

Competition specific medical check list

The following is an information resource and can be used as a template for use at all competitions.

Venue specifics (figure 1-3)

- One medical Chair per mat
- Security screen for complex examinations
- One examination table and 3 chairs for use behind the security screen
- Table with cover cloth for equipment display and use

Medical staffing requirements

- 4 minimum for three mats (1 person per mat and 1 for examinations).

(Pictures of configuration)

- 6 minimum staff are needed if we are expected to do examinations in side room.
- Side room needs to be signposted with access to athletes.
- Ice to be made available for competitors independent of treatment area.
- Competition organisers to provide a staff member for managing an ambulance on arrival.

Judo medical job description

- Blood control (undertaken at the edge of the mat)
- Acute injury care on the mat. This varies from potentially serious injury such as spinal trauma, unconscious strangulation (risk of airway compromise), limb fractures and dislocations)
- Post acute care including assessment of concussion, arranging follow up care including ambulance transfers, specialist follow up, hand over of care to coaches or other parties, liaising with tournament control, interpreting rules for injured athletes (return to play concerns)
- Subacute care (pre and post-fight care such as assessments, strapping, infection control)
- Efficient care so that the flow of the tournament is not compromised unnecessarily

Managing medical risk

- Have appropriate insurance cover
- Liaise early with competition managers.
- Ensure appropriate minimal standards of medical support is obtained
- Do not compromise on issues which will impact on timely injury management
- Familiarise yourself with following procedures and the medical manual on the JA website

Procedures for medical staff

- Each fight requires an individual observer
- Remain sitting unless treating
- The chairs should remain centralised to the mat area.
- Do not walk onto the mat unless requested or an emergency. Blood control athletes will come to the edge accompanied by a referee.
- Treat for blood securely and record incident simply without demographics
- Complex examinations will be referred to the screened examination area or medical room if staff numbers allow
- Medical examinations proceed after basic demographic details are collected unless urgency dictates otherwise
- A summary is required to be documented on the worksheet
- A formal letter is to be given to the injured player if the case requires follow up
- Examinations of minors (under 16 years) are to be done with a chaperone
- Chaperone is to be offered to all other athlete examinations
- It is preferred that the athlete's coach attends the assessment for all acute injury related examinations.

Mat specific gear checklist (Figure 4)

Gear beside chairs is to be kept compact and neat.

On-mat medical control gear checklist (figure 5)

- strapping tape
- hypofix
- gauze
- nose plugs
- cotton wipes
- gloves
- plastic bag
- hand sanitiser
- Record sheet
- pen
- scissors
- vomit bag

Mat cleaning equipment checklist

- Bucket
- Soap and water solution (low-sudsing) spray bottle
- Plain water spray bottle
- Towels
- Gloves

Gear in examination area

See the medical manual for a complete list (JA website)

Venue equipment list

Stretcher

Wheelchair

Defibrillator

Ice

See medical manual for a more detailed list (JA website)

JA medical specific rules

1: Cadets and unconscious strangulation

Whilst there is no current evidence of long-term brain damage in this situation, the following rule has been developed to protect the, now recognised, more vulnerable younger athlete's brain.

JA sporting code 2018

7.1 In the case of loss of consciousness due to shime waza by an athlete within the cadets age range the athlete will not be allowed to compete further in the competition including further events of that competition.

2: Strangulation to unconscious and older athletes

Whilst there currently no evidence of long-term serious brain damage in this situation for the older athlete's brain, JA wishes athletes to recognise that we cannot predict future developments and that the athlete needs to take responsibility for risks inherent and as yet unrecognised on the sport.

All athletes, other than the younger cadet athletes, will be required to sign a waiver allowing them to compete further in the competition.

JA sporting code 2018

7.20 For all other divisions where shime waza is allowed and there has been loss of consciousness due to shime waza the athlete must be referred to the JA Medical Doctor for an assessment to determine whether further participation is allowed. In the junior women and men divisions where there is loss of consciousness due to shime waza, the athlete's parent, guardian and/or coach must provide written consent prior to further

competition. The consent form is provided in attachment 15. Additionally, an athlete who has lost consciousness due to shime waza will need a medical review and clearance prior to the next match.

7.21 If an athlete losing consciousness twice due to shime waza during the competition, the player will not be allowed to compete during the rest of the Championships, including subsequent age divisions.

7.22 The Referee on the mat must notify the Sports Director when an athlete has lost consciousness as a result of shime waza or other means. The JA Medical Doctor or his/her representative must advise the Sports Director whether the unconsciousness was as a result of shime waza or concussion.

3: Concussion and acute management

JA sporting code 2018

7.16 An athlete who has been concussed will not be allowed to compete further in the competition (if the athlete has entered further divisions at the current competition the athlete will not be allowed to compete in further events of that competition).

7.17 An athlete with a history of concussion in the preceding 4 weeks must provide a medical clearance certification prior to being able to compete in the competition.

7.18 The JA Medical Doctor must advise the Sports Director when an athlete has been concussed during the competition.

4: Concussion and return to play

You are requested to study the information on the JA website.

https://docs.wixstatic.com/ugd/570d63_c12841f05bb14bfdb971b59e65f6a4bb.pdf

5: Mouth guards

JA sporting code 2016

7.23 Mouthguards are permitted provided they are properly fitted by a dentist. Unfitted mouth guards shall not be permitted. The player must provide documentation at each competition to the Sports Director and the player must also notify the mat referee that they have a mouth guard each time he/she enters the mat to compete.

6: Blood on Gis.

JA sporting code 2016

7.25 Any 'significant' amount of blood (as determined by the JA Medical Doctor, medic or referee) will necessitate a change of judogi.



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5

