

COMITÉ DE KICKBOXING AMATEUR COUNCIL OF AMATEUR SPORT KICKBOXING



www.kickboxingcanada.org

Club Manual & Guidelines

The following document is provided to the owner/operators of current Club Members of the Council of Amateur Sport Kickboxing Incorporated.

*Throughout this document the acronym **CASK** will be used for the **Council of Amateur Sport Kickboxing Incorporated**.*

No reproduction (print or electronic) is permitted without the express written permission of the Council of Amateur Sport Kickboxing Inc.

2009 Revised Edition

COMITÉ DE KICKBOXING AMATEUR COUNCIL OF AMATEUR SPORT KICKBOXING

MISSION

The Council of Amateur Sport Kickboxing / Comité de Kickboxing Amateur (CASK) will be the national leader in promoting excellence in amateur kickboxing through events, courses, and certification of athletes, coaches, officials, and recreational participants.

Center of Excellence

CASK is dedicated to the highest level of excellence in the planning, implementation and review of each of its programs and operations. The effort is to build upon any successes and always look for areas of improvement and systems growth.

Focus on Safety and Health

CASK has established the highest safety standards to ensure the well-being of all athletes, coaches and recreational participants involved in amateur kickboxing/Thai boxing.

Industry Leader

CASK strives to be a leader within the sport martial arts/kickboxing/Thai Boxing industry. This goal will be realized through the core objective of meeting the needs of all stakeholders within the industry including school/gym owners, coaches, event coordinators, all levels of athletes, and volunteers.

Fostering Cooperation

CASK will work openly with all individuals and groups committed to the cooperative growth of amateur kickboxing/Thai boxing. A fundamental principle of CASK is to foster a cooperative framework within the sector.

Demonstrating Ethics and Values

CKA/CASK is committed to upholding the highest ethical principles in all of its operations and events. All CKA/CASK leaders will demonstrate appropriate conduct, positive attitudes, and will always work to create an environment that is respectful, safe, healthy and discrimination and harassment free.

Worldwide Presence

CASK will be internationally known for its domestic operations and development of national amateur teams. CASK will network and affiliate itself with sanctioning bodies, national organizations, and event coordinators committed to the principles and values of the organization.

CONTENTS

Definitions

- A. Introduction
 - 1. Overview of Owner/Operator Reporting Responsibilities
- B. Club Membership
 - 1. Requirements
- C. Individual Membership
 - 1. Competitive Membership
 - 2. Recreational Membership
 - 2. Coach Membership
 - 3. Officials Membership
- D. Membership Regulations
 - 1. Competitive Membership
 - a. Training
 - b. Sparring
 - c. Competitions
 - d. Teams
 - 2. Recreational Membership
 - a. Training
 - b. Limitations
- E. Insurance Coverage
 - 1. Overview
 - 2. Sports Accident Policy
- F. Health and Safety
 - 1. First Aid Kit
 - 2. Emergency Action Plan
 - 3. First Aid Training
 - 4. Sparring Injuries

Definitions

The following terms are used throughout this document and are defined below. Please understand these definitions as they describe the intent and limitations of each term as they apply to programs and services of the Council of Amateur Sport Kickboxing.

Amateur Kickboxing/Thai boxing - A physical activity involving two players engaged in a tactical game of strikes, in which each player attempts to outscore the opposing player by utilizing defensive and offensive strategies according to established rules and procedures.

Member Club - A club that has fulfilled the CASK registration requirements completely – including the registration of all individual members.

Coach - A qualified instructor/teacher who develops the athlete or participant during practice and competitions and has fulfilled the CASK registration and certification requirements.

Competitive Athlete - A skilled participant who engages in approved competitions to further their abilities with other athletes of similar parameters (age, weight, experience) and has fulfilled the CASK registration requirements.

Recreational Participant - A participant that pursues the activity for the personal goals of fitness and skills development without engaging in approved competitions or sparring and has fulfilled the CASK registration requirements.

Official - A volunteer who provides leadership at approved competitions by administering the rules and regulations and has fulfilled the CASK registration and certification requirements.

Event Coordinator - An individual or group that organizes a CASK approved competition for the benefit of athletes to gain competitive experiences in a safe and regulated event. Event Coordinators must be from a CASK Member Club.

Tournament Format Competition – A CASK approved competition in which more than two athletes can enter a specific category and progress through single bout victories towards a final match for the entire category.

Single Bout Format Competition – A CASK approved competition in which single bouts are pre-arranged between two athletes per match with similar parameters (age, weight, experience).

Approved equipment - Safety equipment that meets approved CASK standards to ensure safety of both participants.

Amateur Athlete - All athletes that has not competed for ‘prize money’ for their participation in any combat sport including but not limited to – boxing, mixed martial arts (MMA), grappling, no holds barred, ju jitsu, toughman contests, or any martial arts events.

A. Introduction

1. Overview of Owner/Operator Reporting Responsibilities

Congratulations on your Club Membership to the Council of Amateur Sport Kickboxing! The following pages will be your guide for membership guidelines and requirements. Please read the entire document carefully as the owner/operator of each member club is accountable for all requirements on behalf of the club.

Listed below is a chart that summarizes the membership steps of each club owner. The following pages will outline each of these areas in more detail.

Steps 1 – Owner/Operator and Instructor/Coach Registration

Register all coaches and instructors at your club – this includes the Owner/Operator. The only persons covered under the CASK insurance policy are those registered with the organization. Registering the Club does not automatically insure the owner/operator or coaches – they must also complete the CASK Membership form.

Please note – new clubs are granted their initial membership year to complete these requirements.

Step 2 – Current Club Participants:

Register all current members of your club (recreational and competitive) – according to numbers provided on your registration form. Submit registration forms and payment for all membership within 30 days.

Step 3 - New Club Participants:

Register all new members of your club (recreational and competitive) immediately upon joining your club. Submit registration forms with fees for new members immediately to ensure insurance coverage.

Step 4 – Instructor/Coach Requirements

Police Check – Submit photocopy of all current results to CASK office (must be done every 3 years)

Request police check using appropriate form for each new coach/instructor
Send photocopy of result to CASK office

Coaching Certification – All coaches/instructors are required to have completed a Level I Coaching course

Register all non-certified coaches/instructors for Level I Coaches certification

First Aid Certification – submit photocopy of current certificate (emergency first aid or standard first aid) to CASK office (every 3 years)

Note– The insurance coverage is only provided when the registration is processed by the CASK office.

B. Club Membership

A '**Kickboxing/Thai boxing Club**' is a legally registered entity with named owner/operator(s) that involves a group of participants that follow a program of amateur sport kickboxing and/or Thai Boxing skills development under a qualified instructor(s) or coach(es). The kickboxing/Thai boxing program may be a component of a martial arts curriculum, boxing curriculum, MMA curriculum, or fitness curriculum.

Clubs wishing to become Club Members must fulfill following requirements:

1. Training Facility - The training facility must meet all municipal safety standards (eg. building codes, fire and safety requirements) and be safe with adequate space for instruction.
2. Equipment – All equipment must be clean and in good working order.
3. Medical kit - All clubs must have a fully stocked first aid kit with the contents having been recommended by an emergency responder organization or equivalent. A recommended Medical Kit is provided in the Appendix.

Clubs applying for CASK Club Membership must complete the Registration form and paid their annual fee for the current membership year. The membership begins from the date the membership is processed until December 31st of the membership year.

CASK Membership Clubs are to complete the following:

1. Certification - All head coaches/instructors are required to have completed a minimum of Level I of the CKA/CASK Coaching Course. ***This is a mandatory requirement in the first year of membership.***
2. Police Screening - All head coaches/instructors/volunteer leaders in the club must have a police check inclusive of a vulnerability sector search completed every three years.
3. First Aid - All head coaches/instructors are suggested to have a certification in a basic first aid course (standard first aid or emergency first aid) that is valid for the membership year.

New Club Members will be given the time of their membership period (up to 12 months) to complete the above three requirements. However, to be eligible to enter participants in CASK approved competitive events the above three requirements are mandatory as per the policies of CASK and the appropriate provincial/territorial body.

C. Individual Membership

Individual membership is defined in the following categories:

Competitive Member, Recreational Member, Coach, Official

1. Competitive Member - is defined as a participant who:

Registered as a CASK member for the membership year
Paid Annual fee for the membership year
Trains in a member club in amateur kickboxing/Thai boxing
Spars in a member club with other competitive members
*Is permitted to compete in amateur competitions**
**Must complete a CASK Annual Medical Exam to be eligible to compete*

2. Recreational Member - is defined as a participant who:

Registered as a CASK member for the membership year
Paid Annual fee for the membership year

Trains in a member club in any of the following areas:

Aerobic kickboxing
Fitness kickboxing
Non-contact kickboxing
Recreational martial arts
He/she does not engage in open contact sparring
He/she does not enter in amateur competitions

3. Coach - is defined as a participant who:

Registered as a CASK member for the membership year
Paid Annual fee for the membership year
Certification as a CKA/CASK Coach (Level I – minimum)
Trains in a member club in amateur kickboxing
Spars in a member club with other competitive members

4. Official - is defined as a participant who:

Registered as a CASK member for the membership year
Paid Annual fee for the membership year
Certification as a CKA/CASK Official (Level I – minimum)
Trains in a member club in amateur kickboxing

Important Item: It is a CASK Policy that no member of a club can participate in any capacity in a non-PSO sanctioned combative event. The Owner/Operator is responsible for ensuring that all members of their member club understand this policy requirement. Participation is defined as competing, officiating, coaching, supporting or providing any form of assistance.

D. Membership Regulations

The following are the regulations of the Council of Amateur Sport Kickboxing as they relate to membership in addition to those listed in section C.

1. Competitive Members

a. Training

Must be under the supervision of a CASK certified Coach
Must follow the rules and regulations of CASK

b. Sparring

Must be under the supervision of a CASK certified Coach
Must follow the rules and regulations of CASK
(CASK rules for full contact, low kick, Thai boxing, light contact, semi contact rules)

All participants are required to wear the following equipment that is in good order:

Gloves – All adult/intermediate sparring must be with 16oz gloves, junior with 12oz or heavier gloves, headgear, gum shields, hand wraps, athletic protector (males and female), shin guards, foot protectors

c. Competition

All in country tournaments must be approved by CASK.

d. Teams

All out of country events must be approved by CASK.
All participant travel is under the supervision of proper authority of CASK.

2. Recreational Members

a. Training

Must be under the supervision of a CASK certified Coach
Must follow the rules and regulations of CASK

b. Limitations

Open sparring is not permitted for recreational members
Participation in recreational martial arts is permitted so long as the rules and regulations of CASK are being followed.

E. Insurance Coverage

1. Overview

The insurance broker for the Council of Amateur Sport Kickboxing Incorporated, is Aon Reed Stenhouse Inc. Our insurance policy is for \$2 million in liability coverage and \$10,000 in accident and injury coverage.

The insurance policy covers all individual members of registered Member Clubs of the Council of Amateur Sport Kickboxing Incorporated. The liability and injury insurance coverage is only provided to individual members registered with CASK – this includes competitive members, recreational members, officials, coaches and instructors.

It is the responsibility of club owner/operators to ensure that all participants have fulfilled the registration requirements.

All Member Clubs and individual members are required to abide by the rules, regulations and procedures of the Council of Amateur Sport Kickboxing and those described in this document. Failure to do so will affect insurance coverage, as well as CASK membership.

In the event of a claim from yourself or a registered member of your club, please contact the following contact numbers:

Industrial-Alliance Pacific Life – Claims Office – Vancouver – 1-800-549-7227
Toronto Regional Office – locally – 416-498-8319 or long distance – 1-800-611-6667

Provide the name – COUNCIL of AMATEUR SPORT KICKBOXING as the policy name when making contact with the claims representative.

The following pages are taken from the insurance policy provided by Aon Reed Stenhouse Inc. The information provided in the following pages describes the accident coverage provided to all registered members of the Council of Amateur Sport Kickboxing Inc.:

SPORTS ACCIDENT INSURANCE
for
COUNCIL OF AMATEUR SPORT KICKBOXING

Eligibility

All participants, coaches, officials, and instructors under the age of 65 and on record with the Council of Amateur Sport Kickboxing.

Scope of Coverage

Any accident resulting in death, dismemberment, paralysis, loss of use, sight, speech or hearing – while and in consequence of:

With respect to players and coaches:

- Participating in a practice or game of kickboxing, which session or game is approved by and under the supervision of proper authority of the Council of Amateur Sport Kickboxing or which the eligible person is a member; or
- Traveling directly to or from such practice session or game with other eligible persons, under the supervision of proper authority of the Council of Amateur Sport Kickboxing of which the eligible person is a member.
- Participating in out of town/country tournament, which tournament is approved by and under the supervision of proper authority of the Council of Amateur Sport Kickboxing of which the eligible person is a member.

With respect to officials and referees:

- Participating in a practice session or game of kickboxing, which session or game is approved by and under the supervision of proper authority of the Council of Amateur Sport Kickboxing of which the eligible person is a member; or
- Traveling directly to or from his/her residence and the place of such practice session or game along a normal or reasonable route, without delay or stopover.
- Participating in out of town/country tournament, which tournament is approved by and under the supervision of proper authority of the Council of Amateur Sport Kickboxing of which the eligible person is a member.

Schedule of Benefits

<u>Benefit</u>	<u>Maximum Amount</u>
Principle Sum	10, 000
Accident Reimbursement Expense	10, 000
Accidental Dental Expense	1, 000
Fracture	1, 000
Taxi	50
Rehabilitation	5, 000
Tutorial	2, 000

Benefits

Specific Loss

If any of the following losses occur within 365 days after the date of the accident, benefits will be paid according to the following schedule:

<u>For loss of</u>	<u>Percentage of Principle Sum</u>
Life	100%
Entire sight of both eyes	200%
Speech and hearing in both ears	200%
One hand and the entire sight of one eye	200%
One foot and the entire sight of one eye	200%
Entire sight of one eye	133 1/3%
Speech	133 1/3%
Hearing in both ears	133 1/3%
Hearing in one ear	66 2/3%
All toes of one foot	50%

For Loss of Loss of Use of

Both hands	200%
Both feet	200%
One hand and one foot	200
One arm	150%
One leg	150%
One hand	133 1/3%
One foot	133 1/3%
Thumb and index finger of at least four Fingers of one hand	66 2/3%

<u>For Total Paralysis of</u>	<u>Percentage of Principal Sum</u>
Both upper and lower limbs	200%
Both lower limbs	200%
Upper and lower limbs of one side	
Of body	200%

Indemnity is only payable for the greatest loss sustained by any one eligible person as the result of any one accident.

If loss of life occurs within 90 days after the date of the accident, the maximum amount payable is the Principle Sum

Accident Reimbursement Expense

Expenses for any of the following services or supplies will be reimbursed if an eligible person receives medical treatment within 30 days from the date of the accident and is under the regular care and attendance of a physician:

- 1) Hospital charges for the difference between the public ward allowance under the eligible person's provincial hospital plan and the semi private accommodation charge (private accommodation charge if recommended by a Physician);
- 2) expenses for the services of a nurse ordered or prescribed by a physician, provided such nurse does not ordinarily reside in the eligible person's residence, subject to a maximum of five thousand dollars (\$5,000) per accident;
- 3) expenses for prescription drugs, sera and vaccines, obtainable only upon a written prescription by a physician or legally qualified dentist and dispensed by a registered pharmacist or physician, but excluding any charges made for the administration of injectable drugs, sera and vaccines, subject to a dispensing maximum of thirty day supply;
- 4) expenses charged for the services of a licensed professional physiotherapist or certified athletic sports therapist ordered or prescribed by a physician, provided such physiotherapist or sports therapist does not ordinarily reside in the eligible person's residence and is not a member of the immediate family; up to twenty five dollars per treatment, subject to a maximum reimbursement of two hundred and fifty dollars as the result of any one accident and five hundred dollars during any one policy term;
- 5) expenses for a licensed ambulance service or, when recommended by a physician, by any other conveyance licensed to carry passengers for hire, including air ambulance, to or from the nearest hospital which is equipped to provide the required treatment, subject to a maximum of one thousand dollars per accident;

6) expenses for hearing aids, crutches, splints, casts, trusses and braces, but not including replacement thereof; braces do not include dental braces and are subject to a maximum of seven hundred and fifty dollars per policy term;

7) expenses for rental of a wheelchair, an iron lung, and other durable equipment for temporary therapeutic treatment, not to exceed the purchase price prevailing at the time rental becomes necessary, subject to a maximum of five thousand dollars per accident;

8) expenses for the services of a licensed chiropractor ordered or prescribed by a physician, provide such chiropractor does not ordinarily reside in the eligible person's residence and is not a member of the immediate family; up to twenty-five dollars per treatment, subject to a maximum reimbursement of two hundred and fifty dollars as the result of any one accident and five hundred dollars during any one policy term.

Accidental Dental Expenses

When injury to whole or sound teeth due to a force or blow external to the mouth, requires treatment, replacement or x-rays by a legally qualified dentist or oral surgeon, The Citadel will pay the reasonable and necessary expense actually incurred by the eligible person within 52 weeks after the date of the accident for such treatment or services, but do not exceed the maximum amount stated in the Schedule of Benefits per any one accident.

Any payments made under this section will be in accordance with the current fee guide for general practitioners published by the Dental Association in the province or territory of the eligible person's permanent residence in Canada, and will be reduced by any amount paid or payable under any other policy providing similar benefits and under the dental benefit section of this document, if such benefit is provided.

The reasonable and necessary expenses must be incurred within 52 weeks after the date of the accident, and payments made will be in accordance with the current Fee Guide for general practitioners published by the Dental Association in the province of the person's residence.

Fracture

One indemnity, the largest is payable as the result of any one accident. For complete fracture (including Greenstick type fracture)

Of the Skull – depressed	100%
Of the skull not depressed	33%
Of the spine – one or more vertebrae	50%
Of the jawbone – mandible or maxilla	33%
Of the thigh – femur	33%
Of the pelvis	33%
Of the knee cap	27%
Of the lower leg	25%
Of the shoulder blade	25%

Fracture con't ...

Of the ankle – small bones	25%
Of the wrist	25%
Of the forearm – compound or comminuted	23%
Of the forearm – not compound	12%
Of the scrum or coccyx	17%
Of the sternum	17%
Of the arm, between elbow and shoulder	17%
Of the collarbone	12%
Of the nose	12%
Of two or more ribs	10%
Of one hand – one or more metacarpals	8%
Of one foot – one or more metatarsals	8%
Of the facial bones	8%
Of one rib	5%
Of any bone not specified above	3%

For complete dislocation

Of the hip	42%
Of the knee – with open primary repair	33%
Of the shoulder – with open reduction	25%
Of the wrist	17%
Of the ankle	17%
Of the elbow	12%
Of the bones of foot, other than toes	8%

Severance of tendon or tendons

Heel – Achilles	22%
Ankle	20%
Knee	18%
Foot – not toes	17%
Elbow	17%
Wrist	12%
Hand – including fingers	12%

Miscellaneous

Ruptured kidney – operative	27%
Ruptured liver – operative	27%
Ruptured spleen – operative	27%
Punctured lung – with open surgery	23%
Burns- required one or more skin grafts	22%
Knee-injured and required surgery (when there is no fracture or dislocation)	22%
Bone operation-injured portion removed (when there is no fracture or dislocation)	20%

Taxi

The reasonable expense incurred, up to the maximum amount stated in the Schedule of Benefits, for a licensed taxi to transport an eligible person to either a physician's office or the nearest hospital for immediate medical attention.

Rehabilitation

If an eligible person sustains a specific loss for which an amount of Principal Sum becomes payable under the program, this benefit will refund expenses incurred for such eligible person's participation in a rehabilitation program in order to qualify in a different occupation, during the three year period following the loss, up to the maximum amount stated in the schedule of benefits. Room, board or other ordinary living, traveling or clothing expenses are not covered.

Tutorial

When, within 30 days from the date of the accident, injury totally confined an Insured Person to Residence or Hospital for a period in excess of 40 consecutive school days, the insurer will pay the expenses incurred, within 12 months immediately following the date of the accident, for the tutorial services of a qualified teacher, other than a relative of the Insured Person living in the same Residence, holding a current and valid Provincial Department of Educational Teaching Certificate for the grade attained by the Insured Person, at a rate not to exceed \$20 per hours, subject to the maximum amount of Tutorial Fees stated in the Schedule of Benefits as the result of any one accident.

Aircraft Coverage

The eligible person is covered only while flying as a passenger in any aircraft holding a current and valid certificate of airworthiness (other than an aircraft owned, operated, leased or chartered by or on behalf of the Council of Amateur Sport Kickboxing and flown by a licensed pilot. Coverage also applies while flying as a passenger in a military aircraft.

Expose and Disappearance

Unavoidable exposure to the elements will be covered under the program as any other loss, provided such exposure is sustained as the result of a covered accident.

An eligible person will be presumed to have suffered accidental loss of life if the eligible person's body is not found within one year of the disappearance, sinking or wrecking of the conveyance in which the eligible person was riding at the time of the accident.

Aggregate Limit of Indemnity

A maximum limit of \$2, 500, 000 is imposed on the total losses arising out of any one accident cover under the program.

This means that if the eligible person and any other persons insured under the program suffer losses occurred from the same accident, and the total of all benefits (the benefits the eligible person is entitled to, added to those which the others are entitled to) is greater than the aggregate limit of indemnity amount, then the amount of all benefits payable equals \$2, 500. 000.

This section only applies to losses payable under the following section:

- Specific Loss

Exclusions and Limitations

This program does not cover any loss, fatal or non-fatal, caused or contributed to by:

- Suicide or intentionally self-inflicted injury, including any attempt at either, while sane or insane;
- Declared or undeclared war or any act thereof;
- Active full-time service in the armed forces of any country;
- Riding as a passenger or otherwise in any vehicle or device for aerial navigation, other than as provide in the section entitles 'Aircraft Coverage.'
- No does this program cover expenses incurred for:
 - The purchase, repair or replacement of eyeglasses or contact lenses, or prescriptions therefore;
 - Charges of a masseur;
 - x-rays, repair or replacement of pre-existing dentures, fillings or crowns, except as provide in the section entitled 'Accident Dental Expense;

- Sickness or disease, either as a cause or effect:
- Experimental drugs not approved by the governing authority having jurisdiction over the matter the country where such drugs are prescribed and dispensed;

This program is subject to and will not contravene any Federal or Provincial statutory requirement with respect to Hospital and/or Medical plans. Benefits will be reduced under the sections of this program entitled 'Accident Reimbursement Expense' and 'Accidental Dental Expense' by any amount (paid or not) of eligible expenses covered under the Federal or Provincial Hospital and/or Medical plans and/or any other program providing similar reimbursement expenses.

F. Health and Safety

It is the responsibility of all members of CASK to be familiar with the Rules and Regulations of amateur sport kickboxing/Thai boxing and engage within these rules and regulations. This requirement is the first step in fostering an environment of safety for all participants.

The following are specific areas the owner/operator of a CASK registered club are required to fulfill as part of their commitment to a safety focused club.

1. First Aid Kit

Every CASK member club is required to have a stocked medical kit. For the content of a kit referee to a recognized first aid provider (eg. Red Cross) or refer to the suggested list contained in the Appendix.

2. Emergency Action Plan (EAP)

Emergency situations can arise at any time during training or athletic events. Expedient action must be taken in order to provide the best possible care to participants in emergency or life-threatening situations. An EAP simply acts to prevent injuries and provide emergency first aid.

CASK member clubs have a duty to develop and implement a E.A.P. to provide appropriate standards of safety for their participants.

EAP Requirements

- ❑ Have a fully stocked **First Aid Kit** visible to all instructors/coaches
- ❑ Have an **Emergency List** posted visibly by the phone. Include: list of emergency phone numbers, address and directions of club, and other relevant information
- ❑ Ensure that instructors/coaches are certified in **Emergency First aid**.
- ❑ Keep all incidents recorded in your Club Incident binder
- ❑ During all training or class time always have three **Designated Persons Responsible** for any incidents:

Charge Person – Responsible person who activates EAP and takes leadership
Call Person – Person who phones/contacts emergency persons (eg. ambulance)
Control Person - Person who controls the crowd or by-standards (eg. Students)

This plan is easy to set up. Simply brief your instructors/coaches/assistant instructors/office staff of the EAP. For each class or training time assign three persons to carry out these roles in case of an emergency.

3. First Aid Training

It is essential that all coaches have first aid training (standard first aid or emergency first aid) and certification. The Level I CASK Coaching course includes a Sports Injury Management module.

4. Sparring injuries

All sparring must be supervised by a CASK certified Level I coach. The athletes must be at the appropriate level of experience to engage in any form of sparring.

During open sparring the CASK rules and regulations for competition safety apply. If a participant suffers an injury they must adhere to the regulations in the CASK document.

Knock out (KO)

Should an athlete suffer a knockdown and lose consciousness for any length of time the EAP must be activated. The athlete should be transported to an Emergency department of the nearest hospital and examined by the medical staff. The protocols for a KO must apply which includes a 60-day period of no sparring and no competition. A caregiver for the athlete must be given the CASK Head Injury Protocol form.

Knockdown

Any athlete that is knocked down during a sparring session should be provided a rest period. If the coach feels that they have recuperated and shows no signs of neurological deficiency or other injury they can engage in the sparring again.

If an athlete is knocked down twice during the same sparring session the sparring should be terminated. The athlete should be treated like they have been knocked down three times in a competition. The protocols for an RSC (injury) must apply which includes a 30 days period of no open sparring and no competition. The coach should recommend that the athlete see a medical doctor for follow up as soon as possible. A caregiver for the athlete must be given the CASK Head Injury Protocol form.

Standing 8 count

Should an athlete receive a legal technique on a legal target area that would result in a standing 8 count in competition, the athlete should be provided a rest period. If the coach feels that they have recuperated and shows no signs of neurological deficiency or other injury they can engage in sparring again.

If the athlete receives another legal technique on a legal target area that would result in a standing 8 count in competition the athlete should be provided another rest period. At this stage the coach should consider terminating the open sparring session, or significantly reducing the intensity of the sparring to avoid injury on the athlete.