



information@boxing.bc.ca

250-564-7750

SCAT5 Requirements

- To align with Boxing Canada's competition requirements SCAT5s are required for all Boxing BC athletes planning to compete as Open Boxers in the Boxing BC Provincial Championships. Without this document athletes will **NOT** be eligible to compete in the Tournament.
- Mandatory for all athletes planning to participate as Open Boxers in Boxing BC's Annual Provincial Championships.
- The **SCAT5** must be completed annually by a doctor, nurse, physiotherapist or certified athletic therapist (and must include official stamp of the professional who conducted the test and/or their license number).
- Once completed a copy is to be provided to Boxing BC along with annual registration or renewal paperwork
- Attach a completed copy to the inside back cover of the boxer's record (blue) book.

Baseline SCAT5 Instructions

Instructions to Boxers and Coaches:

NOTE – A BASELINE SCAT5 IS REQUIRED TO COMPETE IN THE BC PROVINCIAL CHAMPIONSHIPS, THE CANADIAN NATIONAL CHAMPIONSHIPS, OR INTERNATIONAL COMPETITION.

The completion and submission of this form to the Boxing BC office is the responsibility of each individual boxer.

- This baseline assessment must be completed annually by a doctor, nurse, physiotherapist or certified athletic therapist (and must include official stamp of the professional who conducted the test and/or their license number).
- It is recommended to bring this form with you to your doctor when completing your annual medical. It will add approximately 20 minutes to the standard medical assessment.
- Important! When taking the assessment boxers cannot be under the influence of alcohol, cannabis, or other non-prescription drugs.
- Once completed Staple a copy of the test in the back of your blue boxing book (passport). Also email a copy of the completed SCAT5 to information@boxing.bc.ca. Boxing BC must have a baseline SCAT5 on file for all boxers planning to compete at the Open Level in the Annual Provincial Championships or travel to competition with BC's High-Performance Team.
- Please confirm the medical professional performing the assessment includes their office contact details, or a stamp on Page 6 of the document. Boxing BC will not be able to accept this document without this information.

Instructions to Doctors, Physiotherapists, Nurse Practitioners, or Athletic Therapists:

- Please read the **Page 7 "Instruction"** section of the document before beginning the SCAT5 assessment.
- When starting the assessment please skip the "*immediate or on-field assessment*" section on Page 2 and perform the "*office or off-field assessment*" on Page 3.
- Ensure that your office contact details, or a stamp is included on Page 6 of the document. Boxing BC will not be able to accept this document without this designation.
- If you have any questions or concerns, please contact Boxing BC at (250) 564-7750 or information@boxing.bc.ca.