



## PROTECTION ATHLETES

The **WAKO IF Medical, Health & Anti-Doping Committee (MC)** defines, considers, constructs and delivers, at different levels on which strategically intervene for increasing Kickboxers' health, safety, security and overall well being:

**Educational:** to inform Athletes, Coaches, Officials on several medical aspects related to kickboxing practice is considered of great importance. In particular, we are currently focused on **anti-doping, injury prevention and body weight management/weight cutting and Concussion awareness**. During each major WAKO championships, at least one of this topic is dealt with at a formal and mandatory session for all coaches and athletes. In addition, the MC is encouraging similar seminars/webinars at national level. At major WAKO championships, moreover, a medical station is present at the so called "Athlete corner" to provide info on any medical request from Kickboxers, Coaches and Officials.

**Pre-participation screening:** in order to screen Athletes from possible conditions putting at risk their health or even life when participating in competitive kickboxing, a **mandatory pre-participation screening** has been introduced in the new WAKO Medical Rules. Different tests are mandated in different disciplines and age groups, with a **mandatory electrocardiogram for all** competitors mandatory in 2021. Since many NFs may meet some difficulties in immediately respecting this rule, this process will be implemented in a multistep approach to be completely in effect.

**During competition:** in this setting, the main risk comes from traumas, even if other medical conditions must be always taken in mind. A **medical service is provided 24/7**, with an specialized emergency **ambulance service at competition area**. Moreover, to monitor the injury rate, the WAKO MC has created a **specific database**, collecting all data in each major WAKO IF championship (World and Continental), giving immediate pictures on the injuries' rate in all different disciplines (with full, light or no contact), age groups and genders. A detailed medical report, including statistic on injuries, is provided after each major WAKO event. In case of exceptionally high rate of injury or of an increasing trend of injuries during time, the WAKO Board of Directors will be advised so to evaluate the possibility to modify the technical rules or materials used in order to lower down the injury rate. The MC is encouraging the use of the same worksheet and monitoring system at national level.

In this particular period of **COVID-19 pandemic**, in order to reduce the diffusion of the SARS-CoV2 virus among kickboxers and during a WAKO championships, a **safety protocol** has been developed and approved and is going to be delivered for events' Organizers, when we return to sport.

Dr. Massimiliano Bianco  
Chairman WAKO IF Medical, Health & Anti-Doping Committee

Documents available for consultation:

- Current Medical Rules (published in 2016)
- New Medical rules (it's a draft under revision from the WAKO IF Board of Directors)
- Worksheet (excel format) to timely monitor injuries' rate during WAKO championships
- Safety protocol to mitigate the risk of COVID-19 diffusion

