

HEALTH, SAFETY AND SECURITY COUNCIL RULES

(In the rules referred to as the HSS Council Rules)

**12TH FEBRUARY 2005 ;9TH APRIL 2005 &
26 NOVEMBER 2011**

ANNEXURE 9

HEALTH, SAFETY AND SECURITY COUNCIL RULES - 12th February 2005; 9th April 2005 & 26 November 2011

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INTRODUCTION:

Article 1	These rules are supplementary to and subject to the constitution of the SASF.	
Article 2	These rules are, where relevant, subject to the following:	
Article 2.1	FILA Medical Regulations.....	Attachment 1
Article 2.2	FILA Regulations regarding Drug Free Sport.....	Attachment 2
Article 2.3	IOK Regulations regarding Drug Free Sport.....	Attachment 3
Article 2.4	WADA International Standard List of Prohibited Substances.	Attachment 4
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Article 2.6	RSA Legislation regarding Drug Free Sport (Act 14 of 1997, as amended).	Attachment 6
Article 2.7	SASCOC Regulations regarding Drug Free Sport.....	Attachment 7
Article 2.8	Safety and Security in Sports and Recreational Events act 2010	Attachment 8

Where the SAWF HSS rules are in dispute with any of the above hierarchical documentation, the abovementioned shall prevail.
The most recently updated edition of the abovementioned documentation will prevail, and will be sent at the beginning of each year to all parties and wrestling associations for circulation to clubs and does not form part of this document.

Article 3 **COMPOSITIONS AND ADMINISTRATION**

- Article 3.1 The HSS council is constituted in accordance with articles 14.3 and 14.11 of the constitution of the SAWF
- Article 3.2 The elected council will meet at a time and place as decided by the members, as the need arises.
- Article 3.3 The HSS council presents a monthly report to the executive management.

Article 4 **FINANCIAL CONTROL**

- Article 4.1 The value of sponsorships obtained by this council (medicines, for example) will be, with approval of the executive management, allocated to the budget of the medical council as an income.
- Article 4.2 All medical officials at national, wrestling association and club level have to register annually with the SAWF at a registration tariff previously decided upon by the executive management.
- Article 4.3 A monthly telephone allowance, as decided upon annually by the executive management, is payable to the chairperson of the HSS council in line with all the other councils/committees chairpersons according to the SAWF financial guidelines.
- Article 4.4 A Medical Bag with approved first aid equipment will be controlled and maintained by the SAWF HSS council for use of our national teams when touring abroad at the cost of the HSS council budget.

- Article 5 **GENERAL GOALS**
- Article 5.1 The HSS council will oversee the planning and control of all Medical, Safety and Security issues of national, wrestling association and club level activities, using the FILA Health Regulations as the guideline. Each council (national, wrestling association and club level) has its own specific responsibilities according to the level at which it operates.
- Article 5.2 The establishment and development of HSS councils at wrestling association and club level.
- Article 5.3 The training of medical officials regarding medical, safety and security matters and coaches regarding medical matters in wrestling.
- Article 6 **PROHIBITED SUBSTANCES IN SPORT**
- Article 6.1 The management of the policy concerning Drug Free Sport, and communicating rules and regulations regarding the matter as stipulated by the act on Drug-Free Sport, Act 14 of 1997 and other bodies with which SAWF is affiliated.
- Article 7 **MONITORING OF PROHIBITED SUBSTANCES IN SPORT**
- Article 7.1 In terms of the national legislation, and the WADA regulations, the SAWF is part of the international and national testing pool together with all other Olympic sports codes.
- Article 7.2 Testing for prohibited substances is done by an independent body, in South Africa represented by the South African Institute for Drug-Free Sport. The SA Institute for Drug-Free Sport (SAIDS) guidelines are drawn up in line with the WADA International Standard. Testing is done under the following circumstances:
- Article 7.2.1 Out of Season Testing:
Testing may be done any time at practice or out of season. For this reason a complete annual program has to be sent to the SAIDS at the beginning of each year. Each wrestler has to send updated personal information every quarter to the SAIDS to update the testing pool information. The national coaches' council and medical council have to co-ordinate this action.
The information of all wrestlers competing internationally also has to be sent to FILA, for the same purpose.
FILA have the right to arrange testing of wrestlers through WADA as well.
Decisions on how many wrestlers are tested are taken by the SAIDS or FILA.
- Article 7.2.2 Competition Testing:
Testing may be done at any SAWF controlled competition, as decided by the SAIDS according to the year programme. The decision on which competition, how many wrestlers to be tested, and who will be tested is taken by the SAIDS keeping the WADA and FILA guidelines in mind.
- Article 7.2.3 Testing at the request of the SAWF:
Testing of wrestlers may be done at the special request of the SAWF, should there be complaints or suspicions about certain wrestlers, or should the SAWF wish to test a team before going abroad to participate. The cost of this testing has to be carried by the SAWF, whereas the cost of out of competition and competition testing is carried by the SAIDS.
- Article 7.3 Analysis of urine samples is done at the only accredited laboratory in South Africa, at the University of the Free State in Bloemfontein.

- Article 7.4 The host wrestling association is responsible for setting up the testing station, and assisting the SAIDS officers. The host wrestling association's HSS council member is responsible, assisted by the national HSS council member appointed as advisor for the specific wrestling association. The action of testing consists of the following steps:
- Article 7.4.1 Arranging tables and chairs nearby an ablution facility which can be locked, and isolated from the public, for sole use by the testing officials of the SAIDS
- Article 7.4.2 Providing sufficient units of bottled still water and / or sealed cold drinks for wrestlers selected to be tested. It is suggested that two 500 ml bottles per person tested be provided.
(Notice regarding testing is usually only given by the Thursday before the competition, by the SAIDS phoning the chairperson of the national HSS council. The number of wrestlers to be tested is only known on the day of the testing).
- Article 7.4.3 "Chaperones" have to be arranged by the HSS council member of the host wrestling association to inform, and accompany the persons to be tested, from the mat to the testing station. Should there be a shortage of persons to assist, it remains the responsibility of the HSS council member of the host wrestling association to do this him/herself.
Should there be women's wrestling, one of the "chaperones" needs to be female as well.
- Article 7.4.4 General assistance rendered by the SAWF HSS council member in charge of the competition medical to officials of the SAIDS at the competition venue:
- A. Reception of SAIDS officials at the venue, welcoming them and presenting them to the tournament secretary
 - B. Assistance to do the drawing of matches to be tested, with Tournament Secretary of SAWF and SAIDS
 - C. Facilitating communication between the tournament secretary, SAIDS officials and "chaperones"
- Article 7.4.5 General assistance rendered by the HSS council member of the host wrestling association to officials of the SAIDS at the competition venue:
- A. Prepare the venue for testing as stipulated in articles 7.4 / 7.4.1 and 7.4.2
 - B. Arranging refreshments and food for SAIDS officials throughout the day
 - C. Making sure that the testing station is kept clean throughout the day.
- Article 7.4.6 Continuous communication with SAIDS officials to ensure that the rights of wrestlers are not violated, by bringing any uncertainties or irregularities to their attention for correction.
The procedure for testing is explained fully in SAIDS communication leaflets which are distributed to the wrestling associations from time to time.
- Article 8 Compiling, and circulating all relevant information concerning prohibited drugs in sport to coaches, officials, chairpersons and secretaries at all levels.
- Article 9 Arranging general information sessions for wrestlers and parents to distribute the necessary information, as and when clubs or wrestling associations request it.
- Article 10 In event of a positive testing, the following procedure is followed:

- Article 10.1 Should sample “A” be tested positive, the SAWF is notified in writing by the SAIDS.
- Article 10.2 The SAWF informs the wrestler in writing of the result and gives the wrestler the opportunity to give a written explanation in his/her defense concerning the result given. The matter is handled further according to the SAWF disciplinary code and rules.
- Article 10.3 The wrestler has the right to request in writing to have the “B” sample tested, should he/she dispute the result of the test. This testing has to be attended by the wrestler in person, or by a representative he/she nominates. This is done at the laboratory of the University of the Free State in Bloemfontein. The wrestler has to let the SAWF know of the intention to do so. The SAWF informs the SAIDS from where the University of the Free State is notified. The cost for this test is carried by the wrestler him/herself. Should the “B” sample test negative, the SAWF will carry the costs.
- Article 10.4 The result of the “B” sample test again is sent to the SAWF in writing, and thereafter the wrestler gets a written report.
- Article 10.5 Further disciplinary steps are then taken according to the legal advisory committee rules of the SAWF disciplinary code and rules.
- Article 10.6 Wrestlers must apply for Therapeutic Use Exemption by filling in specified written application forms, which must reach the FILA in international competitions, and the SAIDS in national competitions 21 days before a major tournament starts, in order for them to send back a letter of approval.
- Article 11 **HIV POLICY:**
- Article 11.1 The development and managing of an HIV Policy:
- Article 11.2 Dissemination of information regarding AIDS and HIV to wrestlers, in order to equip them with life skills to take preventative measures to protect themselves from the disease.
 Wrestling has been named by the International Olympic Committee as one of the sports codes with the potential to cause transmission of the disease via the sport, in case of injury. Other sports are boxing, kung-fu and other contact sports
 The incidence of transmission through sport still remains low, according to research done so far.
 It is, however, a fact that South Africa currently has the highest incidence of this disease in the world. Sports people are therefore not without risk.
- Article 11.3 Protective measures to be taken by athletes:
 Preventive measures are still the best way to protect athletes from the disease.
- Out of competition:
- Sexual education
 - Awareness regarding the dangers of drugs (intravenous) or sharing of needles and syringes, especially in gyms where athletes give themselves vitamin injections, or where “blood doping” is practiced.
 - Immunization against Hepatitis B (a much more potent disease than HIV, and more infectious through blood and blood products and sexual contact than HIV).

On the wrestling mat:

- Skin lesions shall be handled according to the policy for open or bleeding or healed wounds
- Whilst competing – bleeding lacerations are to be handled according to the policy for open or bleeding wounds. The match is adjourned to have the bleeding stopped and the necessary dressings applied. Should the wound start bleeding again within the same match, the match is terminated.
- Bloodstained clothes shall be washed with diluted antiseptic or bleach (1:100 dilutions of Hibitane and water). Each match is to be started wearing a clean singlet.
- Detergent/antiseptic solution (1:100 Hibitane and water) in a bucket is to be available at all tournaments with a mop to clean blood on the mats/floors. The bucket is to be centrally situated for all mats to use, or each mat shall have its own bucket and mop.
- Coaches shall have Latex/Vinyl disposable gloves available, when officiating in their wrestler's corner, to clean up blood or secretions if necessary. The use of gloves is non-negotiable for coaches, medical staff, first aid service, or mat cleaners.
- A supply of disposable gloves is part of the checklist of the medical committee member and tournament secretary for all tournaments. A box of gloves will in all probability be sufficient to last a year.
- Coaches and wrestlers need to have basic first aid knowledge in the event of injuries.

Article 12 **MEDICAL EXAMINATIONS AND MEDICAL REGISTERS:**

Article 12.1 Organizing and controlling of annual medical examinations of all FILA-controlled competition participants, pre-competition medicals at local SAWF controlled competitions, pre-departure medical examinations as required by FILA when competing in international FILA-controlled competitions, gender-certifying medical examinations for women wrestlers as required by FILA:

Article 12.1.1 The FILA Health Regulations require every wrestler competing internationally in FILA controlled competitions, to undergo an annual medical examination by a qualified institution or registered medical practitioner with a sports medicine background.
Details of the examination are spelled out in the FILA Health Regulations, and will be adapted to suit local circumstances.

Article 12.1.2 An annual blood test for venereal disease and HIV is required by FILA for wrestlers competing in FILA controlled competitions.

Article 12.1.3 FILA requires women wrestlers from the junior category to undergo a compulsory gender test. A medical certificate in this regard has to be produced. This certificate is then valid for the rest of the woman's wrestling career. For the sake of uniformity, the SAWF requires all female wrestlers to undergo this test.

Article 12.1.4 Pre-competition medical examinations at national/wrestling association/club level:
Pre-competition medicals are done in line with the FILA Health Regulations, with the main emphasis being to prevent harm to other participants, should a wrestler not be healthy.

Please note that only registered HSS officials that have attended the prescribed Pre-competition Examination course since 2010, are allowed to handle the pre-competition medicals.

- Article 12.1.4.1 Elimination of infectious skin lesions:
- Most common skin lesions are fungal in nature. The most common are ringworm and athlete's foot.
 - Fungal infections and wrestling:
Fungal spores remain on mats, skin and in other wet areas, such as showers. Mats need to be cleaned with the correct solution regularly during the competition.
 - Bacterial skin infection (staphylococci infection, better known as impetigo) as well as pustular acne
Bacterial infections are highly infectious, and a participant should not be allowed to compete if any of these conditions are present.
 - Herpes viral infections (fever blisters / cold sores)
The fluid from fever blisters is highly infectious and a participant should not participate if infected.

Article 12.1.4.2 Assessment of wrestlers participating with lesions having a potential for bleeding, which may increase the risk of infection through blood, and taking the necessary steps to prevent it occurring. Individual cases will be treated according to the policy for open, bleeding or infectious skin lesions

Article 12.1.4.3 Assessment of general health status of the wrestler. Signs of possible dehydration, high pulse rate, or other signs indicating possible viral infections need to be observed.

Article 12.1.4.4 All wrestlers up to the age group under 15 years needs to show a doctors prescription letter, if they have any asthma inhalers that they may need during the competition, at the weigh in.
Cadet, junior and senior wrestlers having to use any medication on the prohibited list, for example, asthma inhalers, need to show a copy of the "Therapeutic Use Exemption" certificate which they received from SAIDS. To obtain the certificate, the wrestler needs to apply at SAIDS on the approved forms which can be found on the SAWF website. These forms shall be completed immediately after the wrestler register for the first time as a cadet, junior or senior wrestler and thereafter every time the existing certificate reaches it's expiry date. The wrestlers must send the application directly to SAIDS as stipulated on the TUE forms. SAIDS in turn will issue a certificate of approval which is sent to the applicant. SAIDS will send a copy of the certificate to the SASF HSS council for record keeping. The names and relevant information of all wrestlers showing a prescription letter for wrestlers 15 years and younger and cadet, junior and senior wrestlers showing their SAIDS certificate will be documented at weigh in.
After the weigh in copies of the Approved lesions list, rejected lesions list and Approved TUE certificates list will be handed to the tournament secretary and technical official.

After approval wrestlers using asthma inhalers are only allowed to use inhalers if following procedures are followed:

- On approach of mat the coach of the given wrestler will take the inhaler to the mat chairman who will verify that the wrestlers name and details is on the TUE approval list and then place the inhaler on the table if approved before the match starts.

- Wrestlers who`s names are not on the approval list will not be allowed to use inhaler during the given match and will lose the match if he/she needs to use the inhaler.
- Wrestlers with approved inhalers can only use the inhalers between rounds without being penalized at all, provided that the inhaler is given back to the mat chairman before the wrestler approaches the centre of the mat after the rest period.
- If any wrestler needs to use his/her inhaler during a wrestling round, the wrestler will automatically lose the given match.
- After any match it is the responsibility of the wrestler and his/her coach to collect the inhaler from the mat chairman

In FILA-controlled competitions the following procedure shall be followed: The TUE forms must be completed and sent to the national HSS council whenever a wrestler is going to compete in a FILA-controlled competition. The TUE forms must reach the national HSS council not later than 30 days prior to the specific competition, because the national HSS council must forward the TUE forms to FILA, which must reach FILA not later than 21 days prior to the competition. FILA will issue a certificate of approval, which must be shown at the pre-competition medical of that competition.

Article 12.1.4.5 Procedure of pre-competition medicals:

Article 12.1.4.5.1 A small stamp with wording “MEDICAL” / “MEDIES” is issued by the tournament secretary to the person in charge of medical examinations per signature. This will normally be the HSS council member of the wrestling association.

(Each person doing medical examinations shall have a stamp, to expedite the process). After completion of medicals the stamps are taken back to the tournament secretary. Wrestling associations organizing SAWF controlled competitions shall have enough stamps to facilitate the speedy completion of the medicals. The tournament secretary will put the stamps on the checklist for necessary standard equipment for a tournament of this size

Article 12.1.4.5.2 All wrestlers are examined by the team of examiners as arranged by the HSS council member, with the emphasis on issues as stipulated under Article 12

Article 12.1.4.5.3 The wrestler’s card gets stamped and the weigh-in may proceed only if the card has a stamp on. All queries are reviewed by the medical practitioner or, in the absence of a medical practitioner, by a panel consisting of the HSS council member, the technical official and the tournament secretary, who makes the final decision on participation or non-participation. Should any special permissions be granted, for example, a wrestler with a laceration who was given permission to cover the laceration with a dressing, this has to be stipulated on the prescribed forms by the HSS officials stamping the cards before the wrestler leaves the examination area and proceed to the scale.

Article 12.1.4.5.4 Skin lesions will be handled as follows:

- A. Lesions with a risk of bleeding:
- The lesion must be exposed for inspection by the medical practitioner or the HSS official in charge of the pre-competition medical.

- If there is a risk of bleeding, no wrestling shall be allowed. If there is no risk of bleeding, the wrestler must obtain approval to cover the lesion. The procedure permitted is:
- Only approved plasters such as "Opsite" or "Tegaderm" or "Elastoplast" will be permitted. Arms and legs: One plaster maximum per limb
- Size of plaster: Arm: Maximum $\frac{1}{3}$ of limb
Leg: Maximum $\frac{1}{3}$ of limb
- Should a wrestler sustain a laceration during the day with active bleeding, the two-minute rule will be valid, and blood is permitted to be stopped by compression bandage and white plaster, for the duration of the match. Should the bleeding not be stopped properly, or if bleeding re-occurs in the same match, the match will be stopped.
- Should a medical practitioner not be available for the duration of the competition, the technical official, the HSS committee member and tournament secretary on the advice of the first aid attendant will make the decision.
- No wrestler is allowed to weigh-in with any part of the body covered by a bandage/tattoo, sticker/plaster.
- Pre-strapping done by a doctor, specialist or physiotherapist can be left on if it is accompanied by a cover letter from the specific doctor / specialist indicating the purpose of the strapping and the exact location on the body. The size of the strapping should not cover more than 1/3 of the specific body part. (This is only allowed to protect recovering muscle, tendon and ligament injuries)

B. Healed injuries:

- Lacerations still containing sutures: Not allowed to participate
- Lesions with scabs: All wounds have to be uncovered for medical examination. Should a lesion have potential to bleed, it will depend on the size and location. The medical practitioner or HSS council member in charge of the pre-competition medical has the discretion to decide whether the lesion may be covered with approved dressing or not, according to the policy for wound dressings

C. Potentially infectious skin lesions:

- To decide if a lesion is infectious or not can be very difficult. For this reason the opportunity to present a letter from a medical doctor or dermatologist exists, to certify activity or non-activity of suspicious lesions. The letter from the doctor / dermatologist should indicate where the suspected lesion / mark are and confirm that it is not infectious.
- The letter may not be older than seven days, and is to be handed in to the medical examination officials at the pre-competition examination.
- Should a doctor not be present at the medical examinations, a wrestler will only be allowed to wrestle with skin lesions, if such a letter is handed in.
- The medical practitioner or, in the absence of a medical practitioner, a panel consisting of the HSS council member, the technical official and the tournament secretary have the right to make the final decision on the appearance of the lesion on the day, and may refuse a wrestler participation, if his/her feeling is that the lesion is infectious.
- It may occur that a lesion was not seen during the pre-competition medical, for various reasons. The main reason often is that the wrestler has hidden the lesion by applying make-up to it. Should the lesion appear through the day, the medical practitioner, and/or in the absence of a medical practitioner, a panel consisting of the

HSS council member; the technical official and the tournament secretary, will make the decision on whether the mark / lesion is infectious or not and if found to be infectious, the wrestler will be disqualified regardless of the stage of the competition.

TAKE NOTE THAT THE PRE-COMPETITION MEDICAL EXAMINATION IS NOT THERE TO PREVENT WRESTLERS FROM PARTICIPATING, BUT IT IS PERFORMED BECAUSE OF THE RESPONSIBILITY TOWARDS ALL COMPETITORS FOR THE DAY, TO PROTECT EVERYBODY'S HEALTH AND WELLBEING. THE INDIVIDUAL WRESTLER'S CONDITION THEREFORE HAS TO BE WEIGHED UP AGAINST THE RISKS PARTICIPATION HOLDS FOR ALL OTHERS COMPETING AGAINST HIM/HER

- Article 12.1.5 Pre-departure medicals for international participation:
- Article 12.1.5.1 Medicals have to be performed according to FILA Health Regulations, a minimum of three days before participating internationally, to ensure that the wrestler is in good health, has a realistic weight in comparison to the weight category he/she is going to compete in and that he/she carries no injuries at the time of leaving the country. Ideally there should not be a weight burden of more than 5% of the body weight, with a maximum of 3 kgs. In cases of gross overweight the medical practitioner has the right to recommend to the team manager that the wrestler remains at home. Wrestlers under the age of 15years should not be allowed to leave the country if the weight is not in comparison to the weight category he/she is going to compete in.
- Article 12.1.5.2 The wrestler's FILA license book is signed by the medical practitioner.
- Article 12.1.5.3 Documentation needed for this medical is the following:
- Females – Gender medical certificate
 - All – Therapeutic Use Exemption Certificate of approval back from FILA (See 26.4.4)
 - Result of sexually transmitted disease tests and HIV test
 - FILA license book
- Article 12.1.5.4 A medical examination will be performed after the weight has been checked officially.
- Article 12.2 Record keeping of all wrestlers's medical records as required by FILA. This includes copies of:
- "Therapeutic Use Exemption" application forms, as well as the SAID or FILA Certificate of approval
 - Women – Gender medical certificate
 - All drugs test results
 - Medical examination reports at High Performance Screening Facilities
 - Other reports as may be needed from time to time by either FILA, SAIDS or SAWF
- Article 13 **FIRST AID : COMPETITION ARRANGEMENTS, TRAINING AND MEDICAL CONTROL DURING COMPETITIONS:**
- Article 13.1 Control over, and/or arrangement of first aid of acceptable standard for competitions at all levels of competition:
- Article 13.1.2 The HSS council member of the host wrestling association of any competition is responsible for organizing first aid service of an acceptable standard for the tournament. The HSS Council member of the SAWF will oversee and ensure compliance. The service should conform to the following:

Article 13.1.2 Checklist for first aid at competitions:

- Wrestling is a potentially dangerous sport with injuries to the spine a reality. The service provider needs to be informed of possible injuries, and well qualified first aid workers need to be on duty, preferably with at least one paramedic as part of the team
- The number of first aid workers needed varies according to the size of the tournament, and the minimum requirements of the SAWF are:
 - 1-2 mats: 2 persons
 - 3-4 mats: 3 persons
 - 5-6 mats: 1 additional person for every additional mat
- Ambulance service on duty on the premises is the ideal, but may be very costly. It is acceptable for the service provider to have direct mobile phone communication, provided the response time of the ambulance service to the venue will be short. To ensure this, it is the responsibility of the HSS council member of the host venue to check all these facts before a competition and to inform the local hospital and ambulance service of the tournament taking place.
- A demarcated parking area must be kept open throughout the day for the ambulance to reach the entrance to the venue without restrictions in its way
- The first aid service provider must be informed before a competition about possible injuries, and the following shall be part of the equipment to be brought for the day:
 - Standard first aid equipment with sufficient supply of plasters, bandages, etc., for the size of the tournament
 - Semi-rigid cervical collars of different sizes
 - Spinal backboard with harness to immobilize the injured (If a tournament with children and seniors - 2 sizes preferably)
 - Splints to immobilize different fractures of extremities
 - Haemostatics (Friars Balsam, instead of "Staaldruppels")
 - Nose plugs
 - Blankets
 - Waterproof transparent dressings, eg "Opsite" type of dressings
 - Disposable gloves
 - Sufficient supply of ice (Cannot use kitchen to provide ice!!)
 - Injury forms – use to be explained to first aid service provider
- The HSS council member of the host wrestling association is responsible for informing the first aid provider about the SAWF injury record to be kept, and to provide the forms to them, and to collect them after the competition. All injury forms shall be sent to the secretary of the national HSS council in order to compile statistics on injuries in the sport. (An example is attached as attachment)
 - Injury forms are filled in only for injuries serious enough to have stopped the wrestler from continuing the match
 - Should there be no serious injuries, it is still necessary to send in a report stating that there were no injuries.
- First aid workers need to be positioned in the centre of the venue, to be able to see all mats clearly, with an area available to allow an injured person lie down for treatment, or to await the ambulance. Spectators should not be allowed to stand in front of the first aid station. An emergency corridor should be available, should it be necessary to transfer the injured person to the ambulance

Article 13.2 Association HSS councils shall ensure that all clubs have at least a basic first aid kit available for use during practice or tournaments.
All coaches/medical officials are to attend the Sports Injuries Course in order to be able to use the first aid kit correctly:

Article 13.2.1 List of standard minimum content of a first aid kit:

Wound disinfectant
 Swabs for cleaning
 Cottonwool (100gm)
 Sterile gauze (minimum 10)
 1 forcep to remove small objects
 1 pair of scissors (minimum size 100mm)
 1 packet of safety pins
 4 triangular bandages
 4 pressure bandages - 75mmx5m
 1 Elastoplast - 25mm x 3m
 1 hypo-allergic plaster - 25mm x 3m
 1 pack individual plasters (Band Aid type)
 4 sterile first aid bandages - 75mm x 100mm
 4 sterile first aid bandages - 150mm x 200mm
 2 sets of splints (ambulance standard – 2 x 1m & 2 x 400mm)
 2 pairs large, 2 pairs medium disposable gloves (minimum)
 2 mouthpieces for CPR
 3 semi-rigid cervical collars of different sizes
 1 large spinal backboard + harness
 1 small spinal backboard + harness
 Nose plugs
 Haemostatics - eg Friars Balsam (To dip nose plugs in instead of
 “Staaldruppels”)
 “Opsite” type dressings of different sizes

- Article 13.2.2 The maintenance and replacement of used items remains the responsibility of the club medical council member, under control of the wrestling association medical council member
- Article 13.3 Evaluating the need for, and organizing training where needed, for medical officials and coaches at all levels in basic first aid skills and sports injuries. Information regarding training needs has to be compiled annually at the beginning of the year, for the necessary planning to be done by the national medical council.
- Article 13.4 Implementing FILA Health Regulations as far as is possible and viable under local circumstances. Ensuring full adherence to FILA standards where wrestlers compete in FILA-controlled competitions:
- Article 13.4.1 The implementation of policy on skin lesions, injuries that have the potential for bleeding and possible infectious lesions
- Article 13.4.2 Control of the use of all prohibited substances, according to the latest WADA list, by disseminating information, ensuring that “Therapeutic Use Exemption” forms are filled and sent to the relevant bodies in time, for approval.
- Article 13.4.3 A HSS council member of the host organization assists the tournament secretary to ensure that the information regarding approval for use of asthma inhalers is processed. Inhalers may only be used between rounds during the match, provided the certificate of approval (in case of SAWF controlled competitions from SAIDS and in case of FILA controlled competitions from FILA) has been given, and the inhaler is handed in at the table at the beginning of the match
- Article 13.4.4 Injuries during a match:
- Please bear in mind that approval from the mat chairman must always be obtained, before a first aider may approach the mat.

- Article 13.4.4.1 The medical practitioner, or in the absence of a medical practitioner, the technical official, the tournament secretary and the HSS council member, on the advice of the first aid attendant, will decide whether an injury is serious enough for the match to be terminated.
- Article 13.4.4.2 The two-minute time limit rule will be used in all SAWF controlled competitions, due to the fact that a medical practitioner is seldom available for the whole day during competition. FILA controlled competitions usually have more than one medical practitioner on duty, and therefore the two minute rule will not be used.
- Article 13.4.4.3 Should bleeding be the cause for a stop, haemostasis may be obtained within the time given. Should this not be possible, the match will be terminated.
- Article 13.4.4.4 Should a medical practitioner be on duty, he/she has the right to stop a match if, according to his/her opinion, a serious injury could occur because of a dangerous action.
- Article 13.4.5 Women's weight control: FILA rule does not allow for "tolerance" in weight. The SAWF adheres to this rule.

Article 14 **STRUCTURE OF FUNCTIONING:**

Article 14.1 The SAWF HSS council cannot function in isolation, as there are different tasks to be executed at different levels. It is therefore necessary to have HSS councils at Wrestling Association level to take the tasks down to grass roots level.

Each Club must have at least one HSS official .The Head HSS official of each club, forms part of the HSS Council of the Wrestling Association.

Nominations for the position of Chairman of the Association’s HSS Council must be handed in before the Association’s annual general meeting. The Chairman of the Association HSS council will be part of the Executive Management of the Association.

The Chairpersons of the Association’s HSS councils are elected before the annual general meeting of the SAWF and their names are forwarded to the SAWF secretary-general, with full details of contact addresses, telephone numbers etc.

Nominations for members of the SAWF HSS council must be submitted to the SAWF secretary-general according to the SAWF nomination regulations. The nominees should all be registered HSS officials.

The following positions have to be nominated and elected:

- Chairman
- Vice-chairman
- Secretary
- Additional member – Safety & Security
- Additional member – Health

A Medical doctor will be appointed as a “Medical Consultant” at the annual general meeting of the SAWF to adhere to the FILA requirements.

Article 14.2 Where Wrestling Associations have not yet registered a HSS official for every club in the association by the end of February -each year, the respective chairpersons of the clubs will be accepted to be the HSS official of that club and will be registered and held responsible for all tasks to be executed.

Article 14.3 The Vice-President of the SAWF is the official guardian of the SAWF HSS council

Article 15 **FUNCTIONING AT NATIONAL LEVEL**

Article 15.1 Functions of the SAWF HSS council

Article 15.1.1 Registration of all HSS officials and issuing of registration booklets

Article 15.1.2 Control of wrestling association activities by evaluating reports, as and when requested

Article 15.1.3 Developing training programs according to the needs identified by the wrestling associations

Article 15.1.4 Evaluating injury reports and making recommendations for improvement / prevention to associations and SAWF management.

- Article 15.1.5 Evaluating safety & security incident reports and making recommendations for improvement / prevention to associations and SAWF management
- Article 15.1.6 Control of the doping control program in accordance with the SAIDS requirements
- Article 15.1.7 Obtaining technical assistance from sports-related disciplines such as physiotherapists, dieticians and biokineticists, when requested by coaches
- Article 15.1.8 Assisting the national coaches in preparation of the national teams for international competitions by taking the responsibility for medical requirements.
- Article 15.1.9 Accompanying national teams abroad when necessary, or obtaining other assistance if required.
- Article 15.1.10 Meetings are held as and when necessary.

Article 16 **FUNCTIONING AT WRESTLING ASSOCIATION LEVEL**

- Article 16.1 Every wrestling association compiles a HSS council from the Head HSS officials from of each club. Nominations for the position of chairman of the association's HSS council will be handed in before the start of the association's annual general meeting for consideration. The HSS council elects its own office bearers for the positions of vice-chairman and secretary. The chairperson of this HSS council serves on the wrestling association's executive management.
- Article 16.2 Functions:
 - Article 16.2.1 Control over all tasks of clubs, for example - control of the first aid kits at club level, collecting and forwarding injury forms from club competitions to the national HSS council
 - Article 16.2.2 Responsible for organizing first aid during wrestling association and national competitions held at the wrestling association venues (including trials and grading tournaments).
 - Article 16.2.3 Responsible to oversee the safety and security during wrestling association and national competitions held at the wrestling association venues (including trials and grading tournaments)
 - Article 16.2.4 To liaise with the national HSS council for first aid and sports injury courses, according to the needs within the wrestling association.
 - Article 16.2.5 Control of registration of all HSS officials within the wrestling association and reconciling information with the national council; providing correct information of HSS officials for issuing of registration booklets.
 - Article 16.2.6 Assisting the national HSS council in disseminating information, down to club level, as well as assisting when required, to conduct surveys on problem areas in the sport
 - Article 16.2.7 Assisting coaches at wrestling association level, where necessary, with preparation of wrestlers, as far as medical matters are concerned; for example, checking if all wrestlers using medication on the prohibited list have filled in the "TUE" forms.
 - Article 16.2.8 Meetings are held according to the wrestling association schedule and requirements

