

2013 April 19

INADO Update #26

Dear Colleagues:

Membership

Our membership is currently 35 Founding Members:

- Dopingautoriteit (Netherlands)
- UKAD (United Kingdom)
- ASADA (Australia)
- JADA (Japan)
- USADA (United States)
- DFSNZ (New Zealand)
- SAIDS (South Africa)
- CCES (Canada)
- ADN (Norway)
- ADD (Denmark)
- NADA Germany
- Antidoping Switzerland
- Singapore AD
- AFLD (France)
- NADA Austria
- NADA Romania
- NADC Barbados
- FINADA (Finland)
- ISC (Irish Sports Council)
- PRADO (Puerto Rico)
- QADC (Qatar)
- BSADA (Bermuda)
- AEA (Spain)
- NOC of Slovenia
- San Marino CPA
- KADC (Kuwait)
- JADO (Jordan)
- BADC (Bahamas)
- Indian NADA
- CyADA (Cyprus)
- LTU ADA (Lithuania)
- PANDA (Poland)
- KADA (Korea)
- ALAD (Luxembourg)
- SSC (Swedish Sport Confederation)

I encourage you to join iNADO as early in 2013 as possible. This will increase iNADO's influence and broaden efforts to share best practices and to raise standards. The membership application and the list of membership subscription fees are posted in the "About iNADO" section of the iNADO website under the heading "Finances": www.inado.org. It typically takes 1 -2 business days for the iNADO Board to consider and approval membership applications. Once a membership application is approved, iNADO will issue an invoice for the membership fee.

Travis Tygart is one of TIME Magazine's 100 Most Influential People in the World

News from Annie Skinner of USADA: "I wanted to make sure you had seen this. Travis was named by TIME Magazine to their list of 100 Most Influential People in the World.
<http://time100.time.com/2013/04/18/time-100/slide/travis-tygart/>"

Well-deserved recognition. Congratulations Travis, and thank you and USADA for raising the game of all NADOs and RADOs.

Boston Marathon Bombings

On a somber note: the bombings at the Boston Marathon this week remind us that while sport should be a refuge from the troubles of the world, sport is not immune to the world's troubles.

Please share any consideration your organisation is giving to sport event workplace safety, and any adjustments to your sample collection operations you might be considering. We should all learn from each other's analysis of this week's tragic events, and the short- and long-term implications for sample collection.

Managing the Risks of Supplements: Current Examples and a Request for Assistance

Current Examples

Athlete use of supplements is often the cause of anti-doping rule violations. Despite the risks, athletes continue to use supplements. Supplements are generally not subject to the same production and labelling requirements as medications. The industry has incompetent and unprincipled companies that do not know all of the ingredients of their products, or that deliberately include prohibited (and sometimes dangerous) substances in their products. Labelling is often unreliable.

A number of leading NADOs have programmes or partners to assist athletes manage the risk of supplement use. Four are described below. There are other very helpful programmes. Some of these programmes involve review of supplement manufacturer's ingredients and manufacturing processes, and testing of individual product batches. This results in a form of certification for the product that it has been screened for prohibited substances. Note that no programme can provide an absolute guarantee that a particular supplement is free of all prohibited substances; athletes remain responsible for whatever is found in their samples.

The **Dopingautoriteit (Netherlands)** has for many years administered its Netherlands Security System Nutritional Supplements Elite Sports or "NZVT" programme to give athletes as much certainty as possible that the supplements they wish to take do not contain non-labeled doping substances: <http://www.dopingautoriteit.nl/nzvt/nzvt-english>

The **Canadian Centre for Ethics in Sport (CCES)** (<http://www.cces.ca/en/supplements>) states that athletes have a personal responsibility to evaluate all the risks associated with supplements before using them. The NSF Certified for Sport™ program can help athletes identify products that have been tested for purity banned substances, and help minimize the risk of inadvertent doping: www.nsf-sport.com.

UK Anti-Doping (<http://www.ukad.org.uk/resources/document/supplements-and-the-informed-sport-programme>) steers athletes and their support personnel to Informed-Sport. It is a risk minimisation scheme for athletes considering using supplements. This scheme is designed to evaluate supplement manufacturers for their process integrity and screens supplements and raw ingredients for the presence of prohibited substances. Athletes need to be aware that the Informed-Sport logo is not an assurance that the supplement is safe or guaranteed to be free of prohibited substances, but identifies that it has been through a risk assessment: <http://www.informed-sport.com/>.

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USADA offers advice to athletes and their support personnel through its “Supplement411” website: <http://www.usada.org/supplement411> (in North America, 411 is the common number to dial for telephone directory information). That website states in part:

“Unfortunately, the issue is complicated. Supplements are regulated differently than medications and the industry, as well as those who purchase supplements, think and act differently. As a result, it is impossible for any organization to say with 100% confidence, what substances a supplement contains. And when an athlete or consumer cannot be absolutely certain, what their supplement contains, the door is left open for two very real possibilities:

“A positive anti-doping test result

“Negative and potentially dangerous health issues

“Additionally, the number of dietary supplement products in the market is estimated to be more than 75,000 and growing. Because of these reasons, the answers are not straightforward. There cannot be a list of dietary supplements deemed to be “safe.””

No matter how many times we warn athletes and their support personnel about the risks of supplements, athletes will continue to use them and athlete support personnel will continue to suggest them. All NADOs and RADOs should have some policy on supplement use.

A Request for Assistance

In an effort to find better ways to manage the risks of supplements, HFL Sport Science is currently playing a lead role in two major sport supplement projects:

1. Facilitating a discussion across the various players in the field (initially focusing on the EU, but then extending on a global basis) to find a way to harmonise the various approaches to supplement testing (for banned substances);
2. Undertaking a major new survey for banned substances within sport supplements actively marketed within the EU region.

Results for both will be presented at a Summit meeting to be hosted by the European Parliament in Brussels on the 5th June – and invitations to this event will follow shortly.

HFL are particularly keen to take the advice of NADO’s with regard to their selection of supplements. So, if you would like to shape the research by providing input on which supplement to test, please get in direct contact with HFL via crussell@hfl.co.uk.

Athlete and Public Attitudes About the Effectiveness of Anti-Doping

The CCES recently did a survey comparing the views of the public (2000 people surveyed) and RTP athletes (90 surveyed) about the effectiveness of anti-doping. This is the sort of exercise many of you already do (Antidoping Switzerland’s surveys of public attitudes about anti-doping, for example: <http://nema.swissolympic.ch/ads/home/preview.aspx?i=jN1fFZsT&z=J2A0Um1M>)

Here are some of the Canadian results:

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- 63% of RTP Athletes said the London Games were clean, compared to 60% of the public
- 85% of RTP Athletes felt that the CCES was doing a good job, compared to only 67% of the public
- But 77% of RTP Athletes felt that the CCES was always one step behind deliberate dopers, as do 76% of the public
- 78% of RTP Athletes felt the CCES did maintain the integrity of clean sport, compared 80% of the public
- But only 18% of RTP Athletes were confident that their sport is generally doping-free, with a further 34% of RTP Athletes think their sport is generally doping-free but not fully confident
- 19% of RTP Athletes feel doping occurs at all levels of sport
- 16% of RTP Athletes with personnel awareness of doping in their sport (as opposed to those who just think there is doping), i.e., know someone who is doping

That last figure is significant. Like other NADOs, the CCES is looking for ways for the 16% to share their knowledge so that the dopers can be caught and sanctioned. Some approaches: increasing face-to-face communications with athletes, individually and in groups, to build trust in anti-doping; a tip-line for anonymous information from athletes about possible doping; more cooperation with NFs, NOCs and NPCs who deal with athletes every day. In other words, find ways to convince athletes that anti-doping is their programme and that they have influence over it.

WADA Opens Registration for the 2013 World Conference

A reminder that the 2013 World Conference on Doping in Sport is being organised by the World Anti-Doping Agency, with the generous support of Sport and Recreation South Africa and the City of Johannesburg. It will take place November 13-15, 2013 (with registration beginning the afternoon of November 12th). This fourth World Conference of its kind will be another milestone in the fight against doping. It will approve the 2015 World Anti-Doping Code and International Standards. All NADOs and RADO should try to attend this major event. To register, go to: <http://wada2013.org/index.php/en/>

Concluding Words

Never hesitate to contact me if you need assistance. Let me know what is happening in your country and in your organisation. Tell me how iNADO can help you do a better job.

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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.