



WBC MAYTHAI USA (WBCMTUSA) HEAD INJURY FORM – SUSPENSION FROM TRAINING/COMPETITION

Head injuries – Suspension from training/competition and instructions for care

This form is to be handed to a responsible adult who will remain with the boxer for the next 24 hours. It is to be completed by the ringside physician.

Participants name: Age:

Date: Time: (am/pm)

This boxer has sustained:

- A knockout from head blows, or
- A Technical Knockout (TKO) from head blows, or A Technical knockout (TKO).

Where a knockout from head blows occurs, did the boxer experience a loss of consciousness?

- Yes
- No
- N/A

If the above response is 'Yes', was the loss of consciousness less than one minute or greater than one minute?

- Less than one minute
- Greater than one minute

Therefore I, the undersigned Medical Officer, have imposed a medical suspension period of days without competition or sparring and, following this suspension, if you have sustained a knockout or TKO from head blows, you are to comply with the WBCMTUSA rules of a mandatory minimum 30 day ban from competition at any combat sports.

You must also see a doctor for review and clearance before returning to training or competition.

Doctor's name:

Doctor signature:

Date:

Discharged into the care of (a responsible adult).



CARE INSTRUCTIONS

This participant has sustained a head injury.

He/she should be directly supervised for the first four (4) hours after the injury and then rest quietly for 24 hours. For the next 24 hours, he/she must avoid alcohol and **MUST NOT** take aspirin, disprin or any other aspirin derivatives.

All concussion should be reviewed by a doctor.

If greater than recommended level of pain relief is required, seek medical advice.

The boxer MUST see a GP as soon as possible after the bout or go immediately to an emergency department if symptoms increase.

He/she should be brought to hospital immediately if he/she:

- Cannot stay awake, or
- Vomits, or
- Complains of severe or persistent headache or dizziness, or
- Becomes restless, drowsy or unconscious, or
- Has convulsion or fit or twitching of face, arms, legs etc., or
- Shows any sign of weakness anywhere in the body, or
- Complains of double vision or blurred vision, or
- Acts out of character in any way

After a knock to the head, it is common for children to vomit, especially with movement or travelling in the car. Repeated vomiting can be a danger sign and should not be ignored.

Drowsiness, pale color, unsteadiness on feet can be signs of concussion or more serious injury. Wake the person fully each hour or two and:

- Ask them to walk and ask them their name and where they are.

IF IN DOUBT – If the boxer does not seem normal, take them to the Emergency Department at the nearest hospital.

Additional information in support of the head injury form:

Following a head injury, an athlete should be taken to a hospital emergency department if:

- The person is not neurologically normal after five (5) minutes, or
- After several minutes he/she still can't recall what happened, or
- There is suspicion of a skull or significant facial fracture or significant eye injury (e.g., loss of vision or persistently impaired or distorted vision), or
- He/she has vomited more than once

If the person does not show any symptoms or signs of serious damage, the doctor will usually allow return into the care of a responsible person and a good recovery is expected. However, rarely complications may follow over the next hours, days or even weeks.



Therefore, and **ESPECIALLY WITHIN 24 HOURS** after any significant head injury, a responsible person should keep the athlete under close observation and seek medical advice immediately if any of the following occur:

- Fainting, passing or, undue drowsiness or excessive sleepiness, or
- Confusion, irrational or otherwise unusual behavior, or
- Bleeding or discharge from the nose or ear, or
- Neck pain and/or persistent or increasing headache not relieved by Paracetamol, or
- Repeated vomiting, or
- Fits or involuntary movements or limbs or face, or
- Loss of or impaired distorted vision

For the first 24 hours after the head injury the athlete should be allowed to go to sleep but should be woken every four (4) hours to see if rousable without problems and conscious without obvious impairment.

A doctor should be contacted **if symptoms persist for more than a few days** following a head injury. Such symptoms can be of different nature, e.g., headaches, dizziness, cognitive problems such as difficulties concentrating and emotional and/or behavioral issues such as irritability may represent a concussion of the brain. While guidelines exist to help decide when to return to work or sporting activity, repeat evaluation by a doctor before making that decision is strongly recommended.

After any significant head injury, or if persistent symptoms occur:

- Avoid alcohol
- Avoid aspirin, anti-inflammatory painkillers and stronger painkillers (Tylenol can be taken), sedating medications like sleeping tablets or calmatives, unless directed by a doctor.

This information is a general guide only. Please ask your doctor if you have any questions relating to this information.

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