



MEDICAL COMMISSION REPORT

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Director: CASTRO Antonio

Members of the Commission: HEINZ Vladimir, HIDAS Peter, BRONS Arnold, NIMURA Yuji, ELKETTANI Chafik, EMBER Andrea

The years 2019-2021 are the years of collaboration for the Medical Commission. Following the Tokyo 2019 Judo World Championships the Commission renewed its collaboration with the Japanese Antidoping Agency (JADA) and the International Testing Agency (ITA) to prepare a doping control protocol that would both follow the International Olympic Committee's (IOC) and the World Antidoping Agency's (WADA) rules and also respect the specificities of judo, like the time of weigh-in or the competition structure, such as the repechage system.

In February 2020 Dr Antonio Castro was appointed as the new chair of the Commission, as Dr Hans-Paul Kutschera resigned due to his professional engagement.

In March 2020 the preparations were halted with JADA-IOC-ITA when the worldwide level of the pandemic reached a point when all judo activities needed to cease. However, on the other hand a new challenge emerged, ie. how to continue with the Out-of-Competition tests, despite the lockdown all over the world.

ITA was partner in continuing IJF's effort for clean judo and we established the priorities of testing. They carried out **215 Out-of-Competition IJF (including 15 blood) tests**, on the 60 IJF Registered Testing Pool athletes. The numbers cover all the athletes at least twice, either with the help of the national antidoping agencies or testing agencies.

After the first wave of the virus, when every country placed certain degrees of protective measures, the Medical Commission shifted their attention on how to resume judo training. In April-May 2020 the **Protocol For Resuming Judo Training** was prepared for all the national federations that could be adjusted to local regulations, if needed. The hygienic rules set in the document provided gradual resumption of judo training, and offered a safe environment first on individual, later paired outdoor and later indoor practice.

The summer of 2020 passed in collaboration with the Judo Academy in offering programs on mental health; and later with Dr Valentin Markser to develop future programs and mental tools. Commission members were also engaged in Continental Union webinars and the talks of the Judo Festival.

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Constant observation of the effect of the pandemic on judo brought about preparations for how to resume judo competitions. The process started with a thorough research on all the dangers of the virus, the possible mitigation points, as on personal, delegation and organiser level. The result was the **Protocol for resuming IJF events during the COVID-19 pandemic** document (covid.ijf.org) that serves as a reference point in negotiations with local governments and health authorities besides IJF for all Continental Unions and National Federations.

The first IJF event under the protocol was the Hungary Grand Slam in October 2020. The competition was a success, all delegations understood and followed the necessary safety measures, including those who needed to be quarantined.

In November – December of 2020 the focus was again on antidoping when the drafting of the **new IJF Antidoping Rules 2021** was carried out with the professional help of the ITA in the light of the **new WADA Code 2021** that is now **in effect from 1 January 2021**. The IJF Antidoping Rules 2021 were accepted by WADA in December 2020 and was emailed to every national federation, along with all the subsequent regulations that are also published on the IJF website under Clean Judo.

The success of the Hungary Grand Slam 2020 opened the pathway for future events both on national and international level. A series of events have been announced in January of 2021, with the IJF protocol amended on a need basis, according to the experience of the organising committees' and the changes of the pandemic. It is a learning process for all parties, and a fruitful collaboration among IJF - national judo federations and local governments.

The beginning of 2021 also brought the renewal of the IJF – ITA collaboration that among the previous tasks, as Out-of-Competition tests, Result Management, Therapeutic Use Exemption, etc., now include In-Competition testing at major IJF events, an educational collaboration in webinars, online educational posts, articles, Outreach programs at major events.

The Commission's focus is now back to the health and safety of the athletes. All IJF events are supervised by the Commissioners, safeguarding that the protocols are followed, the level of the participants' safety is maintained, including at the World Championships Hungary in June and later the Olympic Games Tokyo in July 2021.