

# INTERNATIONAL SKATING UNION

HEADQUARTERS ADDRESS: AVENUE JUSTE-OLIVIER 17 CH 1006 LAUSANNE SWITZERLAND  
TELEPHONE (+41) 21 612 66 66 TELEFAX (+41) 21 612 66 77 E-MAIL: medical@isu.ch

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To: ISU Members

## **Female Athlete Health e-learning tool**

Ladies and Gentlemen,

On behalf of the IOC Medical Programs, we wish to inform you that the IOC e-learning tool on "Female Athlete Health" has been launched.

The objective of this tool is to educate female athletes and coaches on various components of the female athlete's health including injury prevention, overtraining, nutrition, sport psychology and several other aspects. To reach as many female athletes and coaches as possible, we kindly ask you to forward the link below to medical teams, coaches and any person you might think will be interested.

[www.olympic.org/female-athlete-health](http://www.olympic.org/female-athlete-health)

The link is also available on the ISU website: Home / Clean Sport / Medical

Members wishing to add a direct link to their website may use the following URL:  
<http://www.isu.org/en/clean-sport/medical>

We thank you very much for your cooperation.

Best regards,  
ISU Medical Commission