

BOXER'S GUIDE FOLLOWING A KO OR AN RSC (TKO)

The points found below are provided as a guide to you following your KO or RSC (TKO) due to head blows.

If you have any doubts or uncertainties regarding this Guide, or any of the points below, please contact the Secretary of the Boxing Australia Member Association with which you are registered and ask for help.

1. After the end of your bout following your KO or RSC (TKO) due to head blows, the ringside doctor should have provided you with copies of:
 - (a) a Boxing Australia Head Injury Form (marked at its top as “**Form A**”) and completed by the ringside doctor; and
 - (b) where the ringside doctor has been able to appropriately examine you, a SCAT5 Medical Examination Results Form (marked at its top as “**Form B**”) and also completed by the ringside doctor.
2. In the envelope containing this Guide, you should also find:
 - (c) a further copy of **Form B**, but without any examination results entered on the Form;
 - (d) a copy of a Boxing Australia Medical Examination Certificate (marked at its top as “**Form C**”); and
 - (e) a copy of a Boxing Australia Medical Clearance Form (marked at its top as “**Form D**”).
3. If you have not received one or more of the documents referred to in points 1 and 2 above, you should immediately contact the Secretary of the Member Association with which you are registered and obtain copies of the missing Forms.
4. You should keep all these Forms in a safe place as you will need them all if you wish to return to competitive boxing or sparring.
5. Following your KO or RSC (TKO), the ringside doctor will have recorded in your Competition Record Book the minimum period during which that doctor thought that you should not take any part in competitive boxing or sparring.

6. It is important for you to understand that you cannot automatically return to competitive boxing or sparring when the minimum period referred to in point 5 above finishes. You can only resume competitive boxing or sparring after that time if and when you are cleared to do so by Boxing Australia's Anti-Doping and Medical Standing Committee.
7. Should you wish to resume competitive boxing or sparring following the end of the minimum "no boxing" period recorded in your Competition Record Book, you should first make an appointment after the end of that period to see a local doctor of your choice.
8. When you see your local doctor, you should make sure that you provide him or her with:
 - (a) where you have been given a copy of **Form B** containing the results of the ringside doctor's examination of you after your KO or RSC (TKO) (see point 1(b) above), that copy of **Form B**;
 - (b) your further, uncompleted copy of **Form B** referred to in point 2(c) above;
 - (c) your copy of **Form C** (see point 2(d) above); and
 - (d) your Competition Record Book.
9. You should ask your local doctor to examine you, and then to complete:
 - (a) the further copy of **Form B** referred to in point 8(b) above; and
 - (b) the copy of **Form C** referred to in point 8(c) above.
10. If, after his or her examination of you, your local doctor regards you as fit to box, you should ask him or her to write the words "**Fit to Box**" in your Competition Record Book immediately below the minimum "no boxing" period recorded by the ringside doctor in that Competition Record Book.
11. You should make sure that after your local doctor's examination of you, he or she returns to you:
 - (a) where he or she has been provided by you with a copy of **Form B** containing the results of the ringside doctor's examination of you after your KO or RSC (TKO) (see point 8(a) above); that copy of **Form B**;
 - (b) the further copy of **Form B** completed by your local doctor (see point 9(a) above);

- (c) the copy of **Form C** completed by your local doctor (see point 9(b) above; and
 - (d) your Competition Record Book.
12. You should next fill in your copy of **Form D** (see point 2(e) above) as best you can. If necessary, seek the assistance here of the Secretary of the Member Association with which you are registered.
13. You should finally forward to the Secretary of the Member Association with which you are registered;
- (a) your copy of **Form A** (see point 1(a) above);
 - (b) where you have been given a copy of **Form B** containing the results of the ringside doctor's examination of you after your KO or RSC (TKO) (see point 1(b) above), that copy of **Form B**;
 - (c) the copy of **Form B** completed by your local doctor (see point 9(a) above);
 - (d) the copy of **Form C** completed by your local doctor (see point 9(b) above);
 - (e) your completed copy of **Form D** (see point 12 above);
 - (f) photocopies or scans of the pages in your Competition Record Book;
 - (i) showing your photograph and personal particulars;
 - (ii) recording your KO or RSC (TKO) and the minimum "no boxing" period recorded by the ringside doctor in that Competition Record Book; and
 - (iii) recording your local doctor's "**Fit to Box**" entry.
14. The Secretary of the Member Association with which you are registered will then check all of the documents which you have sent to him or her, and then sign and date the copy of **Form D** referred to in point 13(e) above. The Secretary will then forward all the checked documents on to the CEO of Boxing Australia. The latter will in turn provide the documents to Boxing Australia's Anti-Doping and Medical Standing Committee for its consideration.
15. **Once again, you should note that you can only resume competitive boxing or sparring if and when you are cleared to do so by the Anti-Doping and Medical Standing Committee.**