



Concussion is a serious injury that can occur during karate training and competition. As a non-contact martial art, we are committed to the safety of our students. It is important that ISKF instructors and assistants take the appropriate steps should a head injury be suspected.

Purpose

This policy outlines the signs and symptoms of concussion and the actions for instructors and assistants to take when a concussion is suspected.

Scope

This policy is effective for all training that occurs within an ISKF dojo or during an ISKF hosted event.

Definitions

A concussion is a brain injury caused by a hit to the head or hit to the body that causes the head and brain to move rapidly back and forth.

A health care professional is a licensed physician, nurse practitioner, or physician's assistant.

Signs and symptoms

The following may indicate a concussion:

- Can't recall events *prior to* or *after* a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused about an instruction.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.

Actions by instructors and assistants

Students are routinely instructed to control their techniques so that there is a) no contact to the head or neck, and b) only "light" contact to the body.

All instructors and assistants carefully observe student interactions and provide immediate feedback if there is a concern or observation of too much contact.



New students to the dojo are observed to determine what amount of contact they are used to using and corrected if the contact is more than we allow. Only after new students are observed to be safe will they be allowed to participate in semi-free and free style kumite.

If a situation arises where the instructor or assistant is concerned there has been contact that could result in a concussion or a student is showing signs and symptoms of concussion, they will immediately:

1. Remove the student from the training floor.
2. Assess the student.
3. Review with other students and instructors what occurred.
4. Instruct the student to get a medical evaluation – call 911 or arrange transportation to a medical facility if appropriate.
5. Notify the Club Instructor of the incident.
6. Identify who will follow-up with the student.

Written clearance to return to training

Prior to returning to training, the student is required to provide a written clearance from a health care professional.

Education of instructors and assistants

All instructors and assistants will be trained in the signs and symptoms of concussion and their required actions as described in this policy.

Reference Information

<https://www.cdc.gov/heads-up/>

<https://www.cdc.gov/heads-up/signs-symptoms/index.html>

<https://bjsm.bmj.com/content/bjsports/47/5/267.full.pdf>