



**“Home to Wushu  
in Ontario”**

WUSHUONTARIO

## **WOP33-Safe Weight Management Policy**

*EFFECTIVE: May 1<sup>st</sup>, 2023*

2370 Midland Ave, #B23-25, Scarborough, ON, M1S 5C6 416-801-5614 [ontario@wushucanada.com](mailto:ontario@wushucanada.com) [www.WushuOntario.ca](http://www.WushuOntario.ca)

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### **WushuOntario – Safe Weight Management Policy**

#### **Purpose**

**In Sanda Sport Combat competition events, WushuOntario understands the dangers associated with weight cuts prior to each tournament. As such, WushuOntario highly encourages all athletes and particularly junior class athletes (i.e. those under 18 years old) to follow safe weight management protocols and to refrain from cutting weight for competition. This safe weight management policy provides guidelines for athletes wishing to compete under WushuOntario.**

#### **Policy**

- a. All WushuOntario Sanda (Sport Combat) members are required to submit an "Annual Medical" form with their membership registration. This medical form is completed and approved by their family physician. It is then signed by the athlete and the athlete's guardian if under the age of 19. This form shall have a clear indication of the athlete's weight for baseline reference throughout the competition year.
- b. WushuOntario will approve the athlete to a specific weight class and level of competition based on experience and assessed skill level.
- c. The athlete and guardians of junior athletes are reminded of dangers of weight cuts during the membership registration process as they sign off on the membership form.
- d. As a guiding principle, athletes should not lose more than 5% of their body weight in 24 hours.
- e. Furthermore, if any athlete changes more than 10% of their body weight from baseline reference during the competition year, a WushuOntario physician shall investigate to ensure the athlete is following a safe dietary and training regimen.
- f. The "Annual Medical" form must be submitted during membership registration, thus allowing ample time for WushuOntario to ensure his/her opponent is in the same weight class.
- g. Should an athlete wish to change weight class, he/she must complete a new "Annual Medical" form and submit it to WushuOntario at least two weeks prior to any competition event to prevent the practice of rapid weight loss prior to weigh in.
- h. WushuOntario performs weigh-ins 1-4 hours before the first contest to discourage amateur athletes from rapid weight loss, which will impact both their health and performance.



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i. WushuOntario understands the misrepresentation of weight when using a different scale or fluctuations of weight that may occur on the day of the tournament, as such, all athletes are allowed the opportunity to lose up to 1% of their weight should they not meet their weight class during the weigh-in.

j. Both the coach and guardian of junior athletes are advised to monitor this weight loss and determine whether the athlete can meet the weight class. The athlete has until 1 hour before the first contest to meet his/her weight class before being disqualified from the event.