

Role of the Medical Practitioner in Combat Sports



Combat Sports Legislation in W.A.

Combat sports in Western Australia is regulated by legislation administered by the Combat Sports Commission (CSC). The CSC register combat sport Contestants, enforce health and safety guidelines, issue contest permits and are responsible for enforcing the combat sports regulatory system (*Combat Sports Act 1987, Combat Sports Regulations 2004*).

Certain requirements for Medical Practitioners exist within the combat sports legislation and the CSC recognise the vital and important role that Medical Practitioners play in this regulatory system.

Stages of Medical Practitioner Involvement

The combat sports regulatory system requires Medical Practitioner involvement. The initial contact that a Medical Practitioner may be with a combat sport Contestant, is for the completion of registration paperwork (Fig.1). Contestants are responsible for selecting their own Medical Practitioner during the registration process. Secondly, Medical Practitioner involvement occurs when a Promoter seeks a permit from the CSC to conduct a combat sports contest. Promoters must nominate and engage an approved Medical Practitioner to work at the contest as a designated *Ringside Medical Practitioner* (**RMP**).

Role of Medical Practitioner for Contestant Registration

Contestants are required to register every three (3) years with the CSC. When applying for registration Contestants are required to submit a Certificate of Fitness, serology test results and medical history.

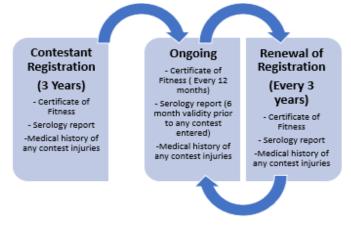


Figure 1: Medical Requirements for Registration

The Certificate of Fitness must be issued by a Medical Practitioner using the CSC approved <u>Certificate of Fitness Form</u> (Appendix A). When conducting this assessment, the Medical Practitioner should review answers given by the applicant to determine if there are any unacceptable risks, such as:

- Prior head injuries
- Impaired vision
- Mobility impairments
- Extreme/rapid weight loss
- Unmanaged blood borne virus
- Skin infections such as staphylococcus

In addition, the Medical Practitioner will also need to order the following serology tests to be conducted: HIV, Hepatitis B antigen (HBsAG), and Hepatitis C.

Contestants must continue to provide to the CSC a Certificate of Fitness on an annual basis and current serology reports (no more than six (6) months old) prior to any contest they enter.

Engagement of Ringside Medical Practitioner

A Promoter of a combat sport contest must not permit the contest to occur unless an approved RMP is present at the contest. Promoters are required, through CSC permit conditions, to engage and pay for the services of a RMP. Nominated Medical Practitioners must be approved by the CSC to act in the capacity as a RMP. However, the engagement and payment for RMP services is a contractual arrangement between the Promoter and Medical Practitioner, not the CSC. RMP duties are required during three phases of the contest. (Fig.2).

Pre-contest role of Ringside Medical Practitioner

The weigh-in is an official event to establish that each Contestant has met a requisite weight class and must occur at a designated time, up to 24-hours prior to the contest. Weigh-ins are often conducted at a separate venue the night before a contest or can also occur at the same venue on the same day as the contest. Promoter permit conditions require the RMP to be present for the duration of the weigh-in and it is strongly recommended that the RMP conduct precontest medicals at the weigh-ins.

All Contestants competing in a contest must complete a pre-contest medical within a 24-hour period prior to the contest. In accordance with *the Combat Sports Act 1987*, the RMP conducting a pre-contest medical examinations must do the following:

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Combat Sports Commission

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- Inspect Contestant Record Book. 1.
- 2. Conduct a medical examination.
- Certify information in the Contestant Record Book. 3.
- Record the results of the examination on the CSC 4. approved Pre-contest Examination Form (Appendix B).
- Record, if of the opinion, that a Contestant should 5. not participate in the contest (based on medical condition).
- 6. Give the Pre-contest Examination Form to the CSC appointee.

The CSC will provide the RMP with a medical file containing pre and post medical forms and Contestant serology results. The RMP is responsible for conducting a medical examination, completing the Pre-contest Examination Form then declaring whether each Contestant is fit or unfit to participate in the contest.

All female Contestants over the age of 16 years must undertake a pregnancy test. The CSC provides RMP's with pregnancy testing kits. The RMP must ensure that eligible female Contestants submit a urine sample and sign the Pre-contest Examination Form declaring that the sample provided is theirs.

The RMP may declare any Contestant to be unfit to compete in the contest because of a medical condition. RMP's should consider whether the medical condition would render the Contestant more likely than usual to suffer injury in the normal course of any contest or be less able to adequately defend themselves. This can include (but is not limited to):

- Any sign of use of a prohibited substance or alcohol •
- A recent fracture or cut
- Severe dehydration
- An acute illness

- A skin disease
- Any other condition that could be detrimental to either the Contestant or their opponent.

Role of Ringside Medical Practitioner at a Contest

It is strongly recommended that the RMP arrive at the contest venue at least an hour prior to the commencement of the contest.

Key tasks to be completed prior to the first bout commencing, include:

- Test walk ring entry (stairs, enclosure) and conduct venue familiarisation.
- Identify and set up the medical area to handle any medical concerns.
- Check that the medical equipment (including stretcher) • is ringside and oxygen delivery system is in good working order.
- Discuss with the Referees (and if available Paramedics) how communication will take place during a bout.
- Attend the Officials meeting.
- Familiarisation with air-horn/sound device usage.

The RMP must be present and preferably seated (ringside) during each bout. No contest, bout or round can commence or continue without the presence of the RMP and any bout in progress must cease should the RMP be required to leave ringside. During bouts, the RMP must remain observant of both Contestants, follow the action in the ring and render medical assistance if required.

The RMP may assess a Contestant during the break, between rounds, (either from the corners apron or inside the ring) and is urged to do so if a knock-down has taken place.

- Pre-contest (Within 24 hours before contest) • Medical examinations • ID & serology check • Pregnancy test • Determine Contestant fit/unfit • Pre-contest medical form • Certify Contestant Record Book Contest Preside ringside Inspect Contestant injuries (Following completion of each bout) Notify Referee of opinion for Medical examinations medical stoppage Determine Contestant fit for Medical attention to downed or
 - unconscious Contestant Record contest result in Contestant Record Book

Post-contest

- future sparring/contests
- Post-contest medical form Record injuries, concussion, or loss of consciousness arising from contest
- Certify Contestant Record Book

Figure 2: Ringside Medical Practitioner Requirements



The RMP is to advise the Referee, during the break and before entering the ring, if they wish to assess the extent of a Contestant's injury at close quarters.

In the event of a significantly injured or unconscious Contestant, RMP's should familiarise themselves with mouth guard removal, oxyviva/stretcher location, emergency chain of command and venue evacuation routes/procedures.

Ringside Medical Practitioner authority to STOP a Contest

The RMP is provided with an air-horn or sound device and at any time during a contest can sound the device to signify to a Referee to terminate a bout. The RMP should direct a Referee to stop a bout if of the opinion the Contestant should not continue to participate based on their medical condition. A Referee must discontinue a bout once informed of the RMP's medical opinion. Consequently, it is the Medical Practitioner who has the ultimate power and authority to stop a contest.

At all times, the wellbeing of a Contestant requiring the urgent assistance of the RMP takes precedence over the commencement of the next round or bout. Having caused a contest to stop, the RMP should enter the ring to render immediate assistance.

RMP's should consider if the following has occurred to at least one of the Contestants when determining a medical stoppage:

- Health is at risk (i.e. too many hard hits to the head; loss of balance or disorientation)
- Concussion, head injury or suspected head injury
- Receiving undue punishment or inability to defend or avoid further injury
- Exhaustion
- Ruptured ear drum
- Fracture or possible fracture
- Eye damage or surrounding laceration (cuts)

The Referee may directly call the RMP into the ring to examine a cut, nosebleed or other injury for medical determination. Most cuts will not require bout stoppage and a bout can continue at the RMP's discretion. Medical stoppage decisions regarding possible eye damage or cuts should be individually assessed. Cuts with clinical significance (length, depth, shape, location of cut and source of bleed) or performance consequence (such as bleeding into the eye and reducing vision) should necessitate a stoppage.

Post-contest role of Ringside Medical Practitioner

The RMP must conduct a medical examination of both Contestants, immediately following the completion of a bout, then the approved *Post-contest Examination Form* (Appendix B) must be completed.

If medical treatment is required, the RMP should determine if the treatment is required immediately or at the end of the event. Any medical assistance provided by the RMP is at the discretion of the RMP and may extend to providing treatment in the medical room, such as suturing a cut above the eye.

The RMP must document on the *Post-contest Examination Form* all treatment that is delivered i.e. cut (L) cheek – sutures or #RICE and X-Ray referral – possible (R) ulna fracture.

If, in the RMP's opinion, a Contestant is not fit to engage in future sparring or contests then the RMP must stipulate a date (period of time) medically suspending the Contestant. If unable to define a period of time, the RMP is to write the type of assessment required (i.e. x-ray /CT) and stipulate that a medical clearance is required prior to commencement of sparring or the next contest.

Prior to recording any suspension periods, the RMP must check previous pages in a Contestant's Record Book to determine if any prior or reoccurring suspension requires consideration. The RMP is to officially record medical suspension (dates) in both the *Post-contest Examination Form* and the Contestant's Record Book.

Medical Suspensions

The legislation requires the following mandatory suspension periods if a Contestant is knocked out. The RMP can recommend longer periods of suspension if in their opinion it is required.

First (1 st) time	Minimum of 30 days or longer if
knockout	directed by the Medical Practitioner.
Second (2 nd)	60 days following the second contest
consecutive	or longer if directed by the Medical
knockout	Practitioner.
Third (3 rd)	90 days following the third contest or
consecutive	longer if directed by the Medical
knockout	Practitioner

Where a Contestant is unable to continue for reasons (injuries) other than a knockout, the RMP may apply a medical suspension for any period as they see fit.





Combat sport conditions that RMP's should familiarise themselves with include:

- Facial fractures (cheek, orbit, nasal)
- Arterial or excessive venous nosebleed
- Signs of altered consciousness or head injury
- Fracture of hand/wrist or upper/lower limb joint injuries
- Ruptured ear drum
- Fast expanding haematoma

Contestant Record Book

Each Contestant is issued with a *Contestant Record Book* (CRB) upon registration (Fig.3). The CRB contains important medical information and must be inspected by the RMP during medical examinations (both pre and post contest). WA registered Contestants CANNOT compete if they do not supply the RMP with their CRB.



Figure 3: Contestant Record Book (CRB)

It is a legislative requirement for the RMP to certify, in the CRB, that a Contestant is fit to compete in the contest. Following the completion of a Contestants bout the RMP will be further required to record the contest outcome (win/loss/draw) and certify the postcontest medical information before returning the CRB back to the Contestant (Fig.4).

	Decision: Win Loss Draw
Pre-contest medical examination	
I certify that in my opinion, this contestant:	
Is medically fit for a combat sport contest.	
Is not medically fit for a combat sport contest. I	f the contestant is not medically fit, complete below:
In my opinion this contestant should not engag	e in:
A contest before: / /	Sparring before: / /
Signature of Medical Practitioner:	
Print name:	Date:
Post-contest medical examination	
	ically fit for a combat sport contest:
	ically fit for a combat sport contest:
I certify that in my opinion, this contestant is medi	
□ YES	ete below:
I certify that in my opinion, this contestant is medi YES NO If the contestant is not medically fit, comple	ete below:
I certify that in my opinion, this contestant is medi YES NO If the contestant is not medically fit, comple In my opinion this contestant should not engage	ete below:

Equipment Checklist for Ringside Medical Practitioner

Pre-contest Medical Examination:

- ✓ Spygmomanometer
- ✓ Stethoscope
- ✓ Auriscope/opthalmoscope
- + Pregnancy tests provided by the CSC

Contests:

- ✓ Basic Doctor's kit
- ✓ Disposable gloves
- ✓ Gauze
- ✓ Pen light
- ✓ Scissors
- ✓ Basic airway equipment
- * To be supplied by Promoter:
- ✓ Oxygen delivery system (Oxyviva)
- ✓ Defibrillator
- ✓ Stretcher
- + Air-horn/sound device provided by the CSC.

Post-contest Medical Examination:

- ✓ Suture kit/local anaesthetic vials/syringes/fine needles and swabs
- ✓ Basic immobilisation splint/broad arm sling
- ✓ Simple analgesia
- ✓ Bandages and dressings
- + Head Injury and Wound Care advice sheets provided by the CSC.

Expected Conduct of Ringside Medical Practitioner

- Provide accurate and complete information and not provide false or misleading information in response to any request for information that is made for official CSC purposes.
- Consistently act in a professional manner.
- Not knowingly be involved in a Sham contest.
- Not wager on the result of the contest or publicly predict the result of the contest.
- Not consume alcohol or illicit drugs on the day of or whilst at the contest.

How to become an approved Ringside Medical Practitioner

You must be a Medical Practitioner registerable in Australia to become a RMP. As part of the approval process, you will also be required to attend a contest and complete shadow training with an approved RMP.

If you wish to become a *Ringside Medical Practitioner*, please register your interest with the CSC via email: <u>combatsport@dlgsc.wa.gov.au</u>

The information contained in this document is not and should not be regarded as medical or legal advice.

Figure 4: CRB Medical Practitioner Certifications



Appendix A Certificate of Fitness Forms



Government of Weste Combat Sports Commissio	n Australia Certificate of Fitr	ness CSC PREPARE WEE
	Certificate of F	itness
ART ONE - To be compl	eted by the examining medical practitioner	
Full name of the Cont	estant:	
Address:		
Suburb:	State:	Post Code:
Date of Birth:/	/ Sex: 🛛 Male	Female
	Print NamPrint Nam	Net Medical Practitioner
Provider Number:	Date:	s//
	Medical practitioner's stamp:	
Executive Officer, Combat Sports Commission Department of Local Governm PO Don 38:36, Perth Business Phone: 06 6552 1604 Fax: 066559 1959 Email: <u>Combat Social Sport</u> ABN: 85 243 853 379		

	Second states						
	dical Practitioner's Notes on Yes" answer to any question requ		al practitioner to	state	the question number and comme	int here)	
6.	Over the past five (5) years has t mouth or by injection? fey", provide details and, if prescri Over the past five (5) years has t fes", provide particulars of each it Date Name and add	bed by a docto he Contestant istance (includ	I YI ir, include the re had any medica VES ing x-ray, electro	ES levant l exam	NO particulars in question 36 below: ination, advice, treatment or be NO NO	en in hospital? he table below.	
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	b. Neck R.O.M. a. Nose deformity			17.	examination Chest, lungs		
	b. Nose airway a. Mouth, throat			18.	Heart (# ECH performed, not result in section & enclose F MED 53)	0	
-	b. Speech						1
	a. Teeth, gums			19.	Vascular system (include veins)		
				19. 20.	Vascular system (include veins) Abdomen (include hernial orifices)		
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No operation of	a. Teeth, gums b. Dentures Yes / No a. Ears - general b. Ears - hearing			20.	veins) Abdomen (include hernial orifices) Endocrine system External genitalia a. Feet b. Limbs R.O.M.		
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Neu	ro/Psychological Examination							
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42.	Has the contestant a good memory	for recent events and, in	partic	ular, recent contests?	5	YES		NO
43	Does the contestant follow conversa	tion with attention and	intellig	ience?		YES		NO
44,	Is there any evidence of a tendency	to violence outside the o	compe	titive arena?	1	YES		NO
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Government of Western Australia Combat Sports Commission Appendix B



PREPARE WELL PERFORM BETTER

Pre & Post Contest Medical Forms

ART A - PRE CON	TEST EXA		o be completed by the a	ppointed Medic	al Practitioner r
earlier than 24 hours before CONTESTANT'S NAME:	ore the cont	est	FIGHT RECORD W - L - I	REGISTRAT	ION DETAILS: WA
DATE:	TIME	: HRS	EXAMINATION PLACE:		
DATE OF LAST CONTEST?		ANY EXISTIN	5 INJURIES?		
		If YES NO If YES - please	e describe		
HAS THE CONTESTANT HAD	ANY SIGNIFICA		LEMS SINCE THEIR LAST CONT	EST?	
If yes, please detail. IS THE CONTESTANT ON A I YES INO	ANY MEDICATIO	DN?	IS THERE ANY SIGN THE OF ALCOHOL OR DRUG U YES D NO		NDER THE INFLUEN
Medication name: CONTESTANT'S WEIGHT:			CONTESTANT'S BLOOD		
COMMENTS: (Any evidence of	KG f anv disease or	infection? Excessiv	/ rely wasted or obese?)	mm O	R Hg
PHYSICAL MEDICAL ASSESS	MENT DETAILS				
		ormal Abnorma			Normal Abnor
Skin (including scar tissue) Heart and chest			Pupil size and reaction Fundus (inside eyes)		
Liver and spleen Balance	_		Vision Hearing		
Tremor	_		Comprehension		
Co-ordination Cervical spine (esp. ROM – ra	ange of		Speech Mouth and jaw incl. TMJ –		
motion) Trunk	-		temporomandibular joint		
Hands			Nose and nasal passages Upper limbs		
Strength COMMENTS:			Lower limbs		
I have also sighted photogi	raphic proof of	I Hepatiti Identification.	s B antigen negative or Imm s C negative. 1 YES I NO nion, this contestant not (delete one)	u re.	
		participate in the	proposed combat sport con		
MEDICAL PRACTITIONER'S N	NAME:	SIGNED:		DATE:	
FEMALE CONTESTANTS AGE			itioner to certify ancy test at the time of this exa	mination and that	I YES I NO
the result is negative.	nas undertaken o	in approved pregn	ancy test at the time of this exa	mination and that	
CONTESTANT SIGNATURE - adulterated it in any manner.	I certify that the	e urine specimen I h			
SIGNED:	en Australia	Pre & Pos	st Contest Medic		DATE: / /
SIGNED: Covernment of Wester PART B – POST COI ollowing the contest.		Pre & Pos		al CSC	/ /
SIGNED: Conservent of Wester PART B - POST COI ollowing the contest. CONTESTANT'S NAME	NTEST EX	Pre & Pos	t Contest Medic are the conduct guest ACT BUTA Regulation: 2000	al CSC appointed Med REGISTRATION D	/ /
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