



# SFM003 Medical Checks Procedure

## 1 Pre Fight Checks

1.1 All fighters will have a pre fight check. This is for the safety of the fighters. This will also alert the medics to any medical conditions or allergies that we need to be aware of especially in an emergency situation

1.2 The pre-fight check includes taking blood pressure, heart rate, oxygen saturations and resp rate, and vision. We will also ask for any previous fight injuries or any KO and stand downs. This is important information as this will help us make a decision regarding stand downs. Especially if a recent one or more than one in a year

1.3 All stand down and concussions will be entered into a database that all medics will have access to pre fight.

1.4 NO BLOODS NO FIGHT NO EXCEPTIONS this for the safety of fighters as well as medical personnel who may have to treat cuts or other injuries. Bloods must show the fighters name, Doctors name, collection date, bloods are valid for 6 or 12 months from the date taken, this is dependent on the sanctioning body.

1.5 All fighters 16 and over must provide bloods, and MUST have Hep B, C and HIV. Some shows may also request Hep A. It is important to note that some tests may be positive due to vaccinations, this will be indicated on the blood test paperwork. No promoter can dismiss the need for at least Hep B, C or HIV.

1.5 There is a medical waiver on the Medics check sheet, IT MUST BE SIGNED BY FIGHTER.

## 2 Fighters Brief

2.1 We as medics will go over our plan and expectations. Fighters and coaches will know where each medic is and who/where their corner medic will be post fight. They will also be informed of the process eg: the ref will give the coach the document. It is then the fighter and coaches job to find the medic. We will also go over emergency procedures at the brief and in person with the show's promoter, MC and timekeepers.

2.2 Before any show it is important to know the total number of 8 counts a fighter is allowed before the fight must be stopped. For example two 8 counts in one round to the same fighter is allowed and if the third 8 count is started the fight should be stopped (if all 8 counts are from head trauma)

2.3 Likewise a total of three 8 counts to one fighter over the duration of the fight will make it almost impossible for that fighter to win on points. In these cases you may have to stop the fight if the referee hasn't already. It is very important that this is discussed with the promoter and the head sanctioner prior to the show. As a medic keeping track of this is important, and there is space for this on the medical form ringside. If there is no sanctioning body, apply the above 8 count formula.

## 3 Pre Fight Ringside Medic Check

3.1 The ringside medic will check the fighters over just before they enter the ring, checking for groin protection, excessive oils, finger nails, toe nails, piercings and hair clips.

3.2 The medic will apply Vaseline to the fighters face at this stage.

#### **4 Medic Checks During Fight and Cuts**

4.1 If there is a significant injury the fight will be stopped and the fighter assessed by the medics, this will be after a fight stoppage or any 8 count involving a headshot (this will be in the break between rounds or if the fight is stopped)

4.2 There will also be 2 cut kits with the ringside medic, if there are any cuts they will attend to them. If the cut is deemed serious enough by the medic or if the bleeding cannot be controlled then the fight will be stopped and the fighter will be attended to either by the ringside medic or their corner medic depending on severity this will be assessed on a case by case basis.

4.3 If both fighters are cut the use of a 2nd medic may be required, and a timekeeper should be sent immediately to get the 2nd medic once signalled by the ringside medic preferably as soon as it is noticed during the round. Rest breaks are usually 1 minute, and prolonging this is not an option.

#### **5 Post Fight Ringside Medic Check and Issuing Stand Down Criteria**

5.1 The post fight medic will sign off that they are happy with both fighters' condition upon leaving the ring.

5.2 It will be the ringside medic who will decide if there is to be a stand down recommended. This will either be a two, four or six week stand down. These will be recorded on the medic form and then the corner medic will further explain what these mean. If you'd like further clarification on why the stand down was recommended you can speak to the ring side medic in the break or once the fight is over.

5.3 Stand downs can be recommended up to 24 hours post fight, The fighter, coach and promoter will be notified if this happens. We allow for this as the medics may have seen something that the other had not and would like a stand down or on further watching of the show saw something that would benefit from a stand down.

5.4 Stand downs are not intended as punishments, they are there to keep everyone safe and so the sport can continue.

5.5 Any 8 counts will result in a stand down recommendation. This doesn't matter if it was a body shot or head shot, body shots will result in a shorter stand down. If a fight is stopped it will result in a stand down, again if it is a body shot it will be a shorter stand down. Any blow that results in a cut or bloody nose a stand down recommendation will be considered.

5.6 Stand down length will be decided by the ring side medic and will be a case by case basis

5.7 The corner medics can also recommend a stand down if what they see post fight concerns them, there is risk for delayed concussions. Corner medics may see something the ring side medic may not have.

#### **6 Post Fight Medic Check**

6.1 The post fight check is similar to the pre fight check, fighters will be assessed for the same things. Any major deviations will change our treatment and procedure after.

6.2 We will have a copy of the concussion book which has a return to training schedule post head knock that we suggest fighters and coaches follow.

6.3 Any cuts or injuries that were not treated immediately ring side will be treated now and any advice or fact sheets will be given. We will steri-strip any cuts but fighters may have to go

to ED or after hours for stitches if we cannot stitch it at the venue, this is mainly for hygiene reasons and risk of infections.

6.4 The post fight medic will run through the checklist again. They will check for any injuries and treat these accordingly

6.5 they will run through any stand downs or injury care as required. They will also check for concussions.

6.6 Medics can answer any questions the fighter or coach may have as they will be present while they sign the post fight/stand down agreement.