

(Approved form: section 8 &12 of the *Combat Sports Act 2008*)

**Certificate of Fitness for Participating in Combat Sports**

The purpose of a medical examination of persons wishing to register or renew their registration as a combatant under the Combat Sports Act 2008 is to minimise the risks of participation in Combat Sports. It is appreciated that such examination will not prevent injuries arising directly from the effects of blows, but the purpose is to detect those persons who are particularly at risk due to pre-existing disease or anatomical abnormalities.

This examination is required for any combatant wishing to register or renew their registration under the Act. It involves a full medical examination including an analysis of urine and may require an ECG.

A serology report must also be completed confirming HIV negative status as well as Hepatitis negative status

The Combat Sports Act 2008, also requires that combatants be examined by a medical practitioner before every contest, after every contest and at any time as directed by the Authority. These examinations are for the benefit and welfare of no one except the combatants themselves. Please assist in this prevention of injury and disability.

Generally, combatants should be in good general health. Excessive weight and wasting should be considered with caution, although this would not necessarily exclude participation.

The Medical Practitioner, in examining the patient, should look for abnormalities which:

decrease the ability of the person to defend themselves such as:

- Loss of sensation particularly sight, hearing.
- Slow, clumsy movements, e.g. cerebral palsy.
- Muscular and/or joint disease
- Lesions of balance/co-ordination.
- Easy fatigability, secondary to heart/renal disease.
- Respiratory disease, chronic or periodic, e.g. Asthma

increase the risk of injury such as:

- Bleeding tendency, e.g. Haemophilia
- Past history of multiple fractures.
- Increased size viscera, especially liver and spleen.
- Undescended testes.
- Loss/abnormality of paired organs.
- Poorly controlled diseases, e.g. Hypertension/diabetes.
- Disease with poor healing/potential joint instability, e.g. Collagen disease.
- Transient/prolonged neurological system/signs, including headache.
- Previous injury with incomplete recovery of function or complicating sequelae.

The Medical Practitioner should also note any other abnormality of which the Authority should be aware even if that abnormality may not be relevant to the registration of the combatant.

In general, the Combat Sports Authority of New South Wales reserves the right to exclude contestants on medical grounds. If a significant risk is detected it would be appreciated if all available information, including Specialist's advice, is provided so that an informed decision can be made as to the suitability of the applicant for registration.