WORLD SAILING
MEDICAL COMMISSION
ANNUAL WORK PLAN PLAN 2026
QUAD 2025-2028

1. Medical Commission

2. Commission Members

Ben Tan (Chair)	Fanny Mevellec	
Neb Nikolic (Vice Chair)	Sophia Papamichalopoulos	
Luca Ferraris	Carmen Vaz Pardal	
Joanne Allen	Spike Briggs	

3. Working Groups

Working Group	Lead	Members
Development of Protective Equipment	TBC	TBC

4. Remit and Strategic Alignment

The Medical Commission remit is to*:*
(a) inform and advise the Board in respect of the implications and implementation of the World Anti-Doping Code and all its provisions;
(b) ensure that such annual changes as are made to the World Anti-Doping Code List of Prohibited Substances and Methods are published and made known to Member National Authorities, so that these may be disseminated to competitive sailors worldwide;
(c) advise and assist the Board in the practical enforcement of the World Anti-Doping Code;
(d) consider and process, via the Secretariat, requests from competitors for dispensation for ATUE and TUE by the procedures in the World Anti-Doping Code International Standard for Therapeutic Use Exemptions, and to issue such Certifications of Approval and notify the Board;
(e) forward requests for Therapeutic Use Exemptions, suitably validated by the Board, for competitors seeking to compete in the Olympic Sailing Competition, to the IOC Medical Commission, and to act on behalf of such competitors in confidential negotiations with the IOC Medical Commission;
(f) consider and advise the Board on Medical matters affecting all branches of sailing served by World Sailing; and
(g) if requested by the Board, make investigations into aspects of sailing that have or may affect the physical or mental health of sailors

Mission/Remit	Mission Statement/Remit: See above
Alignment to WS Strategies	
Ready for the Future	Revision of WS Anti-Doping Rules and adoption of WADA 2027 (Code to apply 2027 to 2032)
Sustainability Agenda	Continue to monitor water quality considerations from a medical standpoint And heat considerations from a medical standpoint
Olympic Vision	Expertise regarding advice, implementation and enforcement of WADA Code, ensuring clean sport..

	Safety considerations in readiness for LA 2028. Rectification of safety shortfalls from Paris 2024 (Marseille). Expertise surrounding Athlete mental health/psychological wellbeing.
Para Inclusive Strategy	Having para athletes included in the Testing Pool and anti doping education plan; including para athletes to align with requirements for Paralympic readmission
Steering the Course	Continuous monitoring of medical expertise on Intersex/DSD considerations that may affect women sailors

5. Objectives for the Year

List 3–5 specific, measurable, achievable, relevant, and time-bound (SMART) objectives for the year.

Objective 1	Preparation of revised World Sailing Anti Doping Rules & adoption of 2027 WADA Code (applicable 2027 to 2032) (by Autumn 2026)
Objective 2	Update to Medical Support Plan (Nov 2026)
Objective 3	Development of Protective Equipment (Date TBC)
Objective 4	Review of WS Event Contracts to include minimum Safety/Medical standards (by Nov 2026)
Objective 5	Study and consultation on rapid weight gain in Formula Kite athletes – health and doping implications (by Nov 2026).

6. Key Activities

- Break down the objectives into actionable tasks with deadlines and responsible parties.
- Define key performance indicators (KPIs) to measure progress and success.
- Outline the resources required to achieve the objectives.

OBJECTIVE 1	PREPARE UPDATED ANTI DOPING RULES			
TASKS	**DEADLINE**	**RESPONSIBLE PARTY**	**KPI**	**RESOURCE REQUIRED**
Prepare draft of revised World Sailing Anti Doping Rules in alignment with WADA 2027 Model Rules	June 2026	Ben Tan/MC/GS		MC expertise
Review by MC	July 2026	MC		MC expertise
New Rules approval	July 2026	WS Board		
Adoption of rules	Before 1/01/2027	GS/WADA		

OBJECTIVE 2	Update to the Medical Support Plan			
TASKS	**DEADLINE**	**RESPONSIBLE PARTY**	**KPI**	**RESOURCE REQUIRED**
Consultation process to collate input to support preparation of Medical Support Plan (include specific provisions for Olympic Classes)	August 2026	FM/MC/GS		MC expertise/Board support/Olympic Classes input
Support Plan approval	Nov 2026	FM/MC/GS		

OBJECTIVE 3	Development of protective equipment			
TASKS	**DEADLINE**	**RESPONSIBLE PARTY**	**KPI**	**RESOURCE REQUIRED**
Working Group to explore development of protective equipment	TBC	Neb/MC		MC Expertise/Board Support

OBJECTIVE 4	Review of WS Event Contracts to include minimum Safety/Medical standards			
TASKS	**DEADLINE**	**RESPONSIBLE PARTY**	**KPI**	**RESOURCE REQUIRED**
Review of WS Event Contracts Safety/Medical standards provisions & viability/legality of inclusion of minimum standards.	Nov 2026	WS Legal/MC/Neb		MC Expertise/Legal expertise

OBJECTIVE 5	Study and consultation on rapid weight gain in Formula Kite athletes – health and doping implications			
TASKS	**DEADLINE**	**RESPONSIBLE PARTY**	**KPI**	**RESOURCE REQUIRED**
Further study – health implications (larger sample size, inclusion of more health indices and longer follow up are required)	Nov 2026	MC		MC Expertise

7. Reporting and Review

Regular reporting via group email

8. Continuous Improvement

TBC