

World Sailing

Medical Commission Meeting Minutes

Date: **Monday 4 November 2024** Time:

between the hours of 10:30 – 13:30

Venue: **Suntec Convention Centre, Singapore.**

Agenda Items

1. Opening of the Meeting

2. In Attendance:

Dr Benedict Tan – Chairperson (BT)

Dr Nebojša Nikolic – Vice-Chairperson (NN)

Dr Bernard Destrubé (BD)

Dr Luca Ferraris (LF)

Dr Carmen Vaz Pardal (Online) (CVP)

Dr Sophia Papamichalopoulos (SP)

Vice President Tomasz Chamera

WS Staff Present: Urvasi Naidoo (UN) Gillian Sanders (GS) Catherine Duncan (CD)

- a. Welcome and Introduction. Chair, Dr Benedict Tan welcomed members of the Committee to Singapore and thanked them for their attendance and their work during the previous year.
- b. Apologies – Dr Spike Briggs; Dr Margriet Pannevis
- c. Minutes of the previous meeting. The Minutes for the meeting on 16 November 2023 were approved. There were no other matters arising that were not otherwise on the agenda.
- d. Declaration of Interest – None

4. Anti-Doping

- a. Testing Report 2024 (Including Adverse Analytical Findings / Atypical Findings/ Missed Tests/ TUE Applications and Whereabouts Filing Failures) The Commission noted the report and in particular noted that there were no adverse analytical findings, and that 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). It was also noted that the majority of WS testing had been carried out pre-Olympics and that WS had also been contracted to carry out the Anti-Doping programme for the America's Cup.
- b. Education Report 2024 The Commission noted the report, in particular it noted that education sessions had taken place at the World Sailing Youth Championships in Búzios, Brazil and Lake Garda, Italy and the Para Inclusive World Championships in Rutland, UK. The "I Sail Pure" brand continued to be successfully utilised.
- c. Plan 2025 Testing and Education. In relation to the 2025 Testing Plan the Commission approved the proposals for testing. The Commission noted that the proposed RTP and the TP for 2025 would be sent for Commission approval via email after the Conference as they would be updated according to the latest rankings.

In relation to the 2025 Education Plan, it was noted that the continued focus was on education for youth and para sailors with education in person to take place at the World Sailing Youth Championships in Portugal in December 2025 and also at the Inclusive Games (date and venue tbc). It was also noted that World Sailing would continue to partner with the ITA in relation to participation in their Webinar Series.

d. Risk Assessment for 2025 to 2028.

There was a discussion regarding the Anti-Doping Risk Assessment that needs to take place in 2025 for guidance in the lead up to Los Angeles Olympics . The Commission agreed that (subject to WADA's approval) that the Risk Assessment would be conducted in-house by the Medical Commission and possibly thereafter reviewed independently by an anti-doping consultant, if necessary. UN would contact WADA to confirm if it was acceptable for the Medical Commission to prepare the Risk Assessment (question is if they have sufficient independence to carry out the task).

5. Transgender

- a. Transgender Policy. The Commission noted the amendments to the Transgender Policy being proposed to Council. These amendments had already been circulated to the Committee and the changes were mainly to add better clarity with reference to non-binary persons.
- b. Medical Manager. NN agreed to be appointed as Medical Manager and the remaining Commission members agreed to be panel members to be appointed on an ad hoc basis, as and when a case arises. The Commission noted that, if required, one of the experts in this area from other sports could also be appointed to a panel.
- c. Further review and amends to policy November 2025. The Commission agreed that further amends were not necessary in 2025. With regards to DSD/Intersex NN would monitor developments in other Olympic Sports and then bring back to the Commission in the future.

6. Safety

- a. Safety Report
The Commission noted the report received from Safety Commission representative NN. NN enquired whether anyone on the Commission would like to take his place on the Safety Commission. The Commission agreed to wait until the new Medical Commission was formed before deciding on a member to sit on the Safety Commission.

7. Event Reports

- a. Paris Olympic Games
NN provided a full report. On the whole, the medical team in Paris were excellent. Looking forward to LA 2028, NN recommended the following measures:

1. Ensuring rescue boats of adequate speed and performances. For the Kite class, due to the speed, it is advisable to use jet skis. These were not permitted by Paris 2024 due to terrorist threats.
2. Maintain and improve heat measures. Heat would be a bigger problem in LA 2028. It was therefore important to maintain the measures deployed in Paris but 'Real Time' thermometers were a priority. It was noted that Heat Stroke for Spectators could also be an issue. There was little shade in Marseille for spectators and one spectator was hospitalised.
3. Water Quality tests review. Bird excrement in Marseille polluted water quality on the beach, which was the launch site for kites. When the competition started the water cleared and the beach could be used. Rules regarding water quality should be supplemented to reflect this and also rules to permit kites launching outside this area if the water is polluted.

NN also attended the Last Chance Regatta in France. The Commission noted the report and thanked NN for his attendance at the Events.

8. Olympic Youth Games – 2026 Dakar - Senegal

NN reported on Heat Study and importance on measures as deployed in Paris for YOG Dakar.

NN also reported on importance on water quality definitions change as otherwise the YOG Dakar were going to be unlikely to meet the standards.

9. Change of definitions for primary and secondary contact WS Water Quality Standards

NN reported on recommendations to change the definitions of Water Quality Standards for primary and secondary contact. This was highlighted due to bird excrement in Marseille affecting primary contact water quality test results for the launch site for the kites. Rules regarding water quality should be supplemented to reflect this and permit kites launching outside this area if necessary.

10. Quick-release foot-strap

BT updated that this project was now in its last phase with a prototype in place and there were discussions being held with manufacturers.

11. Para World Sailing Committee

- a. Update and Report from Events.

BD updated in relation to the Para Sailing at the RS Venture Connect Inclusive World Championships.

- b. The 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 has now been resolved with



the rule to be deleted and BS thanks WS for that change.

- c. BD raised concerns re self-declaration by sailors at inclusive championships. He viewed this as potentially dangerous and opening up WS to liability. DS recommended WS considers this exposure.

2. Safeguarding

a) Safeguarding Report

The Commission noted the report, in particular they noted the amends approved by Council at the Mid-Year Meeting. They noted the appointment of the Safeguarding Disciplinary Tribunal and they noted the preventative measures taken by World Sailing, including the vetting of World Sailing staff and officials, pre event risk assessments and education initiatives.

b) 2025 Safeguarding Plan

The 2025 Safeguarding Plan was noted by the Commission.

3. Recommendations to the Board

See attached appendix. The Chair and Vice Chair agreed the recommendations which would be put to the Board.

4. Any Other Business

- a. Discussion with SailGP Medical Director, Dr Neil Heron.

The relevant information was shared with Neil Heron pursuant to the November 2023 meeting. The Commission concludes and notes that any further replies to Neil Heron should emphasize that the Commission operates in an advisory role and was happy to answer questions but could not drive his initiative/research forward.

- b. Sailing-Specific Conditioning Programme

CD provided a report that the program has almost concluded and stated that an introduction to the video with BT and script would be filmed later in the week in Singapore.

- c. Formula Kite Proposal concerns on athlete weight:

The Commission considered the paper received from the athletes raising their concerns on the negative impact on them of body weight. The Commission concluded that:

- From a medical standpoint no rapid change in weight is healthy for an athlete.
- It is agreed there is a higher risk of doping in order to gain weight.
- The Medical Commission would prefer the use of a more accurate indicator of body composition rather than BMI to assess this issue.
- Further study and consultation are required before the Medical Commission can provide a qualified medical recommendation.

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

To be confirmed but anticipate it will be November 2025.

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

The Chair also thanked the Commission members for their work and their attendance at the meeting. He especially thanked BD who was not nominated for re-appointment for the next quad. The Chair then closed the meeting.