

Medical Commission Report and Recommendations

Following their meeting on 4th November 2024 the Medical Commission makes the following report:

1. Anti-Doping
 - a. The Commission noted the report on Testing and Education for 2024 and in particular that there had been no adverse analytical findings and that the testing plan was in compliance with the WADA requirements.
 - b. The Commission approved the Testing and Education Plans for 2025.
 - c. The Commission agreed that, if WADA deem it appropriate, the Medical Commission would carry out the Anti-Doping risk assessment and then have it reviewed by an independent person or body.
2. Transgender

The Commission approved proposed the amendments to the Transgender and Non Binary Policy which were being proposed to the Council for approval on Saturday. The Commission appointed Dr Nebojša Nikolic as the Medical Manager for Transgender and Non Binary Policy.
3. Reports

The Commission received reports on

 - Safety
 - Event Report on Paris Olympic Games.
 - Olympic Youth Games – 2026 Dakar – Senegal - Heat Study
 - Change in WS Water Quality Standards regarding application of primary contact standards for the launching area of some classes.
 - Quick-release footstep equipment
 - Para events and Classifications
 - Safeguarding
4. Medical Commission requests:
 - The Commission Requested that 2025 budget be made available for attendance at IOC and WADA Conferences.
 - The Commission noted that 2024 RS Venture Connect World Championship featured an 'Inclusive' category which was aimed at increasing opportunities for participation by disabled sailors whose disability did not meet the Para Classification criteria. This category involved self-certification of a disability. It was unclear whether this was a World Sailing event and therefore subject to World Sailing classifications.
 - The Commission strongly suggested that liaisons with LA 2028 started early to specify what was required in relation to medical requirements and especially in relation to the provision of adequate health mitigation and prevention measures for athletes and spectators. The Commission also requested that any safe sport and mental health (mind

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zone) provision for athletes in the athlete village should also be provided for sailors who might not be in the main village.

- The Medical Commission considered the paper received on Saturday 2 November from female athletes in the Formula Kite Class.

From a medical standpoint no rapid change in weight is healthy for an athlete. The Commission 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 to World Sailing.

Dr Ben Tan
Chair World Sailing Medical Commission