

**INTERNATIONAL SKATING UNION – FOUR YEAR PLAN 2018/19 – 2021/22**

***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:***

1. Continue to work on providing the safest environment for the athletes
2. Continue to work on improving our “show” and contributing to the growth of short track
3. Continue to exchange with and work on the education of Short Track Speed Skating Coaches
4. Maintenance of clear and up-to-date competition Rules and procedures in line with the development of the sport.
5. Continue to work on ideas of new race formats and new events for our various competitions.
6. Work on web base content for the education of coaches (videos, webinar, blog) in collaboration with the development commission
7. Continued assistance and information to Members seeking technical advice at the beginning level.
8. Continue to exchange and share best practices with other ISU disciplines and also the various commissions.

**Recommended activities to obtain benefits:**

2018/19    2019/20    2020/21    2021/22

1. - Collaborating with the medical commission for approbation of new helmets reducing the number of concussions, - Working on organizing a workshop for athletes on how to minimize the risks of injuries when falling - Helping the ISU Medical Commission collecting all relevant data including videos of injuries in events	X	X	X	X
2. - During every STSSTC meeting review and work on ideas, changes, areas where improvements are needed, procedures, etc; and when ready, work on the preparation and submission of corresponding proposals to the ISU Congress. - 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. - Work on changing the format of all Championships from an overall to a Single Distance, but also creating at the same time, an overall Champion title that would be based on both the Championships and the World Cup results - Research on available technology enabling us to go to a zero false start rule	X	X	X	X
3. - Continue to host regular informal meetings with team leaders + coaches at the occasions of world cups and championships (2-3 per year) - Create a webinar on key racing rules for Officials, Teams Leaders, Coaches and Skaters	X	X	X	X

Four Year Plan STSSTC  
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	2018/19	2019/20	2020/21	2021/22
4. - Monitoring what works well and what needs to be improve after each ISU Events from a technical perspective and discuss solutions at every TC meetings - Exchange with all key players to get input and feedback before finalizing rule proposals (Legal Advisors, ISU Council, Coaches, Officials, etc)	X	X	X	X
5. Continue the work on a new event for Short Track and with a possible start of inclusion in ISU Events during this 4 year cycle (strategies subject to change pending the decision from the IOC)	X	X	X	X
6. Join the efforts and facilitate the work of the ISU Development Commission relating to the education of Coaches around the world by adapting or creating content that could also be use by Coaches when working on content for Officials	X	X	X	X
7. Using every occasion (seminars, workshops, events) to include more local Officials and organizers, help ISU Members; support initiatives such as Organizers Courses or seminars to improve ISU Event organization and administration, develop printed educational material	X	X	X	X
8. Plan another official meeting with the SSTC, continue to invite and make scheduling efforts to have attendance from members of the various ISU commissions, and the ISU Council during specific portions of our meetings	X	X	X	X

April 2018