

Cannabis and Combat Sports – Fight Night Guidelines

Acute cannabis intoxication can impair complex cognitive and motor function; thus, it is the Association of Ringside Physician's position that any athlete suspected of acute cannabis intoxication at the time of competition should be disqualified from that competition.

Cannabis has been described as having a skunky or pungent odor. Aroma can be dependent on the strain, but often has earthy/herbal undertones.

Signs and symptoms of acute intoxication may vary based on timing, amount, route, concomitant use of other substances, and individual differences but may include:

- *Relaxation, anxiousness, perceptual alteration;*
- *Increased HR and BP, postural hypotension;*
- *Slowed reaction time, slurred speech, impaired concentration;*
- *Lethargy, sedation, psychosis.*

More focused neurocognitive examination may be warranted based on suspicion. Always make sure to carefully document findings.

Quantitative testing has limited usefulness as concentrations in body fluids correlate poorly with clinical effects and timing of use.