

World Sailing

Medical Commission Meeting Minutes

Date: Monday 13 November 2023

Time: between the hours of 9:30 – 1:30

Venue: at the Hotel NH in Malaga, Spain.

Agenda Items

1. Opening of the Meeting

2. In Attendance:

Dr Benedict Tan – Chairperson (BT)
Dr Nebojša Nikolic – Vice-Chairperson (NN)
Dr Spike Briggs (Online) (SB)
Dr Bernard Destrubé (BD)
Dr Luca Ferraris (LF)
Dr Margriet Pannevis (Online) (MP)
Dr Carmen Vaz Pardal (CVP)
Dr Sophia Papamichalopoulos (Online) (SP)
Vice President Tomasz Chamera

3. WS Staff Present: Urvasi Naidoo (UN) Alice Hug (AH)

- a. Welcome and Introduction by Dr Benedict Tan.
- b. Apologies – None
- c. Minutes of the previous meeting. The Minutes for the online meeting on 18 July 2023 were approved. There were no other matters arising that were not otherwise on the agenda.
- d. Declaration of Interest – Dr Benedict Tan provided some additional declarations which were noted.

4. Anti Doping

- a. Testing Report 2023 (Including Adverse Analytical Findings / Atypical Findings/ Missed Tests) The Commission noted the report and in particular noted that there were no adverse analytical findings and the number of tests was in accordance with the WADA requirements (3 Out of Competition (OOC) for Registered Testing Pool and 1 OOC for Testing Pool). The Commission requested a TUE Report, UN to provide over email. Noted that all reports will be anonymised in future to ensure no data privacy breaches.
- b. Education Report 2023 The Commission noted the report, in particular it noted that education sessions had taken place in the Hague for para sailors and that the “I Sail Pure” brand had been created. Further education would take place in December at the World Sailing Youth Championships in Brazil.
- c. Plan 2024 Testing and Education. In relation to the 2024 Testing Plan the Commission approved the proposals for “front loading” testing as it was an Olympic Year. The Commission also approved the RTP and the TP for 2024.
In relation to 2024 Education Plan it was noted that there would be again be a focus on education for youth and para sailors with education in person at the World Sailing Youth Championships in Italy and also at the Inclusive Games in Weymouth. It was

also noted that World Sailing would partner with the ITA in relation to participation in their Webinar Series. It was also noted that in relation to Olympic sailors it would be mandatory to complete education (usually on ADEL) before they could compete in Paris.

d. Tenders for Anti Doping Work for next Quad.

UN explained that ITA work was divided into 1. Education 2. Testing 3. Results Management. Proposal from the WS staff team was: 1. Education WS in house but with some ITA support (webinars) 2. Testing- Clearidium 3. Results Management - ITA.

The Commission noted the costings provided from ITA and Clearidium in relation to Testing. It was noted that Clearidium was cheaper but that this did not include a risk assessment. It was also noted that Clearidium had been working with World Sailing for a long time and knew the sport very well and that there had not been any problems with their service.

The Commission agreed the following in relation to the next four year period 2024 - 2028 in accordance with the recommendations:

1. Education – WS In House with support from ITA where possible
2. Testing – Clearidium
3. Results Management – ITA.

There was further discussion regarding the Risk Assessment which would need to take place after Paris 2024. It was agreed that UN would speak to WADA to ascertain best practice and any recommendations in this regard.

5. Transgender

- a. Paper (Report of Consultation and Research) AH gave a detailed report of work done to date. The Commission noted the results of the survey, the additional research in relation to what other IF's are doing and the work done with IOC and inclusion experts. The survey had been circulated in September but only had 96 responses. It was noted that since the survey had been circulated several MNA had shown interest in assisting with the development of the policy. It was agreed to have a working group with Medical Commission, MNA, Classes, Athletes and Coaches to continue the consultation process and develop a draft policy. The Commission noted that the working group was due to have its first meeting 14 November 2023. NN, SB and MP were all part of the Working Group. The Commission noted the progress to date and also noted the revised timetable of preparing the policy for approval by the Council at the 2024 May Mid Year meeting.

6. Health and Safety

- a. Safety Commission
A written update had been provided by the Safety Panel. The Commission noted that the Safety Commission would have its first ever meeting on the 14 November 2023 and that NN was appointed to represent the Medical Commission.

7. Event Reports

- a. Paris Test Event
NN provided a full report. On the whole the team in Paris were excellent however there were two points which World Sailing needed to record:

1. Rescue Boats are not appropriate WS to request from the organizers to secure 8 rescue boats of adequate speed and performances. For the Kite class it is advisable to explore the use of jet ski scooters with platform as used in Surfing events.
2. Heat can be a problem and WS should:
 - i. secure that "bibs" of adequate design are provided for Olympic Games as those proved to be of significant burden to cooling capabilities of the athletes.
 - ii. WS should secure 5 WBGT thermometers to be used on Olympic games.
 - iii. WS should request from Paris 2024 to supply adequate amount of ice to be used by athletes. Estimated minimal amount of ice that will be needed per athlete is 4kg.
 - iv. WS should request from Paris 2024 to supply 6 litres of water per athlete, minimum.
 - v. WS should request from Paris 2024 to secure adequate number of water hoses in the boat park and IQ foil/Kite park (at least 5)
 - vi. WS should request that adequate shading is provided in boat park in marina, currently very little shade.
 - vii. WS should request from Paris 2024 to adapt athlete' lounge to be used as cooling space for the Olympics: cooling system, ventilation, doors-transparent sheets/curtains on entrances.

b. Hague WS World Championships.

NN had attended at the Hague. There were no major medical incidents.

The Commission noted the reports and thanked NN for his attendance at the Events.

8. Injury Research

a. Foiling at the Hague

Sebastiaan Heitkamp the researcher joined the meeting and gave his initial findings in a presentation to the Commission. The research has not yet been published but it will be open access. He agreed to share the slides from the presentation with the Commission. The Commission noted the report.

9. Sailing-Specific Conditioning Programme

- a. The project is still underway. Catherine Duncan was unable to attend the meeting but UN would follow up with her.

10. Quick-release foot-strap

- a. BT shared a presentation on the Quick release foot-strap. The Commission noted that this is progressing towards production.

11. Para World Sailing Committee

- a. Update and Report from Events.
BD updated in relation to the Para Sailing at the Hague/Brassemere.
- b. There were some safety issues raised in relation to the Class Rules for the RS Venture Class whereby buoyancy aids were mandatory and this could be dangerous for para sailors. A written report was noted with recommendations

that the rule be deleted and that World Sailing issue a warning in their Para Sailing Bulletin to increase sailor awareness about choice of buoyancy aids. UN to progress with Para Sailing Manager.

- c. Experimental Rules for Inclusive Sailing Eligibility. BD advised that these rules had been developed for the event in Rostock – while inclusive, they needed to be balanced against providing a level playing field. BD would share these with the Commission for comment via email.

2. Safeguarding

- a. Update on policy and procedures was noted. These would be presented to the Council for approval on 18 November 2023

3. Recommendations

- a. Budget – The Commission requested that 2024 budget be made available for:
 1. attendance at IOC and WADA Conferences.
 2. the marketing and promotion of the sailing specific conditioning program.

4. Any Other Business

- a. Discussion with SailGP Medical Director, Dr Neil Heron who joined the meeting for this section of the meeting. He expressed interest in exploring the following areas with the MC:
 - Sailing-specific concussion policy and guideline - SB to share the existing Sailing Specific Guidelines and discuss if they adequately address SailGP's concerns.
 - Cardiac screening policy –LF to share and discuss existing Italian and international pre-participation screening protocols.
 - Injury and illness reporting in sailing – CVP to share the IOC reporting template which had been adapted for the Olympic Classes and published in BJSM in 2016, and discuss if further adaptations are needed to incorporate SailGP considerations.
 - Post-critical incident care (how we care for sailors and crew post any major incident on the water) - SB to share the current protocols and practices, and how they apply to SailGP.
- b. 2021 iQFOiL European Championships Injuries – Research Paper. It was noted that the authors have amended the draft manuscript based on BT and CVP's inputs. BT and CVP will make a final round of edits before submission to BJSM for publication. [Post meeting notes: BT and CVP have since provided their final edits.] Vice President Tomasz Chamera declared that the Sports Science Research Group in the Rehasport Clinic are an independent commercial entity, and that they were interested in collaborating with WS on other projects apart from the above research. BT had invited proposals for collaboration but had not received any to date. Vice President Tomasz Chamera will remind the group to submit their proposal/s, while UN will liaise with Rehasport Clinic to guide them in structuring their proposal/s for submission.

Private & Confidential**5. Date of Next Meeting.**

To be confirmed. [post meeting note: Annual Conference 2024 will be 4 – 9 November 2024]

On behalf of the Board Vice President Tomasz Chamera thanked all members of the Medical Commission for all their work during 2023.

The Chair also thanked the Commission members for their work and their attendance at the meeting and then closed the meeting.