:
<http://www.wada-ama.org/en/prohibitedlist.ch2>

Help us making WAKO kickboxing free of dope and drugs!

Art. 3.0 - WEIGHT-REDUCTION AND NUTRITION METHODS

WAKO has carried out a study for its members concerning weight reduction and nutrition methods. As a general health warning it is of importance that athletes act carefully on this issue. Based on the study and the international literature, we recommend the following:

- ❖ The athlete has to compete in the weight-class suited his/her natural weight.
- ❖ We recommend that there is an evaluation after every season regarding which weight-class the athlete should participate in. This evaluation should include trainer, athlete and medical staff (weight, percent body fat, age, nutritional status and menstrual status should be a part of the evaluation).
- ❖ If the athlete wants to lose weight to participate in a lower weight-class, the medical team should make sure that this is optimal for both health and performance.
- ❖ We recommend that the athlete's body weight is no more than + 3% of his/her competitive weight between competitions to prevent weight cycling.
- ❖ The recommended strategy is a gradual weight reduction due to moderate energy restriction and/or increased energy output: gradual weight loss reducing the caloric intake with 500 kcal pr. day (loss of 0,5 kg pr. week).
- ❖ Weight regulation in athletes should be pursued off-season.
- ❖ Rapid weight loss methods (based on dehydration) should be no more than 1% of the athlete's total body weight.
- ❖ We recommend that the athlete should have an intake of fluid containing electrolytes, and light meals including carbohydrate and protein between weigh-in and competition.

The full report about weight-reduction can be downloaded at:

<http://www.wakoweb.com/wako/rules.asp>

Important

All aspects of an athlete's weight loss and methods is in total the athlete and his/hers team's responsibility. If an athlete doesn't follow doctors advice during a weigh-in, all responsibility are in the hands of the athlete. However, in extreme occasions, a doctor can disqualify an athlete at the weigh-in if he means that the planned weight loss is indefensible.

Weigh-in and the health perspective in Ring Sports (Fullcontact, Lowkick and Taikick)

- ❖ Weigh-in too close to a fight can be dangerous because of rapid weight loss and- by that - possible de-hydration. Because of this risk, an athlete can not enter a fight before at least 3 hours from his/hers weigh-in.
- ❖ If an athlete rapidly has lost weight, the risk is de-hydration and hard punches of kicks to the head can in worst case, lead to thromboses. Also an athlete must have the possibility to eat and drink to retain balance in the body.
- ❖ During a Regional and World championships there will be up to 4 weigh-ins, including the official weigh-in during the registration.

Art. 4.0 - MEDICAL FITNESS CERTIFICATE - EXAMINATIONS

To be an athlete in kickboxing requires complete physical fitness. For this reason a certificate of fitness is required to enter a competition. The medical examination needs to reveal earlier and present injuries and to establish the needed physical fitness required to compete. The examination should include:

- ❖ The cardio-vascular system
- ❖ The respiratory organs
- ❖ The nervous system
- ❖ Eyesight and hearing
- ❖ Urin analysis
- ❖ Height and weight
- ❖ Present medications
- ❖ Note also Art. 5 in this document
- ❖ After the age of 35 for all athletes an Ergometric test of the cardiopulmonal system is required

An athlete who wishes to participate in WAKO competitions must present a sport pass in which the medical examinations are recorded. The sports pass then becomes a competition pass which enables the holder to participate in kickboxing competitions for a period of up to one year after the medical examination.

All injuries that lead to suspensions, CT scans or injuries important for the athletes physical health, must be written in the Sports pass.

Athletes who cannot prove that they have had an annual medical examination ,in a sportspass, can not compete.

Art. 5.0 - MEDICAL CHECK-UP BEFORE COMPETITIONS

Before competitions in Regional and World championships tournaments in general, an athlete must have a medical check-up carried out by the competition doctor. The doctor will make a standard check of the athlete. Also an athlete must be aware of questions which conclude status needed for the doctor to consider. These questions will be answered by the athlete on a form sheet (Attachment 1). Questions can be:

- ❖ Name and previous illnesses?
- ❖ Where your born with any of your body parts missing?
- ❖ Have you ever been treated in hospital?
- ❖ Do you take any medicine on a regular basis?
- ❖ Do you take any food complementary substances?
- ❖ Have you ever fainted during or after training?
- ❖ Have you ever had any chest pain?
- ❖ Have you ever had high blood pressure?
- ❖ Have you ever had any skin diseases?
- ❖ Do you have any dermatological complaints at the moment?
- ❖ Do you suffer from asthma?
- ❖ Do you have any problems related to your bones, joints, tendons, or muscles?
- ❖ Have you ever had a skull injury accompanied with a loss of consciousness?
- ❖ Are you often on a diet?
- ❖ How often have you been stopped in a fight by KO or RSC-H?
- ❖ Other important information/comments from the athlete?

Medical fitness - Sportspass

All athletes must bring sportspass at all WAKO events. It is mandatory in all Regional or World Championships. A medical examination must be in the sportspass either as an own document or signed from the doctor including dates.

The countries must use official WAKO Sportspasses. Some countries can get permission to use their own sportspass if special situations are proven by WAKO. IAKSA sportspasses can be used according to WAKO/IAKSA agreement.

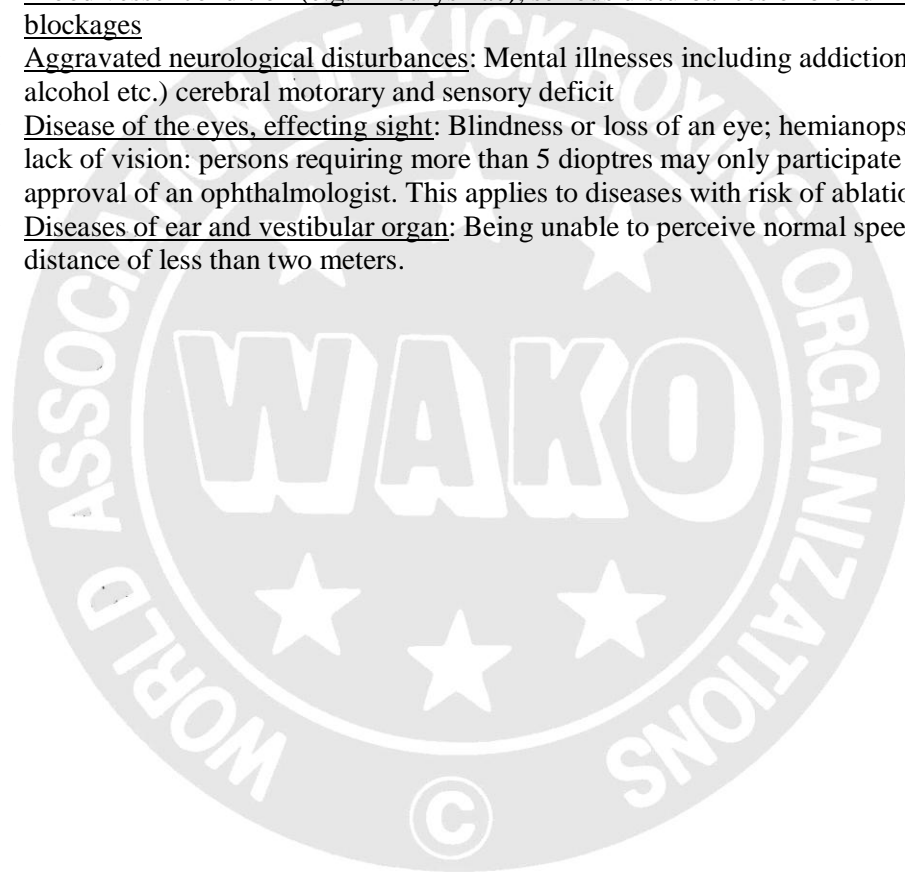
In Regional and World championships the athletes must bring the sportspass including medical examination to all weigh-ins and medical checks. The Competition Doctor or personnel working together with the doctor will approve the examination and take the medical check.

The athlete team must bring the sportspass to the ring/tatami's secretary so the doctor can write possible injuries or suspensions if occurred. After the fight the athlete's team will be given the sportspass.

Mental and physical fitness

Persons who, as a result of physical or mental incapacity or dysfunction, are not able to meet the demands of the sport without risk to the health, may not participate in kickboxing competitions. This particularly applies to persons suffering from acute (and) consuming diseases with risk of cardio pulmonary decompensation. In particular persons falling in the following categories may not participate in kickboxing competitions.

- ❖ Long-term use of medicines: The above is for orientation only. The final decision rests with the Association doctor. If in doubt the Association's doctor should be consulted
- ❖ Diseases of the motor and skeletal system: Inherited or acquired conditions which could cause a harm to the athlete (e.g. Spondylolithesis, Nucleus; Pulposus-Protusion or Prolaps with neurologic deficit; dysplasiae of the hips; clinically manifested arthroses; condition of the fracture taking into consideration the period necessary for the injury to heal - clinical and x-ray examination.
- ❖ Diseases of the organs: Removal or dysfunction of one of a pair of organs. Diseases of the heart, lungs and circulatory system with established cardio pulmonary dysfunction.
- ❖ Disease of the blood and blood generating organs, in particular blood composition
- ❖ Diseases of metabolism with risk of decompensation: e.g. diabetes - juvenile diabetes mellitus.
- ❖ Hernia with partial intestinal eventeration
- ❖ Blood vessel condition (e.g. Aneurysmae), serious disturbances of blood flow or blockages
- ❖ Aggravated neurological disturbances: Mental illnesses including addictions (e.g. drugs, alcohol etc.) cerebral motorary and sensory deficit
- ❖ Disease of the eyes, effecting sight: Blindness or loss of an eye; hemianopsiae, serious lack of vision: persons requiring more than 5 dioptries may only participate with the approval of an ophthalmologist. This applies to diseases with risk of ablatio retinae
- ❖ Diseases of ear and vestibular organ: Being unable to perceive normal speech in a distance of less than two meters.



Art. 6.0 - MEDICAL SUSPENSIONS

If a athlete gets injured in a fight the doctor are the only person that can evaluate the circumstances. If a athlete remains unconscious, only the referee and the doctor in charge will be allowed to stay in the ring, unless the doctor calls for extra help.

Procedure if KO, RSC, RSC-H, Injury

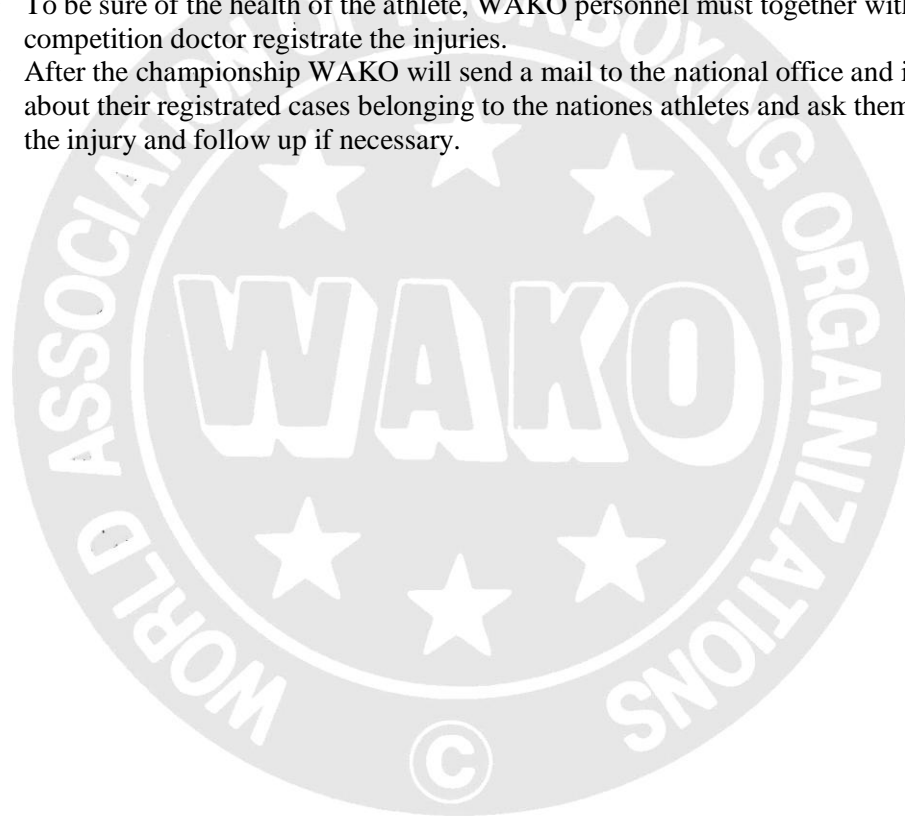
- ❖ A athlete who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty or to any other adequate place.
- ❖ A athlete who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of at least 4 weeks after the KO.
- ❖ A athlete who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing, two times in a period of 3 months, will not be allowed to take part in another competition or bout for a period of at least 3 months after the second KO or RSC-H.
- ❖ A athlete who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight due to severe head trauma which prevents him continuing three consecutive times in a period of 12 months, will not be allowed to take part in a competition or a bout for a period of one year after the third KO or RSC-H.
- ❖ To above mentioned suspension periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital due to tests/scan of head can furtheron extend the suspension period.
- ❖ A suspension period means that a athlete can not take part in competition in kickboxing no matter what the discipline are. The suspension period is "minimum period" and can not be overruled even though a head scan shows no visible injuries. The suspension period has no or less training and recommendation of training quantity must be communicated between the athlete and personal doctor.
- ❖ The referee will tell the Jury and Judges to mark KO or RSC-H or RSC on their score sheets, when he or referee has stopped the bout due to the athlete's inability to resume the fight because of head blows. The same has to be reported by the Chief referee on duty in that ring on the athlete's Sportspass. This is also the official result of the fight and it can not be overruled.
- ❖ Before resuming kickboxing after a suspension -as described in the above paragraphs, -an athlete will -after a special medical examination - have to be declared fit to take part in competition by a sports doctor. The tournament doctor can declare an athlete fit and by that comment it in the athlete sportspass as long as he/she follows the suspension period. A tournament doctor must also advice the needed treatment or observation if uncertainty about the damage.
- ❖ When registered a KO or RSC-H an athlete should get a CT Scan of the head. If needed the athlete will, after recommendation from the tournament doctor, be transported to the hospital immediately for CT scan. The tournament doctor will as a consequence of the CT scan result conclude any needed extension of a suspension.

Procedure if injuries in general

- ❖ In case of injuries besides KO or RSC-H the doctor can give a minimum of suspension period and recommend treatment at hospital.
- ❖ A doctor can require immediately treatment at hospital
- ❖ If an athlete or delegates from athletes nation denies doctors medical advice, the doctor reports in written form immediately to chief referee or to a WAKO delegate that all medical responsibilities are denied and are in the hands of the athlete and his team. However the official result and a suspension given is valid.

Injures and communication

- ❖ Type of injuries in a championship must be documented.
- ❖ An injury or KO, RSC, RSC-H and the decided suspension must be written in the sportspass. Any necessary extended comments must be attached.
- ❖ To be sure of the health of the athlete, WAKO personnel must together with the competition doctor registrate the injuries.
- ❖ After the championship WAKO will send a mail to the national office and inform them about their registrated cases belonging to the nationes athletes and ask them to registrate the injury and follow up if necessary.



Art.7.0 – MEDICAL PERSONNEL

In general

In general the number of medical personnel must be according to the number of fighting areas. The needed numbers of medical personnel in general are to be communicated between the promoter and WAKO Medical Committee. The medical personnel consist of a medical supervisor like a competition doctor and satisfying number of ambulance personnel with all necessary equipment. At all time one ambulance must be present at the sports hall. A competition doctor can either be from the official WAKO medical staff or a local doctor. However it is important that a local doctor has knowledge of the sport. In Regional and World championships the most satisfying solution is the use of both WAKO medical personnel together with a local doctor. There must be a room available for the medical personnel to use if any treatment of athletes is needed

The Competition doctor

In the interest of the health and safety of contestants, at kickboxing events the doctor has the following responsibilities:

- ❖ Before the contest starts the doctor will examine all contestants to determine whether they may participate or not. Such an examination is compulsory for Fullcontact, Lowkick and Thaikick contestants and is recommended by the Association for semi and light-contact contestants. Contestants may only participate if they are completely healthy. Upon suspicion of illness a contestant must be examined by the doctor who will decide whether that contestant may participate or not. The doctor will not permit any contestant with a head or leg bandage or anyone with a plaster on their head, arms or legs to compete. No local anesthetics may be administered immediately before or during a contest.
- ❖ During the contests the doctor must remain at the ringside near the timekeeper. If the doctor leaves the fighting area (Boxing ring, Tatami), he must inform the technical supervisor, which has to stop the competition till the doctor returns.
- ❖ The doctor has the right to interrupt or stop a contest by a signal to the referee if he thinks a contestant is in danger and the referee has not stopped the fight. To make such a involvement, it is important that the doctor have knowledge of the sport.
- ❖ He must be in a position to enter the ring quickly to decide whether a contestant may continue or not or to decide on any necessary medical treatment.
- ❖ The doctor may not treat an athlete between rounds but he may examine him.
- ❖ In the event of a fight being decided by a knock out (KO) or if, in his opinion, a contestant who has been hit hard needs a period of compulsory rest, the doctor must collect that contestant's pass and endorse it accordingly.
- ❖ The doctor may not leave the venue of a competition until the last contest has finished and after he has assured himself that no further medical attention is required.
- ❖ The doctor or ambulance personnel can make medical check during a tournament if any accident occurs or if the medical personnel see the necessity of such.
- ❖ A doctor and an ambulance -including personnel- must be in attendance for all WAKO disciplines at internationally competitions.

Art 8.0 – HEALTH SECURITY AT COMPETITIONS

- ❖ At all international kickboxing events medical personnel and medical equipment must be present.
- ❖ Referee in fullcontact disciplines must use rubber gloves. If a blood wound is treated during a fight, the referee must change gloves after the fight. A referee at semi or light-contact is only advised to use rubber gloves.
- ❖ The referee must have soft paper or “com press” in the pocket and the organizer must have this equipment available.
- ❖ The referee can not use the same paper/compress at both athletes. After using paper/compress it must be thrown in a bag/bucket close to the ring. A bag/bucket should be placed in the neutral corners by the organizer.
- ❖ A referee or the athletes coach or the medical personnel must dry blood often if such occurs during a fight.
- ❖ A fight can be stopped due to heavy bleeding. The referee will in that case consult the injury with the doctor present. For the procedure of stopping a fight, see the competition rules.
- ❖ If any injury in a fight, the medical personnel must check the extension of the injury. An injury is not only KO, RSC, RSC-H but all injuries as well as suspicion of injury or damage to any part of the body. Note especially the necessity for examination if there are many punches or kicks to the head.
- ❖ All injuries must be registered by the competition doctor handed over to the chief-referee and promoter.
- ❖ The competition doctor in a Regional or World Championships will give a short presentation during the referee seminar concerning safety in the ring/tatami. Especially concerning effect of a injured athlete due to hard punches or kicks to the head, -showing consequences, -what to look for, -signals and of course basic health care etc.

Art. 9 ~ LITTERATURE SERVICE

At Wakoweb following service can be downloaded:

- ❖ IOC Report – International Conference on Concussion in Sport
- ❖ Study Weight-Reduction and Nutrition Methods
- ❖ More to come...

Recommended literature to use:

- ❖ Clinical Sports Medicine
- ❖ Evidence-Based Sports Medicine
- ❖ More to come...





Attachment 1

**SPORTS MEDICAL EXAMINATION
WAKO QUESTIONNAIRE**

PERSONAL PARTICULARS

Name:

Date of birth:

Address:

Country:

Passport number:

Insurance:

Sports event:

	Yes	No
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Did you have any illnesses earlier?

Were you born with any of your body parts missing?

Have you ever been treated in hospital?

Do you take any medicine on a regular basis?

Do you take any food complementary substances?

Have you ever fainted during or after training?

Have you ever had any chest pain?

Have you ever had high blood pressure?

Have you ever had any skin diseases?

Do you have any dermatological complaints at the moment?

Do you suffer from asthma?

Do you have any problems related to your bones, joints, tendons, or muscles?

Have you ever had a skull injury accompanied with a loss of consciousness?

Are you often on a diet?

Please give further details on answers with "YES"!

I officially declare that I am fully responsible legally for my answers given above.

Date:

Signature:





Attachment 2

Head Injury Report Form

Separate document...

