

# World Rowing Sports Medicine Commission



- Dr. Jürgen Steinacker, Germany (chair)
- Dr. Jo Hannafin, United States of America
- Dr. Henning Bay Nielsen, Denmark
- Dr. Donia Koubaa, Tunisia
- Dr. Mikio Hiura, Japan
- Dr. Piero Poli, Italy
- Dr. Tomislav Smoljanovic, Croatia
- Dr. Michael Wilkinson, Canada
- Dr. Petra Zupet, Slovenia
- *Co-opted members:*
- Dr. Kathryn Ackerman, United States of America
- Dr. Fiona Wilson, Ireland
  
- *World Rowing AD-department:*
- Dr. Alain Lacoste
- Natalie Schmutz





Motto of 2020?



**WEAR**  
FACEMASK



**SANITIZE**  
YOUR HANDS



**KEEP**  
DISTANCE



# 2020 Report of the Sports Medicine Commission



Joint Commissions Meeting

2020 Virtual

## 2020 Primary Achievements

1. **COVID-19**
2. **Three European Champs were successfully staged**
3. **Water quality guidelines and review**
4. Tokyo water quality
5. **Contributions to Rules:**
  - I. Rule 13: Women's and men's races. Transgender guideline
  - II. Rule 14: health and safety - Team Medical Officer
  - III. Rule 37 – FISA – Roles at Regattas: Regatta Medical Officer, Safety Adviser, role of FISA doctor
  - IV. Rule 49 – FISA Doctor

# 2021 Report of the Sports Medicine Commission

## 2021 Primary Objectives

1. **COVID-19-follow-up**
2. **2021 events and FISA doctor**  
Budget, travel restrictions, availability
3. **To Revise guidelines for medical services**  
Guidelines, list of responsibilities, videos and educational
4. **Lightweights: LW working group**
5. **Para Rowing and injury working group**
6. **Transgender**
7. **Coastal rowing**

FISA

Joint Commissions Meeting

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- Rule 14 - Health and Safety & Rule 48 - Guiding Principles - Safety and Fairness: need discussion with Events to be scheduled > Jürgen; Tomislav, Petra, Kate

**Safety for Regattas:**

Dr. Tomislav Smoljanovic, Croatia (lead)

Dr. Jürgen Steinacker, Germany

Dr. Petra Zupet, Slovenia

Dr. Kathryn Ackerman, United States of America

**Webpage and communication:**

Dr. Michael Wilkinson, Canada

Dr. Jo Hannafin, United States of America

- Lightweights: LW working group to present a scientific based recommendation for the Congress in 2022.
- Study proposal: measure in 2021 height, weight and wrist (bone thickness) in all light weight rowers in all FISA Events (tb discussed with Exec and Athletes). On-line questionnaire ?
- Seasonal weight changes are often 5-7 % of total weight (Jo). Do we have numbers? How to create a data base? On-line questionnaire

## **Lightweight working group:**

Dr. Mikio Hiura, Japan (lead)

Dr. Jo Hannafin, United States of America

Dr. Henning Bay Nielsen, Denmark

Dr. Fiona Wilson, Ireland

- Transgender: with the new rule 13, the newly established “Gender Advisory Panel” need to create guidelines. The Council may publish guidelines to assist rowers who have changed their gender, or intend to do so, in accordance with their national laws and regulations and who intend to seek a determination from the Executive Committee of their eligibility to compete either as a man or as a woman.

## **Gender Advisory Panel**

Dr. Kathryn Ackerman, United States of America

Dr. Jürgen Steinacker, Germany

Dr. Donia Koubaa, Tunisia

Joanna Harper, PhD, Loughborough, England

Prof. Ronald Chen, Newark, NJ, USA

## **Therapeutic exemption Committee**

Dr. Donia Koubaa, Tunisia (chair)

## **Anti-Doping-Committee** (members of SMC)

Dr. Jürgen Steinacker, Germany

Dr. Michael Wilkinson, Canada

Dr. Donia Koubaa, Tunisia

## **World Rowing AD-department:**

Dr. Alain Lacoste

Natalie Schmutz

## **Coastal rowing work group:**

Dr. Henning Bay Nielsen, Denmark (lead)

Dr. Jo Hannafin, United States of America

Dr. Donia Koubaa, Tunisia

Dr. Mikio Hiura, Japan

Dr. Michael Wilkinson, Canada

Dr. Fiona Wilson, Ireland

## **Para and Injury surveillance group (IOC-project)**

*Dr. Yetsa Tuakli-Wosornu, New Haven, CT, USA* (lead)

Dr. Kathryn Ackerman, United States of America

Dr. Fiona Wilson, Ireland

Dr. Jürgen Steinacker, Germany

# COVID-19

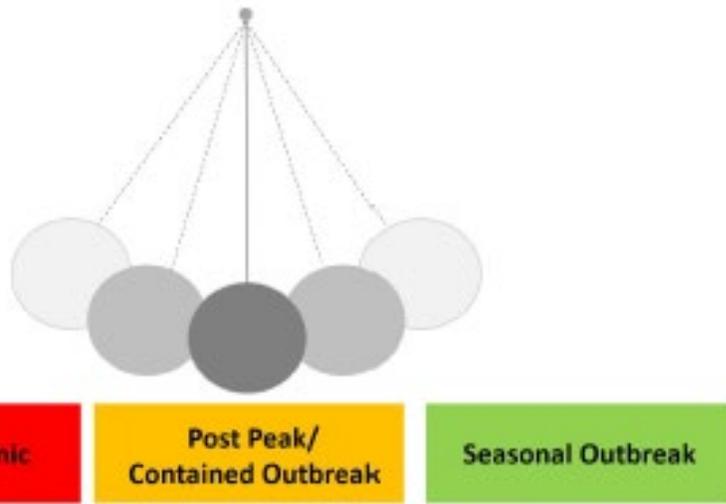


Figure 1. Pendulum of risk – the pandemic has various phases in different countries, regions

Table 3: Risk attribution and mitigation procedures according to different regional scenarios of Sars-CoV-2 - Covid-19 according to the WHO-guidelines<sup>2,3, 9, 21</sup> and using the RKI-threshold cut-off for transmissibility<sup>17</sup>

Risk	Scenario	Region / County: New Cases per 100.000 inhabitants in 7 days <sup>17</sup>	WHO-recommended Distance (m)	Rowing	Boat house	Weights room	Ergo exercise
High & extraordinary	Countries / Regions experiencing larger outbreaks of local transmission (Community transmission).	More than 50 cases per 100,000 in 7 days	1.5	Single	Closed	Closed	Private
moderate	Countries / Regions experiencing cases clusters in time, geographic location, or common exposure (Contained clusters of cases);	Between 20 and 50 cases per 100,000 in 7 days, or, higher prevalence but contained clusters	1.0	Crew with safety	Limited access	5 rowers + 1 coach <sup>a</sup> Disinfection <sup>b</sup> Enhanced cleaning	1.5 m distance between ergometers Good ventilation
Low	Countries / Regions with one or more cases, imported or locally detected (Sporadic cases);	Less than 20 cases per 100,000 in 7 days	1.0	Crew <sup>a</sup> with safety	Limited access	10 rowers + 1 coach <sup>a</sup> Disinfection <sup>b</sup> Hygiene	Good ventilation
No	Countries / Regions with no cases (No cases);	Not applicable	No regulation	Crew	Open	Open Disinfection Hygiene	Open

a. Number of crew members or group size depends on local prevalence and conditions and on assessment by public health authorities  
 b. Disinfection of each equipment contact point before and after use  
 c. Crew size can be increased to big boats due to local prevalence and conditions

## COVID-19 work group:

Dr. Jürgen Steinacker, Germany (lead)

Dr. Mikio Hiura, Japan

Dr. Henning Bay Nielsen, Denmark

Dr. Tomislav Smoljanovic, Croatia

Dr. Michael Wilkinson, Canada

Dr. Petra Zupet, Slovenia

Dr. Kathryn Ackerman, United States of America

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# Report from the European Champs

	Poznan	Duisburg	Belgrade
EQUIPMENT	41	24	9
FISA	72	33	20
MEDIA	60	39	14
OC	425	320	245
TEAM	1029	1022	659
	1627	1438	947

- Approx. 2 % (Poznan) - 3.6 % (Belgrade) demonstrated COVID-symptoms after the Events
- Most participants felt well and safe
- The measures taken were appropriate
  - 14 positive cases were reported in Poznan (4 clusters)
  - 8 positive cases in Belgrade (1 cluster)
  - **No significant transmission between teams at the event**
  - **Cases are imported with teams. We have no information on OC's.**
- We have to analyze and rethink in the next weeks:
  - Pre-screening before event?
  - Should we receive information on pre-event training in risk areas?
  - Should we receive information on travel mode to the event?
  - Semi-isolation before events vs. short stay?
  - Vaccination

- Report is planned
- We will again asks team to send out the questionnaire
- Back after Covid will be adressed