



SOUTH AFRICAN
WRESTLING FEDERATION

HEALTH, SAFETY & SECURITY COUNCIL

Section 2
Pre-Competition Medical Exam

Purpose of medical examinations

Although the information sessions and courses focus specifically on the medical examination prior to a tournament, the function of a HSS official is not limited to pre-tournament examinations.

The sole aim for conducting medical examinations is as follows:

1. The overall health condition of a wrestler must be assessed for his/her own good, in order to declare the wrestler, fit to wrestle. (fit means that it has been established as far as possible that the wrestler is healthy)
2. The health of other participating wrestlers must be taken into consideration and the wrestler must therefore be examined for any health condition that could be contagious to opponents.

When are examinations conducted?

As a precautionary measure, wrestlers must be examined by coaches and parents on a regular basis. However, examinations are only compulsory before a tournament and/or before teams depart on overseas tours.

The medical examination is the final step before participating in a tournament and a wrestler must be declared fit in order to do so. While it's important that all the relevant participating parties take responsibility during the medical examination, the onus lies with the parent/coach to ensure that the wrestler is ready and prepared before the examination commences at the tournament.

How do I (parent/coach) prepare the wrestler for medical examinations?

It is currently required to change the mindset and tendency of how parents and coaches think and act regarding medical examinations as well as the medical condition of their wrestlers/children.

It is a tendency that parents/wrestlers do not declare or provide information regarding a medical condition during the medical examination and it is left to the medical examiner to detect that the wrestler is not fit to participate in the tournament. In certain instances, the medical condition is only detected during the medical examination at the tournament as the parent/coach was not aware that the contamination had occurred at the club or home of the wrestler. It is a well-known fact that contamination of e.g. lesions normally occurs at schools, playgrounds, homes and clubs.

The following procedures/precautions should be followed in order to address current tendencies:

- Parents must have their children examined by a medical practitioner on a regular basis to determine the level of their health. Parents must personally conduct examinations at home for any type of infection, skin lesions or any other medical condition that may be present and contagious.
- Once parents have established that their children are unhealthy and/or that they have a contagious medical condition e.g. skin lesions/fungus, it is the responsibility of the parent to withdraw the wrestler from training or participating in a tournament.
- The coaches, in turn, must also conduct examinations at the club on a regular basis to ensure that wrestlers do not have skin lesions or any type of infections. Coaches must immediately withdraw a wrestler from training if the wrestler appears to be unhealthy, tired or dehydrated and only allow the wrestler to commence training when the wrestler is healthy again.
- Should the abovementioned procedures and precautions be followed it will avoid unhealthy/contaminated wrestlers from participating in tournaments and reporting for medical examinations prior to a tournament.
- It is also the responsibility of the parent/coach to ensure that the wrestler is ready and prepared for the medical examination prior to a tournament.

The following must be noted:

1. Should any skin lesions be present/visible and queried by the medical examiner the wrestler must be in possession of letter from a medical doctor not older than 7 days.
2. No strapping may be on any part of the body of the wrestler unless the wrestler was strapped by a physiotherapist and there is an accompanying letter indicating the injury and exact location of the strapping.

3. The wrestler reports for the examination in a singlet only. The following is not allowed with medical shoes, socks, jewellery or wrestling stick on tattoos.
4. Wrestler who do pre-weigh in medical with a beard, the beard may not be shorter than 5mm.
5. The fingernails of competitors must be cut short.
6. A competitor may not use hand and finger tapings without medical justification which needs to be presented prior to the competition.

Who may conduct pre-competition examinations

In the beginning of the year in every association a training session will be held, where people will be trained how to do examinations. Then only official trained HSS officials who have completed the course and are registered as a HSS official will be allowed to conduct examinations.

What do the Wrestling Rules say with regards to medical examinations?

It is important that wrestlers, parents, coaches, officials and HSS officials familiarize themselves with the Rules. Refer to the Medical Regulations pages 6 to 10 with regards to the requirements.

The current Regulation and requirements will be amended, and the details thereof will be distributed in due course.

What are the procedures that the chief HSS official must follow as from the preparation and the commencement of pre-competition examinations until the documentation is handed over to the tournament secretary?

1. Check that the venue for the medical examinations is ready
2. All HSS officials must sign-in with ETMS to keep record.
3. Explain the individual duties to the pre-competition examiners
4. Ensure that the equipment as required per the previous point is available
5. Monitor the pre-competition examinations in order to ensure that they are conducted according to the requirements
6. Be available to meet with the tournament Secretary and Chief Technical Official should there be any discrepancies or queries relating to the pre-competition examinations.
7. Cancel and sign the weigh-in cards of wrestlers that have been disqualified
8. After pre-competition examinations are completed a strapping list must be printed and distributed to the referees on each mat before the start of the competition.

ID	Member Name	Team	Club	Style	Category	Bracket	Strapping Detail
1	Coetzee, Gerit Cornelius Johannes	GNW	Rustenburg Wrestling Club	Freestyle	Senior	61 - 65kg	Left Shoulder
2	Coetzee, Marco	GEIV	Boksburg Wrestling Club	Greco-Roman	Senior	U59kg	Right Knee
3	Coetzee, Marco	GEIV	Boksburg Wrestling Club	Freestyle	Senior	U57kg	Right Knee

What equipment/documents must the pre-competition examiners have available?

1. A computer with internet connection to logon to eTMS.
2. HSS officials' cards from eTMS
3. HSS official is responsible to record the following on eTMS:
 - a. Use of strapping
 - b. Therapeutic Use Exemption Certificate (TUE)
 - c. Medical withdraw
 - d. Fail or disqualify a wrestler

The eTMS Process

After the physical examination the HSS official type in or scan the barcode on the wrestler card

Scan Barcode:

Medical Examination

Please scan member barcode

Please complete medical examination and click on the appropriate result button

After the barcode is scanned the following detail will be seen on the screen

Medical Examination

Coetzee, Marco

ID : 09WS000859

Date of Birth : 1993-01-29

Age : 20+

Registered for 2 Bracket(s)

Greco-Roman , Senior , U/59kg

Freestyle , Senior , U/57kg

Current Bracket Medical : Freestyle Senior U/57kg

Medical Fail

Fail Reason :

Medical Pass

Strapping : TUE :

Strapping Detail :

Tue Detail :

The following block are used to:

- Withdraw from competition for one or both entries

Registered for 2 Bracket(s)

Greco-Roman , Senior , U/59kg

Freestyle , Senior , U/57kg

- To fail/disqualify a wrestler if medically unfit to participate

Medical Fail

Fail Reason :

Ringworm on right forearm |

- Record any strapping for which permission has been given

Medical Pass

Strapping : **TUE :**

Strapping Detail :

Left Knee

Tue Detail :

Pass

- If a wrestler has a SAIDS/WADA issued TUE Certificate

Medical Pass

Strapping : **TUE :**

Strapping Detail :

Tue Detail :

Use of Ritalin approved

Pass

If pre-competition examination has not been completed eTMS will display the following on the screen when the barcode is scanned.

Medical Examination

Coetzee, Marco

ID : 09WS000859

Date of Birth : 1993-01-29

Age : 20+

Registered for 2 Bracket(s)

Greco-Roman , Senior , U/59kg Withdraw

Freestyle , Senior , U/57kg Withdraw

Member medical status completed for Bracket:

Freestyle Senior U/57kg

If a wrestler has not competed the examination and reports for weigh in eTMS will display the following on the screen when the barcode is scanned by the scale official.

Weigh-in

Coetzer, Jeanne Marie

ID : 10WS001874

Date of Birth : 1987-05-03

Age : 20+

Registered for 1 Bracket(s)

Female , Senior , 58 - 60kg
Withdraw



Medical Check has not been completed

Please weight the member and enter the appropriate result

What documents are required from wrestlers?

1. Weigh-In Card
2. Letter from a Medical Doctor should the wrestler have a skin lesion which is no longer contagious or was not contagious
3. SAIDS TUE certificate confirming the wrestler and medication complies with the TUE requirements



SAWF Senior Trials

Primrose Wrestling Club

2016-01-23

TEAM: GEW

Category: Senior

Bracket: U/59kg

Style: Greco-Roman

Male

Coetzee, Marco

Boksburg Wrestling Club

2

Weigh-In Card



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Procedures for pre-competition examination

1. The wrestler presents him or herself for the examination wearing an approved wrestling singlet
 - Male wrestlers with the singlet off the shoulders to around the waist
 - Female wrestlers do not remove the singlet off their shoulders
2. The wrestler presents his hands and arms outstretched to the examination official who inspects his hands for any injuries or cuts and ensures that the fingernails are cut short and do not have any sharp edges.
3. The wrestler raises their arms above their head and rotates their body in order for the examiner to inspect the body for the following:
 - Infected or open wounds
 - Any wounds that may through contact become open and bleed
 - Any condition, injury or disease that may as a result of strain exerted during the competition might adversely affect their health or their opponent's health.
 - Any infectious skin lesion or disease.
 - The beard is not cut shorter than 5mm
4. The wrestler must lift their feet in order for the examiner to check the soles of the feet for any injuries, cuts, abrasions or infectious skin lesions/diseases.
5. Once completed the wrestler is required to present their card at the eTMS station for approval and in the case of male wrestlers they are required to pull up their singlets before moving to the scales.

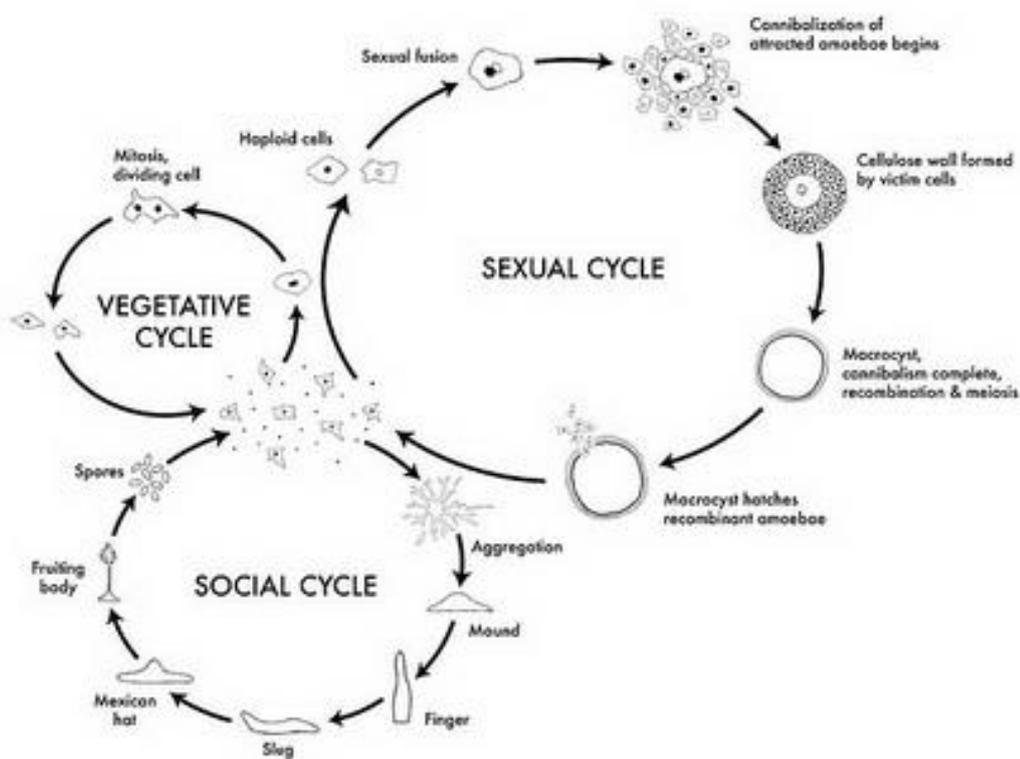
Identifying skin lesions, fungus, wounds and dehydration

HSS examiners will be provided with information during the HSS course to assist in identifying certain conditions during a pre-competition examination and the procedure to be followed when a condition has been detected.

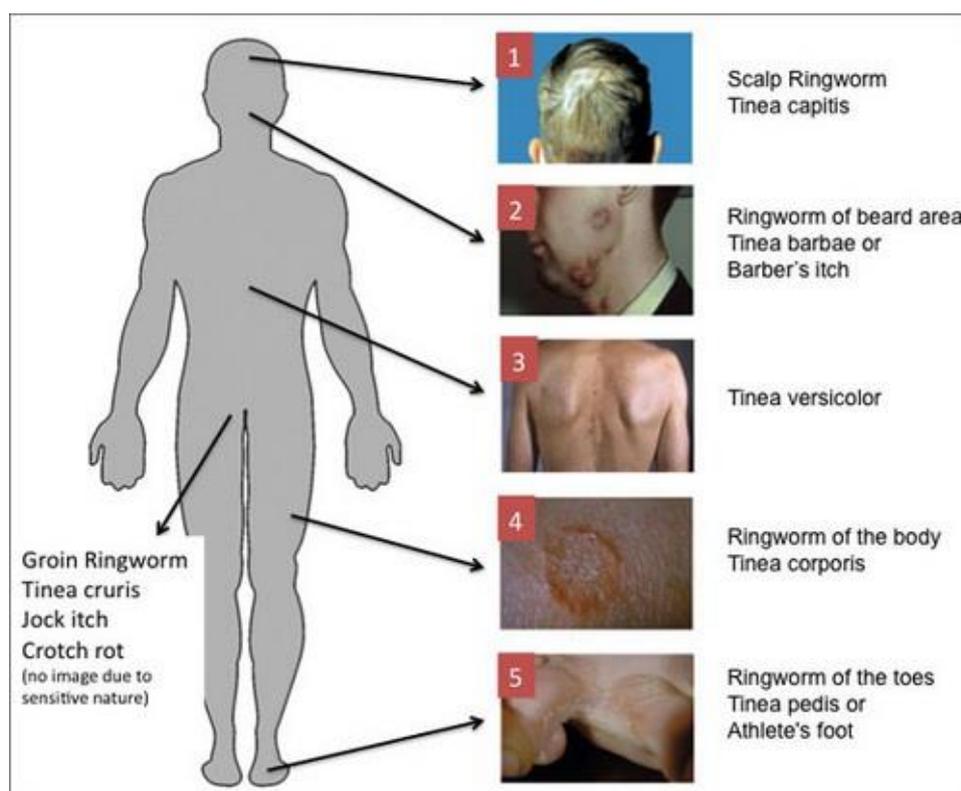
Ring worm – the most common of infectious skin lesions in wrestling



Ring worm life cycle



Common areas where ringworm can be found



What is the role of the medical doctor during examinations?

Wrestling officials and the general public do not have the medical qualifications and /or necessary expertise in order to make a fair decision should a discrepancy arise. It is therefore important and advisable, wherever possible, to have a medical doctor with the necessary expertise present while the medical examinations are being conducted.

It is to be noted that the medical doctor is not familiar with wrestling rules and regulations and that the HSS official in charge of the pre-competition examinations must inform the medical doctor prior to the commencement of the weigh-in of the procedures to be followed.

What are the responsibilities of the committee comprising of a HSS Representative, Tournament Secretary and Referee Delegate when a medical doctor is absent?

When there is no medical doctor present and there is uncertainty regarding the approval of a wrestler to compete then the HSS Representative must consult with the tournament secretary and referee delegate in order to reach a final decision.

Other discrepancies with regards to the regulations will be carried out as stipulated in the regulations and the medical representative on duty will regulate the requirements.

Should an incident/discrepancy occur during the medical examinations, the committee will meet in order to decide directly after the pre-competition examinations have closed. The committee can address any other medical matter that may arise during the tournament e.g if a skin lesion is detected on a wrestler during the course of the tournament, the committee must meet and if required, may still disqualify the wrestler.

Common problems during pre-competition examinations

- Wrestlers that come to medical examinations with long nails
- Wrestlers that want to be examined with injuries that are serious
- Wrestlers with sticker tattoos or plasters covering certain areas of the body
- Wrestlers with strapping without a medical letter