

# IWF Medical Committee Report

Mr. Michael S. Irani, Chairman  
IWF Congress  
31th October 2018 – Ashgabat,  
Turkmenistan

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# Agenda of the MC Meeting

## Important points of the Agenda:

- ❖ Transgender Update
- ❖ Research projects of the Medical Committee
- ❖ Medical Trunk
- ❖ Bio-electrical Impedance Meter
- ❖ Injury Surveillance
- ❖ Information regarding the WWC 2018



# Transgender Update

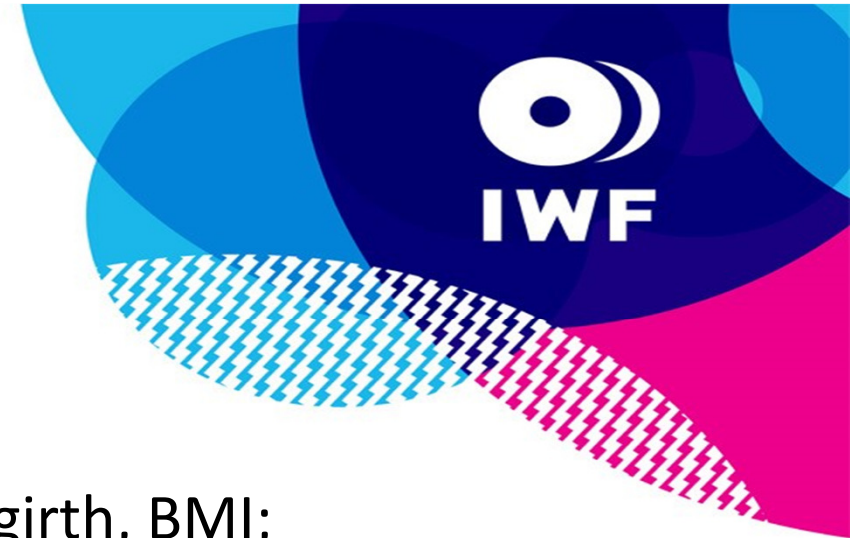


- Recent studies from Australia – different threshold
- Model Transgender Regulations for International Federations
- IOC Transgender Guidelines
- IWF shall comply with the IOC Guidelines – IWF Working Group
- Effective date of the Guidelines shall be 1st January 2019

## Research Projects of the MC

- ❑ Health and Safety of the Athlete – hip: waist, girth, BMI;
- ❑ Injury Rate and Early Sports Specialization in Weightlifting
- ❑ Use of Video Analysis regarding injury prevention
- ❑ Nutrition Guide

4 year plan includes close cooperation with the IWF in the field of Anti-Doping





## Medical Trunk

- For all IWF Event Medical Equipment shall be provided by the Organizers or the IWF;
- Equipment of the IWF Medical Trunk shall be updated (e.g.: medication, bandages);
- List of equipment shall be prepared for the IWF Site Visits for IWF Events.

# Bio-electrical Impedance Meter



- Research project of the Medical Committee;
- Assessing Athletes body composition parameters;
- Based on the impedance differences principal;
- Registered data give the possibility to calculate body composition;
- Most important parameters: Active Cell Mass, Lean Body Mass, Total Body Water, Total Body Weight;
- Research shall be applied for weightlifters.

# Injury Surveillance

- **All injury data were examined by the MC of the following competitions:**

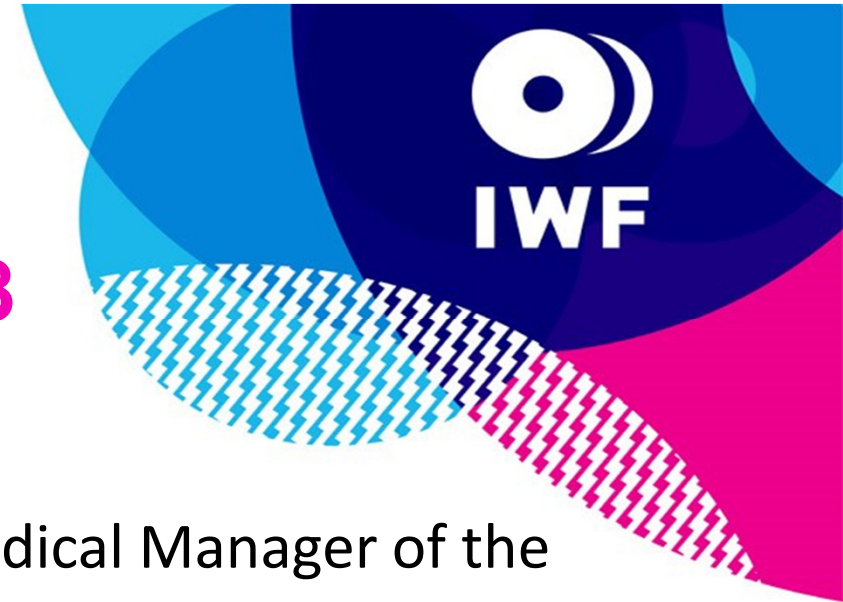
- XXI. Commonwealth Games – Gold Coast 2018;
- 18th Asian Games – Jakarta;
- IWF Junior Championships 2018 – Tashkent;
- Youth Olympic Games 2018 – Buenos Aires;
- IWF World Championships 2017 – Anaheim;
- FISU 2017 – Taipei;
- Youth World Championships 2017 – Bangkok

- Injury report shall be revised;
- IOC E-record device system – should be compliant with the IWF system;





## Information regarding WWC 2018



- Special guest – **Ms. Selbi Muradova** – Senior Medical Manager of the Organizing Committee for Ashgabat 2018;
- Medical care – for all accredited participants and spectators;
- Infection Control and Prevention;
- Hospital possibilities;
- Insurance Policy;





**Thank you for  
your attention!**

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