

2015 October 27

## iNADO Update #63

### **Recent and Upcoming Anti-Doping Conferences and Meetings**

Dear Colleagues:

September and October continue to be especially active months for anti-doping seminars, conferences and meetings. This iNADO Update covers a number of the most important, as well as an event in which highly critical views on anti-doping were expressed. iNADO hopes that your NADO or RADO will use the access this coverage gives you to what was said and presented at these sessions. Please use it to reflect on and improve your anti-doping programmes, and the expertise of your staff and volunteers.

#### **5th Nordic Conference on Appearance and Performance Enhancing Drugs and Anti-Doping Work (Helsinki, Finland, September 24-25, 2015)**

This fascinating conference brought together anti-doping researchers and practitioners from all over the world: <http://www.dopinglinkki.fi/en/5th-nordic-conference>. The objectives of the event were to share the latest knowledge about doping in recreational sports and to discuss the diverse aspects of doping in society. The event was targeted to the scientific community doing research on doping issues as well as to experts in the health care and sports industries who meet users of doping in their work.

The presentations from the conference are available: <http://www.dopinglinkki.fi/en/5th-nordic-conference/presentations>. While all of these presentations were insightful, my favourites are

- Fredrik Lauritzen, “Preventing Doping in Norway: New Programmes and Best Practices” ([http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015\\_lauritzen.pdf](http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015_lauritzen.pdf))
- Ann-Sofie Bakshi and Viveca Andersson, “100 % Pure Hard Training: A Community Based Method to Reduce the Use of Anabolic Androgenic Steroids at Fitness Centers in Sweden” ([http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015\\_bakshi\\_andersson.pdf](http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015_bakshi_andersson.pdf))
- Susan Backhouse, “Doping Prevention Practice in Recreational Sport across EU-28” ([http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015\\_backhouse.pdf](http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015_backhouse.pdf))
- Skuli Skulason, “Use of Dietary Supplements and Banned Substances by Young Adults in Iceland in Connection with Sports Training Results from Youth in Iceland Survey 2013” ([http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015\\_skulason.pdf](http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015_skulason.pdf))
- Malene R. Johannisson, “Developing Locally-Based Anti-Doping Work in [Danish] Municipalities” ([http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015\\_johannisson.pdf](http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015_johannisson.pdf))
- Elina Kivinukk, How to Reach Recreational Athletes in Estonia? E-learning Experience ([http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015\\_kivinukk.pdf](http://www.dopinglinkki.fi/sites/default/files/attachment/aped2015_kivinukk.pdf))

**2015 Values-Based Education Conference (Ottawa, Canada, October 2-3, 2015)**

Hosted by the Canadian Centre for Ethics in Sport and WADA, this important gathering was the first of its kind to explore the central provision of Article 18 of the 2015 World Anti-Doping Code: “Prevention programmes should be values based and directed towards *Athletes* and *Athlete Support Personnel* with a particular focus on young people through implementation in school curricula.”

This was a truly international session. Sixty-one NADOs, eighteen IFs, four RADOs, and seventeen researchers, from fifty countries, participated. They were also joined by one hundred and fifty-one users from an additional twenty-six countries through the live streaming of the conference. Here is the conference website: <http://cces.ca/educationconference>.

If one comment can summarise the thrust of the conference, it comes from David Müller of the NADA Austria, who said: “Education without research is like testing without intelligence.”

Video links to, and in some cases .pdfs of, the main presentations are also available: <http://cces.ca/conferencepresentations>. I recommend in particular:

- Paul Melia, Welcome and Introduction ([http://cces.ca/sites/default/files/content/media/video/1-paul\\_melia.mp4](http://cces.ca/sites/default/files/content/media/video/1-paul_melia.mp4))
- Beckie Scott, “An Athlete’s Perspective” ([http://cces.ca/sites/default/files/content/media/video/3-beckie\\_scott.mp4](http://cces.ca/sites/default/files/content/media/video/3-beckie_scott.mp4))
- Susan Backhouse, “Overview of Global Social Science Research; A Literature Review” ([http://cces.ca/sites/default/files/content/media/video/4-dr\\_susan\\_backhouse.mp4](http://cces.ca/sites/default/files/content/media/video/4-dr_susan_backhouse.mp4) and [http://cces.ca/sites/default/files/content/docs/pdf/social\\_psychology\\_of\\_doping\\_in\\_sport\\_-\\_a\\_literature\\_review.pdf](http://cces.ca/sites/default/files/content/docs/pdf/social_psychology_of_doping_in_sport_-_a_literature_review.pdf))
- Rob Donovan, “Understanding Why Athletes Dope & Framing Research to Inform and Evaluate Education Strategies” ([http://cces.ca/sites/default/files/content/media/video/5-dr\\_rob\\_donovan.mp4](http://cces.ca/sites/default/files/content/media/video/5-dr_rob_donovan.mp4) and [http://cces.ca/sites/default/files/content/docs/pdf/understanding\\_why\\_athletes\\_dope\\_and\\_framing\\_research\\_to\\_inform\\_and\\_evaluate\\_education\\_strategies.pdf](http://cces.ca/sites/default/files/content/docs/pdf/understanding_why_athletes_dope_and_framing_research_to_inform_and_evaluate_education_strategies.pdf))
- Rob Cunningham, “Approach to Information & Prevention - Tobacco Control: Lessons Learned” ([http://cces.ca/sites/default/files/content/media/video/3-rob\\_cunningham.mp4](http://cces.ca/sites/default/files/content/media/video/3-rob_cunningham.mp4) and [http://cces.ca/sites/default/files/content/docs/pdf/tobacco\\_control-lessons\\_learned.pdf](http://cces.ca/sites/default/files/content/docs/pdf/tobacco_control-lessons_learned.pdf))

As important are the Conference resolutions: <http://cces.ca/conferenceresolutions> (in English) and <http://cces.ca/fr/conferenceresolutions> (en français). They set out a manifesto for values-based education, including:

- Research should be undertaken to demonstrate that effective information, education and prevention programs could significantly reduce doping in sport, and all parties should seek sustained funding sources for this research.

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- Social science research should inform, guide and further enhance anti-doping values-based education programs.
- Foster knowledge mobilization through the development of a global platform to share research that can inform the development of evidence-based education programs.
- The anti-doping movement should learn and utilize information from other fields of prevention to further enhance our common goal of reducing the prevalence of doping.
- Athletes should be encouraged to publicly promote and support clean sport.
- ADOs should ensure that protective mechanisms are put in place to support athletes who speak out against doping and athletes who dope.
- The Sport Movement, in cooperation with ADOs, will explore mechanisms to leverage a percentage of commercial revenues in sport to support values-based anti-doping education.
- NADOs and RADOs must implement anti-doping programs that focus on informing athletes and support personnel of the consequences of doping, and they must also develop effective values-based education programs that prevent the use of doping substances.
- IFs should implement event-based education programs for both elite and junior athletes in cooperation with NADOs, RADOs and NFs.
- IFs should engage and oblige their NFs to implement values-based anti-doping education programs in cooperation with NADOs and RADOs.
- The Sport Movement, including the International Olympic Committee, International Paralympic Committee and IFs, should advocate to the commercial side of sport that sponsors have an important role to play in promoting and reinforcing the values of sport.
- The WADA Compliance Review Committee should ensure effective mechanisms are put in place to measure values-based education.

The iNADO Facebook page includes a number of recent postings on the work of NADOs in schools and with school-aged athletes, for example in Latvia, Jamaica and Slovenia:

<https://www.facebook.com/inado.org>.

**CCES – iNADO Open House (Ottawa, Canada, October 5, 2015)**

After the Values-Based Education Conference, the CCES opened its doors to twenty international colleagues from fifteen NADOs and RADOs for a day of professional exchange and development. The Open House permitted a more personal and informal discussion of practical anti-doping topics and activities. Small groups moved through the CCES' office to meet with colleagues and to discuss:

- The Vision, Mission, values and culture of a NADO: <http://cces.ca/about-us>

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- True Sport 101 (the CCES’s community and values-based sport work): <http://truesportpur.ca/>)
- Canadian Anti-Doping Programme and NF Engagement: <http://cces.ca/anti-doping>
- Education Resources: <http://cces.ca/services>
- Major Games (and lessons learned from the 2015 Pan-Am and Parapan-Am Games): <http://www.toronto2015.org/anti-doping>
- Other ethical issues in sport, including violence, lack of access and inclusion, weak sport organisation governance, poor parental behaviour and negative behaviours in professional sport: <http://cces.ca/ethical-issues>



Peder Mathiasson (SSC) and Vanessa Reid (JADCO) sign the CCES - iNADO Open House Banner

A future iNADO Update will review the conclusions of participants at this session, and the important “take-aways” for them. iNADO hopes that future Open Houses will permit NADOs to welcome fellow anti-doping practitioners for sharing of programmes and practices, and of problems and solutions. This

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can be an unparalleled opportunity for show-casing your activities, for staff development, for networking, and for trouble-shooting.

**Doping – In All Honesty: International Symposium Honouring Gerhard Treutlein (Nürnberg, Germany, October 23, 2015)**

This German event was organised by the IBMP - Institut für Biomedizinische und Pharmazeutische Forschung and the Klinikum Nürnberg / Paracelsus Medizinische Privat-Universität, Nürnberg: <http://www.dopingsymposium.de/>. It honoured Professor Treutlein, a long-time coach and professor of physical education with an abiding interest in anti-doping. That interest continues today; for example, he acts as an external evaluator for the prePLAY anti-doping education project of the NADOs of Slovenia, Estonia, Latvia, and Croatia, and of the NOC Malta.

The conference gave a critical view on anti-doping. Speakers came from different backgrounds in science, media and the academic world; they did not include representatives of anti-doping organisations (notably the NADA Germany). The speakers' independent views remind practitioners that anti-doping work is scrutinised outside ADOs, sport organisations and public authorities. That work is attacked from time to time. We in anti-doping may not agree with these points of view but we must be aware of them. Without responding to assertions made (and in my view some are highly questionable), here are some of the points recorded by iNADO's Klara Müller:

- Dr. Werner Franke, professor of cell and molecular biology at the German Cancer Research Center in Heidelberg, "Honest Sport is over when Doping is Driven by Science"
  - Dr. Franke pointed out that doping in sport has been present for decades and he cautioned skepticism about outstanding performances of the past and present. He spoke about a range of athletes of the last 10-30 years and underlines that there are results and world records, still being quoted in today's media, which cannot be true (e.g. German record shot put). He highlighted the abuse that took place around 1970-1990 in Germany (both East and West) and gave examples of health issues that victims of doping did and continue to suffer from. He emphasised through pictures and documents the obvious signs of doping such as the androgenisation of female athletes. He named and condemned the people involved and their "abuse and criminal actions" which young female athletes had to face in the 1970s, 1980s and early 1990s.
- Prof. Bengt Kayser, MD PhD, Institut des sciences du sport, Faculté de biologie et de médecine, Université de Lausanne, "Sport is Honest? Doping is Dishonest? A Critical Look at Anti-Doping"
  - Prof. Kayser asked what is the difference between performance enhancement in sport and performance enhancement in private life. For example, non-athletes take Ritalin to stay awake and women take hormonal supplements throughout menopause. He said that doping is a problem within society not just in sport. He was critical of anti-doping practice as showing "aspects of fanaticism" and "immensely restricting" to the individual. He disagrees with the zero tolerance principle and stated that a possible solution could be to allow some doping. He went on to observe that the "anti-doping industry" is getting more and more technical and expensive without delivering results. "Is this money spent wisely?" Finally, he asked "Is the anti-doping problem really a public health problem?" He compared the number of "actual" health problems and



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deaths to those caused by alcohol and by cigarettes.

- Prof. Perikles Simon, Department Sport medicine, Johannes Gutenberg-Universität Mainz  
“Doping Suspicion at the TV with a Stop Watch: Does this work?”
  - Prof. Simon said that it is difficult to draw a conclusion about doping/non-doping through performance physiology. Just looking at the “output,” for example the watt per kilo figure in cycling, is no indication for doping/non-doping for a single athlete. Simon was critical of the blood passport as variations in haematocrit values may be caused by different genes and not only doping. Simon also criticised the WADA testing statistics. For example, he claimed that from 1155 in-comp samples in 2014, only 10 AAF for the NADA Germany’s testing cannot be right. There should be a larger number of AAF’s as some false positives must also occur. He also contrasted the funds spent on testing to the funding available to science and young qualified scientists, and demanded a change in favour of science.
- Dr. Hellmut Mahler, Sachverständiger Betäubungsmitteluntersuchungen und Toxikologie Landeskriminalamt Nordrhein-Westfalen, “Doping analytics – in all honesty”
  - He argued that the doping scene is similar to the drug scene and criminally organised through internet and other means. Anti-doping practice is far behind and cannot detect modern substances. Dr. Mahler sees the main problem in the design, production and distribution of doping substances. He points out that EPO has evolved in its biochemical setup and there are thousands of different structures of this substance that can be used to dope. “When you don’t know which substance you are searching (testing) for then you will not be able to detect it.” The relevant people in these areas should be targeted and not the athlete as testing in anti-doping does. He also claimed that doping analytics cannot comply with the requirements necessary for criminal proceedings.

### **UNESCO Conference of the Parties (October 29-30, 2015)**

Much emphasis was placed at the September WADA ExCo meeting on the upcoming Conference of the Parties to the UNESCO Anti-Doping Convention, taking place later this week. There is an expectation at WADA for a robust reporting on compliance with the Convention. Here is the link to the Conference’s webpage: <http://www.unesco.org/new/en/social-and-human-sciences/themes/anti-doping/conference-of-parties/fifth-session/>. Here is a link to today’s meeting of the Approval Committee of the Fund for the Elimination of Doping in Sport: [http://www.unesco.org/new/en/unesco/events/learning-to-live-together/?tx\\_browser\\_pi1\[showUid\]=31437&cHash=22b21068d4](http://www.unesco.org/new/en/unesco/events/learning-to-live-together/?tx_browser_pi1[showUid]=31437&cHash=22b21068d4).

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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.**