



WAKO

MEDICAL REGULATIONS

Dr. Zoltan Pall

and members of the Medical Committee

2015

Medical Regulations at WAKO Kickboxing Events

The medical care and perfect health management of participants play a crucial role in the success of a competition or tournament. A successful competition is characterised by low number of injuries or illnesses.

The WAKO medical rules and standards have to be followed at each official WAKO event. No exception is allowed!

I. At least one of the doctors of the WAKO Medical Committee has to be present at official WAKO events.

He is: -The coordinator of the medical check- up before competition

-Medical Supervisor of the competition

- after each event he prepares a detailed report for the WAKO president.

A Medical Delegate should arrive 1-2 days before the start of the competition (on Sunday).

He meets the chief of the local medical team (CMO= Chief Medical Officer), they inspect the conditions in the arena, the background hospital and discuss the actual medical tasks. In this way it is possible to correct the failures and shortages.

II. Duty of the organizer:

A. At medical examination:

- To assure the optimal number of medical personnel (depending on the number of participants). The doctors must be familiar with combat sports.

- Room (or rooms if necessary) for medical examination. Separation of female athletes!

- Medical examination is compulsory for ring and tatami sports (except of musical forms).

B. At competition:

- Medical personnel: optimal number of doctors, paramedics (if the paramedic system is official in the organizing country) and ambulance cars (1 doctor for 2 rings or 2 tatamis). The chief of the local medical team (CMO) must have graduation in emergency medicine, trauma surgery or intensive care!

In those countries where the paramedic system is official, the CMO can act with 2-3 paramedics together (CERTIFIED PARAMEDIC, not nurse or Emergency Medical technician!!!) , the second doctor is not mandatory.

Paramedics without doctor are not enough! The CMO must be a specialized DOCTOR!

- 2 ambulances with full equipment and staff
- The medical table must be clear and visible, marked with a red cross
- Distinguished clothes are mandatory, for the medical personnel with specification “Doctor”, “Paramedic”, “Nurse”, “Driver” etc.
- Providing emergency service for out-of-competition time (24 hours emergency service in the area of the athletes hotel)
- Disinfectant solution at each ring or tatami, gloves and paper towel for the removal of blood. Cleaning of blood is strictly forbidden by hands or using a piece of paper.
- Gloves for judges and referees

III. Duty of the local doctors:

- The CMO must be a senior doctor, with specialization in emergency medicine, trauma surgery or intensive care, and must be familiar with local medical resources and with combat sports, especially kickboxing.
- At least one of the doctors must be familiar with the Local Emergency System (EMS), with Advanced Cardiac Life Support (ACLS) and with the use of Automated External Defibrillator (AED).
- Local physicians are obliged to note all injuries and to report any kind of injury, disease or abnormality to the Medical Supervisor!

The following should be taken care of:

- Hygienic regulations and guarantee of the public health authorities (must be shown to the Medical Supervisor).
- The place where athletes will receive their meals
- Nutritional composition of meals

Prior to each WAKO event the Medical Supervisor and the Local Medical Staff discuss details of medical management of the event and the doping control.

If the local doctors do not speak English the organizer must provide a translator.

Medical Examination:

- Mandatory for ring sports and tatami sports (except of musical forms)

- Each competitor must have the medical certificate with the annual medical examination written in ENGLISH, with the signature and stamp of an authorized doctor by the National Federation. The WAKO Medical Form is the best one.
- For ring sports and KL a yearly neurological examination is obligate!
- Each athlete has to complete the Health Questionnaire, about the athlete's history and also a Liability Form. Without this forms the competitor is not allowed to participate at the competition. There will be NO EXEPTION.

Tests at Medical Examination:

-BP, eye, nose, throat, heart and lung, skin, extremity examination. CAVE: skin infections!

In case of injury on ring or tatami: the first on scene is the local doctor. He (she) will decide if the athlete is able to continue or not the fight. If not, the athlete must be taken to the Medical Room. From this moment the NF team doctor has the right to treat his own team member, with the condition that he / she is a WAKO ACCREDITED DOCTOR.

WAKO accreditation of team doctors

Each National Federation is eligible to accredit maximum 3 doctors. Thus a WAKO Accreditation Form should be filled out and submitted latest by June 30 to the chairman of the Medical Committee. Each accredited MD get an official WAKO Accreditation Card, which enables him/her to enter the fighting area.

– EQUIPMENT CRITERIA

To maximize the security for the athletes WAKO have created equipment criteria procedures. All suppliers to WAKO official championships must sign this form. These criteria can also be considered as guidelines for all our affiliated nations. See attachment.

NECESSARY MEDICAL EQUIPEMENT:

- disposable gloves
- paper towels
- gauze for compression of bleeding wounds
- vaseline
- saline and antiseptic solutions for cleaning wounds
- floor cleansing solutions and disposable wipes
- aethyl chloride (or alternative) spray for cooling effect
- supply of ice cubes
- storage boxes for ice cubes
- plastic bags
- non adhesive dressing for wounds
- adhesive tape
- bandages
- sterile strips
- eye wash sterile solutions
- scissors
- forceps
- disposable tongue depressors
- pen torch
- nasal tampons
- tweezers
- glucose tablets
- spatula for throat exam
- otoscope
- ophthalmoscope
- stethoscope
- sphygmomanometer
- mirror to replace contact lenses

- retention splints for fractures
- Stiff neck collars of different sizes
- nasopharyngeal tubes or laryngeal mask
- ventilatory mask
- i.v. catheter
- i.v. perfusion fluids
- analgesic medication
- sterile suture packs
- AED(automatic external defibrillator)
- pulsoxymeter

Minimal Suspension Periods after KO or Head Injury:

- An athlete who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight because of severe head trauma(RSCH) which prevents him continuing, will be examined by a doctor immediately afterwards, and accompanied to hospital by the ambulance on duty.
- An athlete who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight because of severe head trauma which prevents him continuing, will not be allowed to take part in another competition or bout for a period of **between 3 and 6 months** after the KO(depending on severity of injury).
- An athlete who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight because of severe head trauma which prevents him continuing, in a period of 3 months after suspension, will not be allowed to take part in another competition or bout for a period of **6 months** after the second KO.
- An athlete who has been knocked out due to a head-blow during the fight, or if the referee has stopped the fight because of 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.
- In addition to the above mentioned suspension periods the doctor at place can extend the quarantine period if necessary. Also doctors at hospital based on tests/scan of head can further extend the suspension period.
- A suspension period means that the athlete can not take part in competition in kickboxing no matter what the discipline is. The suspension period is "minimum

period" and can not be overruled even though a head scan shows no visible injuries. The suspension period contains no or light training, and recommendation of training quantity must be discussed between the athlete and his personal doctor.

- When registered a KO or RSC-H an athlete should get a CT Scan or MRI of the head. If needed the athlete will, after recommendation from the tournament doctor, be transported to the hospital immediately for CT scan or MRI. The tournament doctor will as a consequence of the CT scan result conclude any needed extension of a suspension.
- After KO or head injury the athlete will receive from the Medical Supervisor or the official doctor the Head Injury Card (HIC). He must follow the indications written in this card.
- **Head Injury Card:** after K.O. or head injury, the WAKO medical supervisor or the competition doctor have to complete the standard WAKO Head Injury Card. The athlete must follow the recommendations written in the card and can return to official competition only after sending the results of all recommended investigations to the WAKO Medical Committee!

WAKO Head Injury Card

Name of competitor:

Date of injury (year, month, day, hour)

Grade of concussion: grade I. (Mild)

grade II(Moderate)

grade III(Severe)

other injuries:

Treatment:

Return to competition:

Investigations: -CT Scan or MRI
 - -neurological examination
 - -EEG
 -psychological examination

The above mentioned examinations must be presented to the WAKO Medical Committee prior returning to competition.

Doctor's signature and stamp

For the reason that head injuries are the most serious injuries in Kickboxing with long term impact

Injury Statistics

Injury Site	Grade of Injury			Total Number	%
	I. Mild	II. Moderate	III. Severe		
Head					
Face					
Neck					
Thorax					
Abdomen					
Genitalia					
Upper Limb					
Lower Limb					
Total					

Type of Injury	Grade of Injury			Total Number	%
	I. Mild	II. Moderate	III. Severe		
Contusion/Haematoma					
Epistaxis					
Laceration					
Injury requiring stitching					
Concussion					
Toe joint dislocation					
Contusion in solar plexus or thorax					
Contusion in genitalia					
Nose fracture					
Contusion in larynx					
Corneal erosion					
Contusion in thigh					
Total					

Grade of Injury	Number	%
I. Mild		
II. Moderate		
III. severe		

Important issues: -at the competition area the **SAFETY WAY** is extremely important. This is the way where the injured can be transported to the ambulances or in the medical room in the shortest period of time. The safety way should always be free.

- Each day 30 minutes before the official start of the competition the medical supervisor and the chief of the local medical team have to check together whether the 2 ambulances are in place. If the ambulances or the medical team are not in place, the competition can not start or must be stopped!
- The President, the Technical Director and the Medical Chairman have the power to stop the competition if the requirements are not in place.

Checklist

- Ambulances (min.2)
- Local doctors in place
- Equipment of doctors
- Safety way for evacuation of injured athletes
- Gloves for referees
- Disinfectant solution and paper towel for removal of blood

Insurance (hospital costs, expenses for necessary examination, home transport) is mandatory for each participant!

The Medical Regulations are mandatory for all WAKO Tournaments and Championships.