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iNADO Update #69

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Dear Colleagues:

So many developments, so little time and space. Here are just a few pieces on what is happening in the anti-doping world right now.

New iNADO Member



iNADO is very pleased to announce its 57th Member. We welcome Birgir Sverrisson, Íþróttta- og Ólympíusamband Íslands / The National Olympic and Sports Association of Iceland, Verkefnastjóri lyfjamála / Iceland Anti-Doping, and his team. You can learn more about the ÍSí anti-doping programme at:
<http://www.isi.is/frettir/frett/2010/12/01/Anti-Doping-Organization-ADO/>.

And let's all wish Iceland well in the UEFA Euro 2016 Football tournament as it battles in Group F with Austria, Hungary and Portugal.

Should Meldonium be on the Prohibited List?

While I am neither a medical doctor nor a scientist, it seems to me that:

- Meldonium belongs on the prohibited List. It is a medication that has been and is being abused by healthy athletes for the sole purpose of performance enhancement.
- Prescribing this medication to healthy athletes should be / will be medical malpractice in some if not many jurisdictions.
- So I have no problem with detection of meldonium leading to ADRVs.
- Furthermore, there should be investigations in all cases of detection of meldonium to determine if the medical doctors prescribing it have committed ADRVs or medical malpractice by prescribing unnecessary medication to healthy athletes.
- The spate of meldonium detection / admission demonstrates a certain culture of abusing legitimate medications for illegitimate purposes that is extremely troubling. Much like the use of EPO in cycling before there was a reliable test for that prohibited substance. Just because it is not banned, it may be given to athletes, even if there is no legitimate medical indication? Just because it cannot be detected, go ahead and use it? The whole episode demonstrates that acceptance of clean sport as a norm is far from universal. This is a huge hurdle for the anti-doping movement and for all those who promote the "spirit of sport" as it is set out on the World Anti-Doping Code.

- That the unexpected detection window of meldonium was not anticipated by WADA (or by WADA's accredited laboratories or indeed by the pharmacologists consulted on the Prohibited List) before meldonium was put on the Prohibited List is clearly an issue. It is important to note that during 2014 when meldonium was on the Monitoring List, and during the 2015 Prohibited List revision process, there was no suggestion in the scientific literature or even by the manufacturer (which was asked to comment by the Latvian NADO) that the detection window would be anything but a few days.
- The notice WADA issued yesterday is an interim measure while that issue is properly addressed. The interim situation will be messy, particularly as some athletes who have abused meldonium will not receive an ineligibility sanction when one is deserved (although they will be recorded as having committed a first ADRV). This is not good news for clean athletes, but it probably strikes an appropriate balance between the rights of clean athletes individually and collectively, and the individual rights of meldonium abusers to fair process.
- It will be interesting to see if any of these cases demonstrate legitimate use of meldonium by athletes, including retroactive TUE applications where warranted. I am not holding my breath.
- In any event, the interim solution will lead to some meldonium abusers getting the ineligibility sanction they deserve.
- It would have been worse news for clean athletes if their competitors had been allowed to continue to abuse meldonium while the excretion rate issue is being fully studied.
- Finally, for those who have now criticized putting meldonium on the list in September 2015, did they participate in WADA's 2014 and 2015 Prohibited List revision processes? Did they make their concerns known then? Precious few, I suspect.

Criminalising Doping

Yet more discussion of criminalising doping, this time in the United Kingdom, prompted by a statement of the Prime Minister: <http://www.euronews.com/sport/3179947-cameron-wants-parliament-to-consider-criminalising-doping/>. Is doping criminalised in your country? Inform us at: info@inado.org.

DFSNZ Wins International Awards for E-Learning

A ground-breaking E-Learning programme launched by iNADO Member Drug Free Sport NZ (DFSNZ) last month has been recognised, winning two major awards at the LearnX Impact Awards. Congratulations to DFSNZ Education Manager Sian Clancy, and to all our Kiwi colleagues. "Our E-Learning programme is extremely user-friendly and takes the user through seven key stages of anti-doping education, including the testing process, how to check medications and the ten anti-doping rule violations which could lead to bans from all sport," Clancy said. For more, see: <http://drugfreesport.org.nz/news/media-releases/drug-free-sport-nz-wins-international-e-learning-awards>.

NADA Germany E-Learning for Doctors

While it is not yet award-winning, a special online e-learning course for doctors has been announced by iNADO Member the National Anti-Doping Agency of German: [http://www.nada.de/de/nada/aktuelles/newsdetail/?tx_news_pi1\[news\]=694&tx_news_pi1\[controller\]=News&tx_news_pi1\[action\]=detail&cHash=fdd13021fee595cb3934504752fa671d#.Vw-T6HqZDnc](http://www.nada.de/de/nada/aktuelles/newsdetail/?tx_news_pi1[news]=694&tx_news_pi1[controller]=News&tx_news_pi1[action]=detail&cHash=fdd13021fee595cb3934504752fa671d#.Vw-T6HqZDnc).

Basic awareness of the Prohibited List and of TUEs criteria and processes are main elements of this 30 minute course.

AEPSAD – ADKC Partnership

iNADO Member the Spanish Agency for the Protection of Health in Sport (AEPSAD) has announced on the PILD (Portal iberoamericano para la lucha contra el dopaje) a new collaboration with the Anti-Doping Knowledge Centre (ADKC): <http://deportelimpio.com/actualidad/colaboraci%C3%B3n-de-la-aepsad-con-anti-doping-knowledge-center-adkc/>. In addition to providing records of Spanish disciplinary proceedings to the ADKC collection, the AEPSAD is encouraging all Spanish-speaking NADOs and RADOs to contribute their decisions and other resources to the ADKC's Spanish language resources.

The ADKC is the largest fully-accessible collection of anti-doping resources in the world: www.doping.nl. It includes doping panel decisions, scientific documents, education and prevention resources (including several hundred anti-doping videos), template documents, annual reports, newsletters, including of course all previous iNADO Updates. There are materials in many languages, all with an English abstract. The search engine is easy to use and powerful. Please use the ADKC for all your anti-doping research. Please contribute materials to it to increase the collection and to share your best practices.

Portal iberoamericano para la lucha contra el dopaje (PILD)

PILD (<http://deportelimpio.com/>) was created by the AEPSAD with the collaboration of WADA's Latin American Regional Office, with contributions from iNADO. It is the leading global Spanish-language reference website in the fight against doping, allowing access to the Spanish-speaking community to a wide range of information on anti-doping and clean sport. PILD is available to a wide audience, from the students to high-level athletes to trainers and sport doctors, needing information about preventing doping including checking of medications and products for prohibited substances. This information is presented in different formats, such as:

- shorter explanatory texts,
- training guides with more elaborate and detailed contents,
- online courses for DCOs, on results management and about the history and organisation of anti-doping,
- legal and technical documents, and
- videos, explanatory or radio programs of short duration on topics of interest.

PILD aims to become a leading tool to involve the athletes and support personnel in the fight against doping, especially and to help avoid wrong decisions and reduce the chances of inadvertent doping.

New Study on Doping Prevention from ADNO

iNADO Member Anti-Doping Norway, together with University in Bergen and Norwegian School of Sports Sciences, recently conducted a study on doping prevention through anti-doping education and practical strength training: <http://www.antidoping.no/sitefiles/1/dokumenter/HerculesFINAL.pdf>.

The study combined theoretic sessions in anti-doping with strength training in groups of adolescents. Providing knowledge of anabolic steroids and their harmful effects in conjunction with weight training

produced better training results than weight training without that education. So all you NADO and RADO Education Managers had better hit the gym!

The Power of Code Compliance in Ethiopia

Ethiopia is on WADA's Code-compliance "watch list." It has also under close scrutiny from the IAAF for its poor anti-doping record. This story from Ethiopia indicates the power of Code compliance and of external scrutiny to improve a country's national anti-doping programme: http://www.cbc.ca/sports/olympics/ethiopia-dissolves-anti-doping-committee-1.3532504?utm_source=CCES+Publications&utm_campaign=93704e5d5d-Daily_Sports_News_2016_04_134_13_2016&utm_medium=email&utm_term=0_99c9e5c562-93704e5d5d-310890269. The recent number of positives for Ethiopian athletes (due to IAAF testing) is disturbing, especially in the lead-up to the Rio Games. Let's hope our Ethiopian colleagues remedy their issues, and establish a proper NADO and an effective anti-doping programme as soon as possible.

Kazakhstan National Anti-Doping Centre Website

For those not already aware of it, iNADO Member the KazADC has developed a trilingual (Kazakh, Russian and English) website for its anti-doping programme and services: <http://kaznadc.kz/kk/>. This is a valuable resource for other NADOs in the region with less-developed national anti-doping programmes.

iNADO Quality Recognition for Sample Collection: Sport Ireland



iNADO announces that it has granted its first Quality Recognition for Sample Collection, to iNADO Member Sport Ireland.

iNADO has developed this its Quality Recognition to provide external assessment and recognition of the quality of Members' programmes. This will help Members market services to new customers, such as International Federations and Major Event Organisers. It will also give iNADO Members a means to assess and supervise the quality of your

own external service providers, whether they are other NADOs or private service providers.

The assessment is according to an extensive list of criteria which has been developed with the assistance of colleagues from leading NADOs and from International Federations. The criteria do cover some matters that will ultimately be subject to WADA 2015 Code compliance (such as having Code-compliant anti-doping rules and procedures for matters such as DCO training and certification). But they cover many other matters that will not be examined by WADA but which are of great interest to potential customers and partners such as IFs and Major Event Organisers. These include overall financial soundness, clear management oversight, appropriate insurance coverages, adequate inventories of doping control equipment, prior experience providing sample collection services to international partners, and so on.

iNADO visited the Sport Ireland (formerly the Irish Sports Council) offices in February to conduct its assessment. This was followed up by an examination and verification of documents provided to iNADO. The Anti-Doping Unit of Sport Ireland has made a major contribution to iNADO Quality Recognition for Sample Collection by participating in this iNADO Quality Recognition pilot project. Thank you to our Irish colleagues (especially to Siobhan Leonard) for their investment of time and effort.

Here is a link to the recent release of the Irish Minister of Sport of the Sport Ireland Anti-Doping Review 2015, which announces iNADO Quality Recognition, as well as Sport Ireland's 2015 testing statistics: http://www.irishsportsCouncil.ie/Media/Latest_News/Minister-Ring-Launches-Anti%E2%80%93Doping-Annual-Review.html.

iNADO will be visiting iNADO Member CITA/HZTA, the Croatian Institute for Toxicology and Anti-Doping, later this month to conduct an assessment of that NADO's sample collection programme.

Our hope is to design additional iNADO Quality Recognition modules to be rolled out later this year. Results Management and TUE Administration are likely to be the next two.

Join iNADO and Benefit from A Community of Anti-Doping Practitioners

iNADO continues to grow. We are now 57 member NADOs from around the world. We have active expert networks of practitioners, and plan to announce a new one for Members' Results Managers soon. We encourage new Members to join now for 2016 at no obligation for three months to see the value of iNADO Membership. You will be invoiced in July, 2016. For an up-to-date membership application and fee schedule, contact: info@inado.org. In the meantime, please follow us on Facebook: <https://www.facebook.com/inado.org/>.

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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.