



# WORLD ASSOCIATION OF KICKBOXING ORGANIZATIONS

## WAKO Head Injury Card

Name and Surname of competitor \_\_\_\_\_

WAKO event \_\_\_\_\_ Date of injury \_\_\_\_\_

**Grade of concussion:** grade I. (Mild)  grade II (Moderate)  grade III (Severe)

- In case of loss of consciousness, it lasted \_\_\_\_\_ min.
- If available, GCS score:  
- Within 5 min: \_\_\_\_/15 - At 10 min: \_\_\_\_/15 - At 20 min: \_\_\_\_/15
- Other injuries: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Requested**

#### **Investigations:**

Head CT Scan or MRI

Neurological examination

Electroencephalogram

Psychological examination

Other tests: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The above-mentioned examinations must be sent to the WAKO Medical Committee before returning to competition for a complete clearance.

#### **Treatment:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Suspension period** (minimum 30 days after a KO for head blows without any Los of Consciousness): \_\_\_\_\_  
(days)

A suspension period means that the athlete cannot take part in kickboxing competitions, no matter what the discipline is. The suspension period is "minimum period" and cannot be overruled even though a head scan shows no visible injuries. The suspension period contains no or light training (independently from the kind of sport), and recommendation of training quantity must be discussed between the athlete and his personal doctor.

For acceptance: \_\_\_\_\_  
*Athlete's signature*                      *Coach's signature*                      *Doctor's signature and stamp*

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