



Rome, Italy, April 10, 2023

Dear Presidents, dear Organizers, dear Members,

From the 2022 we had several changes in the WAKO Rules and, among of them, the WAKO Medical Rules have been updated in order to increase the safety for our kickboxers. Even if there is no need, I'd like to remind all the Organizers that from National Championships to higher level competitions, the WAKO Medical Rules are in force and must be respected to avoid rules' breaking and possible sanctions, but, above all, to safeguard our competitors' health.

All the procedures are explained in detail in the WAKO Medical Rules, that must be known. For simplicity's sake, however, I'm listing below the procedure to follow when a WAKO competition is organized:

1. The Chief Medical Officer (CMO) of the competition must contact the Chairman of the WAKO Medical Committee in the weeks before the event, to clarify any doubt on the medical assistance for the competition;
2. The medical team at each event must be composed in accordance with the WAKO Medical Rules. In particular, the minimum number of required doctors is 1 doctor for 2 rings or 4 mats. In addition to these doctors, the minimum number of Qualified First Aiders (Red Cross/Order of Malts, etc.), nurses or paramedics (if the paramedic system is official in the organizing country) is 1 person for each ring or 2 persons for 4 mats. Ambulance driver is not considered as Qualified First Aiders, nurse or paramedic;
3. The minimum number of ambulances (with full equipment and staff) are 2, but a higher number (3 or more) should be preferred. The minimum number of ambulances for Cadet/Junior competitions is 3. One Ambulance must be available at the arena at all times;
4. Each competitor and each referee must upload a valid medical certificate on his/her RSportZ profile;
5. The doctors appointed for the competition (led and supervised by the CMO) must check each competitor during the registration to verify the validity and appropriateness of the medical certificate. Ring competitors must be medically checked. Tatamis competitor will be visually checked, but may be medically checked following local rules and local doctor's decision;
6. In case of injury, the central referee (or supervisor) must send the competitor to the local doctor for a medical check. If an injury has occurred, the local doctor must fill in the Medical Emergency Report. Each injury must be recorded in the Medical events registration sheet. Both the Medical Emergency Report and the Medical events registration sheet can be consulted in the appendixes of the WAKO Medical Rules. The Medical Emergency Report will follow the competitor to the hospital if hospital referral is needed. In this case, copy of the Medical Emergency Report should be kept by the doctor (even a picture using his/her personal smartphone);
7. In case of KO and RSCH, the central referee (or supervisor) must send the competitor to the local doctor for a medical check. The local doctor must fill in the WAKO Head Injury Card. In this card, the doctor must note the length of the mandatory medical suspension (minimum 30 days, but further details are shown in the art. 7 of the WAKO Medical Rules). The WAKO Head Injury Card can be consulted in the appendixes of the WAKO Medical Rules. The WAKO Head Injury Card will follow the competitor to the hospital if hospital referral is needed. In this case, copy of the WAKO Head Injury Card should be kept by the doctor (even a picture using his/her personal smartphone);
8. In case of KO/RSCH, the referee/score keeper must enter KO or RSCH in the score sheet and immediately notify the SportData Administrator, who will suspend the competitor from the entire competition (regardless of how he/she felt immediately after the KO/RSCH). The competitor will be disqualified in all registered categories by the SportData Administrator;
9. A medical suspension can be given by the local doctor both for head traumas and for injuries in any other body parts, at his/her own discretion;

WAKO HQ: Via Alessandro Manzoni 18 - 20900 Monza (MB) Italy

e-mail: administration@wako.sport - Tel. +39 3450135521 - Fax +39 039 2328901 - Web: www.wako.sport





10. After the competition, in a very short time, the organizer of the event (or the responsible person from the local organizing committee) should collect all the completed forms, scan and send them to the Chairman of WAKO Medical Committee, who will review the doctor's report and through the WAKO Administration inform the involved National Federation as well as the SportData Administrator that the mentioned competitor is suspended for the period as indicated on the report and if a medical clearance is needed;
11. After a medical suspension for head traumas, KO/RSCH decisions, or whenever the local doctor feels it appropriate, a medical clearance is needed to lift the suspension. The medical clearance is a medical certificate which must state whether the competitor, after the occurrence of the specific injury/trauma/KO/RSCH suffered in the specific competition has completely recovered following medical and instrumental (when considered appropriate) assessment. The Medical clearance must be sent by email to the Chairman of the WAKO Medical Committee in order to have the suspension lifted. Please, note that the medical clearance is a completely different document in respect to the WAKO Medical Certificate;
12. The administration of National Federation must inform the club and the competitor about this suspension and prohibit him/her from training and competitions for the prescribed period. The administration of National Federation must also inform the competitor if, after the expiration of the medical suspension, a medical clearance is needed. In such a case, the competitor cannot resume training and competition until an additional medical and instrumental (if appropriate) examination ("medical clearance") has been done and the suspension has been lifted. This medical check must be in accordance with the instructions on the WAKO Head Injury Card and with the judgement of the doctor signing the medical clearance. The Chairman of WAKO Medical Committee, however, may request further investigations, if he/she feels it opportune;
13. The SportData Administrator inserts the suspension in the registration system for competitions. If no medical clearance has been requested, the competitor will be able to register in further competitions when the suspension period has expired. On the other hand, if a medical clearance has been requested, the suspension will be lifted only when the Chairman of the WAKO Medical Committee, after receiving the proper medical documentation, gives notice to the SportData Administrator to remove the suspension.

Even if I hope the list above could simplify the management of medical matters during WAKO competitions, the WAKO Medical Rules must be known by all our Members and, in particular, doctors giving assistance at ring/tatami-side.

In case of any further question, please contact me by email at: massibianco.mb@gmail.com

Thank you very much in advance for your cooperation.

Respectfully,

Romeo Desa
WAKO Technical Director



Dr. Massimiliano Bianco
WAKO IF Medical, Health & Antidoping Committee
Chairman