

Report from EWF Medical Committee meeting

Date: September 23rd.

Place: Rovaniemi, Finland

The following members were present at the meeting:

Mr. TRYGGVE DUUN (NOR)

Dr. ANNUK MARGUS (EST)

Dr. LLEONART RUBIO MARIA DOLORES (ESP) By ZOOM

The following where absent:

Dr. NICOLA VOGLINO (ITA)

Dr. DADO MEDIC (SRB)

Dr. ZURAB KAKHABRISHVILI (GEO)

Dr. SWIATOSLAW ANTONI DALEK (POL)

STATUS

The current medical committee was elected at the EWF electoral congress in Moskow, April 2021.

The medical committee chairman was appointed by the EWF executive board during the summer of 2021, and the first MC meeting was held online by Zoom on August 18th. Unfortunately, we had some internet problems (in Norway) that day, and some doctors was due to that not able to connect to the meeting.

The meeting was a preparation to the meeting in Rovaniemi, and should be considered as an unformal meeting. Among the questions discussed online was of course how to make sure we have MC doctors on duty at EWF championships.

ROVANIEMI MEETING

1. Welcome

The chairman welcomed the medical committee members, and he informed very shortly about the August meeting and what he considers as the most important items to discuss. These items are reflected in the agenda for the meeting.

2. Presentation of the members (by the members).

The doctors held a presentation about themselves, their education, and areas of expertise.

3. How to handle the lack of MC competition doctors at championships

This item was one of the Items that was also discussed at the MC meeting in August 2021. Due to the MC members professional work at home, especially now during Covid, but also in general, it is very difficult for the doctors to stay away from home for long periods. They might loose patients, and they might loose their income. In general, the length of the competitions (number of days) is a problem to the doctors.

Many possible solutions where mentioned:

- To make a yearly plan where each MC doctor point out what competition they will attend as a Competition doctor. There are three competitions that must be covered. These three competitions are The European Senior championships, The European junior & U23 championships, and The European youth championships. Regarding this solution it can be mentioned that this was done in the previous period, and it worked quite well the two first years. The last two years we experienced that it still was a problem to have doctors at some championships (especially the youth championships), and that some doctors had problems to attend as wished. And – off course – the last year the covid-19 came.

The MC members should stay for at least one competition each during the yearly calendar. To encourage the members to participate, the MC chairman will contact all the members personally to make sure there are enough doctors at the competitions.

- To divide the competitions into two halves with one MC doctor present in each half. Then each doctor would not need to be at the competition for more than 4-5 days. In this case the official MC meetings should be held online some days before the competition starts.
- To appoint a pool of competent sport doctors from the national federations and use them as a supplement to the MC doctors. This was also mentioned as a solution by the interim president at the MC meeting in August.
- The local organizer must provide one competent doctor each day of the competition. If decided by the executive board, this must be implemented in the contract between the EWF and the local organizer.

The chairman of the MC will, before December 2021, organize an online meeting about this issue. The purpose of the meeting will be to make a plan for MC doctors at the 2022 championships.

4. The transgender discussion that came up during the Olympic games

Before and during the Olympic games there was a big international discussion about transgender issues in sport. During the MC meeting Dr. Annuk gave the MC a very interesting presentation from a medical point of view, including some very interesting scientific knowledge.

Message from Dr. Annuk's presentation is following:

Longitudinal scientific studies examining the effects of testosterone suppression on muscle mass and strength in transgender women consistently show very modest changes. The muscular advantage enjoyed by transgender women is only minimally reduced.

We argue against universal guidelines for transgender athletes in sport and instead propose that each sport federation (incl. weightlifting) evaluate their own conditions for inclusivity, fairness and safety.

The issue of transgender in sports is very complex, and it is obviously also a political issue that for sure must be handled within the political bodies of all sports. If the EWF or IWF executive board need some medical update on the issue, the MC can help.

4. A "three year plan" of the MC work

- The MC will first of all try to solve the challenges we have to make sure that there is MC doctors at all EWF championships.
- The MC will try to have some online working-meetings between the two meetings we have in connection to championships.
- The MC will try to be present at EWF seminars and training camps. The purpose will be to give the coaches and lifters good medical advice on areas that is important to them. It might be anti-doping, to avoid injuries, and also how to deal with injuries in weightlifting.
- The topic of anti-doping is very actual and prevention actions are extremely important. An idea is to provide different levels of seminars (for sportsmen, for coaches, for doctors etc) in the field of doping and anti-doping. Dr. Margus Annuk can contribute (as lecturer) to this action.
- This will be implemented into the MC yearly plan in cooperation with the Technical committee and the Coaching Research & Scientific Committee.

Tryggve Duun
Chairman of EWF MC