

British Karate Kyokushinkai

Head Injury protocol

Blows to the head during club training sessions and tournaments are something which everyone would wish to avoid, but as we all know this is sometimes unavoidable. The way these head injuries are handled could however be vital to the long term welfare of the casualty and the purpose of this document is to assist and to clarify the BKK position.

What is Concussion?

Concussion is a disturbance of the function of nerve cells in the brain as a result of a blow to the skull. This means that parts of the brain's functions are temporarily confused.

The symptoms may include temporary unconsciousness, confusion, headache and often a loss of memory concerning the critical incident. Vomiting and nausea are also common.

All blows to the head may be dangerous.

An uncomplicated concussion is not dangerous in itself the brain simply needs time to return to normal but complications can arise in severe cases, which is why all blows to the head must be dealt with correctly and the following guidelines are designed to assist you with that care.

Blows to head during tournaments.

The BKK provides First Aid Assistance at all its tournaments where fighting takes place. This first aid cover is provided by trained personnel and when necessary ambulance cover is also provided.

All head injuries are seen by the medical team when advice and treatment can be given and if necessary transport to hospital is available.

During club and squad sessions treatment for head injury and any other injury becomes the responsibility of the dojo operator or instructor in charge and it is vital that any treatment given is in line with current protocols.

Blows to the head during club / squad sessions.

It is firstly important to ensure that a First Aider is on hand at all sessions with a well stocked first aid kit and accident book. The BKK offer first aid courses on a regular basis and it is vital that dojo operators and instructors ensure that their first aid certificates are current.

Recommendations for management of concussion.

When dealing with head injury always consider possible cervical spine injury (neck). Any neck pain could be an indicator of cervical spinal problems and if in any doubt casualty's head should be held in the current position and an ambulance called via 999.

Better to be safe than sorry.

Level 1 Concussion :

Definition: Transient confusion, no loss of consciousness and a duration of mental abnormalities of less than 10 mins.

Casualty should be removed from the matt area and examined whilst seated, checks should be done on their mental state (what happened / where are you / what day is it) further checks should be done every 5 mins to ensure all symptoms resolve within 10 mins.

Injury should be entered in your accident book and a Head injury advice card should be given to casualty or parents / guardian if a junior member

Level 2 Concussion :

Definition: Transient confusion, no loss of consciousness and a duration of mental abnormalities of more than 15mins.

Casualty should be removed from the matt area and examined whilst seated, checks should be done on their mental state (what happened / where are you / what day is it) further checks should be done every 5 mins to ensure all symptoms resolve, however if symptoms persist longer than 15mins, or the casualty vomits or has a fit they should be removed to hospital via a 999 call for further evaluation. Contact should be made with the emergency home contact number the club hold.

It is not BKK policy to take casualties to hospital in cars.

Level 3 Concussion

Definition: Loss of consciousness (either brief or prolonged)

If casualty has regained consciousness, gain control of their head and ask them not to move. Do not remove from matt until you are sure there is no neck problem (if in doubt do not move, call ambulance via 999) Casualty can only be moved if you are sure there is no neck injury but because casualty has lost consciousness they have to go to hospital for observation. Try to keep as many observational points as possible for the ambulance crew. A member of the club should go with the casualty and contact should be made with emergency home number the club hold.

Do Not Remove an unconscious casualty from a matt, as there may be further underlying injury to the neck, clear area around and maintain head in the current position. **Ring for ambulance 999** . Check breathing, and be ready to give CPR.

The procedure described above is shown on the first aid course which is why first aid certificates should be kept up to date.

Remember all details of any injury or accident must be entered in your accident book .