

Status Report to the 2018 ISU Congress on the Four Year Plan 2014/15-2017/18

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 Administrator and staff, has performed the activities as planned in order to achieve the specific results and benefits stated in the 2014 Four Year Plan. However, subsequent to the 2016 Congress, the following areas required and will require specific attention:

1. *Maintain compliance with World Anti-Doping Code into ISU Anti-Doping Rules and ISU Anti-Doping Procedures.* WADA implemented a new International Standard for Code compliance named “International Standard for Code Compliance by Signatories (ISCCS)”, which required us to make changes in Policy and Procedures; we are now fully compliant with the ISCCS and this must be maintained.
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.
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 others 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.*
 - a) All Testing at ISU Events in Russia was conducted by a third-party Sample Collection Authority (SCA) with non-Russian Doping Control Officers (DCO) and no analyses were conducted by the Laboratory in Moscow.
 - b) RSU and FSFR requested to have the ISU to conduct testing on all their potential Olympian Skaters; so, they were added to the ISU Registered Testing Pool (RTP) and Testing Plan. These extra controls were invoiced to RSU and FSFR and have been paid.
 - c) The IOC requested us to fulfil the testing requirements of the PyeongChang 2018 Pre-Games Anti-Doping Taskforce (PGTF). The PGTF provided us with an extended list of Skaters to be tested in a short period of time which significantly increased the workload of the ISU Anti-Doping Staff and the financial resources to complete the Testing requirements.
5. *Continuation and intensification of Out-of-Competition Doping (OOC) tests in cooperation with Athlete’s Passport Management Unit (APMU), NADO’s and WADA.* As per WADA standard, the RTP Skaters must be tested at least 3 time, and the TP Skaters once, per year. It is also required to have greater % of OOC conducted. In order to comply, we adjusted downwards the overall number of In-Competition Tests and increased the number of OOC Tests in order to increase the overall % of OOC Tests.
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. By the full implementation of the ABP program, there was no longer a need to continue the SAFE program.

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 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 World Anti-Doping Code (The Code) and International Standards.
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. We have signed a new one-year contract with the Center of Research & Expertise in antiDoping sciences (REDS) of Lausanne University to facilitate the access to experts.
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 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 Staff worked with the Development Commission to extend the following program:
 - a) Pure as Ice
 - b) Implementation of a new Coaches seminar program named "The Healthy Skater"A Medical Meeting between the Host Medical Team and the Visiting Medical Team has been implemented in the four disciplines for all ISU Event. Speed Skating, being the last discipline in which this Meeting was implemented, requires additional effort to make it fully efficient.
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 and the Anti-Doping Staff advise the ISU Media Team as to content for website, which continues to be regularly updated.
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 ISU SAFE program was discontinued as of the end of the 2016/17 season. The ISU staff have implanted an in-house database to facilitate the follow-up of Skaters in all Anti-Doping issues.
13. *Implementation of an injury surveillance program reporting injury and evaluation thereof.* The Injury surveillance program and reporting Forms have been modified for the next Four Year Plan.
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. Dr. Moran attended the USADA 14th and 15th Annual Symposium on Anti-Doping in 2016 and 2017 and the 2017 WADA Anti-Doping Organization Symposium. She presented a Workshop in Gangneung (KOR) for Medical Care of Skating Disciplines in December 2016. Dr. Moran was also a member of the Organizing Committee for the IF Forum “The Power of Sport to Drive World Health” held in November 2017. Within her IOC activities, she participated at the International Federation Chair of Medical Commission Meeting in March 2017, did a presentation at the Academic session OWG PyeongChang and was member of the Games Group in February 2018. She organized, chaired and did a presentation at the ISU Coaches’ Seminar “Healthy Skaters” in Milano, March 2018. She will attend the ASOIF Meeting and be consultant at the National Advisory Council clinical use of LED Therapy in May 2018. Dr. Dubravcic-Simunjak participated as invited Speaker at the International Development Seminar founded by the ISU Development Commission in Figure Skating, her two talks titled were “Injuries in Figure Skating” and “Doping in Sport”. She was invited as International DCO (iDCO) Program during PyeongChang winter Olympic Games from 6th to 25th Feb. 2018. Dr. Shobe attended the ASTM Meetings held in Toronto in May 2017 and in Atlanta in November 2017 dealing with Sport Safety (Short Track Helmet safety standard renewal). Dr. Koivu took part at the 2017 WADA TUE Symposium in September in Helsinki. Dr. Kim has been invited as a chief medical officer of the Figure Skating and Short Track Speed Skating events during the 2018 Pyeongchang Winter Olympic Games. Dr. M. Becker attended the 2018 WADA Anti-Doping Organization Symposium in Lausanne. Ms. Christine Cardis was a member of the WADA Independent Observer Team at RIO 2016. She attended the following meetings: 2016 and 2017 Annual IFs Seminar on Clean Sport, the 2017 WADA Anti-Doping Symposium and gave a talk at the workshop entitled “Stimulating Collaboration between ADOs and Laboratories”, the 2017 WADA Therapeutic Use Exemption Symposium and the 2018 WADA Anti-Doping Organization Symposium. She was a lecturer for the 2017 and 2018 AISTS Master of Advanced Studies in Sport Administration & Technology. Ms. Roxane RoCHAT participated at the 2017 and 2018 WADA Anti-Doping Organization Symposium, as well as at 2016 and 2017 IFs Seminar on Clean Sport. The entire Medical Commission attended the ISU Coaches’ Seminar “Healthy Skaters” in Milano, March 2018, organized and chaired by Dr. Moran.

15. *Investigate and promote new tools to facilitate Athlete and Entourage Education with regards to Anti-Doping and its deterrence.* We rebranded our Anti-Doping Education Program from “Clean Skater are real Champions” to “Pure as Ice_Proud to be a Clean Skater”. This has been very well received by the Skaters. Please look at <https://www.youtube.com/watch?v=pNzt00BzWdA&feature=youtu.be>
16. *Develop and implement systems of intelligence gathering of non-analytical evidence suggesting ADRVs.* We are implementing guidelines for reporting observed unusual/suspicious activities and handling of possible doping paraphernalia.



May 2018