

Quadrennial Report

of the IWF Medical Committee (2013-2016)

As the Chairman of the IWF Medical Committee which consists of the following Members: Dr. Dominik Dörr (GER) Dr. Richard Herrick (USA), Dr. Carmello Ciotta (ITA), Dr. Parameth Ladpli (THA), Dr. Dogan Atlihan (TUR), Dr. Ip Wing Yuk (HKG), Dr. Maria Dolores Rubio (ESP), Dr. Lisimoni Kami (TGA) it is my honour to present to you the summary of our main activities of the last Quadrennium:

The Committee has met on six occasions between 2013-2016:

- 16th October, 2013 – Wroclaw, Poland
- 27th March, 2014 – Lausanne, Switzerland (Joint Meeting with IOC Medical Members, all the Members of Medical Committee participated.)
- 4th November, 2014 – Almaty, Kazakhstan
- 4th April, 2015 – Lima, Peru
- 18th November 2015 – Houston, TX, USA
- 21st June 2016 – Tbilisi, Georgia

Since the last report the main activities of the Medical Committee have been as follows:

- **Determination of General Principles**
 - Rationalization of Continental Medical Committees (acquisition of information on their functioning);
 - Ensuring good governance in the field of sports medicine;
 - Medical Emergency Equipment for competitions.
- **Determination of rules and responsibilities of Doctors on Duty**
 - Ensuring a fair selection procedure for Doctors on Duty;
 - Uniform;
 - Certificates.
- **Injury and illness reports to be analyzed and published (data collected by all Doctor on Duties and evaluated by Dr. Dominik Doerr)**
 - Injury Management System;
 - Injury Registration Procedure.

Summary of Injury and illness reports:

- Injuries of 2014 (Summary of JWC Kazan; Common Wealth Games Glasgow, YOG Nanjing, WC Almaty): 27 injuries (Most frequent injury location: foot, elbow)
 - Injuries of 2015 (Summary of: JWC Wroclaw, YWC Peru, WC Houston): 9 injuries (Most frequent injury location: elbow)
 - Injuries of 2016 (Olympic Games Rio): 13 injuries (Most frequent injury location: elbow, thigh, calf)
- **Anti-Doping related medical issues**
 - **TUE changes and requirements**
 - Elaboration of TUE guidelines
 - TUE education of IWF Member Federations, Athletes, Athlete Support Personnel raising awareness of weightlifting-specific rules among National Anti-Doping Organizations

- Elaboration of IWF Needle Policy
- Education of Athletes and Athlete Support Personnel about the dangers of nutritional supplements
- Close cooperation with the World Anti-Doping Agency and the IWF Anti-Doping Commission

- **Determination of IWF Policies and Manuals**
 - Preparation of Medical Manual (It contains practical medical information for the Organizers.);
 - TO Appointment Policy.

- **Cooperation with IOC's Medical and Scientific Department**
 - Close cooperation in the future to communicate about the latest researches and news which can be relevant for weightlifting, to the health of Athletes, and pay special attention to young Athletes and the education of coaches.
 - Participation at the International Federations' Medical Committee Chairman meeting
 - IWF represented by the MC Chair in the IOC transgender working group

- **Cooperation with ASOIF**
 - One MC Member has become member of the ASOIF Medical & Scientific Consultative Group.

- **Cooperation with the Technical Committee**
 - Follow-up the changes of Technical Rules & Regulations of the IWF

The Medical Committee has worked determinedly towards achieving the goals set out in its four-year working plan and has closed a most successful Quadrennium.

The Members of the Medical Committee based on their expertise were assigned tasks relative to the Working Plan and reports were prepared, discussed and evaluated during its meetings.

In the past years the Chairman and Members of the Medical Committee participated representing the IWF at IOC Medical Meetings and other relevant meetings in the field of sports medicine. The IWF's medical measures are highly valued and its pro-activeness is appreciated.

During the 4 years activity of the Members were evaluated and serious measures were taken against inactive Members. In the last years the situation of weightlifting has become even more difficult because of the re-analysis cases of 2008 Olympic Games Beijing and 2012 Olympic Games London. Only full, professional dedication to Medical Duties will help to keep the Weightlifting in its actual position in the Olympic Family.

**Dr. Michael Irani,
Chairman**