

2015 April 15

iNADO Update #58

New iNADO Members | 2015 iNADO Workshop Wrap-up | “Informal” Anti-Doping Sanctions More on the Risk of Supplements | Doping Control Songs

Dear Colleagues:

This iNADO Update includes a mix of items ranging from practical to more conceptual to fun. The focus is on “informal” anti-doping sanctions: “informal” in the sense that they exist outside of 2015 WADC-compliant anti-doping rules. But they can be just as real. And longer-lasting. They serve to increase the deterrence to doping because they add to the punishment for doping.

New iNADO Members: Latvia and Portugal

iNADO continues to grow. It now has 50 Member NADOs. Early last month, iNADO was joined by the Sport Medicine Centre of Latvia as its 49th Member. iNADO welcomes Liene Kozlovskā, Gatis Berkis, and their Anti-Doping Department colleagues into our community of Members. More recently, the Anti-Doping Authority of Portugal became iNADO’s 50th Member. We also very are pleased to have Rogerio Jória and his team with us.

March 2015 iNADO Workshop: Improving Anti-Doping Quality, Managing Anti-Doping Budgets

The theme of this year’s Workshop was “Improving Anti-Doping Quality, Managing Anti-Doping Budgets.” iNADO Members benefitted from the participation of WADA, of the non-iNADO NADOs of the Czech Republic and Chinese Taipei, as well as IF colleagues from FIA, FEI, FIE, IAAF, ITU, Sport Accord and WTC (Ironman).

Presentations and breakout sessions explored:

- providing services to International Federations and Major Event Organisers,
- tips on implementing the new TDSSA,
- different approaches to defining your RTP and other national testing pools, and
- leveraging the 2015 Code to increase funding.

We also learned of PlayTrue 2020, a legacy project of the 2020 Tokyo Olympic and Paralympic Games, in which building anti-doping capacity is central. We were given a review of the importance for NADOs of the report of the Cycling Independent Reform Commission. All of the Workshop materials and presentations are available to iNADO Members on the iNADO website (www.inado.org) in the Members’ Section.

Our tour of Berlinger’s new facility was a tremendous success. For pictures, see the March 30th entry on the iNADO Facebook page: <https://www.facebook.com/inado.org>.

“Informal” Anti-Doping Sanctions: Telling Parents; Internet Naming; Internet Shaming

Anecdotal evidence from athletes and athlete support personnel suggests that “informal sanctions” for doping can be a powerful deterrent to cheating. This includes actions as simple as having to tell your parents that you have cheated. Or reactions that are beyond one’s control, such as Internet shaming.

Remember what cyclist Tyler Hamilton said in *The Secret Race* (2012, Chapter 10) about telling his mother and father about his doping:

“I think in their hearts they knew what was coming. They probably knew subconsciously all along. But it didn’t make it any easier. The fact was, they’d all worked so hard for me all these years, defended me, loved me. Believed in me.

“I started to tell them, and then I lost it when I looked at my Mom’s eyes, which were filling up with tears. I took some deep breaths, looked away. I told it as quickly and as plainly as I could. I told them about the investigation, about the trial, and how all the secrets were coming out. I told them I needed to tell the truth for myself, for the sport. I told them that sometimes before you can go forward, you have to take a step back. I told them I had so much more to tell them, that I knew they couldn’t really understand now, but that someday I hoped they would.”

Charlie Francis, Ben Johnson’s coach, in *Speed Trap* (1990, 1st Chapter: The Knock at the Door) described the scene in Johnson’s Seoul hotel room when he had to return his 1988 Olympic gold medal just two days after winning it in world-record time:

“Despite the lateness of the hour, Canadian Olympic officials needed to reach Ben at his hotel and retrieve his medal before the news became public that morning. I drove through the predawn chill to the Seoul Hilton with Carol Anne Letheren and Bill Stanish [of the Canadian Olympic Association], and asked for a half-hour alone with Ben. Inside his hotel room, as I relayed the [IOC Medical] Commission’s decision, Ben’s mother, Gloria, and his sister Jean were sobbing. “Oh my God, oh my God,” Gloria Johnson kept repeating.”

The power of the Internet to permanently label an athlete or athlete support person as a doper should influence individuals not to dope. We do not yet understand the long term consequences of being known as a doper forever. But they are likely to be both more severe and more wide-spread than mere sport consequences.

Then there is the phenomenon of Internet shaming, discussed in a non-sport context in this recent comment: <http://www.cbc.ca/news/world/monica-lewinsky-writer-jon-ronson-taking-on-internet-shamers-good-luck-1.3015660>. Again, the consequences are unclear of unknown and unaccountable persons increasing the negative impact of a doping case by means of the Internet. But they are likely to damage the reputation and the future prospects of the doper well beyond the sanctions contemplated by the World Anti-Doping Code. Another good reason not to dope in the first place.

Also an important reason why Anti-Doping Organisations are and must be so careful with individual cases, and must ensure that an individual’s confidentiality is treated according to established rules.

“Informal” Anti-Doping Sanctions: Civil Litigation Alleging Fraud

One of the continuing pieces of litigation involving Lance Armstrong and his doping is a “whistle-blower” law suit against him (and others) alleging he defrauded the U.S. government. It was brought by former team-mate (and former dooper) Floyd Landis. The allegations relate to Armstrong’s receipt of federal government funds (as a member of the U.S. Postal Service cycling team) under false pretences due to his subsequent admissions of doping. This article summarises the litigation and its current status:

<http://www.outsideonline.com/1967031/5-things-you-need-know-about-governments-case-against-armstrong>.

This is a civil action and, apart from reputation, what is at stake is money (millions of dollars). The U.S. government is a party, even though it earlier stopped its criminal investigation into Armstrong. (Which led to the USADA investigation resulting on the “reasoned decision” to sanction him for doping.) But the fact of this civil case shows that the potential consequences of doping are long-term and can take many forms. Sanctions for taking prohibited substances do not end with disqualification of results and periods of suspension.

“Informal” Anti-Doping Sanctions: Hiring and Funding Restrictions, and Financial Consequences

A Canadian National Federation, Cycling Canada, has announced a new policy on anti-doping for cyclists and cycling support personnel. Developed in consultation with the Canadian Centre for Ethics in Sport and with Cycling Canada’s Athletes’ Council, the policy complements the 2015 WADC-compliant 2015 Canadian Anti-Doping Program. The policy is designed to ensure that Cycling Canada proactively deters cheaters by applying every available penalty towards those who are caught doping:

http://www.pedalmag.com/pdf/09-7_Anti-Doping_RV_Policy_Final_April-7.pdf.

The key elements are:

- Cycling Canada will not hire, employ, subcontract or accept volunteer services from individuals who have received a sanction for an anti-doping rule violation, which results in a period of ineligibility of 12 months or longer.
- Participants who have been sanctioned for an anti-doping rule violation may not be fully funded to participate in future National Team Projects upon return to the sport.
- Cycling Canada will seek financial compensation from persons who have received a sanction for an anti-doping rule violation including:
 - Recovering Cycling Canada’s costs from related hearings.
 - Seeking a fine proportionate to the seriousness of the violation.
- Education of athletes will be ramped up through RACE CLEAN and other programs. All fines collected will be used to support Cycling Canada’s anti-doping education programs.

Another example of anti-doping sanctions that live with an individual long after they stop competing.

Yet More on Supplement Risks

In the most recent of what seem to be continual reminders that supplements can pose risks to athletes and other users, this news that GNC is taking measures to improve its quality control in the face of

ongoing issues: http://well.blogs.nytimes.com/2015/03/30/gnc-to-strengthen-supplement-quality-controls/?_r=1. The article states:

The action to be announced Monday comes after the New York State attorney general's office accused GNC and three other major retailers of selling herbal supplements that were fraudulent or contaminated with unlisted ingredients that could pose health risks to consumers.

iNADO urges all NADOs and RADOs to provide advice to athletes and their support personnel on managing the risk of supplement use. Two established approaches are to discourage supplement use through comprehensive information on risks and alternatives (<http://www.usada.org/substances/supplement-411/>) or to discourage supplement use but also suggest to those who decide to use them to minimise risks through third party oversight of supplement products (<http://www.ukad.org.uk/athletes/performance/supplements> and <http://www.informed-sport.com/>).

Trafficking Prohibited Substances and Cancer Drugs

Here is a report from Italy of a drug seizure involving both prohibited substances and medications: http://www.ansa.it/english/news/general_news/2015/04/07/doping-ring-in-modena-bust_aa05cbd1-f602-41b3-9137-bfb81587d7b7.html. According to the article, it began with an investigation into "an amateur sportsman." This is an example of a case where anti-doping authorities ought to benefit from an exchange of information with public authorities.

Note that because doping is subject to criminal law in Italy, the suspects (who include "amateur cyclists, fitness trainers and bodybuilders") are subject to prosecution for doping as well as for criminal trafficking and in this case possession of stolen goods. And a reminder of how important is implementation of the 2015 WADC requirements for intelligence and investigations capacity.

Doping Control Songs

On the lighter side, here are links to a couple of doping control songs for your enjoyment: "The Doping Control Blues" (<https://www.youtube.com/watch?v=Ek5I3Q83BDA>) and Cub Koda's classic "Pee in the Cup" (https://www.youtube.com/watch?v=o_II_WEFNbm).

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iNADO is the Institute of National Anti-Doping Organisations. It promotes best practices by NADOs and RADOs, and is their collective voice.