

Report template for XL ICF Congress Antalya, Turkiye, November 2024

Medical and Anti-doping Committee

Dr. Jane Gibson, Interim Chair of the MAC

Activities 2023-2024:

During 2023-2024, the Medical Committee has focused its efforts on two main pieces of work over the last year. Firstly, the ICF Policy on Inclusivity and Fairness in Competition Categorisation, previously referred to as the Transgender Policy, has taken a considerable amount of effort from Committee members and other volunteers, with the support of Board members. A draft of this has now been sent to the Board for further discussion. Secondly, we have written a policy for the assessment of head injuries at events run under the jurisdiction of the ICF. Whilst this started as a policy to cover Kayak Cross only, it has now been extended so that it can be used for all disciplines. This policy will be sent to all of the Technical Committees for comment before final approval.

An 'Extreme Heat Policy' guidance document for organisers of events is also under consideration by the Board, having previously been developed for the European Canoe Association and it is hoped that this will also soon be available for comment by the Technical Committees.

A member of the Medical Committee also attended the Paris 2024 Olympics and liaised with the on-site medical team regarding policies and procedures.

Key achievements:

As above

Strategic plans for future implementation:

It is hoped that after the 2024 Congress we will have a larger committee and this will enable us to work on some important new projects over the next 4 years.

We hope to develop a close working relationship with all the Technical Committees and the Athlete Commission so that we can respond quickly to

requests for information or policies so that we can work with the Board to produce robust medical advice and support.

In the year 2024-2025, we will finalise and deliver the 'Transgender', Head Injury and Extreme Heat Policies.

We will create a working partnership with the International Testing Authority and update all our anti-doping documentation on the Planet Canoe website.

We would like to create a Health and Wellbeing section on the Planet Canoe website where guidance on topics such as heat, dehydration and illness prevention can be sited as well as updates on evidence-based information on topics related to athlete health in paddlesports.

In the longer term, other projects such as an injury surveillance project, a focus on mental health and wellbeing in athletes and self-help guides for athletes on the website will be developed.

Other projects will be considered depending on requests from the Board, Technical Committees and athletes and also in accordance with the technical expertise within the new Medical and Anti-doping Committee.