

**INTERNATIONAL SKATING UNION – FOUR YEAR PLAN 2022/23– 2024/26**

**Project/Function/Area of activity:** Medical / Anti-Doping

**Committee/Commission/internal ISU body:** ISU Council  
ISU Medical Commission  
ISU Sports Directorate  
ISU Secretariat

**Statement of specific results & benefits to be obtained:**

**Anti-Doping**

- Continue to implement and modify as required a comprehensive, fair and safe Anti-Doping testing program for both in and out of competition as a deterrent and means of detection to all forms of doping.
- Reinforce Education in Anti-Doping by promoting and developing the ISU Pure as Ice program in order to increase the awareness and education of the skating family of sports related anti-doping issues and to be compliant with the WADA International Standard for Education.
- Maintain comprehensive management of all Anti-Doping issues.
- Strengthen the detection techniques for banned substances through pro-active cooperation with other organizations and continued research.
- Improve the use of intelligent gathering and investigation to obtain information for target testing and detecting Anti-Doping Rule Violations (ADRV) with non-analytical mean.
- Continue knowledge awareness in Anti-Doping governing bodies' Rules and Regulations, in order to be WADA compliant.
- Fulfill the requirements of Major Event Organizations' (MEO) Anti-Doping regulations for other than ISU Events.
- Maintain regular contact/collaboration with the chair of the Athletes Commission.
- Maintain close collaboration with Legal Advisors.

**Medical**

- Maintain the ISU injury surveillance program for all Skating disciplines.
- Disseminate information through education programs, including the eLearning program that covers sports injuries and injury prevention.
- Maintain high standard of medical care at ISU Events.
- Develop and provide sport specific protocols for safe return to skating.
- Investigate any expressed concerns with regards to Harassment and Abuse.
- Emphasize that Skater Health includes physical AND mental health.
- Support Members in the prevention of injuries and illnesses and promote good mental health practices.
- Develop relationship for collaborative research specific to skating.
- Collaborate with the ISU Technical Committees and Athletes Commission to protect the health and safety of the Skaters.

The ISU Medical Commission and the ISU Anti-Doping Department, under the supervision of the ISU Council, will perform the following tasks:

(The Anti-Doping tasks are classified according to their belonging to the WADA mandatory International Standards):

**Recommended activities to obtain benefits:**

**ANTI-DOPING**

<b>General</b>	<b>2022/23</b>	<b>2023/24</b>	<b>2024/25</b>	<b>2025/26</b>
1. Continuation of issuing guidelines and providing information in order to ensure availability of standardized facilities, equipment, staffing, procedures, documentation and policies for applying sanctions in Anti-Doping Testing	X	X	X	X
2. Organizing and/or participating in meetings on specific sports related Anti-Doping issues	X	X	X	X
3. Maintenance of a continued dialogue with other sports Anti-Doping organizations, in particular but not limited to NADOs, WADA and the IOC	X	X	X	X
4. Maintain and enhance ADOME (Anti-Doping Database Operation & Management Enterprise = AD Database) to efficiently monitor individual Skater's activities within the Anti-Doping Program (Testing, TUE, Education, whereabouts, ranking, Risk Assessment, Intelligence)	X	X	X	X
5. Assess the independence and good governance of the ISU Anti-Doping activities by external Anti-Doping Panel (to be created)	X	X	X	X

**Testing and Investigation (ISTI)**

6. Continuation of standard Anti-Doping Tests at ISU Events by updating, improving and standardizing the appropriate procedures, including privacy protection issues, equipment and forms	X	X	X	X
7. Ensure systematic participation of ISU Medical Advisors or designate(s) in an Anti-Doping supervisory function at all ISU Events	X	X	X	X
8. Contracting specialized Sample Collection Authorities to perform the collection of Samples in compliance with the requirements of the ISTI, ISU Anti-Doping Rules and ISU Anti-Doping Procedures.	X	X	X	X
9. Continuation of Out-of-Competition Testing in cooperation with NADOs	X	X	X	X
10. Maintain a well-developed Athletes Biological Passport program (Hematological & Steroidal) in Speed and Figure Skating disciplines.	X	X	X	X
11. Monitor new analytical techniques (Dried Blood Spot (DBS), Serum specific analysis, etc.)	X	X	X	X

	2022/23	2023/24	2024/25	2025/26
12. Continuation of specific Anti-Doping initiatives related to recent and new doping threats	X	X	X	X
13. Protect the Clean Skaters by promotion of the ITA Reveal Program on the ISU website and in social media	X	X	X	X
14. Educate the ISU Officials, Skaters and Entourage of their role to report suspicious behaviors by providing information within Intelligence gathering and easy access to the reporting platform (REVEAL)	X	X	X	X
15. Collaboration with IOC (ITA) on extended Testing ahead of the OWG 2026				X

**Education (ISE)**

16. Reinforce education by extending and promoting the ISU Pure as Ice Program (ICEPACK, Outreach, Webinar, Seminar, P.L.A.Y Newsletter)	X	X	X	X
17. Improving the tools to monitor the Pure as Ice Program	X			
18. Evaluate the efficiency of the Pure as Ice Program		X	X	X
19. Continuation of the Research project "Do Antidoping Interventions Work?"	X	?	?	

**Results Management (ISRM)**

20. Continuation of the APMU Agreement to ensure external interpretation and compliant Results Management of the Athletes Biological Passport	X	X	X	X
21. Consultation with experts to enhance the interpretation of test results and advice on further actions	X	X	X	X
22. Providing the ISU with advice on Adverse Analytical Findings (AAF) and supervising any necessary further investigations in all AAF / ADRV cases	X	X	X	X

**Therapeutic Use Exemptions (TUEs) (ISTUE)**

23. Receiving and Processing of TUE applications	X	X	X	X
24. Collaborating with specialized physicians to complete the pool of Medical Doctors acting as TUE Committee	X	X	X	X

**Protection of Privacy and Personal Information (ISPPPI)**

25. Improving and applying the Protection of Privacy and Personal Information process	X	X	X	X
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<b>Code Compliance by Signatories (ISCCS)</b>	<b>2022/23</b>	<b>2023/24</b>	<b>2024/25</b>	<b>2025/26</b>
26. Participate in the revision of the 2021 World Anti-Doping Code, in case a revision of the Code would be decided by WADA		X	X	X
27. Continuation of updating the ISU Anti-Doping Rules and ISU Anti-Doping Procedures	X	X	X	X
28. Maintaining the ISU Compliance as set in the International Standard for Code Compliance by Signatories (ISCCS)	X	X	X	X

### **Medical**

29. Medical Advisors attending ISU Events to ensure that emergencies management procedures and ISU Medical Standards are appropriate and have been implemented	X	X	X	X
30. Maintain a Medical Meeting at the ISU Events to ensure Medical Standards are continuously implemented and to educate Host and Visiting Medical Staff on skating specific requirements	X	X	X	X
31. Maintain the safety of the Skaters by effective communication with and relevant information package sent to Organizing Committees and respective CMOs	X	X	X	X
32. Maintain the ISU injury surveillance program for all Skating disciplines	X	X	X	X
33. Organizing and/or participating in meetings on specific sports related medical issues	X	X	X	X
34. Publication of medical information through the ISU Communications, the ISU website, social media and/or ISU Newsletter, ISU Events App	X	X	X	X
35. Promote health of the Skaters through medical information dissemination by seminars, webinar and ISU website	X	X	X	X
36. Collaborate with the ISU Technical Committees, Athletes Commission and external experts to improve safety of Skaters, specifically with regards to equipment	X	X	X	X
37. Educate Athletes and Coaches to recognize Harassment and Abuse in sport and raise awareness on ISU reporting protocols	X	X	X	X
38. Increase awareness that Health includes Mental Health as well as Physical Health by promoting the use of the IOC Mental Health Tool Kit	X	X	X	X
39. Review and update as necessary the ISU Transgender Policy	X	X	X	X

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	2022/23	2023/24	2024/25	2025/26
40. For the continued health and safety of the Skaters, include IOC consensus statement and ensure access to educational programs (RED-s, Abuse and Harassment tool kit) on the ISU website	X	X	X	X
41. Continue to monitor Covid-19 and other infectious diseases in order to advise the ISU on important and effective Infectious Disease Protocols for ISU Events and meetings	X	X	X	X

March 2022