



MEDICAL GUIDELINES FOR DODGEBALL COMPETITIONS



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Medical Guidelines Sub-Committee
Medical and Anti-Doping Committee
World Dodgeball Federation (WDBF)

INTRODUCTION AND SCOPE OF GUIDELINES

The aim of these guidelines is to provide Local Organising Committees (LOC) with information regarding medical requirements for international competitions. The guidelines act as a template for planning the medical services and ensuring the safety of both athletes and non-athletes during dodgeball tournaments. They can also be implemented for local competitions.

To be recognized as a WDBF sanctioned competition the LOC must fulfil the minimum requirements in these medical guidelines without exceptions. However, the satisfactory requirements are to be viewed as the de facto requirements for organising a sanctioned competition with proper safety measures, and the LOC should aim to fulfill the optimal requirements whenever possible. The WDBF Medical Director will make sure the LOC adheres to the requirements, either personally or by delegation.

Bids for competitions will be ranked according to fulfillment of these requirements. The WDBF Medical and Anti-Doping Committee will rank the medical plans for bids submitted toward organising the World Championship and supply the WDBF Board of Directors with recommendations on which bids are most medically suitable. The WDBF Medical and Anti-Doping Committee may rank bids for Continental Championships if asked to do so by the Continental Federations, if they do not have an appointed Medical Director.

This document acts as a template for planning the medical work. The information is either directly related to LOC planning or is part of the information that goes out to the teams within a Team Manual (TM). Whenever some information needs to be included in the Team Manual, it is noted in parentheses.

This document has been adapted from the medical guidelines developed by Dr. Darko Sarovic for the European Athletics U20 Championships in 2019 by the members of the WDBF sub-committee for medical guidelines (Darko Sarovic MD PhD BA MS, Sadie Henderson MD, Blain Murphy PhD, Ramlan Bin Abd. Aziz MD).

On behalf of the WDBF Medical and Anti-Doping Committee,



Dr. Darko Sarovic, Medical Director



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1. MEDICAL SERVICES

The LOC shall provide medical services at the Venue for all visitors. A designated Medical Center shall be set up, containing the medicines and medical equipment (see section 3).

Athletes, team officials, media, spectators and LOC personnel may present to the Medical Center for medical care. Only basic and first aid is provided at the Medical Center. All sudden and severe cases that require more advanced diagnosis and treatment should be immediately transported to the Designated Hospital (see section 2).

Medical services should be provided during times indicated as the opening hours for the Medical Center (see section 6). The Medical Center should be located as close as possible to the playing areas to allow for rapid response times (within 1 min). Information pertaining to medical aspects should be publicly posted outside the Medical Center (such as temperatures exceeding safety limits or information regarding the occurrence of infectious diseases at the Venue).

2. LOCAL CONTACTS

Minimum Requirements

- ▶ A local emergency phone number. (TM)
- ▶ The competition must have a local Designated Hospital. The TM should state the name, address, and phone number to the Designated Hospital. The distance (in kilometers and miles) as well as the approximate time for an ambulance to arrive should also be stated.

Satisfactory Requirements

- ▶ A 24/7 phone number to the medical director/chief physician or a person in the LOC for consultations in case of medical emergencies. (TM)

Optimal Requirements

- ▶ Information regarding insurance and payment of medical services at the Designated Hospital. (TM)



3. MEDICAL CENTER

Minimum Requirements

- ▶ A specified location close to the playing area where a medically trained person is located, or one can find contact information for the medically trained individuals (coordinated by LOC delegate; see [Personnel - Minimum Requirements below](#)). (TM)
- ▶ Contact information for medically trained individuals needs to be provided in the form of a schedule, detailing their availability and specific phone numbers throughout the day.

Satisfactory Requirements

- ▶ A designated room serving as the Medical Center.
- ▶ Access to running clean water and a toilet.
- ▶ Possibility of locking if no medical personnel is present.
- ▶ An information board outside the Medical Center with contact information (to medical director/chief physician, the Designated Hospital, and the local emergency phone number), a map of other potential locations of medical personnel/services, and other medically relevant information (such as temperature).

Optimal Requirements

- ▶ Possibility of locking up medicines and medical equipment inside the Medical Center in case it is unattended.



4. PERSONNEL

All competitions must always have at least one medically trained person present at the Venue. The TM should specify the medical team in terms of number and education (such as “1 medical doctor and 2 nurses”).

Minimum Requirements

- ▶ Either
 - ▶ A dedicated medically trained individual (medical doctor, nurse, EMT) in the medical center OR
 - ▶ A list of medically trained individuals (medical doctor, nurse, EMT) among the attendees (athletes, team officials, spectators), with contact numbers. At least one such individual must be present at the Venue at all times (i.e. from opening until closing time for the arena). A delegate of the LOC makes sure this is the case.
- ▶ A direct phone number (active during opening hours) either to the dedicated medical personnel or the LOC delegate in charge of the above-mentioned list of medically trained individuals to be called in case of injury. (TM)

Satisfactory Requirements

- ▶ A phone number to the medical director or chief physician that is reachable 24/7 during the competition. (TM)
- ▶ A means of communication between all the members of the medical personnel (walkie talkies, phone numbers etc).
- ▶ A dedicated medically trained individual (medical doctor, nurse, EMT) in the medical center.

Optimal Requirements

- ▶ A medical doctor in the medical center.
- ▶ A dedicated medically trained individual (medical doctor, nurse, EMT) in close proximity to the playing area
- ▶ Availability of physiotherapy at the Venue for treatment of athletes. Information about prices, or if treatment is free, in the TM.



5. EQUIPMENT IN MEDICAL CENTER

The medications must be locked away at all times when no medical personnel are present to prevent unauthorized access. If no possibility exists to restrict access to medications in the Medical Center, then the Medical Center must be locked when no medical personnel are present.

Minimum Requirements

- ◆ Free access to water, either drinkable tap water or bottled water
- ◆ Ice or Ice-packs
- ◆ Bandages
- ◆ Sports tape
- ◆ Band-aids
- ◆ Disinfectant (hand sanitizer)
- ◆ Paper / towels / washcloths

Satisfactory Requirements

- ◆ Medicines
- ◆ Electrolyte drinks and oral glucose
- ◆ Mild analgesics (Paracetamol / Diclofenac / Ibuprofen)
- ◆ Antihistamines (Loratadine / Cetirizine / Levocabastine)
- ◆ Medical equipment
- ◆ Tape
- ◆ Scissors
- ◆ Sterile swabs (cotton or paper)
- ◆ Finger splints
- ◆ Stethoscope
- ◆ Sphygmomanometer
- ◆ Thermometer
- ◆ Bandage scissors
- ◆ Gloves (non-sterile)
- ◆ Sterile saline
- ◆ Cardiac defibrillator at the Venue

Continued on next page.



5. EQUIPMENT IN MEDICAL CENTER - CONTINUED

Optimal Requirements

- ◆ Medicines
- ◆ Emergency medications (Adrenaline / Cordarone / Betamethasone)
- ◆ Strong analgesics (Tramadol)
- ◆ Anti-diarrheal (Loperamide)
- ◆ Anti-asthmatics (Salbutamol)
- ◆ Anti-epileptics (Diazepam)
- ◆ Diuretics (Furosemide)
- ◆ Medical equipment
- ◆ Pulse oximeter
- ◆ Cervical collars (soft and hard)
- ◆ Splints for fracture immobilization of extremities (upper and lower)
- ◆ Crutches
- ◆ Warming blankets
- ◆ IV kit and IV saline / Ringer's acetate / Glucose solution
- ◆ Medical glue or steri-strips / suture tape

6. OPENING HOURS

Minimum Requirements

- ▶ Opening hours of the Medical Center overlap with scheduled matches (including 30 minutes before the first and after the last match). (TM)

Satisfactory Requirements

- ▶ Opening hours of the Medical Center overlap with the opening hours of the Venue.



7. MAP OF LOCATIONS

The TM must include a map of the Venue that shows the locations of the following:

- ◆ Medical center and/or location of additionally stationed medical personnel across the Venue
- ◆ Anti-doping testing facility
- ◆ Ice
- ◆ Emergency exits
- ◆ Access to water and toilets

8. LOCAL LAWS FOR DRUG IMPORT

Medical teams and attending individuals (athletes, team officials, media, audience members) may have to bring drugs when traveling. Because teams come from across the world, with different laws and regulations for drugs, the LOC must provide information about what applies for the country where the competition is being organised.

Minimum Requirements

- ▶ Indicate where one can find information about local laws. For example, the website and phone number to the customs/border control of the country where the competition is organised. (TM)

Satisfactory Requirements

- ▶ Outline laws and regulations for importing prescription drugs. If forms are needed for import, outline what information needs to be included in such forms. (TM)
- ▶ List common substances that are strictly prohibited in the country which may not be so in other countries. (TM)



9. ANTI-DOPING

For any international competition, doping tests may be conducted. Because such testing needs to be informed, all participating athletes must have completed the anti-doping education on the WDBF website, and this must be verified by the team officials at the time of registering the athletes.

Minimum Requirements

- ▶ All participating athletes must complete online education on anti-doping, and their accreditation noted by the member federation at the time of team registration. (TM)
- ▶ Information to athletes that anti-doping tests may be performed at any point during the competition. (TM)
- ▶ If no anti-doping testing is planned by the LOC
- ▶ The national anti-doping agency (in the organising country) shall be informed about the competition at least 2 months prior to the start of the competition and given access and permission for testing of all athletes and team officials.
- ▶ The anti-doping agencies for the respective countries shall be given access and permission to test their own athletes.

Satisfactory Requirements

- ▶ A dedicated area for anti-doping with access to a toilet and water.
- ▶ Anti-doping testing; at least 1 test per 50 registered athletes.
- ▶ A sufficient number of chaperones that can accompany all athletes to be tested from the time they are informed about anti-doping testing until the test has been completed.

Optimal Requirements

- ▶ A dedicated area for anti-doping with access to toilets and water as well as a resting area where athletes can be contained until testing.
- ▶ Anti-doping testing; at least 1 test per 20 registered athletes.



10. EMERGENCY PLANS

The LOC must be prepared for the most common potential emergencies. Although some are common irrespective of location (such as fire hazards or infectious outbreaks in indoor stadiums) and always require preparedness, others are locally relevant (such as earthquakes or storms) and need to be considered on a case-by-case basis. Information about potential emergencies together with precautionary measures that can be taken by everyone, should be posted outside the Medical Center.

Minimum Requirements

- ▶ The Venue must have emergency plans posted at different locations that include emergency exits and the closest path to each, as well as gathering points outside the Venue. If no such emergency plans are posted across the Venue, the LOC must provide them and put them up across the Venue. (TM)

Satisfactory Requirements

- ▶ In case of an emergency, the Medical Director of the competition as well as the president of the LOC must be contacted for an action plan to be developed and implemented.

Optimal Requirements

- ▶ Local risks have been taken into consideration and tailored emergency plans have been developed. (TM)



11. REQUIREMENTS FOR EXTREME WEATHER CONDITIONS

Information about potential extreme weather conditions together with precautionary measures that can be taken by each individual, should be posted outside the Medical Center.

High Temperatures

- ▶ If the temperature inside the Venue (measured on the courts and in the stands) exceeds 28°C.
- ▶ Given local possibilities, the LOC shall attempt to decrease the temperature within the Venue (turn up air conditioning, open/close doors/windows).
- ▶ Ice bags and cooled water should be provided for players, team officials and referees before each game, and from a designated location in the stands for the spectators.

Low Temperatures

- ▶ If the temperature inside the Venue (measured on the courts and in the stands) drops below 16°C.
- ▶ Given local possibilities, the LOC shall attempt to increase the temperature within the Venue (turn up heat, close doors/windows).
- ▶ Blankets or a form of heat source (such as bags with warm water) should be provided for players, team officials and referees before each game, and from a designated location in the stands for the spectators.

ADDITIONAL INFORMATION

For more information on this document, please contact:
medical@worlddodgeballfederation.com

