

REPORT OF THE CHAIRMAN OF THE MEDICAL COMMITTEE

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TO THE IWF ELECTORAL CONGRESS
MADRID - ESP - 31 MARCH - 1 APRIL 2009

Dear Colleagues and Friends,

As the outgoing chairman of the IWF Medical Committee after my second four years of service I would like to first thank our President Dr. Tamas Aján and our General Secretary Yannis Sgouros and all my colleagues in the Executive Board for appointing me as the chairman of such an important Committee. I would like to thank them one by one for their continuous support, the for sharing of their experience and providing me with advices in this term of four years.

My gratitude has to go to all members of the Medical Committee: **Dr. Bernd Dörr** who has provided us with the valuable injury summaries and is always available for TUE consultation, **Dr. Michael Irani** who has represented the IWF and IOC Medical Meetings and made provided us with the inputs of those, **Dr. Richard Herrick** who has always taken care of the medical readiness of the competition organisers and was ready to support feedback and help in providing the minimum requirement, **Dr. Marta Baroga** who has helped us as DCO for years and still active doctor on duty, when elected, **Dr. Kyriakos Virvidakis** who had provided valuable medical subjects, **Dr. Ashgra Shahabi** who is still helping us carry out doping controls effectively and works hard in the Asian region as well as in the IWF, and then the other knowledgeable and honourable doctors as **Dr. Edmon Takla**, **Dr. Ugur Gunel**, **Dr Carmello Ciotta** and last but not least **Dr. Jaroslaw Krzywanski** who had been co-opted member of our Committee since 2007. Following I would also like to thank IWF Legal Counsel Dr. Monika Ungar for her help to our work.

I would like to thank my committee members: it was pleasure working with them and to lead such a wonderful team. I am looking forward to have the chance again to co-operate with such unforgettable friends and colleagues - thank you all.

Trying to summarize our four years in this short report can be done only by putting down the main points that the Medical Committee worked on during the last 4 years:

1. **Injury - Illness Report**

Dr. Dorr provided us with a well outlined injury report form and our doctor on duties on all main IWF events had filled those in when necessary for Dr. Dorr to be able to present the yearly statistics. This summary was made available to the MC as well as the SRC and several reports, suggestions and studies have been prepared as a result of this. The IWF MC has provided this injury report summary to the IOC for better understanding of our sport and for their statistical use as well.
2. **Anti Doping**

The IWF has decided to contract independent doping control officers that are WADA accredited and completely reliable. We have established a wonderful cooperation between the Anti doping Commission Chairman and the DCOs and as well as between the MC members and the DCOs. My colleagues have contributed lots to the DCOs work and success and to the harmonization of anti doping rules and policies, as well as the extension of doping controls with help of WADA. The MC has time to time reviewed interesting doping cases, such as atypical findings, and irregular TUE applications. With the new WADA Code entered into force by the 1st January 2009 and consequently the amendment of the IWF Anti-Doping Policy, we shall continue our joint fight against doping with the success we have achieved in the past 4 years.
3. **Rules Modification**

The MC members had several proposals regarding injury prevention, doping violation sanctioning, medical care at IWF events and other relevant issues that were submitted to the IWF Executive Board and many matters were accepted and carried forward. Subjects that were in discussion in the Executive Board had also been discussed by the Committee. Very valuable proposals were made by Dr. Dorr, Dr. Herrick, Dr. Shahabi, Dr. Irani, Dr. Baroga, etc.
4. **IWF Symposium**

Members of the MC contributed summaries, reports and further valuable material for the IWF Symposium that was held in Rome in 2007. MC members published material within their National federation and as well in their Continental Federation for the promotion of doping free and healthy weightlifting sport.
5. **Medical Care and service at events**

M.C. members were involved in all major events that were organized by the IWF with close cooperation with all the organizing committees to ensure the best Medical Care and service to all participants of IWF events including all the officials.

6. **Doctors on duty service**

The M.C. members were also very active as appointed Doctors on Duty in the Beijing Olympic Games and other major world championships and with their expertise in the sport of weightlifting helped the local doctors and first aid people to provide proper treatment.

7. **Athletes diet**

The M.C. established a system of minimum requirements for the athletes' meals/diet at major competitions. This was seriously monitored and sometimes difficult negotiations were between the Chairman and the Organizing Committees to observe these minimum requirements.

8. **M.C. represented**

Various M.C. members - Dr. Irani, Dr. Dorr and others - participated in different IOC, ASOIF and other international conferences and symposiums, giving a dignified representation of our Committee.

Finally, I would like to highlight the very close connection, and the wonderful cooperation I had with the Chairman of the Technical Committee, our first Vice President Mr. Sam Coffa, and the Chairman of the Scientific & Research Committee, our Vice President Mr. Dragomir Cioroslan. We all started our work as individuals and we finish this term again as - **TEAM!** We worked together **AS A TEAM and I am looking forward to continue this work together-** **THANK YOU ALL FOR THIS.**

**Dr. Barak Shimon
Chairman M.C.**