

WAKO HEAD INJURY CARD

Name and surname of competitor _____ Country _____

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 loss 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