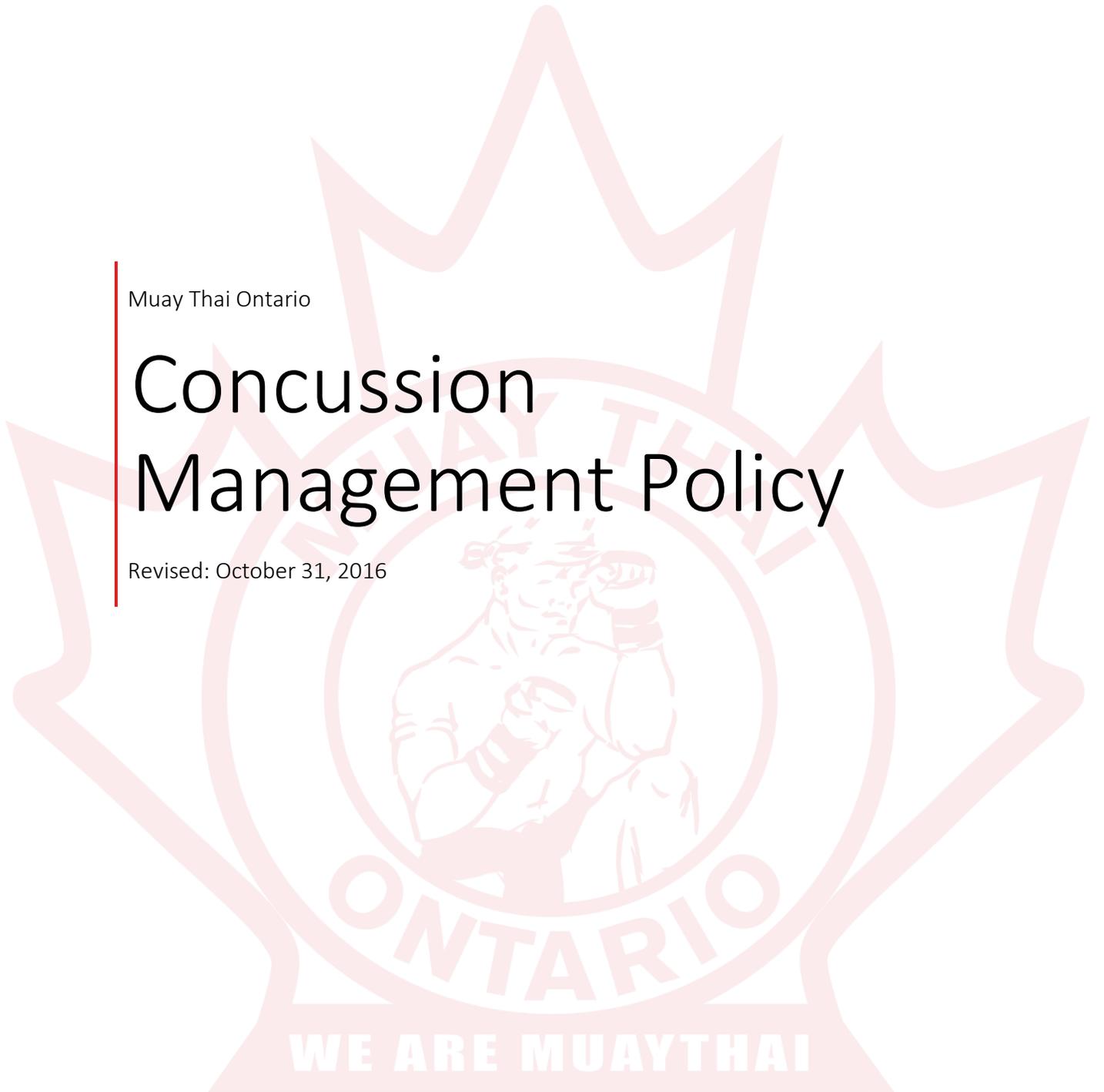


Muay Thai Ontario

Concussion Management Policy

Revised: October 31, 2016





INTRODUCTION

Muay Thai Ontario understands that safety is everyone's responsibility. Concussions are an invisible brain injury that cannot be seen by an X-ray, MRI, or CT scan. Coaches, parents, teammates and medical professionals cannot diagnose concussed players just by looking at them. As such, Muay Thai Ontario has taken pre-cautions to ensure the safety of all athletes competing in a tournament.

Muay Thai Ontario has adopted Parachute's "Concussion Guidelines for Coaches and Trainers" and "Guidelines for Return to Play after a Concussion." All athletes are given to the concussion guidelines after the post-medical examination is performed by the ringside physician.

Parachute is a not for profit dedicated to helping Canadians stop predictable and preventable injuries, like concussions. Parachute's injury prevention solutions, knowledge mobilization, public policy, and social awareness efforts are designed to help keep Canadians safe.

DEFINITION

As per Parachute, a concussion is defined as "a common form of head and brain injury, and can be caused by a direct or indirect hit to the head or body (for example, a car crash, fall or sport injury). This causes a change in brain function, which results in a variety of symptoms. With a concussion there is no visible injury to the structure of the brain, meaning that tests like MRI or CT scans usually appear normal."

As per Muay Thai Canada's Rules and Regulations for Competition, a knock-out is defined as an athlete who is unable to continue by the count of "BAED" (8), the referee shall continue to count to "SIB" (10). At "SIB" (10), the contest ends and shall be decided as a "knock-out".

POST COMPETITION FOR ATHLETES

All athletes who sustain a lapse of consciousness must be hospitalized for at least 24 hours for monitoring of neurological function. If, however, the athlete shows a stable mental state with no neurological deficit, he/she may be sent home in the company of a companion; the athlete is not to drive a car or motorbike or bike. The athlete is the passenger in this case. The athlete goes home with "Concussion Guidelines for Coaches and Trainers" detailing the signs to watch for indicating neurological deficit as explained below. At home, the athlete is not to ingest sedatives, tranquilizers, or sleeping pills. His/her diet should remain clear fluids for 8 to 12 hours after his/her injury. Simple ASA or Tylenol may be used to relieve a headache. The athlete must be seen the next day by a companion to ensure that the athlete has not shown a deterioration in his/her condition. The injured athlete is suspended for a thirty day period at least. The duration of the suspension depends on the gravity of the knockout. Please see "Suspensions" below for further details. All coaches and guardians should familiarize themselves with the medical signs of the "Concussion Guidelines for Coaches and Trainers" so that they remain vigilant with respect to serious cerebral injury in a given athlete.

Please refer to Section 12 of the Medical Handbook for further details on symptoms to be aware of.

POST COMPETITION MEDICAL EXAMINATION

Please refer to Section 11 of the Medical Handbook for further details on steps taken by the physician.



The attending physician must tour the dressing room at the end of the card to ensure that no injuries have gone unchecked, to assess athletes who have been stopped owing to head blows, and to ensure that the last two athletes on the card have sustained no major injury.

MANDATORY SUSPENSIONS AND SPORT CONCUSSION ASSESSMENT TOOL (SCAT3)

A 30 day suspension means no competition nor sparring for the immediate ensuing period (30 days) following the contest. The duration of a suspension depends on the gravity of the knockout.

- One (1) Referee Stops Contest (RSC) - Head (RSCH): An athlete for whom the referee has stopped the contest due to the athlete having received hard hits to the head rendering the athlete defenseless or incapable of continuing, shall not be permitted to take part in competition of Muay Thai or sparring for a period of at least thirty (30) days after the RSCH;
- One (1) Knock-out: An athlete who has been knocked out as a result of a head hit during a contest shall not be permitted to take part in competition of Muay Thai or sparring for a period of at least forty-five (45) days after the athlete has been knocked out;
- Two (2) Knock-outs or RSCH (Head): An athlete who has been knocked out as result of head hits or wherein the referee has stopped the contest due to an athlete having received hard hits to the head rendering the athlete defenseless or incapable of continuing twice within a period of ninety (90) days, shall not be allowed to take part in Muay Thai competition or sparring for a period of ninety (90) days from the second knock-out or RSCH;
- Three (3) Knock-outs or RSCH (Head): an athlete who has been knocked out as a result of head hits or wherein the referee has stopped the contest due to the athlete having received hard hits to the head rendering the athlete defenseless or incapable of continuing three (3) times in a period of twelve (12) months, shall not be allowed to take part in Muay Thai competition or sparring for a period of twelve (12) months from the third knock-out or RSCH;

Moreover, a neurological examination conducted preferably by a certified neurologist, or a competent physician, must be done to ascertain whether some form of cerebral injury has been sustained by the athlete. Therefore, the neurological examination is of most importance in determining whether an athlete, having sustained multiple knockouts, or having sustained a marked stoppage in his/her contest(s), may return to the sport. Muay Thai Ontario requires that the injured athlete be evaluated using the Sport Concussion Assessment Tool (SCAT3) to document the severity of injury.

All protective measures should also apply if a knock-out occurs during training.

RETURN TO PLAY EXAMINATION

Following all suspensions, a written certificate from the neurologist (or if not available from the appropriate examining physician) permitting the individual to compete in Muay Thai Ontario and documenting the SCAT3 score at recovery is required before the athlete can return to any event sanctioned by Muay Thai Ontario.

The “Guidelines for Return to Play after a Concussion” from Parachute must be also considered by the athlete before returning to the sport. If there are any sign of symptoms reappearing, it is highly recommended that the athlete takes more time to recover before returning to the sport.