

**INTERNATIONAL SKATING UNION – FOUR YEAR PLAN 2022/23 – 2025/26**

**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. Improve the Guidance on Racing Rules of clear and up-to-date competition Rules and procedures in line with the development of the sport.
5. Work on web base content for the education of coaches (videos, webinar, blog) in collaboration with the development commission
6. Continue to exchange and share best practices with other ISU disciplines and also the various commissions.

**Recommended activities to obtain benefits:**

	2022/23	2023/24	2024/25	2025/26
1. - Collaborating with the medical commission for approbation of new helmets reducing the number of concussions,	X	X	X	X
- Special project of testing fabrics to identify best ones available	X	X		
- Helping the ISU Medical Commission collecting all relevant data including videos of injuries in events	X	X	X	X
2. - Continue to 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.	X	X	X	X
- Work on the creation of a series of ISU events for Junior categories in collaboration with the council to facilitate the growth and development of the Next Gen Skaters.	X	X	X	X
3. - Periodic meetings including workshops between the STSSTC and Coaches to brainstorm on the technical development of the sport including its competition formats, ISU Event and Olympic Winter Games qualification procedures, equipment, and scientific developments and also to explain the changes to the Rules, the guidance and all other important topics.	X	X	X	X
4. - Work on improving the Guidance on racing rules and also create the tools to promote it adequately and educate everyone on its content (Referees, Coaches, Athletes, ISU Members, and Media)	X	X	X	X
- Monitoring what works well and what needs to be improved after each ISU Events from a technical perspective and discuss solutions at every TC meeting.	X	X	X	X
- Exchange with all key players to get input and feedback before finalizing rule proposals (Legal Advisors, ISU Council, Coaches, Officials, Athletes representative, etc)	X	X	X	X
5. - Join the efforts and facilitate the work of the ISU Development Commission & E-Learning Team, 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

Four Year Plan STSSTC  
Coaches/Skaters education  
& monitoring of Technical Rules

6. - Continue the collaboration with the other ISU disciplines and the commissions and to share best practices.	X	X	X	X
- 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

March 2022

Nathalie Lambert  
Chair of the Short Track Speed Skating Technical Committee