

Status Report to the 2022 ISU Congress on the Four Year Plan 2018/19-2021/22

Committee/Commission: ISU Council
ISU Medical Commission
ISU Secretariat

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

The Medical Commission, in cooperation with the ISU Anti-Doping Staff, (AD Staff), has performed the activities as planned in order to achieve the specific results and benefits stated in the 2018 Four Year Plan. However, subsequent to the 2022 Congress, the following areas required and will require specific attention:

1. *Participation in the revision of the 2015 World Anti-Doping Code:*
 - Dr. Moran and the Anti-Doping Director, Ms. Christine Cardis, attended in November 2019 the World Conference on Doping in Sport 2019, Katowice, Poland where the final draft Code was presented: the delegates ratified the 2021 World Anti-Doping Code.
2. *Implementation of the 2021 Code into the ISU Anti-Doping Rules and ISU Anti-Doping Procedures:*
 - Implementation of the 2021 Code was on January 01, 2021. The ISU Anti-Doping Staff was working with the Medical Advisors and Legal Advisors to incorporate the 2021 Code and the International Standards into the ISU Anti-Doping Rules and ISU Anti-Doping Procedures.
 - The new Anti-Doping Rules and Anti-Doping Procedures have been adopted by the ISU Members as well.
3. *Continuation of standard Anti-Doping Tests at (a#) ISU Events by updating, improving and standardizing the appropriate procedures, including privacy issues, equipment and forms:*
 - All the Anti-Doping forms/information/instructions are updated as necessary.
 - In the season 2019/20, In-competition Testing was conducted at only selected ISU Events, to allow the conduct of more OOC Testing and to set a more unpredictable Testing Plan.
 - In the seasons 2020/21, Anti-Doping Testing was conducted in all maintained ISU Events, respecting strong sanitary measures imposed by COVID-19 pandemic; the same happened in the season 2021/22.
4. *Ensuring systematic participation of ISU Medical Advisors or designate(s) in an Anti-Doping supervisory function at all ISU Events:*
 - Currently an ISU Medical Advisor is assigned to all Championships and to some designated World Cups and the Grand Prix Final. At other ISU Events, consultation with an ISU Medical Advisor or designee is available remotely.
5. *Contracting specialized Doping Control Agencies to perform the Anti-Doping tests (i# countries where the appropriate service is not guaranteed by the national agency/body):*
 - December 31, 2019, we have terminated the Agreement with CCES (outsourcing of the management of OOC Testing Organization). Since then, OOC Testing is fully managed in-house.
 - We continue to use external Service Providers to conduct the sample collection.
 - The choice of the Agencies which perform the Sample Collection at ISU Events or OOC is no longer based only for countries where the appropriate service is not guaranteed

by the national agency/body, but is also based on multiple criteria such as, among others, availability of on-line DCF, cost, availability to respond quickly to the demand and experience.

6. *Continuation and intensification of Out-of-Competition Tests in cooperation with WADA and NADOs:*

- We adjusted the overall number of In-competition Tests downwards and increased the number of OOC Tests in order to increase the overall % of OOC Tests to be compliant with the WADA recommendation.
- The In-competition tests are also more targeted and less predictable with regards to the timing of testing.
- The number of In-competition Tests has been reduced based on an In-Competition Risk Assessment evaluation.
- The IOC has delegated some of its responsibilities related to the implementation of the Doping Control in relation to the Olympic Winter Games Beijing 2022 (OWG 2022) to the International Testing Agency (ITA). To ensure that athletes who have qualified or may qualify for the OWG 2022 are subject to an effective testing program before the Games, the ITA has shared a set of testing recommendations to be conducted under the ADO's jurisdictions; the successful implementation of these recommendations by the ISU has led to an increase of Testing, a complex planification and a strict follow-up by the AD Staff.

7. *Continuation of specific Anti-Doping initiatives related to recent and new doping threats:*

- The use of intelligence gathering through social media and other organizations' programs such as the WADA "Speak Up" program assists in target testing.
- Testosterone-serum analysis is performed on targeted Skaters to detect micro-dose Testosterone doping. So far, no outlier values have been found.

8. *Continuation of blood and urine sampling to develop the Skater's Hematological and Steroidal Athletes Biological Passport (H- & S-ABP). Implementation of the H-ABP in Figure Skating:*

- OOC Testing on top-level Figure Skaters includes collection of ABP Blood Samples to build a comprehensive Hematological Passport.

9. *Monitoring H- & S-ABP to target abnormal profile and to protect Clean Skaters:*

- This is an on-going and well-established process.

10. *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:*

- Now a stand-alone document, the ISU Anti-Doping Guide is available on the ISU website, it replaces the previous ISU Memorandum where medical and Anti-Doping guidelines were in one document.
- The ISU Anti-Doping Guide has been revised to follow the 2021 Code and 2021 International Standards.

11. *Consultation with experts to enhance the interpretation of test results and advice on further actions:*

- We are working under contract with the Lausanne APMU to manage both Blood and Urine Steroidal Profiles.
- We continue to work with the Center of Research & Expertise in anti-Doping sciences (REDS) of Lausanne University to facilitate access to experts who provide expert

opinions on AAF, OOC Targeting, RTP/TP, test distribution planning and research on Serum-Testosterone analysis.

- This cooperation with external agencies also improves transparency and independence in the ISU Anti-Doping program.

12. *Providing the ISU with advice on Adverse Analytical Findings (AAF) and supervising any necessary further investigations in all AAF / 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 AD Staff as well as the Medical and Legal Advisors in this area.

13. *Organizing and/or participating in meetings on specific sports related Medical and Anti-Doping issues:*

- Working with the Athletes Commission to coordinate research through Athlete surveys on specific topics such as athlete rights and Anti-Doping perceptions and knowledge.
- A Medical Meeting session between the Host Medical Team and the Visiting Medical Teams has been implemented in the four disciplines for all ISU Events and is now fully integrated into all ISU Events. This has also been integrated into the OWG 2022.
- Participation at the First IFs Anti-Doping meeting by delivering a general presentation of the ISU Anti-Doping Program.

14. *Publication of medical information through the ISU Communications, the ISU website, social media and/or ISU Newsletter:*

- The Medical Commission and the AD Staff advise the ISU Media Team about content for the website which continues to be regularly updated.

15. *Maintenance of a continued dialogue with other sports Anti-Doping organizations, in particular but not limited to NADOs, WADA and the IOC:*

- The ISU is held in high regard by other organizations in the Anti-Doping field.
- Dr. Moran attended the USADA 16th and 17th Annual Symposium on Anti-Doping in 2018 and 2019, the 2019 WADA Anti-Doping Organization Symposium and the 2019 World Conference on Doping in Sport. Dr. Moran is also a Member of the ASOIF Medical and Scientific Medical Consultative Group (ASMCG) since 2016. She gave a presentation at an ASOIF meeting in October 2019 on Medical Guidelines for IFs. Within her IOC activities, she presented and ran a workshop at the International Federation Chair of Medical Commission Meeting in March 2020 as well as in 2018 on "Teamwork at the Games". She supervised the medical aspect of the YOG hosted in Lausanne in January 2020 and was Chair of the TUE Committee for these Games. Dr. Moran was Chair of the TUE Committee for the 2022 Beijing OWG, as well as a member of the Medical Expert Panel for Covid at the 2022 Beijing OWG. She continues to serve as the Winter International Federation Representative to the IOC Medical and Scientific Commission Games Group.

In 2019 and 2021 Dr. Moran was on faculty at the IOC Advanced Team Physician Course and presented on Relative Energy Deficiency Syndrome.

Dr. Moran has attended and represented the International Skating Union in 2020 and 2021 IOC IF Medical Chairpersons meeting and she attended the IOC Injury Prevention and Illness Symposium in 2021

- Dr. Marieke Becker was a member of the organizing committee of the symposium 'Healthy Performance' held in Heerenveen during the World Sprint Speed Skating

Championships 2019. The Healthy Skater seminar for Speed Skating will be continued in the 2022/23 season.

Dr. Becker is a member of the appeal committee TUE Dutch NADO

- In October 2021, Dr Joel Shobe attended the Symposium on Antidoping Science in Scottsdale, Arizona, USA. The theme of the Symposium was “Synergizing Anti-Doping Science and Investigations to Protect Athletes and Clean Sport”.
- Dr. Jane Moran and Mr Ashley Arthingal co-hosted with BOCOG a webinar titled “Medical Orientation for Beijing 2022” that was delivered to the Medical Team attending the OWG 2022.
- Dr. Eunkuk Kim and Dr. Jane Moran presented online lectures on Feb 9th, 2022, during the Olympic Winter Games in Beijing at the Olympic Academic Program on Sports Medicine and Sports Physiotherapy hosted by the IOC medical and scientific department with the title of "The characteristics of injuries in figure skating, short track and speed skating". Dr. Marieke Becker and Dr. Hiroya Sakai were online for the panel discussion for this session
- Ms. Christine Cardis attended the following meetings: 2018 WADA ABP Symposium, 2019 WADA Anti-Doping Organization Symposium, 2019 World Conference on Doping in Sport and 2019 IF Seminar on Clean Sport. In January 2019, she was invited by the Laboratory of Seibersdorf, Austria to attend the 2019 Antidoping Workshop in person; in 2021 and 2022 she also participated at this symposium hold on-line. She gave a talk at the session “How to prevent doping in Sport, a challenge for International Federations” called “The ISU Anti-Doping Prevention Program” at the Congress of Youth & Winter Sports Lausanne 2020; she was a lecturer at the 2018 Master’s Degree Anti-Doping Module at the Institut des sciences du sport de l’Université de Lausanne (ISSUL) and at the 2019 AISTS Master of Advanced Studies in Sport Administration & Technology.

Ms. Christine Cardis was nominated as member of the OWG 2022 ITA Pre-Games Expert Group, which delivers a set of testing recommendations.

Since January 1st, 2022, and for a term of two years, she is bringing her expertise by being a member of the WADA’s Strategic Testing Expert Advisory Group (EAG). The purpose of the Strategic Testing EAG is to provide expert advice, recommendations, and guidance to WADA regarding the review of the implementation and the further development of testing programs, to enhance the overall effectiveness of testing programs.

- Ms. Roxane Rochat attended the 2018 WADA ABP Symposium and the 2019 WADA Anti-Doping Organization Symposium. She was invited by the Laboratory of Seibersdorf, Austria to attend the 2019 Antidoping Workshop in person; in 2021 and 2022 she also participated at this symposium hold on-line.
- Mr. Ashley Arthingal followed the 2019 IF Seminar on Clean Sport and he delivered a session on Anti-Doping Education at the IDHEAP Regulation of Global Sport Program. As invited speaker, he has participated to the following presentation:
 - Introduction to Anti-Doping Education in International Sports Federations (ISU)- Lecture at IDHEAP, Lausanne, Switzerland, March 2020
 - National Symposium on Regulation of Sports Law- Panelist- Pravin Gandhi College of Law, Mumbai, India April 2021 (Online)
 - Session on ‘Working in Sport Federations and Experience of Beijing Olympics 2022’- AISTS, Lausanne, Switzerland, February 2022

16. *Extend and promote the ISU Pure as Ice Program:*

- Anyone who wants to know more about Anti-Doping is invited to check the ISU Pure as Ice Module which is now available on the ISU eLearning platform.
- The P.L.A.Y. Leaflet and Kahoot Quizz have been added to the Pure as Ice Program. P.L.A.Y. for “Pocket Learning, Anti-Doping and You” gives a brief overview of the Pure as Ice program, some useful recommendations and has a FAQ section.
- The P.L.A.Y Serie is a new monthly sheet that is providing information on various topics every month. It is available on the ISU website, antidoping page and on social media.
- The Kahoot! is a funny and competitive way to deliver quiz questions to a group of Skaters. It has been well received by those who got the chance to play it at ISU Events.
- Between January to March 2021, Skaters and their entourages were invited to participate at the ISU Pure as Ice webinar on “The significant changes to the World Anti-Doping Code” while staying on the various competition bubbles.

17. *Medical Advisors attending ISU Events to ensure that emergency Procedure and ISU Medical Standards are implemented:*

- This is an on-going process. Medical Advisors on site help to ensure that the high level of ISU medical standards is respected and to identify those points that need to be improved.
- An ISU evacuation from ice video has been produced and is provided to OC to review and use a guideline for the procedure for their assigned competitions.

18. *Maintain the safety of the Skaters by effective communication and relevant package sent to Organizing Committees:*

- Separation and revision of the Medical Guideline
 - The previous ISU Memorandum for hosting events included both the Medical and the Anti-Doping guidelines in the same document. The new ISU Medical Guide and ISU Anti-Doping Guide have replaced the ISU Memorandum for hosting ISU Events. Having different Guides for Medical and Anti-Doping matters makes access to the information easier and clearer.
 - The Medical Guide has replaced the medical aspect of the ISU Memorandum for hosting ISU Events. It will continue to be updated as required as medical policy and protocols are changed and updated.
- Implementation of injury surveillance program reporting injury and evaluation thereof.
 - Injury surveillance program and reporting Forms have been modified and are now online.
 - This makes reporting more convenient, and it is easier to manage the data collected. The data management at the ISU Office requires more time but we can now present longitudinal data by skating discipline and monitor for injury trends that could be prevented. This needs to be improved as Medical Teams are not using this tool efficiently.
- Health and safety of Athletes
 - Working with the Legal Advisors the guidelines for harassment and abuse were incorporated into the ISU Code of Ethics. The contact person at the ISU Office is the Anti-Doping Director Ms. Christine Cardis.
- Coronavirus Pandemic
 - Medical Advisors regularly reviewed the status of the Covid-19 outbreak globally. They provided guidance in developing a prevention strategy and implementation of the health screening at ISU Events.

- The Medical Commission actively participated in the drafting of the Guidelines for ISU Events during the COVID-19 pandemic and Sports Specific Annex for the Four ISU Disciplines.
- The Medical Commission ensured effective implementation of all measures of prevention and risk management at ISU Events.
- As the pandemic progressed the Medical Advisors reviewed and updated the General Covid-19 Guidelines and Sport Specific Annexes as necessary.
- A risk mitigation index specific for skating was provided for the OC to complete and submit to the ISU for ongoing risk assessment specific each OC scheduled to host ISU Events during the pandemic.
- ISU Medical Advisors had been requested by Council to attend the World Cup and OWG qualifying events to assist in the management of the Covid-19 protocols, including the test result management necessary for each competition this season.
- The Medical Advisors worked closely with the Organizing Committees and the ISU Event Managers on specific Covid-19 protocols to be compliant with both the host national regulations and ISU Guidelines.
- The ISU Medical Advisors were on site at 22 ISU Events this season.
- If it was not possible to have a Medical Advisor on site, then there was a contact number provided to the Event Coordinator in order to be able to discuss any medical concerns that would be required.

19. Promote health of the Skaters through medical information dissemination by seminars, webinar and ISU website:

- So called “Healthy Skater” seminars were hosted at the ISU World (Junior) Figure Skating Championships in 2018 and 2019. The Seminars are available on the ISU website.
- In Milano 2018 and Zagreb 2019 the topic was “Figure Skating Performance Demands - Injury Prevention”
- In Montreal 2020, the third Healthy Skater seminar was scheduled to be presented live and also as a webinar for all those not able to be on site at the time of presentation, the planned topic was “The role of nutrition in performance”. Due to the Pandemic, this Seminar was cancelled, as those of 2021 and 2022, but the goal is to resume the Healthy Skater Seminar in 2023.

20. Collaborate with the ISU Technical Committees and external experts to improve safety of Skaters, specifically with regards of helmet:

- Further work on a Short Track helmet video study was conducted at the WCST in Salt Lake City, 2018 & 2019, obtaining video footage of every recorded fall by a Skater. This also involved taking measurements of Skater helmets to use as reference data to be used in calibration of a computer program which will evaluate Skater velocity and deceleration occurring when a Skater hits the ice or the pads in a fall. This research will continue next season, while the engineering consultants are further analyzing the data.

21. Protect the Clean Skaters by promotion of the WADA Speak-Up Program on the ISU website:

- Until end of 2021, a link to the WADA Speak-Up Program was available on the ISU website and on the PLAY Leaflet. It was also promoted through ISU Pure as Ice campaign that is run at several ISU Events per season.
- In 2022, the WADA “Speak-Up” program has been replaced by “REVEAL”, the International Testing Agency (ITA)” centralized whistleblowing platform.

22. *Inform the ISU Officials, Skaters and Entourage of their role to report suspicious behaviors by providing information on Intelligence gathering and easy access to reporting format:*
- We are implementing guidelines for reporting observed unusual/ suspicious activities and handling of possible doping paraphernalia. This point still needs to be improved.
23. *Develop/obtain and implement an integrated program to efficiently monitor individual Skaters test results to assess risk stratification for further target Testing:*
- The AD Staff has implemented an in-house database to facilitate the follow-up of Skaters in all Anti-Doping issues including Tested samples and results, ABP follow-up, Testing Plan, Whereabouts, Skaters info, etc.
 - In order to improve the Testing Plan, individual performance follow-up should be integrated in each Skater's profile, thus the database should be modified. Adding this information is not an easy task and goes beyond the database making capacity of the AD Staff, therefore a new database, named ISU ADOME for Anti-Doping Database Operation & Management Enterprise, has been developed in collaboration with ELCA, the ISU IT partner. This new tool is fully operational. Additional modules will be developed to improve the efficiency of the multiple Anti-Doping tasks.
24. *Maintain Medical Meeting at the ISU Events to ensure continued Medical Standards are implemented and to educate Host and Visiting Medical Staff on skating specific requirements:*
- Medical Advisors on-site help to ensure that the high ISU level medical standards are respected and to identify those points that need to be improved.
25. *For the continued health and safety of the Skaters include IOC consensus statement and access to educational program (RED-s, Abuse and harassment tool kit) on the ISU website:*
- Whenever new statements or information are received, the ISU Website is updated accordingly.
26. *Maintain the ISU Compliance as set in the International Standard for Code Compliance by Signatories (ISCCS):*
- This is an on-going process
27. *Additional Items not reported in Four Year Plan 2018/19-2021/22*
- Receiving and Processing of TUE applications in a timely manner:
 - The AD Staff prepare the application in ADAMS and then assign three medical advisors to review and approve or reject. The AD Staff then communicate the necessary information to the Member/Skater. TUE processing is fully integrated in ADOME.
 - The Medical Commission has developed a Transgender Policy which is published as ISU Communication N° 2440.
 - Participating in Working Group and advise Council on age eligibility for Senior events.

March 2022