

Anti-Doping Poland Annual Report 2012



Komisja do Zwalczenia Dopingu w Sporcie

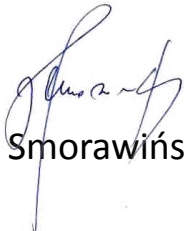
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„Say NO! To Doping”, an awareness campaign for organizations to unite behind in their support for doping-free sport, dominated the work of the Commission Against Doping in Sport in 2012. The campaign included all forms of education and awareness building and met with interest of some Polish sport federations, whose support helped us to

to reach out to very many young athletes. The last year was very important for yet another reason – the greatest number of doping control tests conducted by the Commission, resulting in the detection of 63 anti-doping rule violations. Some might say that this is not much, but taking into account the statistics of other European countries and the world, the number of detected anti-doping rule violations is great and alarming. The scale of violations is a proof for us that educational campaigns and doping tests must be intensified so that sport can be truly free from doping. The past year was also important for the anti-doping system for another reason. The doping scandal involving Lance Armstrong, the icon of cycling, disclosed all gaps and inefficiencies of the system, which should be repaired as quickly as possible. Doping at “US Postal” team showed how easy it is to cheat the anti-doping system. I hope this was the last time in the history of modern sport.


Jerzy Smorawiński

I Information and education

Education and awareness campaigns were continued in 2012. Direct educational visits at sports competitions, particularly during summer and winter competitions at Polish Youth Olympic Days, were treated as priority. As in 2011, we also organized meetings at Sport Championship Schools; we try to engage in these activities every second year so as to remain in contact with new students who begin their study.

We have also participated in meetings organized by Polish Sport Federations and other sport institutions, where we talked about combating doping in sport. These activities are the basis of the educational program recommended by the World Anti-Doping Agency in each country. Although our educational campaigns, as recommended by WADA, were targeted mainly at sport of the youth, in many cases they were also addressed to the entire sport community, including coaches, parents, teachers, instructors and medical personnel.

Our educational activities aimed mainly at the protection of athletes' health and building awareness of doping-free sport. Therefore, we focused on young athletes, who begin their professional career. We briefed them on the key aspects of doping control paying special attention to athlete's rights and obligations. Furthermore, we encouraged young athletes to behave in a way which reduces the risk of anti-doping rule violations. We suggested that they should:

- Use the resources of the Commission's website www.antydoping.pl, with educational and multimedia packages,

- Learn what to do in cases when use of prohibited substances is necessary (TUE);
- Avoid attempts at individual treatment, without consulting their sport physician;
- Pay special attention to threats posed by the use of diet and nutritional supplements, which are often contaminated with prohibited substances;
- Use the 24-hour anti-doping hotline (API) as often as possible and always in doubts about anti-doping regulations, treatment methods and selection and verification of nutritional supplements.

The motto of the educational campaign in 2012 was “SAY NO! TO DOPING”.

**POWIEDZ NIE!
DOPINGOWI**

We współpracy z  **WADA**

It is a global education and awareness campaign started by the World Anti-Doping Agency (WADA), which prepares and disseminates art work and information leaflets, which, after localization, are distributed in various countries.

Many International Sport Federations are involved in the campaign, among them the International Weightlifting Federation, International Ice-Hockey Federation, International Triathlon Union and many national anti-doping agencies. The “SAY NO! TO DOPING” campaign was officially launched on 5 April 2012 at the Polish Olympic Committee and attended by representatives of the Ministry of Sport, Polish Olympic Committee and Polish sport unions and associations. The campaign was planned for 2 years and its key elements include:

- Campaign ambassadors (well known athletes)
- Training equipment produced in green

Campaign ambassadors are the most important element of its success. In Poland the campaign is supported by top class athletes:



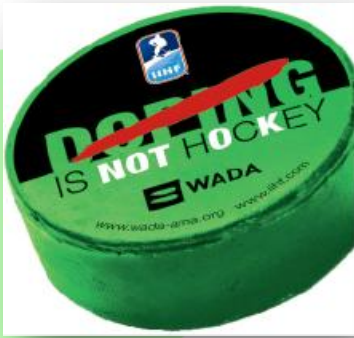
Katarzyna Rogowiec – participant and medallist of the Paralympic Games and Cross-Country Skiing World Championships and Biathlon World Championships. Her many achievements include 2 gold medals in 15 and 5 km races won at the Paralympic Games in Turin in 2006.

Katarzyna is also world champion in 12.5 km biathlon (2005). This year she won the World Cup in cross-country skiing. But Katarzyna is also very active outside sport – in 2008 together with other disabled persons she took part in the expedition to Kilimanjaro organized by the “Mimo Wszystko” Foundation of Anna Dymna. Katarzyna Rogowiec is also member of WADA’s Athlete Committee.

Tomasz Kucharski – a rower, one of the most eminent Polish athletes. Together with Robert Szyk he won 2 gold Olympic medals (Sydney, Athens) in lightweight men's coxless pair. He also won 2 gold and 3 silver medals at world championships. Presently he is director of the Sport Office at the City Office in Gorzów Wielkopolski.

Paweł Zygmunt – was four times at the Olympic Games (Lillehammer, Nagano, Salt Lake City, and Turin). He won a bronze medal of the world skating championships at 10.000 metres and silver and bronze medals of the European Skating Championships. He was champion of Poland fifty two times and held the country’s records at 1000, 1500, 3000, 5000 and 10000 metres. Paweł Zygmunt is presently member of the Technical Committee of the International Skating Union (ISU) and member of the Polish Commission Against Doping in Sport.

Sports equipment with the dominant green colour is another important element of the campaign. Green represents a healthy, natural environment, the symbol of life, hope, and harmony. It is also associated with vitality, freshness and honesty. These associations should trigger positive emotions among those at whom the campaign is targeted and make the campaign easy to accept. Besides, green logos on sports equipment serves as additional visual stimulus.



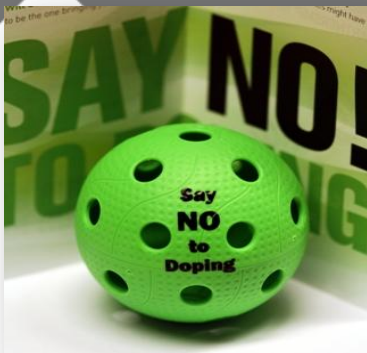
We are convinced that sports equipment in green and invitation to cooperation in the promotion of doping-free sport by our eminent athletes will make the campaign more effective.

We hope to achieve the campaign aims, i.e.:

- Creation of a new generation of athletes with an anti-doping attitude,
- Creation of positive attitude to life,
- Increased interest of the public opinion in problems connected with the fight against doping in sport,
- Raising awareness to the importance of educational programmes.



Various other educational materials and occasional gadgets are also used in the campaign:



- Website of the Commission Against Doping in Sport with a campaign tab.
- A campaign promotion video clip (available at www.anty doping.pl)
- YouTube, Facebook
- Educational campaigns and promotional events
- Information brochures
- Couch True in Polish (professional guidebook for coaches)
- Posters
- Gadgets (t-shirts, hats, lanyards, bands, ball pens and caps).



- Campaign gadgets: silicone rings, occasional t-shirts and bracelets
- Campaign website.



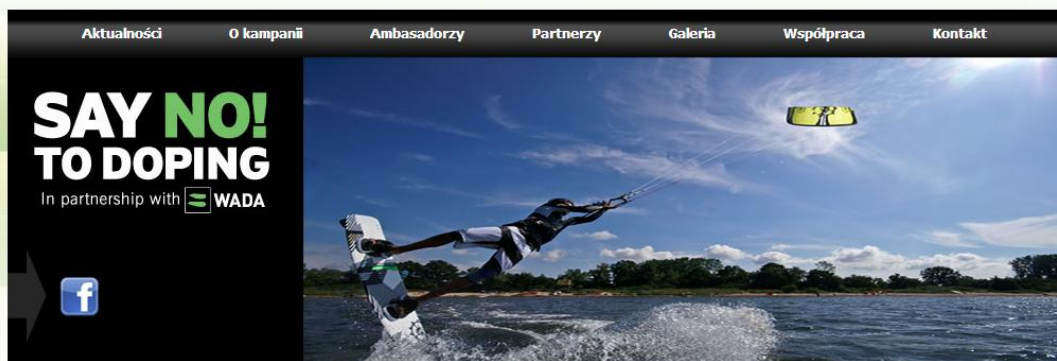
Komisja do Zwalczenia
Dopingu w Sporcie

**SAY NO!
TO DOPING**
In partnership with **WADA**

Antydopingowe Pogotowie
Informacyjne 695 367 464



Komisja do Zwalczenia
Dopingu w Sporcie



Aktualności

11.06.2013

Komisja do Zwalczenia Dopingu w Sporcie podczas XIV Pikniku Olimpijskiego



Przedstawiciele Komisji wraz z punktem informacyjno-edukacyjnym byli obecni podczas XIV Pikniku Olimpijskiego na Kępie Potockiej. Nasze stoisko cieszyło się dużym zainteresowaniem, przede wszystkim młodych zawodników. Za za rozwiązywanie quizu antydopingowego z dobrym wynikiem uczestnicy ... [» Więcej](#)

II Educational campaigns

The Commission organized and carried out various educational campaigns in 2012, among them:

1. Visits to Sport Championship Schools (SMS) and Sport Schools:

- SMS in Cracow (swimming, canoeing)
- SMS in Oświęcim (swimming)
- SMS in Zakopane (skiing, speed skating)
- SMS in Szklarska Poręba (biathlon, skiing)
- SMS in Świdnica (cycling)
- SMS in Sosnowiec (ice hockey)
- SMS in Szczyrk (skiing)
- Academic Junior High and Secondary School in Olsztyn
- Sport Secondary School in Pinczów

2. Visits with the Mobile Information Kiosks at the arenas of the Polish Youth Olympic Days (OOM):

- OOM Gorlice (free style wrestling)
- OOM Myślenice (Greco-Roman wrestling)
- OOM Bochnia (judo)
- OOM Muszyna (weightlifting)
- OOM Cracow (field and track)
- OOM Tarnów (modern pentathlon)
- OOM Kruszwica (rowing)
- OOM Bydgoszcz (canoeing)
- OOM Oświęcim (swimming)

Meetings about anti-doping organized at the initiative of Polish sport unions and associations, with the help of the Commission:

- Polish Modern Pentathlon Association (visit at Sport Centre Spała at the training camp of the national team),
- Educational campaign during the European Veterans Championships in Zittau (Germany).

Other educational events:

Conference – launch of “SAY NO! TO DOPING” campaign, Polish Olympic Committee, Warsaw

- Anti-doping training for students of University School of Physical Education in Poznań
- Anti-doping Information Kiosk at the Olympic Picnic organized by the Polish Olympic Committee,
- Medical conference in Żyrardów organized by the local Cycling Club,
- Conference “Orthomolecular medicine in sport and physical activity” – Warsaw.

Examples of educational events:



Polish Youth Olympic Days, canoeing, Bydgoszcz, July 2012



Polish Youth Olympic Days, swimming, Oświęcim, July 2012



Educational visit at the Sport Secondary School in Pińczów, June 2012



Training for students of the University School of Physical Education in Poznań, April, 2012

III Doping control

In 2012 the Commission Against Doping in Sport conducted 482 internal doping controls (planned by the Commission for that year) and internal doping controls (requested by sport unions and associations, international federations and organizers of international events – the total of 3191 urine and blood tests were conducted.

In the annual control doping plan, adopted by the Commission, we provided for 3000 sample tests (2750 standard urine tests and 250 blood tests). Compared to previous years, the blood test programme has been greatly expanded. Apart from tests aimed at the detection of the growth hormone (80 samples), there were tests within the framework of the Biological Passport Programme (170 samples). The programme also envisaged expansion of the range of analytical procedures of 170 urine and blood samples, namely analysis for the presence of Erythropoietin and 15 blood tests to detect blood transfusion.

1. Internal doping control tests

In the reporting period the Commission Against Doping in Sport conducted 443 doping control tests all over Poland, during which 2947 urine and blood samples were taken (1489 in competition and 1458 out of competition) from athletes representing 42 sport unions and associations. As envisaged in the annual plan, 2750 standard urine tests were made; 171 of them also included analyses detecting the presence of Erythropoietin. Eighty blood samples analysed to detect the growth hormone (hGH) were also analysed to detect third generation Erythropoietin (CERA), which was found in 3 cases. The other blood tests were made for the purposes of the Biological Passport Program (BPP). 117 tests comprised eight strength sports.

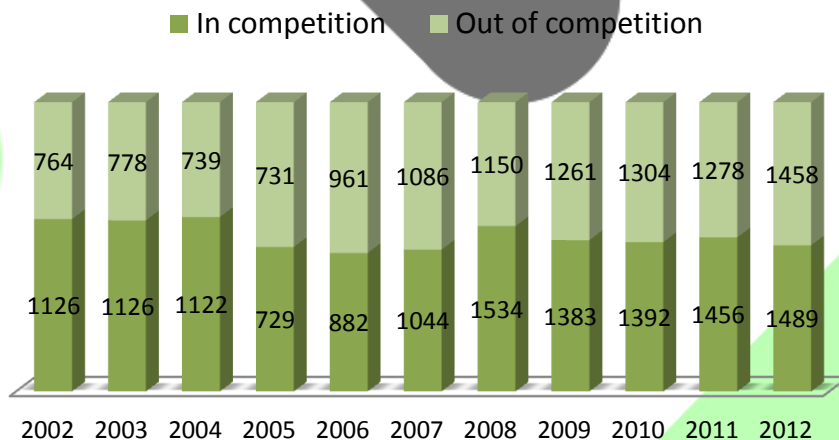
No	Sport union/association	Controls	Tests	Of which EPO	Blood tests
1.	Polish Sports Acrobatics Association	2	14		
2.	Polish Badminton Association	3	15		
3.	Polish Biathlon Association	11	73	19	3
4.	Polish Billiard Association	1	4		
5.	Polish Boxing Association	17	140		
6.	Polish Gymnastic Association	2	14		
7.	Polish Ice Hockey Federation	14	95		
8.	Polish Field Hockey Association	2	13		
9.	Polish Judo Association	9	64		2
10.	Polish Canoe Federation	33	212	21	9
11.	Polish Traditional Karate Association	2	16		
12.	Polish Kickboxing Association	2	14		
13.	Polish Cycling Federation	31	182	60	8
14.	Polish Basketball Association	17	105		
15.	Polish Bodybuilding, Fitness and Powerlifting Federation	10	72		1
16.	Polish Light Athletic Federation	51	302	23	7
17.	Polish Archery Federation	2	13		
18.	Polish Figure Skating Association	1	5		
19.	Polish Speed Skating Association	11	73	13	

20.	Polish Motor Association	1	6		
21.	Polish Muaythai Association	1	6		
22.	Polish Ski Federation	9	35	12	
23.	Polish Modern Pentathlon Association	5	34		
24.	Polish Football Association	23	139		8
25.	Polish Volleyball Federation	18	109		
26.	Polish Swimming Federation	14	110	2	
27.	Polish Weightlifting Federation	30	189		23
28.	Polish Rugby Union	17	110		
29.	Polish Association of Sledding Sports	1	7		
30.	Polish Sports Association for the Disabled	14	67		
31.	Polish Sport Shooting Federation	1	8		
32.	Polish Sumo Federation	1	9		
33.	Polish Fencing Federation	12	41		
34.	Polish Taekwon-do Federation (WTF)	2	11		
35.	Polish Table Tennis Association	3	17		
36.	Polish Tennis Association	2	8		
37.	Polish Federation of Rowing Associations	20	133	24	8
38.	Polish Triathlon Union	3	13		
39.	Polish Wakeboard Association	1	5		
40.	Polish Wrestling Federation	22	143		11
41.	Polish Yachting Association	2	6		

IRMS tests

In 2012 the Commission Against Doping in Sport was requested to analyse 73 samples by the IRMS isotope method. They were connected with the increased testosterone/epitestosterone (T/E) ratio and DHEA. Such results are considered to be atypical and are reported by the laboratory with additional tests or monitoring recommendation.

Tests in 2002-2012



2. Anti-doping rule violations

In 2012 as many as 68 anti-doping rule violation cases were examined. There were 59 adverse analytical findings (laboratory analysis reports). Five cases were closed when sufficient and convincing explanations were provided by the athletes or when TUE was obtained retroactively. Three cases were submitted to the International Canoe Federation (ICF). There were also 4 violations consisting in the refusal to submit to doping control tests and one involving use of prohibited substance. In total, 63 anti-doping rule violations were corroborated. The athletes represented 26 sport disciplines – see the table and diagram below.

Only two athletes requested analysis of B sample, which confirmed the result of A sample analysis. The most frequently detected substances included stimulants – Group S6 (29 cases), anabolics – S1 (16), cannabinoids – S8 (12), diuretics – S5 (7), glycocorticosteroids – S9 (6), and hormones and related substances – S2 (5).

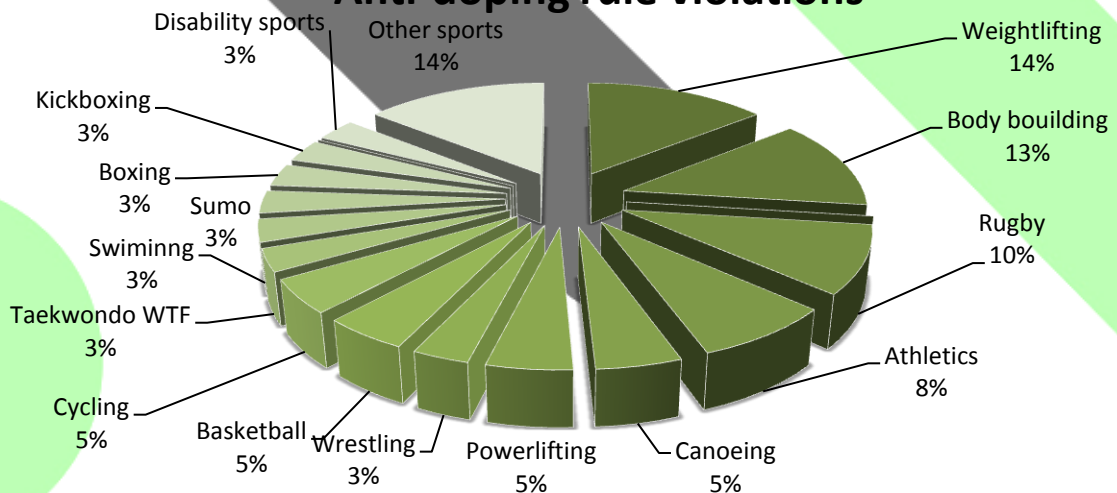
ANTI-DOPING RULE VIOLATIONS IN 2012

No	Discipline	Where	Anti-Doping Rule Violation	Legal basis	Sanction
1.	Cycling	IC	Methylhexamine	Art. 2.1	Reprimand
2.	Biathlon	IC	THC	Art. 2.1	6-month ineligibility
3.	Athletics	IC	Methylhexamine	Art. 2.1	6-month ineligibility
4.	Cycling	IC	Methylhexamine	Art. 2.1	Reprimand
5.	Skiing	IC	Budesonide	Art. 2.1	No sanction
6.	Acrobatic gymnastics	IC	Methylhexamine	Art. 2.1	2-year ineligibility
7.	Boxing	IC	Methylhexamine	Art. 2.1	6 month ineligibility
8.	Muaythai	IC	Methylhexamine	Art. 2.1	5-month ineligibility
9.	Rugby	IC	Methylhexamine	Art. 2.1	6-year ineligibility
10.	Powerlifting	IC	Methylhexamine	Art. 2.1	6-month ineligibility
11.	Skiing	IC	Budesonide	Art. 2.1	No sanction
12.	Skiing	IC	Prohibited substance	Art. 2.2	2-year ineligibility
13.	Ice hockey	IC	Amphetamine, Pholedrine, Levmetamfetamine, Methamphetamine	Art. 2.1	2-year ineligibility
14.	Weightlifting	IC	Methylhexamine	Art. 2.1	2-year ineligibility
15.	Body building	IC	Refusal to submit to sample collection	Art. 2.3	2-year ineligibility
16.	Basketball	IC	Methylhexamine	Art. 2.1	6-month ineligibility
17.	Body building	IC	Clenbuterol	Art. 2.1	2-year ineligibility
18.	Body building	IC	Refusal to submit to sample collection	Art. 2.3	No sanction
19.	Body building	IC	Refusal to submit to sample collection	Art. 2.3	No sanction
20.	Body building	IC	Refusal to submit to sample collection	Art. 2.3	No sanction
21.	Rugby	IC	THC	Art. 2.1	2-year ineligibility
22.	Weightlifting	OOO	Clomifene	Art. 2.1	4-year ineligibility
23.	Disability weightlifting	OOO	Torasemide	Art. 2.1	30-day ineligibility
24.	Canoeing	IC	Beta-methylphenyletylamine	Art. 2.1	Decision of ICF
25.	Canoeing	IC	Budesonide	Art. 2.1	Decision of ICF

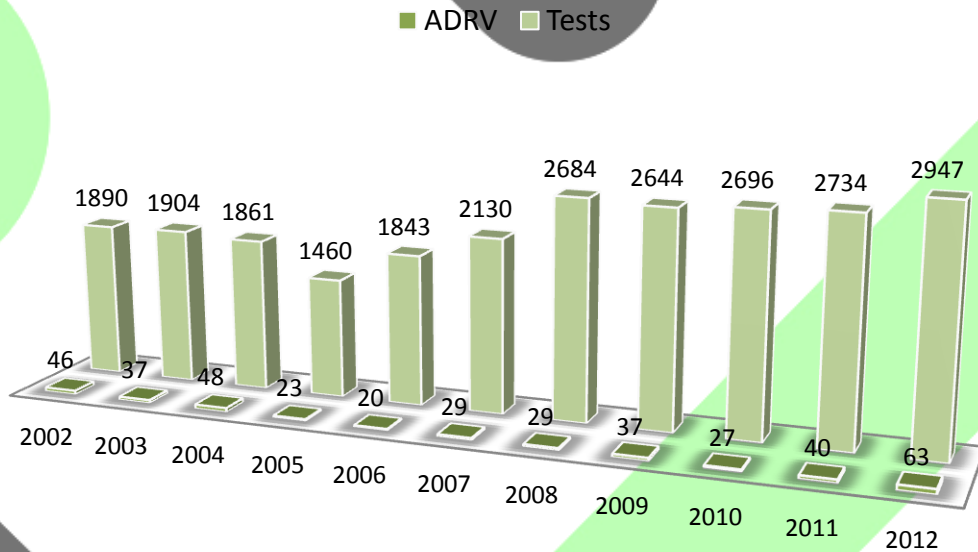
No	Discipline	Where	Anti-Doping Rule Violation	Legal basis	Sanction
26.	Canoeing	IC	Chlorothiazide, Hydrochlorothiazide	Art. 2.1	Decision of ICF
27.	Cycling	IC	Budesonide	Art. 2.1	Reprimend
28.	Weightlifting	IC	Amphetamine	Art. 2.1	6-monts ineligibility
29.	Weightlifting	IC	Nandrolone	Art. 2.1	2-year ineligibility
30.	Sumo	IC	Furosemide	Art. 2.1	No sanction
31.	Sumo	IC	4- Chlorodehydromethyltestoste rone, Nandrolone	Art. 2.1	1,5-year ineligibility
32.	Basketball	IC	Oxylophrine	Art. 2.1	6-month ineligibility
33.	Basketball	IC	THC	Art. 2.1	No sanction
34.	Dsiability swiminnng	IC	Methylhexamine	Art. 2.1	6-month ineligibility
35.	Athletics	IC	Stanozolol	Art. 2.1	2-year ineligibility
36.	Athletics	IC	Methylhexamine	Art. 2.1	6-month ineligibility
37.	Weightlifting	IC	Nandrolone	Art. 2.1	2-year ineligibility
38.	Modern pentathlon	IC	Methylhexamine	Art. 2.1	1,5-year ineligibility
39.	Athletics	IC	Methylprednisolone	Art. 2.1	No sanction
40.	Wrestling	IC	THC	Art. 2.1	1-year ineligibility
41.	Rugby	IC	THC	Art. 2.1	1-year ineligibility
42.	Swiminnng	IC	Methylhexamine	Art. 2.1	6-month ineligibility
43.	Boxing	IC	Methylhexamine	Art. 2.1	1-year ineligibility
44.	Athletics	IC	Ephedrine	Art. 2.1	6-month ineligibility
45.	Dsiability fencing	IC	Torasemid	Art. 2.1	No sanction
46.	Volleyball	IC	THC	Art. 2.1	1-month ineligibility
47.	Rugby	IC	THC	Art. 2.1	6-month ineligibility
48.	Karate Traditional	OOO	Drostanolon	Art. 2.1	2-year ineligibility
49.	Figure skating	IC	THC	Art. 2.1	Reprimand
50.	Weightlifting	IC	Amphetamine	Art. 2.1	6-month ineligibility

No	Discipline	Where	Anti-Doping Rule Violation	Legal basis	Sanction
51.	Weightlifting	IC	Clomifen	Art. 2.1	2-year ineligibility
52.	Athletics	IC	THC	Art. 2.1	9-month ineligibility
53.	Kickboxing	IC	Furosemide	Art. 2.1	2-year ineligibility
54.	Kickboxing	IC	Cocaine, Methylhexamine	Art. 2.1	2-year ineligibility
55.	Rugby	IC	THC	Art. 2.1	8-month ineligibility
56.	Wrestling	IC	Metandienon	Art. 2.1	2-year ineligibility
57.	Powerlifting	IC	THC, Methylhexamine	Art. 2.1	6-month ineligibility
58.	Powerlifting	IC	Dehydrochlormethyltestosteron	Art. 2.1	2-year ineligibility
59.	Taekwondo	IC	Budesonide	Art. 2.1	No sanction
60.	Taekwondo	IC	Furosemide	Art. 2.1	6-month ineligibility
61.	Body building	IC	Nandrolone, Drostanolone	Art. 2.1	2-year ineligibility
62.	Body building	IC	Clenbuterol, Stanozolol, Tamoxifen	Art. 2.1	2-year ineligibility
63.	Body building	IC	Nandrolone, Stanozolol, Clenbuterol, Canrenon, Tamoxifen, Methylhexamine	Art. 2.1	2-year ineligibility
64.	Weightlifting	IC	Methylhexamine	Art. 2.1	2-year ineligibility
65.	Swimming	IC	Methylhexamine	Art. 2.1	1-year ineligibility
66.	Volleyball	IC	Budesonide	Art. 2.1	No sanction
67.	Weightlifting	IC	Clomifen	Art. 2.1	2-year ineligibility
68.	Rugby	IC	THC	Art. 2.1	6-month ineligibility

Anti-doping rule violations



Anti-doping rule violations in 2002-2012



Anti-doping rule violation – failure to provide or incorrect whereabouts information

Incorrect whereabouts information was provided by 12 athletes. All of them were warned – this was their first warning in the 18-month period.

3. Doping control officers

All the doping tests described above were conducted by doping control centres in Warsaw, Poznań, Cracow and Gdańsk. In 2012 the Commission cooperated with the total of 50 well trained doping control officers. For the first time ever Polish doping control officers worked at the Olympic Games, Paralympic Games and EURO 2012.

IV Whereabouts systems

In 2012 the Commission Against Doping in Sport identified 113 athletes and included them in the Registered Testing Pool (RTP). In connection with the Olympic Games in London, in June 2012 the Commission decided to include 137 Olympic athletes in the antybaza.pl/whereabouts/, who had the duty of providing their whereabouts data. As the system required efficient management, after the Olympic Games the group was reduced to 113 athletes.

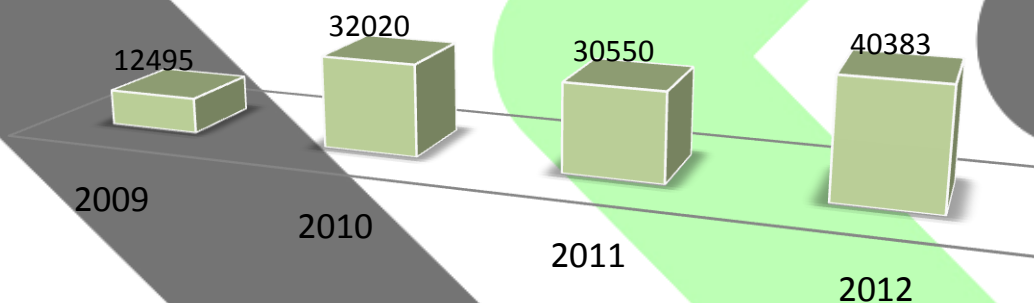
In 2012 there were 121 sport clubs in the antybaza.pl/whereabouts/ system; the clubs were asked to enter information about the place and time of their athlete training. In the course of the year the Commission regularly updated the list of clubs which were identified for doping testing. In particular, the list of wrestling and weightlifting clubs was frequently updated. The Commission sent letters to the Polish Wrestling Federation and the Polish Weightlifting Federation with a request to supervise the clubs and, in special cases, impose the sanction of admonition or fine on teams failing to observe the Commission's recommendations. The relations between the Commission and the Polish Handball Association were particularly fruitful, which helped to mobilize clubs to submit information about their training schedules on time.

The second data collection system developed by the Commission, antybaza.pl, comprises 46 sport unions and associations, which submit information about training times of national team athletes (senior and junior); this helps the Commission to efficiently plan and implement the programme of unannounced doping tests.

V Web analytics – website and drug database

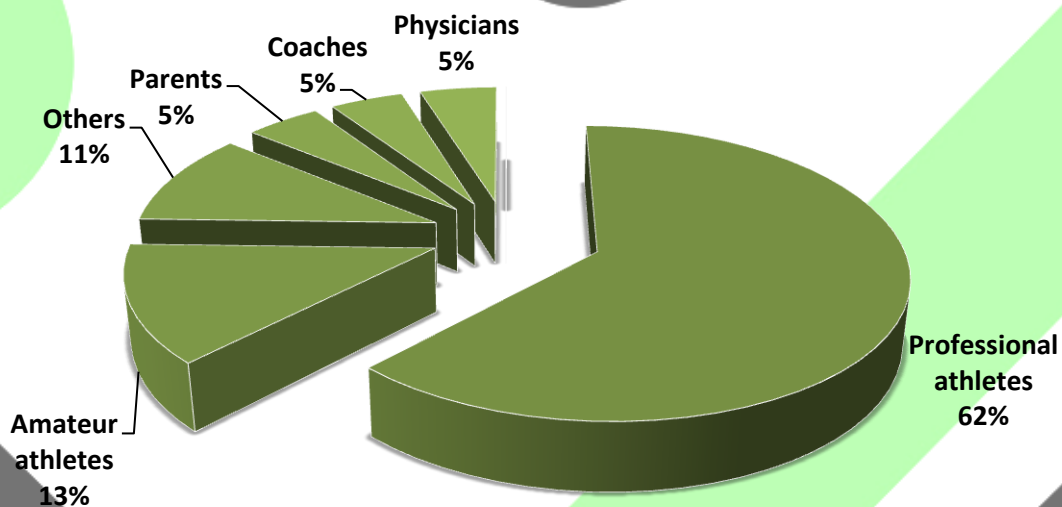
Compared to previous years, in 2012 interest in the Commission's website was greater – it was visited 40,000 times (compared to 30,000 in 2011), which is an absolute record.

Website visits - unique visitors 2009-2012



In 2012 the drug database was visited 5331 times; we recorded 20,819 queries about prohibited substances and methods and pharmaceuticals containing prohibited substances. In 2010, when the database was made available for the first time, it was consulted 2737 times and there were 12,220 queries. Most queries were made by athletes (34,626), amateur athletes (7,338), others (5,845), physicians (2,660), parents (2,612) and coaches (2,545) (questionnaire data).

Drug database visits

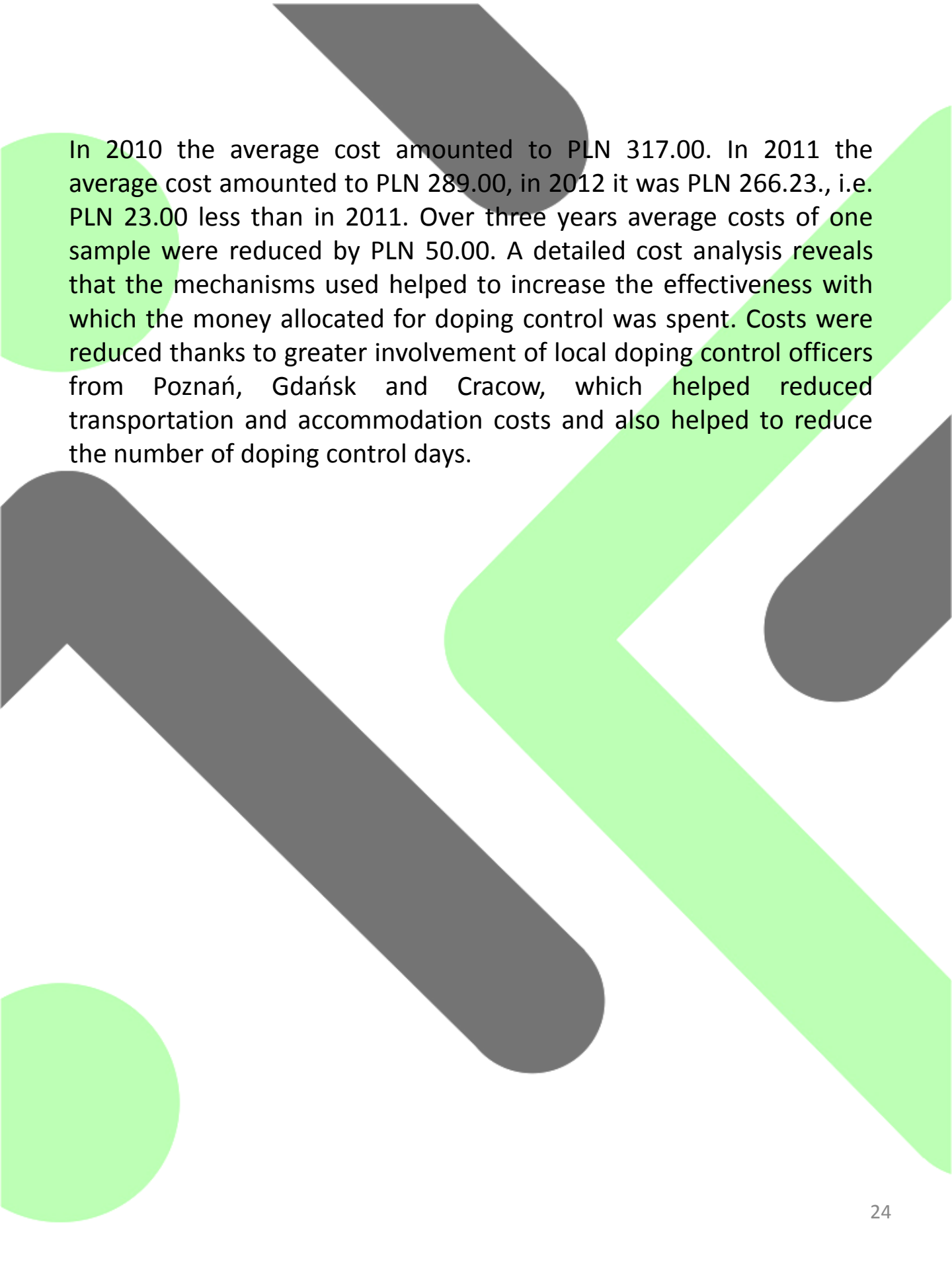


VI Finances

In 2012 the budget of the Commission Against Doping in Sport amounted to PLN 1,836,000.00, of which PLN 1,829,442.14 was spent. The Commission was provided with its entire budget by the Ministry of Sport and Tourism. The breakdown of the costs is as follows: administration – 42.4% (PLN 774,514), doping control tests – 53.8% (PLN 984,579), education – 3.8% (PLN 70,349).

Effective doping control management

In 2012 average unit cost of one doping control sample was considerably lowered (without costs of sample transportation containers).



In 2010 the average cost amounted to PLN 317.00. In 2011 the average cost amounted to PLN 289.00, in 2012 it was PLN 266.23., i.e. PLN 23.00 less than in 2011. Over three years average costs of one sample were reduced by PLN 50.00. A detailed cost analysis reveals that the mechanisms used helped to increase the effectiveness with which the money allocated for doping control was spent. Costs were reduced thanks to greater involvement of local doping control officers from Poznań, Gdańsk and Cracow, which helped reduced transportation and accommodation costs and also helped to reduce the number of doping control days.

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