



Guideline for making a Medical plan IKF

This medical plan is a draft version that a LOC can use to adapt to local conditions. A draft version of the medical plan is sent to the medical committee for review. The draft version can be sent to medical.committee@ikf.org.

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1. Purpose of the medical plan:

- Optimal treatment of or first aid for injuries / acute situations.
- Preventing breakdown of the sport by incurring an injury.
- Prevention of long-term outages due to an injury.

2. Medical Service

The LOC is responsible for the implementation of the medical service. This involves attendance 1 hour before, during and 1 hour after the matches.

In the medical team:

- A doctor
- A physiotherapist
- First aid personnel

Complete with names and contact details

In concrete terms, this means that the above applies only to *(fill in for whom the facilities apply like participants, referees and officials of the IKF)*

Attendance at competitions

The purpose of this attendance is to be available for questions, consultation and coordination with the technical framework, possibly consultation with the physiotherapist or doctor. Concerns assessment of injuries related to employability and concerns help with injuries during a match in the field if the doctor, physiotherapist or referee wishes or in case of major injuries in which medical help is needed immediately, such as neck and head injuries, or cardiac events.

Starting point. (who will be the first to take the field)

- The physiotherapist or sports doctor of the relevant team
- on request the first aid personal that is present
- In case of major injuries based on the medical protocol the tournament doctor.

The referee usually indicates that medical treatment may take place on the court. First the physiotherapist / supervisor of the team will go on the field. The person in charge of the medical affairs can overrule these agreements if there is a medical emergency in his / her assessment.

Consultations

In particular, the diagnosis and treatment of complaints that cause problems during sporting activities, but also advice in drawing up a sports rehabilitation plan (including interdisciplinary and sports-specific advice.)

Counseling / Healtheducation

Counseling or information in the field of sports medical supervision to the sports carer, physiotherapist or technical framework for example, questions about drug use in relation to the doping regulations, etc.

3. Provided materials at the medical station (in the immediate vicinity of the floor)

- Table + 2 chairs
- First aid - equipment + cooling facilities (content?)
- Stretcher
- Mineral water
- Mobile phone or head set for contact
- One hand washing facilities with cold running water or soap dispenser
- Disposable hand towels
- Waste bucket with foot pedal;
- Available space for the medical service for treatment that can not take place along the field.
- AED
- Wheelchair

4. Advice if Transport to hospital is needed

For transport to the hospital an ambulance will be called through the emergency help center via (telephone number local emergency service). The medical team for the tournament will call a ambulance for a player or team if necessary. Injuries where it is recommended further research is necessary own transport or the transport of the LOC. The return transport will, if desired, take place via the transport service of the LOC.

5. Information visit emergency room

(here is an example how it is arranged in the Netherlands, but local information should be implemented):

After arriving at the emergency room, report to the desk. Your personal details are requested here, they are necessary to perform the assistance as well as possible. We use a digital patient file for registration. In any case, you must bring along:

- *(International) Insurance card*
- *Identity card*
- *Overview of medicines you use*

If your situation allows, you will be asked to take a seat in the waiting room. A nurse will come to you as soon as possible to inform you about the state of affairs at the emergency room. There is a leaflet in the waiting room with information about the emergency room.

Research and treatment will take place during your stay. As soon as it is known what the possible diagnosis and / or proposed treatment is, you will be informed of this. After your stay, hospitalization sometimes takes place or you may return home.

A maximum of two companions may stay in the room with you. For other visits there is the possibility to take place in the waiting room

6. Contact information of local hospitals and GP

- Telephone number and address of the local hospital
- It also includes directions from the sports hall to the hospital.

7. Doping control

Planned doping control: Two rooms must be available in the sports hall.

8. Map of the tournament location with clear indication where the medical room can be found.

Add a map here