



Item 14.6 Medical and Sport Science Committee Congress Report

By Emin ERGEN, Chairman

Committee Members: Emin Ergen (Chairman), Nancy Littke, Martin Bauer, Carlos Hermes, Varin Tansupasiri

MSSC Committee aims to protect archer's health, secure clean participation to sport and help to improve performance.

1. Clean Sport

The Committee wishes to express its gratitude to SportAccord Doping Free Sports Unit (DFSU) for efficient working on clean sport issues.

- a. **TESTING PROGRAM** : The average tests completed per athlete was 2.8. Strategy plans for next year include increased testing the RTP to reach the target of 3 tests/athlete as well as some targeted individuals based on non-compliance of their country/NO.
- b. **REGISTERED TESTING POOL** – will be expanded to included targeted individuals based on non-compliance of their country/NO.
- c. **TUE MANAGEMENT** – 20 requests were reported over the last year.
- d. **EDUCATION** More education to members/athletes (both sanctions were related to education), more education/outreach program for the Youth Olympic Games. Definite education session provided at Youth World Championships in Rosario, Argentina and possibly education session at World Championships in Mexico City. Goal is to have a system to ensure and monitor that all athletes attending world sanctioned events will have participated in a certified educational system. This will be accomplished in collaboration with the IOC.
- e. **RESULT MANAGEMENT** 6 cases including 2 retro-active TUE cases, 2 cases that resulted in sanctions, 1 food contamination case, 1 TUE already in place that was closed.
- f. **ALCOHOL TESTING** – WADA is pressuring WA to remove alcohol testing from Archery feeling that it is a disciplinary action not performance enhancing. Archery still feels there is a performance enhancing effect rather than a safety concern. WADA has agreed to continue with alcohol testing for 2017 but will readdress the testing of alcohol for the following year. If removed from Anti-doping side, could still remain as a discipline factor.

**ARCHERY IS A CLEAN SPORT REVEALING THAT ANTI-DOPING
ACTIVITIES ARE ON THE TARGET EFFECTIVELY.**

2. WA REPRESENTATION DURING ARCHERY EVENTS



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MONDIALE
DE TIR À L'ARC

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2016 Rio Olympic Games – N.Littke
2016 Rio Paralympics Games – C.Hermes
2016 Rio Olympic Games – E.Ergen – Games Group TUE Committee

3. Research Project

The only possible effect of beta blockers on performance have been shown in a study carried out on pistol shooters, not on archers ([J.Appl.Physiol.](#) 1986Aug;61(2):417-20. **Beta-Blockade used in precision sports: effect on pistol shooting performance.**

[Kruse P](#), [Ladefoged J](#), [Nielsen U](#), [Paulev PE](#), [Sørensen JP](#)). Beta blockers have always been a controversial topic in archers and for TUE applications. Therefore, the aim of this project is to find out if there is a positive effect of beta blockers on archery performance.

In this project WA MSSC aimed to find out whether beta blockers (selective and non-selective) improve athletic performance in archery. If we obtain findings supporting our hypothesis, then we will propose WA to reconsider the list. Such a result may also help sports disciplines like shooting and etc. This is a WADA supported study.

So far, measurements of 15 archers were completed, with the cooperation of Turkish Archery Federation. The preliminary results are expected by September 2017. The report shall be concluded by the end of 2017.

WA MSSC finds it very helpful and appropriate discussing the relevant issues and cooperating with coaches, C&R, para-archery, technical and athletes committees during the annual meetings.