



Anti-Doping
Singapore

-Doping
apore

Pre-Rio Anti-Doping Programme - Singapore

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2016 iNADO Workshop, 13 March 2016, Lausanne

Be a True



VISION

Every Singaporean athlete is a True Winner

Mission

Sport in Singapore is Free of Doping




**Anti-Doping
Singapore**

Testing

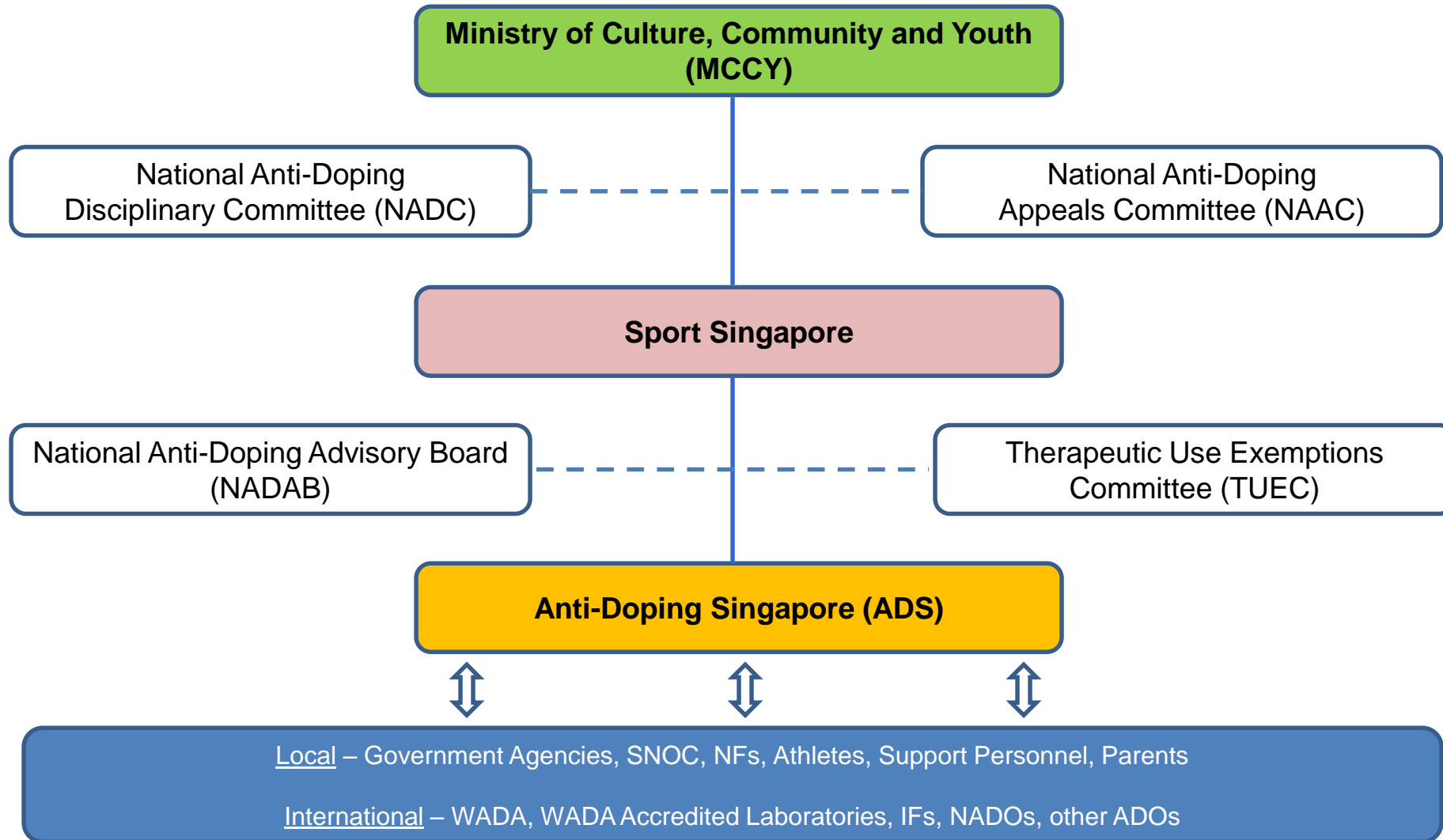
Education

**Capability
Development**

**International
Cooperation**

Research

National Anti-Doping Framework



In the beginning...

“NADO Cook Book”

Phase 1: The Frame

- Step 1: Plan the NADO
- Step 2: Establish NADO's Authority
- ...

Phase 2: The Organisation

- Step 1: Identify staff competencies required
- Step 2: Recruit the NADO General Manager
- ...

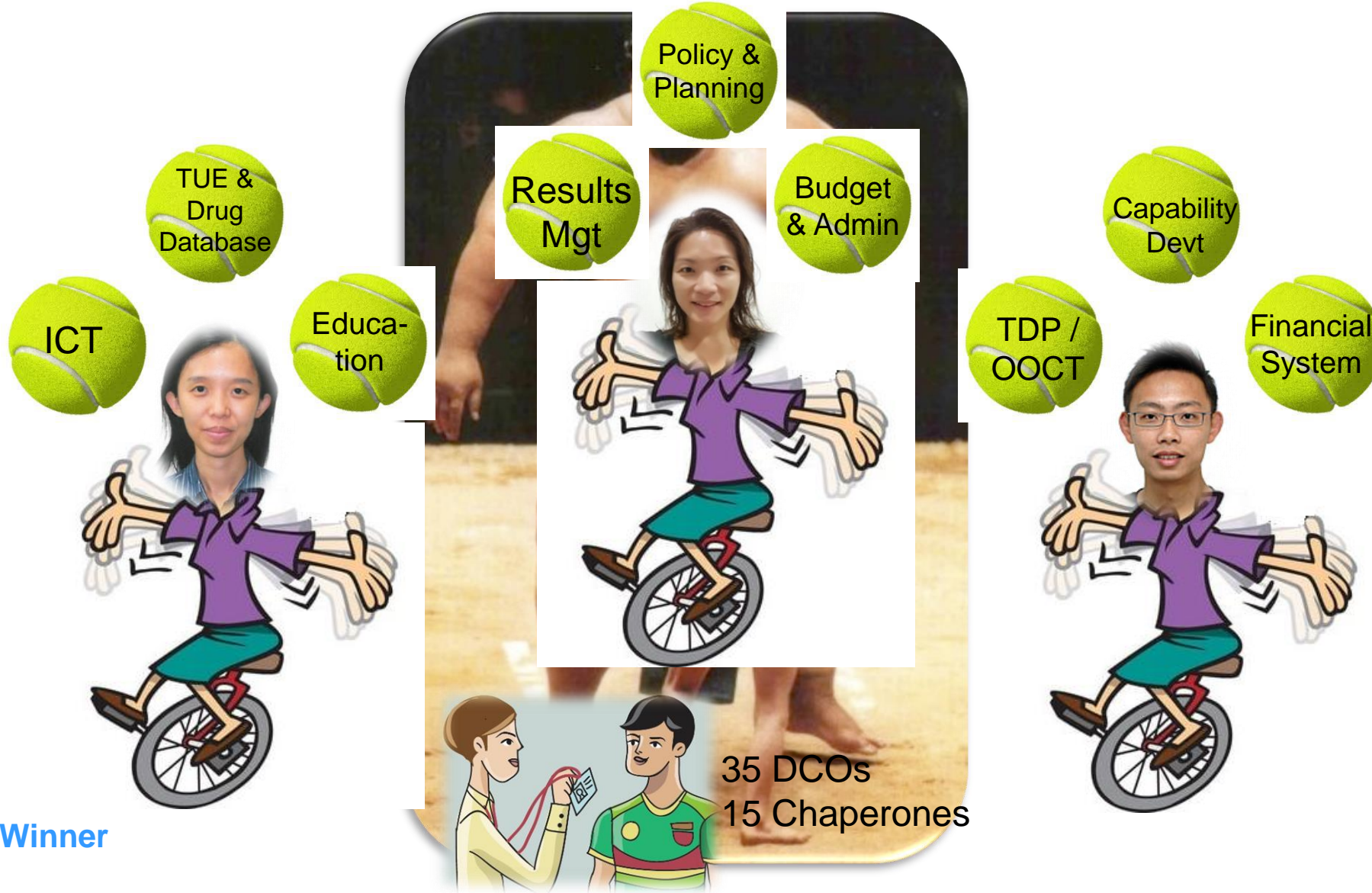
Phase 3: Core Operations

- Step 1: Set up office and develop admin systems
- ...

Phase 4: Quality & Efficiency

- Step 1: Understand overall quality and efficiency factors
- ...

Who are we??



Statistics

Testing Pool	FY2012	FY2013	FY2014	FY2015
RTP	41	57	31	40
DTP	4	31	39	20
TOTAL	45	88	70	60

OOCT	FY2012	FY2013	FY2014	FY2015
#Tests	107	160	127	108

Note: Testing guidelines were min. ave. 2.5/yr for RTP and 1.5/yr for DTP

Expenditure	FY2012	FY2013	FY2014	FY2015
Amount (SGD)	60,688	99,595	64,938	70,760

Note: OOCT expenditure includes General Testing Pool athletes

TESTING



Selection of Sports

- Consideration of 3 Factors

Factor 1: Physiological-based risk assessment

(Using Anti-Doping Norway research)

Sports category	Points
Power Sports, Muscular endurance and VO2 Max endurance	3
Fight Sports, Team & Ball Sports	2
Aiming & Gymnastics	1

Selection of Sports

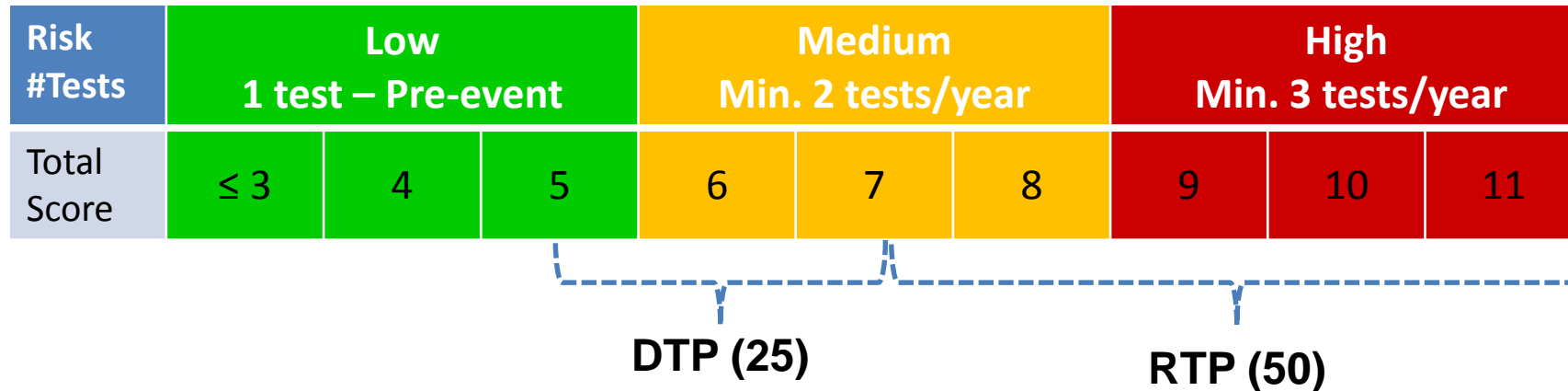
Factor 2: % of Adverse Findings over past 4 yrs

% adverse findings	Points
85 th percentile and above (top 15%)	4
70 th to 84 th percentile (next 15%)	3
50 th to 69 th percentile (next 20%)	2
49 th percentile and below (below 50%)	1

Factor 3: Major Games / Event for the year

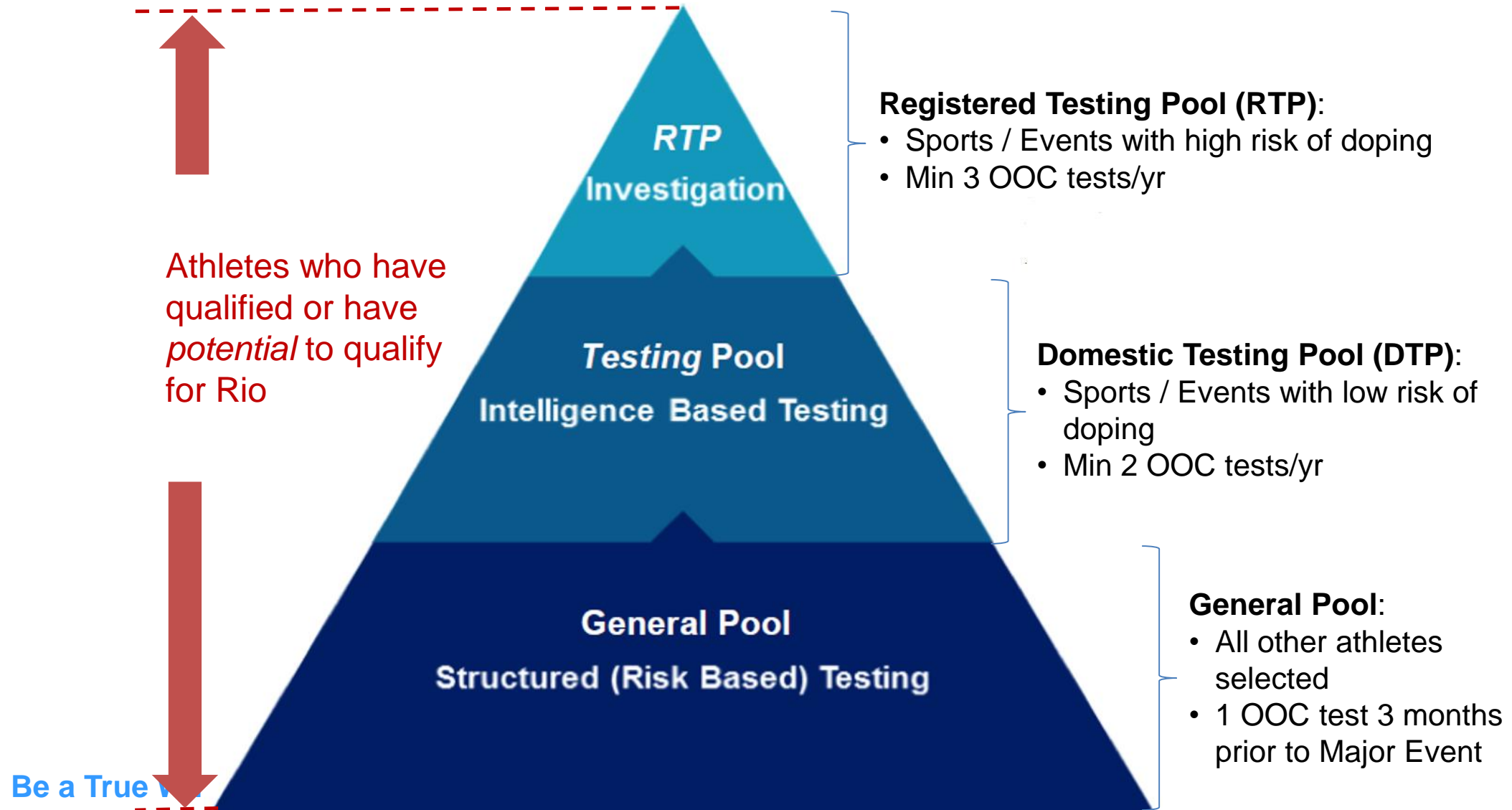
Major Games Category	Points
International (e.g. World championships, Olympics)	4
Continental and Intercontinental (e.g. Asian, Commonwealth)	3
Regional (e.g. SEA)	2
National	1

Selection of Sports (FY2016)



DTP	RTP
Badminton	Aquatics – Swimming
Fencing	Athletics
Gymnastics (Artistic)	Para-Athletics
Judo (Fight)	Para-Sailing
Silat (Fight)	IPC Swimming
Table-Tennis	Boxing
Taekwondo (Fight)	Canoe / Kayak
Waterski / Wakeboard	Cycling (Road)
Wrestling	Ice-Skating (Speed)
	Rowing
	Sailing
	Weightlifting

ADS Testing Pools (FY2016)



Rio Qualifiers: 16

Sport	#Athletes	Event	Testing Pool
Athletics	1	Women's Marathon	RTP
Sailing	9	Women's Laser Radial Men's Laser Standard Mixed Multi-Hull Nacra 17 49erFX Skiff Women's Double-Handed 470 Men's RS:X	RTP
Shooting	2	Women's 50m 3-Positions Women's 25m Pistol	General
Swimming	2	Men's 100m & 200m Butterfly Men's 100m Freestyle Men's 100m Backstroke	RTP
IPC Swimming	2	Women's 50m, 100m, 200m Freestyle (S5) Women's 100m Breaststroke (SB4) Women's 100m Backstroke (S2)	RTP

Rio Potentials: 21

Sport	#Athletes	Remarks	Testing Pool
Athletics	4	Men's 100m Women's 200m Men's Marathon	RTP
Badminton	1	Women's Singles	DTP
Para Equestrian	1	Dressage	General
Fencing	1	Women's Foil	DTP
Golf	1	Men's event (on IGF reserve list)	General
Para Sailing	2	Skud 18	RTP
Sailing	1	Women's Windsurfing RS:X	RTP

Rio Potentials

Sport	#Athletes	Remarks	Testing Pool
Swimming	8	Women's 50m, 100m & 200m Freestyle Women's 100m Butterfly Women's 200m Ind Medley Men's 100m, 200m & 400m Freestyle Men's 400m Ind Medley	RTP
Table Tennis	2	Men's and Women's Singles	DTP (except IF RTP)

Testing Strategies

- **OOCT:**
 - Prior to qualifying events and trials
- **ICT**
 - Qualifying national championships and trials

Collaboration with IF & NADO

- **FINA Pre-Rio OOC Testing**
 - 1 swimmer based in USA
 - Commitment to min. 5 OOC tests by July 2016
 - USADA assistance with OOC tests
 - FINA assistance with tests above the min. 5 tests
- **IGF Pre-Rio OOC testing**
 - 1 potential pro-golfer
 - Coordination with IGF on testing

THERAPEUTIC USE EXEMPTION

Therapeutic Use Exemptions

- Collaboration with SSI on TUE procedures
 - All athletes and support personnel selected for a Major Game are required to submit their Medical Declaration to the Team Doctor
 - Team doctor (in discussion with treating physician) will apply for a TUE to ADS / IF / MEO, if required by an athlete

“EDUCATION”

-Doping
apore



Be a True

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TICKER NEWS

2016 Prohibited List comes into effect 1 January 2016... Athletes are reminded to always check the status of medication before using their

ATHLETE

- ▶ [2016 Rio Games](#)
- ▶ [Whereabouts Information](#)
- ▶ [Prohibited List](#)
- ▶ [Supplements](#)
- ▶ [Therapeutic Use Exemption](#)

QUICK LINKS

- [Whereabouts Information](#)
- [ADAMS Log-In](#)
- [Prohibited List](#)
- [Therapeutic Use Exemption](#)
- [Testing Programme](#)

[Home](#) >> [Athlete](#) >> [2016 Rio Games](#)

2016 RIO GAMES



ANTI-DOPING INFORMATION FOR RIO 2016 OLYMPIC AND PARALYMPIC GAMES

(This page will be updated with Paralympic Games information once it's released)

Athletes who have been selected for the Rio 2016 Olympic and Paralympic Games will need to be aware of their anti-doping responsibilities during the Games. Under this section, you will be able to find information about the anti-doping programmes of the 2016 Olympic and Paralympic Games that will help ensure you comply with the necessary requirements.

Education

- **Pre-Rio Games talks to Athletes and Support Personnel**
 - Collaboration with Singapore Sports Institute (SSI) and NOC
 - Information specific to each Event and the IOC and IPC anti-doping rules
 - Reminder of Prohibited List, TUE and Whereabouts requirements and timelines



Education

- All carded athletes complete an online module by SSI
 - Prohibited List, TUE Process, Whereabouts (General), Testing Procedures and Results Management
- New RTP and DTP athletes provided information resource with Notification of Inclusion
 - Prohibited List, TUE Process, Whereabouts Requirements, ADAMS Guide, Testing Procedures and Results Management

Pledge Athlete Pledge

Athlete commitment to clean sport

Signing on a banner / poster

Display at SSI



THANK YOU

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