



THE MEDICAL COMMITTEE

Vision

**To develop policies and guidance
that promote the physical and
mental wellbeing in all of our
paddling community**

MEDICAL COMMITTEE

Our strengths

We now have a group of talented and skilled doctors that are committed to improving the health and wellbeing of all in the paddling community, whether athletes, recreational paddlers, organisers or technical officials

Our Weaknesses

Difficulty in finding enough time to properly research and write policies
Lack of funding and personnel to conduct good research

Areas of reflection

What is the best way to disseminate information to paddlers, coaches and organisers?
Understand how the MAC can use social media to improve the health and wellbeing of athletes
Evaluate use of the website health and Wellbeing section of the website

CREATE A SAFE ENVIRONMENT FOR THE ATHLETES

OUR PRIORITIES for YEAR ONE

1. Consolidate our anti-doping policies and information to reflect those of WADA and the ITA
 2. Review the Head Injury Protocol submitted to the ICF but not yet published
 3. Gain information on the prevalence and incidence of injuries in athletes
 4. Water Quality guidance for paddlesports in Europe
-
1. Mental Health and Wellbeing. This is an area that has not been considered previously, yet is the foundation for all good health
 1. Other advice

ACTIONS

1. Review our current information on the website, update where required and provide links to WADA and the ITA
2. Committee to review the protocol prior to sending to the Technical Committees for their comments
3. Work with those in the ICF MAC that are developing a protocol for injury surveillance
4. Provide support to the ICF MAC who are addressing this issue. Agree guidance and adapt where necessary according to EU regulations on water quality for sporting events
5. Review the IOC recommendations for assessing mental health and wellbeing in athletes and consider actions required by ECA. Signpost athletes and coaches to appropriate resources
6. Respond to enquiries and emerging topics as they arise

GUIDELINES

We will publish guidance on a range of topics under the Health and Wellbeing section of the website:

For Athletes - bite-sized information on staying healthy

For Coaches - any medical information as it relates to coaching or the coaching environment

For Organisers - Guidance that can be used for the safe running of events, e.g. related to heat, injury or water quality

THE SCIENCE

For all those interested in a more in-depth look at a subject, we will provide links to valid research such as IOC Consensus statements, meta-analyses or peer-reviewed studies relating to paddling. This may, in future, be an opportunity for young investigators in paddling to publish their research or theses



ACTION PLANNING

**HOW TO PLAN OUR ACTIONS 2025-
2028?**

ACTION PLANNING

2025

January - First Committee meeting:
Determine skillsets, interests and resources available
Decide on priorities for the next 6 months and into the longer-term
Allocate lead person for each topic
Consider co-opting people to the Committee, as required, for advice on particular areas of interest

Monthly meetings:
Quick, so as not to interfere with busy jobs
Update on each topic from lead person
Discuss new requests or issues that have arisen

Try not to reinvent the wheel! Use existing guidance eg from the IOC where available

Develop strong links with all the Technical Committees to ensure that we provide the guidance that they need. Where possible, attend ECA Championships to develop the relationships with each discipline

Work closely with ECA webmaster to upload relevant information to the website

Work closely with the ICF MAC on joint topics

Ensure that all our guidance and policies are approved by the ECA Board prior to publication. Consider any legal or organisational implications for ECA or Host Organisers

Subsequent years

- Evaluate the success of the previous year
- Determine priorities for coming year
- Gradually expand the amount of information available on the website to athletes, paddlers, coaches and organisers
- Continue to develop strong links with sports scientists and doctors in the paddling community
- Consider an ECA Medical and Scientific Congress to coincide with a World Championships once every four years