

Medical Code of the World Taekwondo Federation

October 15, 2014

1. Adoption of the Olympic Movement Medical Code

1.1. Effective as of October 15, 2014, the World Taekwondo Federation ("WTF") adopts the Olympic Movement Medical Code in force from October 10, 2009. In accordance with the Olympic Movement Medical Code, the WTF publishes this World Taekwondo Federation Medical Code.

1.2. The Medical Code shall be updated from time to time under the authority of the WTF Medical Committee.

1.3. The WTF requires that the medical control of WTF Promoted and Sanctioned competitions be in conformity with the WTF Medical Code and operated in close cooperation with the WTF Medical Committee.

1.4. For the Olympic Games, the WTF complies fully with the IOC Rules and protocols.

2. WTF Medical Committee

2.1 The WTF Medical Committee Chair ("MC Chair") is ex-officio member of the Competition Supervisory Board ("CSB") for each competition Promoted by the WTF. He may designate a member of the WTF Medical Committee to replace him if necessary.

2.2 The Continental Union Medical Committee chairs are ex-officio members of the WTF Medical Committee.

2.3 The MC Chair shall propose amendments to the WTF Medical Code for approval by the WTF Council.

3. Medical Guidelines for International Competitions

3.1 Under Article 9 of the Olympic Movement Medical Code, each sports discipline should establish appropriate guidelines regarding the necessary medical support, depending on the nature of the sports activities and the level of competition. These guidelines should include the following points:

- A. medical coverage of training and competition venues, and how this is organized
- B. necessary resources (supplies, premises, vehicles, etc.)
- C. procedures in case of emergencies
- D. a system of communication between the medical support services, the organizers and the competent health authorities

4. Roles and Responsibilities at International Competitions

4.1 Before each WTF Promoted Competition, the MC Chair shall hold a Medical Meeting with Team doctors to review taekwondo medical first aid.

4.2 Before each WTF Promoted or Sanctioned competition, the MC Chair shall check and approve the equipment at the venue and the credentials of the event's Official Medical Doctor.

4.3 Official Medical Doctor the MC Chair shall organize anti-doping training.

4.4 The MC Chair shall with the help of NADOs, RADOs or WADA organize anti-doping controls.

4.5 The MC Chair shall monitor the management of medical control by the medical staff of Organizing Committees at WTF Promoted Competitions.

4.6 Each Promoted or Sanctioned competition shall have an Official Medical Doctor ("OMD") Who is appointed by the event's organizer. The following are requirements for the OMD:

- A. the OMD must speak English

B. the OMD must have competence in emergency and trauma medicine

C. the OMD is to report to the Medical Chairperson of the WTF

D. the OMD must practice medicine in accordance with the principles of good conduct

E. the OMD is required to have full understanding of the principles, requirements and procedures set forth in the WTF Medical Code

F. the OMD must be free one day before the event to meet with the WTF Medical Chairman to check the medical equipment at the venue

5. Resources Required

5.1 Each WTF Promoted or Sanctioned Competition shall have the following:

A. ambulance with full resuscitation equipment on standby at the venue during all training and competition hours.

B. sick bay equipped with the following:

i. table or more for medical examination

ii. sphygmomanometer

iii. gloves

iv. stethoscope v. medication:

① sedatives

② painkillers

③ drugs to stimulate heart reanimation

vi. material and medicine necessary to manage an emergency reanimation:

① guedel oropharyngeal cannula

② Monitoring Screen

③ Defibrillator

④ oxygen mask for manual ventilation with oxygen bottle

vii. ice cubes

viii. drinks

C. appropriate medical staff and medical equipment needed to care for the injured; this includes as a minimum:

- i. for 3 courts or less 1 medical bureau
- ii. for 4 to 6 courts 2 medical bureaus
- iii. for 7 to 9 courts 3 medical bureaus

D. a medical bureau consists of the following:

- i. a medical doctor and his/her assistant
- ii. first-aid kit:
 - ① sphygmomanometer,
 - ② flashlight,
 - ③ gloves,
 - ④ material for wounds
- iii. stretcher to be carried by three people
- iv. surgical collar
- v. upper limb splint, lower limb splint
- vi. guedel oro-pharyngeal cannula
- vii. oxygen mask for manual ventilation with oxygen bottle
- viii. defibrillator
- ix. cold pad
- x. ice cubes
- xi. medication:
 - ① sedatives
 - ② painkillers
 - ③ drugs to stimulate heart reanimation

6. Procedures

6.1 Care for the competitors

The OMD with the collaboration of team physician administers care to the competitors and manages emergency situations and the evacuation of the injured to the hospital.

6.2 Evacuation of the injured

The medical staff must arrange to have an ambulance to transport the injured to the emergency department of the hospital designated by the Organizing Committee. Prior to transport, the medical staffs are to contact the emergency service of the hospital.

6.3 Management when competitor suffers loss of consciousness or brain trauma: See Appendix II

6.4 Arbitration decisions requiring OMD

The Central Referee can ask the OMD if a competitor is medically able to continue competing.

6.5 Competition Medical Report

At the end of each day, the OMD reports to the Medical Committee Chairperson of the WTF the injuries suffered during the competition and the care provided.

7. Members

7.1 Continental Unions

A. Continental Unions ("CUs") of the WTF (see Article 19.3 of the WTF Statutes) are to adopt the Medical Code of the Olympic Movement at continental level

B. Continental Union Medical Chairs shall also be named `Anti-Doping and Medical Chair

C. CU Anti-Doping and Medical Chair is in charge of anti-doping and medical matters of the pertinent CU in accordance with the related regulations and the WTF.

D. CU Anti-Doping and Medical Chairs are requested to attend the Anti-Doping and Medical Briefing to be presented by the WTF Anti-Doping and Medical Chair to be held regularly on the occasion of the World Senior Championships and World Junior Championships.

E. The CU Anti-Doping & Medical Chair shall be appointed as an ex-officio member of the CSB of the CU-promoted championships.

F. CU Anti-Doping and Medical Chairs are requested to submit a separate report on anti-doping and medical matters (in-competition doping tests, injury, etc.) after the end of the CU-

promoted championships (in the two weeks following the conclusion of the competition).

7.2 Member National Associations

A. Member National Associations (“MNAs”) of the WTF are to implement the Medical Code of the Olympic Movement at national level.

G. Each MNA should maintain a national medical committee presided by a chairperson appointed by the MNA president.

i. the MNA medical committee draws up the national medical code in conformity with the Medical Code of the Olympic Movement.

ii. the MNA medical committee acts as or oversees the medical staff at each national competition.

iii. the MNA medical committee helps the fight against doping in collaboration with the NADO and the competent sports authority.

① The national medical committee organizes anti doping training.

② The national medical committee manages TUE application.

iv. the MNA medical committee should arrange appropriate educational activities for affiliated clubs on the application of the WTF Medical Code.

7.3 National Teams

A. MNAs must regularly require their national team members to undertake cardiac effort testing.

B. MNAs must receive from athletes a certificate of medical clearance prior to participating in a WTF Promoted or Sanctioned competition. The certificate must be for participating in taekwondo sparring or poomse competition. The certificate must be received on an annual basis at minimum, and signed by an appropriately trained medical doctor. The

MNA and must be prepared to provide this certificate to the WTF upon request. C. National Team Doctor

i. The national teams should be accompanied by a physician who is a medical doctor or physiotherapist. A professional certificate and training appropriate to act as a team doctor (e.g., emergency training) is required. The MNA must confirm the authenticity and appropriateness of the professional certificate.

ii. Only certified medical doctors can apply for accreditation as Team Doctor at any event where the WTF Medical Code is applied. A certified physiotherapist is only eligible to apply for accreditation as Team Physiotherapist.

iii. To receive their accreditation, the team doctor must attend the medical meeting held before the event.

D. Functions of the team doctor or team physiotherapist

i. Care in competition: the team doctor is to provide basic medical care during and/or outside competitions. This includes the following:

- ① Cold pad on contusions or light bruises
- ② Application of dressings or plaster on a superficial cut
- ③ stemming of nosebleeds

ii. The fight against doping: The team doctor is to aid in the fight against doping by:

- ① Training of national teams
- ② Management of TUE controls

iii Providing assistance to OMD:

The team doctor helps OMDs in control of international competitions to provide major medical treatment for competitors and translate the information between athletes and OMDs if necessary.

7.4 Local clubs

The local taekwondo clubs and organizations affiliated with MNAs are strongly encouraged to require athletes to supply a medical certificate before they register for the practice of taekwondo. The medical examination should result in the issuing

of a medical certificate, which contains no elements, which would prevent the practice of taekwondo.

A. Type of activity that require medical certificate:

I Club activities

li Kyorugi (sparring) competitions

lii Poomsae competitions

iv. Para-taekwondo competitions

B. Anti-Doping training

The local taekwondo clubs and different level of organizations with the help of National Anti-Doping Organizations (NADOs) or MNAs are strongly encouraged to give to their members the rudiments of anti-doping training.

8 Disciplinary Action

8.1 Failure by any WTF member to abide by this code may result in disciplinary action by the WTF, including but not limited to loss of membership status for both the offending individual(s) and their affiliated organization.

Appendix I:

Definitions

WTF: World Taekwondo Federation MNA: Member National Association IOC: International Olympic Committee WADA: World Anti-Doping Agency ETU: European Taekwondo Union AFTU: African Taekwondo Union ATU: Asian Taekwondo Union PATU: Pan-American Taekwondo Union

OTU: Oceania Taekwondo Union

TUE: Therapeutic Use Exemption

NADO: National Anti-Doping Organisation RADO: Regional Anti-Doping Organisation OMD: Official Medical Doctor

Appendix II:

Management when competitor suffers loss of consciousness or brain trauma

- ① The Central Referee immediately calls the OMD;
- ② The OMD examines and provides care to the injured,
- ③ The team doctor assists the OMD, but the OMD remains in charge of their assistants;
- ④ The injured must remain lying down on the floor and care shall be provided in this position.
- ⑤ The OMD removes the mouthpiece, the headguard with caution protecting the neck when placing a surgical collar, frees the respiratory tract and if needed he puts a Guedel Oro Pharyngeal cannula to free the breathing.
- ⑥ The OMD does a neurological and cardiac evaluation quickly with the Glasgow Score, blood pressure, pulse rate and respiratory frequency. If necessary, he starts the resuscitation with a manual breathing apparatus, cardiac massage or uses the automatic defibrillator.
- ⑦ The OMD transports the injured in a stretcher helped by 3 people to the medical room and performs a complete medical examination.
- ⑧ The OMD proceeds to an examination of the neurologic state (Glasgow score) and of the cardio ventilation state (blood pressure, pulse and respiratory frequency) every 15 minutes for the first hour and then once every hour.
- ⑨ If a competitor goes into a coma or has a neurological disease or heart condition, the injured must be transported in an ambulance with full resuscitation equipment (defibrillator, screen monitoring, oxygen mask for manual ventilation with oxygen bottle and drugs) to a hospital intensive care unit.
- ⑩ If the status of the injured is satisfactory the OMD hands back the injured to the team doctor or the head of the team who will continue monitoring and may take a decision for hospital treatment if necessary.
- ⑪ Loss of consciousness or brain injury carries a one-month suspension from any competition. Resuming competition must be preceded by a neurologic examination

in a specialised environment that will issue a certificate of aptitude for competition.

Appendix III

Medical bureau checklist

OMD: Name		
Assistant: Name		
Medical equipment	Sphygmomanometer,	
	Flashlight,	
	Gloves,	
	Material forwounds	
	Stretcher to becarried bythreepeople	
	Surgicalcollar	
	Upper limb splint,	
	Lower limb splint	
	Guedel Oro-pharyngeal cannula	
	Oxygen mask formanualventilation with oxygen bottle	
	A defibrillatoris mandatory.	
	Icepack	
	Icecubes	
Medication:	Sedatives	
	Painkillers	
	Drugs to stimulate heartreanimation	

Checklist sickbay

OMD: Name		
Assistant: Name		
Medical equipment	Table formedical examination	
	Sphygmomanometer	
	Flashlight,	
	Gloves,	
	Material forwounds	
	Guedel Oropharyngeal cannula	

	Oxygen mask for manual ventilation with oxygen bottle	
	Monitoring screen	
	A defibrillator is mandatory.	
	Ice pack	
	Ice cubes	
Medication:	Sedatives	
	Painkillers	

Drugs to stimulate heart reanimation
Information for transport and hospitalisation

Ambulance:	
Name of the company:	
Address of the company:	
Telephone:	

Hospital	
Name of the hospital	
Address of the hospital	
Name of the head of the emergency unit care:	
Telephone:	