

Safe Weight Cutting

“R.E.S.C.U.E.”

*R*isks involved - know them

*E*ngage safe matches for your weight

*S*et goals and track progress

*C*ommunicate with trainer

*U*nderstand the warning signs and stop

*E*arly medical attention if unwell

Risks - dependent on amount to lose and how quickly

- Brain injury
- Stroke
- Coma
- Death
- Heart Attack
- Organ Failure
- Heatstroke
- Kidney stones

Engage safe matches for your weight

- Just because you can get to the weight doesn't mean you should
- Fighting dehydrated decreases performance
- Significant dehydration will fail pre-fight medical
- Failing pre-fight medical will mandate higher weight class

Set goals and track progress

- Know starting weight
- Have a plan of what weight you should be at points in time
- Check weight at least weekly - ensure less than 5% loss in last 48hrs
- Stick to plan with diet and training to ensure maximal fat loss

Communicate with your trainer

- Let trainer know weights
- Enlist help if not meeting preset targets
- Consider early notification of promoter/matchmaker if weight loss likely to be an issue in later stages

Understand warning signs and stop

- Initial sign is excessive weight to lose in last 2-3 days
- Decreased rate of weight loss despite continued attempts to lose
- Cessation of sweating is a critical sign. You must stop and rehydrate
- Any changes in mentation -confusion, collapse, decreased consciousness etc
- Persistently elevated body temperature

Engage early medical care

- Call ambulance early if concerned
- Note that even with all of above poor outcomes may still occur