

WORLD SAILING

MEDICAL COMMISSION

ANNUAL WORK PLAN 2024-2028

1. Medical Commission

2. Commission Members

Ben Tan (Chair)	Fanny Mevellec	
Neb Nikolic (Vice Chair)	Sophia Papamichalopoulos	
Luca Ferraris	Carmen Vaz Pardal	
Joanne Allen	Spike Briggs	

3. Working Groups

Working Group	Lead	Members
DSD/Intersex Policy	TBC	TBC

4. Remit and Strategic Alignment

The Medical Commission remit is to:

- (a) inform and advise the Board in respect of the implications and implementation of the World Anti-Doping Code and all its provisions;
- (b) ensure that such annual changes as are made to the World Anti-Doping Code List of Prohibited Substances and Methods are published and made known to Member National Authorities, so that these may be disseminated to competitive sailors worldwide;
- (c) advise and assist the Board in the practical enforcement of the World Anti-Doping Code;
- (d) consider and process, via the Secretariat, requests from competitors for dispensation for ATUE and TUE by the procedures in the World Anti-Doping Code International Standard for Therapeutic Use Exemptions, and to issue such Certifications of Approval and notify the Board;
- (e) forward requests for Therapeutic Use Exemptions, suitably validated by the Board, for competitors seeking to compete in the Olympic Sailing Competition, to the IOC Medical Commission, and to act on behalf of such competitors in confidential negotiations with the IOC Medical Commission;
- (f) consider and advise the Board on Medical matters affecting all branches of sailing served by World Sailing; and
- (g) if requested by the Board, make investigations into aspects of sailing that have or may affect the physical or mental health of sailors

<u>Mission/Remit</u>	Mission Statement/Remit: See above
<u>Alignment to WS Strategies</u>	
Ready for the Future	Doping Risk Assessment to be concluded for 2025 – 2028
Sustainability Agenda	Water quality considerations from a medical standpoint Heat considerations from a medical standpoint
Olympic Vision	Expertise regarding advice, implementation and enforcement of WADA Code, ensuring clean sport. Safety considerations in readiness for LA 2028. Rectification of safety shortfalls from Paris 2024 (Marseille).
Para Inclusive Strategy	Having para athletes included in the Testing Pool and anti doping education plan including para athletes to align with requirements for Paralympic readmission
Steering the Course	Medical expertise in preparing any Intersex/DSD policy that may affect women sailors

5. Objectives for the Year

List 3–5 specific, measurable, achievable, relevant, and time-bound (SMART) objectives for the year.

Objective 1	Prepare Doping Risk Assessment for 2025 – 2028 (by MYM – ie. May 2025)
Objective 2	Medical expertise in formulation of DSD/Intersex Policy (Date TBC)
Objective 3	Water Quality – Supplementation of Water Quality Rules – revise definitions of primary and secondary contact (by May 2026)
Objective 4	Improvement of heat measures (by Nov 2025)
Objective 5	Study and consultation on rapid weight gain in Formula Kite athletes – health and doping implications (by May 2026).

6. Key Activities

- Break down the objectives into actionable tasks with deadlines and responsible parties.
- Define key performance indicators (KPIs) to measure progress and success.
- Outline the resources required to achieve the objectives.

OBJECTIVE 1		PREPARE DOPING RISK ASSESSMENT			
TASKS	DEADLINE	RESPONSIBLE PARTY	KPI	RESOURCE REQUIRED	
Prepare Doping Risk Assessment for 2025 – 2028	May MYM	Ben Tan/MC/GS	Document finalised. Just needs a spelling/grammar check	MC expertise	
OBJECTIVE 2		DSD/Intersex Policy			
TASKS	DEADLINE	RESPONSIBLE PARTY	KPI	RESOURCE REQUIRED	
Working Group for consultation	TBC	Neb		MC expertise and EDI input	
DSD/Intersex Policy Approval	MYM 2026	GS			
OBJECTIVE 3		Supplementation of Water Quality Rules – revise definitions of primary and secondary contact			
TASKS	DEADLINE	RESPONSIBLE PARTY	KPI	RESOURCE REQUIRED	
Draft supplementary rules	Dec 2025	Neb/GS			
New rules approval	May 2026				
OBJECTIVE 4		Improvement of heat measures			
TASKS	DEADLINE	RESPONSIBLE PARTY	KPI	RESOURCE REQUIRED	
Improvement of heat measures	Nov 2025	Neb			
OBJECTIVE 5		Study and consultation on rapid weight gain in Formula Kite athletes – health and doping implications			
TASKS	DEADLINE	RESPONSIBLE PARTY	KPI	RESOURCE REQUIRED	
Working Group for consultation	May 2025	SB/CV			
Medical study – health and doping implications	Nov 2025	MC			

7. Reporting and Review

Regular reporting via group email

8. Continuous Improvement

TBC