

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

Project/Function/Area of activity: **Coaches/Skaters education & monitoring of Technical Rules**

Decision Package prepared by: **Short Track Speed Skating Technical Committee (STSSTC)**

Statement of specific results & benefits to be obtained:

- Continued education of Short Track Speed Skating Coaches and Skaters keeping them up to date with current Rules, procedures and technical/scientific/medical development of the sport and making them sensitive to potential problems and solutions.
- Maintenance of clear and up-to-date competition Rules and procedures in line with the development of the sport.
- Maintenance of best possible safety procedures.
- Preparation of coaching programs specifically designed to assist Members with start-up programs.
- Continued assistance and information to Members seeking technical advice at the beginning level.
- Taking advantage of synergies with other sports e.g. Speed Skating.

Recommended activities to obtain benefits:

2014/15 2015/16 2016/17 2017/18

1. Organizing and Holding of Regional Coaches Clinics and workshops by the STSSTC in cooperation with the Coach and Athlete in the STSSTC and other Coaches to be identified.	X	X	X	X
2. Periodic event attendance and meetings including workshops between the STSSTC and Coaches, Skaters, Development Commission, Medical Advisors, other ISU Office Holders, Officials and Member representatives to evaluate the technical development of the sport including its competition formats, ISU Event and Olympic Winter Games qualification procedures, equipment and scientific developments and the corresponding consequences on the Rules and procedures.	X	X	X	X
3. Bi-annual review by the STSSTC of technical Rules and procedures and preparation and submission of corresponding proposals to the ISU Congress. Editing of Special Regulations and Technical Rules based on Congress decisions. Consultations with others, e.g. the Speed Skating Technical Committee to take advantage of synergies and uniform Rules and procedures when possible.		X		X
4. Monitoring by the STSSTC in cooperation with the ISU Medical Advisors, Skaters Representatives, Coaches and Officials of safety procedures and equipment and the development and implementation of new safety procedures and equipment.	X	X	X	X
5. Hosting of meetings between coaches TC Representative and coaches from around the world to be more inclusive of coaches in the development process.	X	X	X	X

Recommended activities to obtain benefits:

2010/11 2011/12 2012/13 2013/14

<p>6. Periodic preparation and submission of reports to the ISU Council and Sports Directorate giving the STSSTC's view of the development of the sport and making proposals concerning the technical development of Short Track Speed Skating. In particular, but not limited to, the close monitoring by the STSSTC of the technical development of ISU Championships, the ISU World Cup and the Olympic Qualification Procedure as well as continued focus and initiatives by the STSSTC on local club development (assist Members with implementation of local club competitions, develop a regional club competition concept, conduct seminars for organizers of club type competitions, develop printed material and CD-Roms) and promote and support initiatives such as Organizers Courses to improve ISU Event organization and administration.</p>	X	X	X	X
<p>7. Preparation of ISU Communications by the STSSTC for clarifications of Rules and procedures.</p>	X	X	X	X

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

Committee/Commission:	Short Track Speed Skating Technical Committee
Project/Function/Area of Activity:	Coaches/Skaters education & monitoring of Technical Rules

For the period since the 55th ISU Congress in Dublin, the Short Track TC has followed the adopted plan schedule for the period 2014-2018. Some of the most important tasks and activities for the stated period are: p. 1, p. 2, pt. 4, pt. 5 and p. 7. from the Short Track Speed Skating TC Four Year Plan 2014-2018.

Based on the priorities of its activity, the TC has focused on the following important points:

1. Athletes' safety:

Once again, this issue has been on the agenda of the TC. The reason was the several serious injuries during last season, which took place at ISU competitions with standard safety system present.

In this regard, the TC has held several discussions during meeting sessions as well as at meetings with coaches and team leaders. The general opinion as well as the opinion of the Members of the TC on this matter is that in the future we should be looking for opportunities for the ISU competitions to be held at ice rinks with capabilities to provide flexible and removable safety boards. This important task for the TC will begin to be implemented gradually from the upcoming season on.

2. Competitions:

With the adoption of the new decisions of the last Congress in Dublin, ISU Championships' format has changed, with the first day being a qualifying round, followed by two days – main competition program. This has led to a significant reduction in the total time of race days, which is more acceptable for TV broadcaster as well.

This will definitely help us find even more sponsors for ISU championships as well.

The inclusion in the program of the Championships of the so called "Ranking races" for athletes who had failed to qualify for the main program of the event is also an opportunity for them to compete in order to improve their final standings in the Championships.

An important moment in ISU Events held over the past two seasons is the witnessed increase in the number of competitors and participating countries. A good example for this is the World Junior Championships during this past season with a record number of participating athletes - a total of 193 competitors from 39 countries.

Concerning the sport-technical level of athletes, corresponding with the level of Championships as well, we can confidently say that in recent years it has obviously risen. As it comes to the rest of international competitions, to name the "Danubia" and the "Star class" - positive results have also been observed.

In this regard, the support of the development program for these and other competition series in different regions is of great benefit and has produced the desired results.

YOG 2016 - held in Lillehammer - 22 years after the Olympic Winter Games in Lillehammer showed good level as well as strong desire of young athletes for high sporting results and realization.

3. Technical rules:

The TC has been working very hard over the past two years in order to improve Short Track Rules. In this regard, at the Congress in Dublin a total of 13 amendments to the Rules were ratified.

Obviously, these changes to the Rules are far from enough, which has provoked new discussions and new proposals for their modification. It has been demonstrated that in order for a rule to be successful, it must be easily understandable and accessible to all stakeholders of our sport. In this regard, several very important ISU messages have been published, which the TC made necessary changes by.

In the future, the TC plans to develop new proposals for amendments to existing Rules.

A quick check shows that for the upcoming Congress, the TC has 56 proposals for changes to Short Track Rules, provoked by situations that occurred during ISU Competitions during past two years.

4. Medical Commission

Traditionally the Medical Commission is working together with the TC as it comes to the safety of competitors, anti-doping program issues as well as the implementation of "clean skating".

On behalf of the Technical Committee, I would like to thank the ISU Council Members for their support and cooperation during the past two-year period in connection with the improvement and development of our sport.

On behalf of the entire TC I would like to thank the Council and all the Staff of the ISU Office for all help and support they have given to the Short Track TC for the past two years.

The Short Track TC It is very much appreciated of this collaboration.

Our sport continues to growing up around the world and this requires all of us to do our best for the development short Track Speed Skating in the right direction.

May 2016