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iNADO Update #60

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Dear Colleagues:

This iNADO Update covers a variety of matters. One question it raises: [what do you do to help your athletes manage the risks of supplements?](#)

New iNADO Members: Belarus, Croatia and Malaysia

iNADO welcomes as its 51st Member the National Anti-Doping Agency of Belarus. Congratulations to Director Dzianis Muzhzhukhin and to his team. Despite its small population of approximately 10 million, Belarus is a sporting power. It was listed as 23rd of the top 50 Olympic performing nations in a document prepared for the WADA Foundation Board in May, 2013. The national anti-doping programme is substantial: according to the Belarus auto-evaluation report recently prepared for the Council of Europe, the NADA Belarus collected 3,372 samples in 2014, both urine and blood. So we are especially glad to welcome this NADO into our community. For more information about the NADA Belarus, go to: www.nada.by.

Our 52nd Member is Croatian Institute for Toxicology and Anti-Doping or CITA (the Croatian acronym is HZTA). A warm welcome to Dr. Zoran Manojlovic, Head of the Anti-Doping Department, and to his team. Another important country in sport, Croatia features 33rd that that same WADA list, a considerable accomplishment for a small country of only 4.4 million people. CITA is in the top 30 NADOs by size of testing programme according to the 2013 WADA testing statistics. For more information about CITA, go to: <http://www.hzt.hr/o-nama/shortly-about-the-institute.html>.

The Anti-Doping Agency of Malaysia (ADAMAS) is iNADO's 53rd Member. We are very pleased to be joined by Nishel Kumar and his Team. ADAMAS has one of the larger anti-doping programmes in Asia. It recently held a National Anti-Doping Summit for its domestic sport organisations as part of its implementation of the 2015 World Anti-Doping Code, and to enhance understanding of the importance of zero tolerance to doping in the lead-up to the South-East Asian Games. For more information about ADAMAS, go to: <http://www.adamas.org.my/>.

New iNADO Website

Launched this week: www.inado.org. Follow us on Facebook: <https://www.facebook.com/inado.org>.

NADOs Working with other NADOs and with RADOs

One of iNADO's missions is the development and sharing of best anti-doping practices. iNADO Members pursue this same mission through many bi-lateral and multi-lateral partnerships. There are many past and current examples of iNADO Members working with other NADOs, and with RADOs, to share best practices and build anti-doping capacity. For example, ASADA (Australia) and DZSNZ (New Zealand) have long partnered with NADOs and RADOs in Oceania and Asia. The CCES (Canada) is current partnering with JADCO (Jamaica) and the USADA (U.S.) with the ABCD (Brazil). AD Norway has a long

history of cooperation with other NADOs (including SAIDS (South Africa) and CHINADA (China)). Now ADN is working with RUSADA (Russia) and the TADC (Turkey). CHINADA and AD Norway are helping to build the new NADO in Kenya. JADA (Japan) works with a variety of Asian NADOs and RADOs, as do CINADA and KADA (Korea). The AFLD (France) has worked with African NADOs and RADOs. SAIDS is a partner with several other African NADOs and RADOs. And the list goes on.

A most recent example is the continuing work of the Spanish Agency for Health Protection in Sport (AEPSAD) in Latin America. Alberto Helm of the AEPSAD has just attended an information day held in Panama City, Panama for representatives of sports federations. The focus was analysing the new requirements of the fight for clean sport following the implementation of the 2015 World Anti-Doping Code. The conference was attended by Dr. Saul Saucedo, chairman of the Central America RADO (PRAY-CAM) and its Manager, Manuel Villalobos. (The Central America RADO is now located in Panama.) Also attending was Damaris Young, legal adviser to the Panamanian Olympic Committee, who analyzed what the situation of the fight against doping in Panama and future challenges for the country. Panama intends to revitalize the National Anti-Doping Commission to provide it with greater resources and powers. It has also launched a doping prevention program in collaboration with UNESCO aimed at Panamanian school-age athletes.

Alberto Helm emphasized the need to implement doping control processes that are consistent with the WADA International Standards, so that no deviations occur that may compromise the rights of clean athletes. And the development of preventive programs to inform and educate national athletes, fundamental for reducing the rate of accidental positive results. Other innovations under the 2015 Code discussed included the importance global consistency in pursuing offenses and imposing penalties, the use of the biological passport to the discovery of doping behavior, and the storage of samples for future retrospective analysis.

This event was completed with specific training on management results for a selection of legal professionals invited by the Panamanian Olympic Committee. It also involved the training of doping control agents and lawyers from Honduras and Nicaragua, as well as from Panama.

Coming in September, AEPSAD will partner with the Guatemalan NADO and WADA to host a major anti-doping conference in that Central American country for the Spanish-speaking NADO community.

This example demonstrates that NADO and RADO cooperation is an important way of building anti-doping competence and consistency. Such direct partnerships are the best way of sharing best practices and putting them in play. Consider how your NADO could benefit for such a partnership with another organization. This will increase the confidence of your own athletes that their right to clean sport is best protected, and that their competitors will have up-to-date anti-doping services and oversight. Also do so because you have the expertise to share, and want the opportunity to learn from another anti-doping programme so that you can improve your own.

Some Outcomes of the WADA ExCo / Foundation Board Meetings May 2015

Here are some of the important discussions or outcomes on three matters from the recent WADA ExCo and Foundation Board meetings. For WADA's own summary of the meetings, see: <https://www.wada-ama.org/en/media/news/2015-05/wada-foundation-board-reviews-code-compliance-activities>.

First of all, WADA's growing responsibilities. Director General David Howman discussed pointed out that in addition to previously identified responsibilities (Attachment 2 to his written DG's Report), new priorities are:

- Provide assistance to signatories to achieve effective testing programs. Need to identify those signatories who require prioritized attention.
- Advance the ABP harmoniously, extend it to more signatories and monitor it effectively.
- Promote the voice of the clean athlete.
- Address the harmonization of accredited laboratories.
- Promote and progress the gathering, storing and sharing of information relevant to anti-doping. Include the role of investigations and the protocols/process required for such.
- Continue the development of ADAMS and prepare for ADAMS 2016.
- Work with governments to ensure a successful UNESCO Conference of Parties in October 2015, with a monitoring report of substance.

The matter of WADA capacity to fulfil all of these responsibilities bears continuing thought. It is the responsibility of WADA stakeholders including NADOs and their governments to consider what should be WADA's priorities as the world-wide regulator of anti-doping and as provider of common services and resources to all ADOs.

This of course has budgetary implications. At these meetings, there was consensus that WADA's budget planning should be multi-year and should consider different funding scenarios depending on balancing responsibilities and priorities and the ability of stakeholders to maintain and possibly increase their funding to WADA. The Public Authorities in particular felt that more information and more options are needed for WADA to be able to make possibly tough choices about its current and future workload.¹

Thirdly, there were interesting ExCo and Foundation Board discussions on supplements, prompted by this portion of the report of the most recent meeting of WADA's Athlete Committee:

The Committee suggested a number of positive steps that might be considered by WADA as it relates to supplements:

1. Encourage UNESCO to develop discussions with industry leaders in order to promote regulation of the industry and to ensure that such regulation is properly monitored.
2. WADA consider organizing a meeting or symposium engaging a small group of nutritional experts to examine the present position in relation to supplements and accordingly to advise athletes in a considered fashion.
3. That there be some consideration given to innovative research projects under the New Research Fund relating to supplements so they are properly researched, whether through social science or science.

¹ The Public Authorities fund the major part of anti-doping work world-wide. They pay for NADOs which do the majority of testing and other anti-doping work. They support accredited laboratories. They pay for the anti-doping intelligence and investigative work being done by their police, customs, border and other authorities. They support the development and administration of anti-doping laws and other legal instruments. They support the organizing committees of sub-national, national and international competitions. And, of course, they pay half of the annual contributions to WADA, and some make additional and substantial voluntary contributions.

4. Continue to promote the medical advice and guidance of a good and healthy diet.
5. Acknowledge that some athletes feel that there is a “benefit” from taking supplements whether that is psychological or physical.

There was consensus that more needs to be done to assist athletes manage the risk of supplements. Since the risks of contamination and/or ineffectiveness (no useful content) of supplements are clear, some at the table spoke strongly that avoiding supplements altogether is the logical and prudent approach. This is the philosophy behind some NADO programmes, such as USADA’s Supplement411: <http://www.usada.org/substances/supplement-411/>. Others spoke strongly that there must be recognition that many athletes use supplements and will continue to use supplements and that risk management measures short of abstinence are needed. This is the philosophy behind other NADO programmes, such as those of UKAD (<http://www.informed-sport.com/>).

At the end of the day it was clear that all ADOs need to guide their athletes and athlete support personnel on supplements; avoiding the issue because it is difficult does not serve clean sport. The role of Public Authorities to regulate supplements in a way that better protects athletes (including the measures called for by Article 10 of the UNESCO Convention) was also emphasised.

iNADO Webinars

One of the exclusive benefits of iNADO membership is free-of-charge access to iNADO webinars, both already recorded and taking place in the future. These focus on practical matters and are targeted at different individuals who work in a NADO. So far, there have been well-attended sessions on crisis management and on applying WADC Article 10 sanctions. Future webinars will address automatic recognition of TUEs, professional development within a NADO, managing the media, using the Anti-Doping Knowledge Centre (www.doping.nl) for your anti-doping research needs, and how to ensure NADO independence.

Pee is Gold and other Anti-Doping Videos

A great new video from the Canadian Centre for Ethics in Sport for the 2015 Toronto Pan-American and Parapan-American Games: “Pee is Gold.” Check it out YouTube: <http://youtu.be/R0lqGuqnY7Y>. In a very different style, “BlackMark” from the Irish Sport Council: <https://vimeo.com/112085315>. And for the Paralympic enthusiasts in the crowd, while not on anti-doping, “R U Ready?” also for the 2015 Toronto Parapan-American Games: <https://www.youtube.com/watch?v=8fz1ePUo00g>.

Please send us links to your anti-doping videos.

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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.