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World Sailing

Medical Commission Meeting Minutes

Date: **Monday 3 November 2025** Time:

between the hours of 10:30 – 13:30

Venue: **National Yacht Club Dun Laoghaire, Ireland.**

Agenda Items
1. Opening of the Meeting **2.** In Attendance: Dr Benedict Tan – Chairperson (BT) Dr Nebojša Nikolic – Vice-Chairperson (NN) Dr Luca Ferraris (LF) Dr Carmen Vaz Pardal (CVP) Dr Joanne Allen (JA) Dr Fanny Mevellac (FM) Dr Sophia Papamichalopoulos (Online) (SP) Dr Spike Briggs (Online) SB Vice President Tomasz Chamera **WS Staff Present:** Gillian Sanders (GS) Hannah Stodel (HS) a. Welcome and Introduction. Chair, Dr Benedict Tan welcomed members of the Commission to Ireland, with particular welcome to the new members of the Commission for the new quad and thanked them for their attendance and their work during the year. b. Apologies – None c. Minutes of the previous meeting. The Minutes for the meeting on 4 November 2024 were approved. There were no other matters arising that were not otherwise on the agenda. d. Declaration of Interest – None

3. Anti-Doping

a. Testing Report 2025 (Including Adverse Analytical Findings / Atypical Findings/ Missed Tests/ TUE Applications and Whereabouts Filing Failures) The Commission noted the report and in particular noted that there were no adverse analytical findings, and that the number of tests was in accordance with the WADA requirements (3 Out of Competition (OOC) for Registered Testing Pool and 1 OOC for Testing Pool.

b. The Commission noted the existing Results Management contract with the ITA and that the ITA had processed numerous unsuccessful attempts/Whereabouts failures for RTP athletes in 2025 as part of that contract. The Commission noted the existing contract with Clearidium and that they continue to deliver an excellent and cost effective service for our testing.

c. Education Report 2025 The Commission noted the report, in particular it noted that education sessions were to take place at the World Sailing Youth Championships in Vilamoura, Portugal and the Para Inclusive World Championships in Oman. The "I Sail Pure" brand continued to be successfully utilised. The Commission noted that the World Sailing Integrity Manager had renewed her UKAD Anti Doping education accreditation for a further 2 years and would carry out Anti Doping education on behalf of World Sailing.

d. Plan 2026 Testing and Education. In relation to the 2026 Testing Plan the Commission approved the proposals for testing. The Commission noted that the proposed RTP and the TP for 2026 would be sent for Commission approval via email after the Conference as they would be updated according to the latest rankings. In relation to the 2026 Education Plan, it was noted that the continued focus was on education for youth and para sailors with education in person to take place at the World Sailing Youth Championships in Portugal in December 2026, at the World Sailing Para Inclusive Championships 2026 (date and venue tbc) and pre games for the Dakar Youth Olympic Games 2026 participants.

d. Risk Assessment for 2025 to 2028.
The Commission noted that the Risk Assessment conducted in 2025 by the Medical Commission had been approved and the RTP and TP for 2026 would be set up in accordance with the Risk Assessment.

4. Transgender

a. The Commission noted the report from NN the Transgender Medical Manager that no further necessary amendments were required to the policy and that developments in this area as well as that of DSD are continually being monitored and further, that the IOC have established a Transgender Task Group, who are conducting ongoing work in this area. NN would continue to monitor developments in other Olympic Sports and within the IOC and then bring back to the Commission in the future.

5. Safety

a. Safety Report
The Commission noted the report received from Safety Commission representative CV. CV reported that there should be specific / greater Olympic Class representation in the Safety Commission.

b. FM updated the Commission on Medical Recommendations for High Risk Events

project. The Medical Commission sent a survey to key stakeholders, but only 8 responses were received to date. An update is required to the Medical Support Plan to include specific provisions for Olympic Classes, in view of the increased risks with foiling. Support from the Board is required in the consultation process, as it will improve implementation when the next update is released

c. NN stated the importance of a proactive approach to develop protective equipment in keeping with other IF's who have already developed such equipment. Implementation therefore needs to be top down (i.e. Board-led).
d. The Commission reported on minimum safety and medical standards and that World Sailing Event contracts should include a specific provision that event organisers follow the required minimum safety and medical standards.

6. Formula Kite Weight

a. The Medical Commission received a pilot study and report on Formula Kite weight Considerations from Dr Dayla Navot.
b. The study found that gaining body mass increases competitiveness in kitefoil and iQFOiL, but female sailors (owing to the lack of testosterone) struggle to gain lean body mass and reluctantly increase body fat instead. The short-term health consequences of a rapid gain in body fat revealed by the study are indeterminate (some indices did not deteriorate and some worsened), and the short follow up period in the study was unable to determine the long-term health consequences
c. Longitudinal studies with a larger sample size, inclusion of more health indices and longer follow up are required to properly determine the health consequences of rapid gains in fat mass in female sailors.

7. Olympic Youth Games – 2026 Dakar - Senegal

NN reported on updates regarding YOG Dakar. Empty beach without shade/adequate shelter is a concern. NN is in contact with IOC Medical and will give recommendations on sufficient ice supply. NN also reported that current water quality is adequate/borderline.

NN also reported that on water support was a concern but that the army was being engaged to supply on water support.

8. Change of definitions for primary and secondary contact WS Water Quality Standards

NN reported that he was in the process of preparing the change in definitions of Water Quality Standards for primary and secondary contact. This would be finalized soon by NN to go to the Board

9. Quick-release foot-strap

BT updated that a minimally working prototype (MWP) had been trialed successfully on the 29er. A few major sailing equipment manufacturers / distributors had been approached to bring the MWP into production, but the consistent feedback is that the investment to engineer from MWP to production model would be substantial and hence they are not keen to take it on. The engineering consulting firm that worked on the MWP has no experience in marine equipment. Given that it is costly to renew the patents, BT sought the MC's decision on whether to terminate the project or pursue further. SB, who has an engineering background, will discuss further offline with BT to see if smaller "boutique" sailing manufacturers would be more keen. The MC's consensus is that a "last ditch" attempt

should be make by approaching a different set of sailing equipment manufacturers.

10. Para World Sailing Committee

a. Update and Report from Events:

HS updated in relation to the IPC audit that will determine readmission into Paralympics. HS also updated the Commission on the upcoming inaugural Inclusive World Championships to take place in Oman.

b. HS reported on the challenges surrounding classification and the new IPC code.

11. Safeguarding

a) Safeguarding Report

The Commission noted the report, in particular they noted the proposed review of the policy in 2026 in order to address the limits to our jurisdiction as per our existing policy. They noted the preventative measures taken by World Sailing, including the vetting of World Sailing staff and officials, pre event risk assessments and education initiatives.

b) 2026 Safeguarding Plan

The 2026 Safeguarding Plan was noted by the Commission.

12. Recommendations to the Board

See attached appendix. The Chair and Vice Chair agreed the recommendations which would be put to the Board.

13. Any Other Business

a. No further updates required as all raised in other parts of meeting.
b. Validation study – Aleks will conduct a validation study on the Sailing Specific Conditioning Exercises. GS to forward to WS Comms/Media team.
c. Medical Commission Work Plan as prepared as required in terms of WS Governance Reform and will be revisited in 2026.
d. Book on Sailing Medicine – NN updated Commission on his book progress and thanked those Commission members for their valuable input. Further chapters to be completed with input from other Medical Commission members.

14. Date of Next Meeting.

To be confirmed but anticipate it will be November 2026.

On behalf of the Board Vice President Tomasz Chamera thanked all members of the Medical Commission for all their work during the year.

The Chair also thanked the Commission members for their work and their attendance at the meeting. The Chair then closed the meeting.

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