

**INTERNATIONAL SKATING UNION – FOUR YEAR PLAN 2014/15 – 2017/18**

***Project/Function/Area of activity:*** Medical / Anti-Doping

***Committee/Commission/internal ISU body:*** ISU Council  
ISU Medical Commission  
ISU Sports Directorate  
ISU Secretariat

***Statement of specific results & benefits to be obtained:***

- Maintain, expand and standardize a comprehensive, fair and safe Anti-Doping testing program for both in and out of competition as a deterrent and means of detection to all forms of doping.
- Improve the awareness and education of the skating family of sports related anti-doping, injury prevention and medical issues.
- Improve the administrative follow-up of Anti-Doping Testing, Skaters medical records and injury statistics through safe and efficient Information Systems and procedures.
- Maintain, improve and standardize medical care at ISU Events and International Competitions.
- Strengthen the detection techniques of banned substances through pro-active cooperation with other organizations and continued research.
- The use of intelligent data gathering to improve detection for efficient testing
- Effectively communicate medical information on prevention of injury through education to the Members, and advise Members and ISU Office Holders on safe participation with respect to equipment, facilities and frequency of injury patterns.
- Keep up-to-date on injury prevention, rehabilitation and safe return to sport and other sport related medical research and developments including related legal issues.
- Advocate and participate in skating research to improve prevention of injury and performance.
- Work with Tech Committees and Advisors to improve performance and prevent injury.

The ISU Medical Commission, administratively supported by the ISU Secretariat and under the supervision of a designated Council member and the Sports Directorate will perform the following tasks:

	<b>Recommended activities to obtain benefits:</b>	<b>2014/15</b>	<b>2015/16</b>	<b>2016/17</b>	<b>2017/18</b>
1	Implementation of WADA 2015 Code into ISU Anti-Doping Rules	X			
2	Continuation of standard Anti-Doping Tests at all main ISU Events by updating, improving and standardizing the appropriate procedures, including privacy issues, equipment and forms	X	X	X	X
3	Ensure systematic participation of ISU Medical Advisors or designate(s) in a supervisory function at all ISU Events	X	X	X	X

	<b>Recommended activities to obtain benefits:</b>	<b>2014/15</b>	<b>2015/16</b>	<b>2016/17</b>	<b>2017/18</b>
4	Contracting specialized Agencies to perform the Anti-Doping tests in countries where the appropriate service is not guaranteed by the national agency/body	X	X	X	X
5	Continuation and intensification of Out-of-Competition Doping tests in cooperation with WADA and NADOs	X	X	X	X
6	Continuation of specific Anti-Doping initiatives related to recent and new doping threats such as the detection and deterrence of the use of banned oxygen carrying substances and methods. Maintain and further develop a fair and safe concept (e.g. SAFE paradigm) by applying blood and urine tests In- and Out-of-Competition	X	X	X	X
7	Continuation of updating and issuing guidelines, Anti-Doping Procedures and Memoranda, and providing information in order to obtain standardized facilities, equipment, staffing, procedures, documentation and sanctions for Anti-Doping Testing	X	X	X	X
8	Implementation of consultants to enhance the interpretation of test results and further actions	X	X	X	X
9	Providing ISU with advice on Adverse Analytical Findings (AAF) and supervising any necessary further investigations in all AAF cases	X	X	X	X
10	Organizing and/or participating in meetings on specific sports related Medical and Anti-Doping issues	X	X	X	X
11	Publication of medical information in favor of ISU Members through the ISU Communications, the ISU web-site, social media and/or ISU Newsletter	X	X	X	X
12	Enhancement of efficient and safe Information systems, including Hematological and Steroidal Skaters Biological Profiles, enabling the proper and safe administrative follow-up of all Anti-Doping tests as well as medical statistics	X	X	X	X
13	Collection of medical data, on injury reporting, skeletal disease, etc., and evaluation thereof	X	X	X	X
14	Maintenance of a continued dialogue with other sports and health care / Anti-Doping organizations, in particular but not limited to NADOs, WADA and the IOC	X	X	X	X
15	Promote and facilitate Athlete and Entourage Education with regards to Anti-Doping	X	X	X	X
16	Medical Advisors to keep current with Educational initiatives such as Outreach Program, On line Global Drug Information, e-learning Anti-Doping programs	X	X	X	X

## Status Report to the 2016 ISU Congress on the Four Year Plan 2014/15-2017/18

<b>Committee/Commission:</b>	<b>ISU Council ISU Medical Commission ISU Secretariat</b>
<b>Project/Function/Area of activity:</b>	<b>Medical / Anti-Doping</b>

The Medical Advisors have performed the activities as planned in order to achieve the specific results and benefits stated in the 2014 Four Year Plan. However, the following areas required and will require specific attention:

1. *Maintain compliance with WADA Code into ISU Anti-Doping Rules and ISU Anti-Doping Procedures. This includes the Technical Document for Sport Specific Analysis (TDSSA).* The ISU Anti-Doping Rules and ISU Anti-Doping Procedures have been reviewed and approved by WADA. WADA developed the TDSSA based on information provided by the Medical Commission and Anti-Doping Administrative Staff considering the aerobic and anaerobic requirements of our skating disciplines. The percentages of specific analysis for each discipline were based on physiological demands and did not consider our current anti-doping program including ABP. After this season of monitoring compliance between our testing and the percentages recommended, we will apply for reduction of the percentage recommendations considering our comprehensive Anti-Doping and ABP Program.
2. *Continuation of standard Anti-Doping Tests at all main ISU Events by updating, improving and standardizing the appropriate procedures, including privacy issues, equipment and forms.* All the Anti-Doping forms/information/instructions are available on the ISU website and are updated as necessary. The ISU Anti-Doping In- and Out-of-Competition testing complies with the 2015 WADA Code.
3. *Ensure systematic participation of ISU Medical Advisors or designate(s) in a supervisory function at all main ISU Events.* Currently an ISU Medical Advisor is assigned to all Championships and on some designated World Cup and Grand Prix Final. At other ISU Events consultation with an ISU Medical Advisor or designee is available remotely.
4. *Contracting specialized Agencies to perform the Anti-Doping tests in countries where the appropriate service is not guaranteed by the national agency/body.* Working with the National Anti-Doping Agencies, WADA and posting our forms and procedures on the ISU website has improved the standards of Anti-Doping Testing. This season the number of countries requiring the appointment of a third party to conduct the anti-doping testing increased due to WADA Code non-compliance. The out-of-competition testing is carried out by the Canadian Centre of Ethics in Sport (CCES) and International Doping Tests and Management (IDTM). The CCES also works with the NADO's so has the advantage of being able to use DCO's from that country where the testing is taking place, so is less expensive as there is usually no need to send DCO's to different countries to conduct our tests. The CCES also collaborates in knowing if that NADO has planned testing on that Skaters so as to better coordinate our testing and resources with the NADO's testing of the same athletes.
5. *Continuation and intensification of Out-of-Competition Doping tests in cooperation with Athlete's Passport Management Unit (APMU), NADO's and WADA.* The composition of our Registered Testing Pool (RTP) and Testing Pool (TP) are reviewed regularly. These Skaters must provide whereabouts and we test all of them in Out-of-Competition testing some targeted more than the others. If there are Skaters who we want to test because of

performance or changes in Athlete Biological Passport (ABP) they can be added to the list. Those on the TP list can be transferred to the RTP list at any time. The guidelines for selection of the RTP and TP can be found in the ISU Anti-Doping Procedures, Article D and E. The ISU continues to develop sharing agreements with the NADO's in order to provide the most efficient and fiscally responsible testing and management of results of all Skaters. The ADAMS program is working well both as a Whereabouts program and as a clearing house for results management. The Out-of-Competition testing program continues to be based mainly on targeted testing of Skaters, as required by the World Anti-Doping Code, but it is recognized by all Stakeholders that it is still imperative to maintain the In-Competition testing program.

6. *Continuation of specific Anti-Doping initiatives related to recent and new doping threats, such as the detection and deterrence of the use of banned oxygen carrying substances and methods. Maintain and further develop a fair and safe concept (e.g. SAFE paradigm) and Athlete Biological Passport (ABP) by applying blood and urine tests In- and Out-of-Competition.* Our software program continues to be updated and is more user friendly as we refine our testing and the data storage of hematological data. With these updates the Anti-Doping Administrative Staff inputs all the blood data electronically and updates the database so it is available for all Medical Advisors simultaneously. The ABP results are reviewed in real time by our APMU to assist with Target Testing and Results Management.
7. *Continuation of updating and issuing guidelines, Anti-Doping Procedures and Memoranda, and providing information in order to obtain standardized facilities, equipment, staffing, procedures, documentation and sanctions for Anti-Doping Control Testing.* The ISU Medical Advisors and Anti-Doping Administrative Staff will continue to work with the Legal Advisors to update the ISU Anti-Doping Rules and ISU Anti-Doping Procedures. They continue to work in collaboration with WADA and NADO's in making recommendations to changes in the WADA Code and Prohibited list as well as implementation of further development of the ABP.
8. *Continuation of cooperative efforts with consultants to enhance the interpretation of test results and further targeted actions.* We are working under contract with an APMU to manage both our Blood and Urine Steroidal Profiles. This collaboration is necessary for the management of our ABP program and to be in compliance with the WADA Code.
9. *Providing the ISU with advice on Adverse Analytical Findings (AAF) and supervising any necessary further investigations in all Anti-Doping Rule Violation (ADRV) cases.* The results management for AAFs continues to be labor intensive. There are specific procedures for an ADRV, which include increased communication and further advice from both the Medical and Legal Advisors to substantiate investigations or reports as well as communication with outside experts/consultants. This places a significant demand on the Anti-Doping Administrative Staff as well as the Medical and Legal Advisors in this area.
10. *Organizing and/or participating in meetings on specific sports related Medical and Anti-Doping issues.* The Medical Advisors, as well the Anti-Doping Administrator worked with the TCs to provide medical information and anti-doping education during their seminars. This included the development and implementation of the On Ice Emergency Protocols for Figure Skating and Medical Care coordination meetings at Short Track and Figure Skating Events.

11. *Publication of medical information in favor of ISU Members through the ISU Communications, the ISU website and/or the ISU Newsletter.* The Medical Commission assists the ISU Secretariat in updating the Clean Sport pages of the ISU website and has published on the ISU Newsletter important communication received from the WADA.
12. *Enhancement of efficient and safe Information systems, including Hematological and Steroidal Skaters Biological Profiles, enabling the proper and safe administrative follow-up of all Anti-Doping tests as well as medical statistics* The SAFE software program manages and records Skaters' blood tests. The ISU Anti-Doping Administrative Staff provides the Medical Advisors with a central location of updated information that can be downloaded before the next event. We continue to use ADAMS to monitor Skaters TUEs, whereabouts, Mission Orders and Tests results. Only a few NADO's continue to use their own separate system from ADAMS.
13. *Implementation of injury surveillance program reporting injury and evaluation thereof.* At each ISU Events there is an ISU Injury Surveillance Form to be completed by the host and visiting Medical Staff present at the Event and sent to the ISU Office. In this way we monitor the injury patterns requiring treatment at the ISU Events. This information will assist in recognizing trends and patterns for the development of injury prevention programs.
14. *Maintenance of a continued dialogue with other sports and health care / Anti-Doping organizations, in particular but not limited to NADOs, IFs, WADA and the IOC.* The ISU is held in high regard by other organizations in the anti-doping field. We participated in meetings with WADA to provide input into developing guidelines and standards for blood testing. Dr. Moran attended the USADA 13th Annual Symposium on Anti-Doping; she also attended the IOC International Federation Chair of Medical Commission Meeting and gave a presentation on Skating Boot Injuries. Ms. Christine Cardis attended the following meetings: IF Seminar on Clean Sport as speaker, title of the presentation being "Implementation of Intelligent Testing Plan in line with the Code 2015", the WADA ABP Expert Symposium and the 2016 WADA Anti-Doping Symposium as member of a panel discussion regarding the APMU collaboration with IFs. She will be a member of the Independent Observer Team of WADA at RIO 2016. Dr. Shobe and Ms. Roxane Rochat, Anti-Doping Assistant, participated at the 2016 WADA Anti-Doping Organization Symposium.
15. *Investigate and promote new tools to facilitate Athlete and Entourage Education with regards to Anti-Doping and its deterrence.* We provide the WADA Outreach Program and collaborate with various NADOs using joint resources to provide further Anti-Doping education opportunities. We are developing strategies to incorporate Clean Sport and Fair Play themes into Social Media and other communication channels.
16. *Develop and implement systems of intelligence gathering of non-analytical evidence suggesting ADRVs.* We have developed and are implementing guidelines for reporting observed unusual/ suspicious activities and handling of possible doping paraphernalia.

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