



Upcoming iNADO Webinars

- [Aug. 22](#) - "The Code 2021 Review for NADOs. Critical Issues to form a Common View" by Elina Kivinukk (Estonian Anti-Doping Agency). **Open only for Member-NADOs.** [Register here.](#)
 - [Aug. 30](#) - "First Practical Lessons of the European Data Protection Regulation" by Lars Mortsiefer (NADA Germany). [Register here.](#)
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Save the Date - iNADO Workshop 2019

Our 2019 iNADO Workshop will be on March 12 at the [University of Lausanne](#), just before WADA's annual ADO symposium on March 13 & 14. We will welcome registrations also from non-member NADOs, IF's, RADO's, Independent Experts, Governments, etc.

2019 Prohibited List Recommendations by the Dutch Doping Authority (incl. Salbutamol)

ADOs are invited to review the comments circulated by the [Doping Authority of the Netherlands](#) as part of the 2019 stakeholder consultation. They are bundled in concise and objective document sent to the Prohibited List Expert Group. The document is the outcome of the consultation among Dutch stakeholders.

There, it is proposed to eliminate the category 'Substances & methods prohibited in-competition' and create a single Prohibited List, "including only substances and methods prohibited at all times. Creating such a list will improve clarity on what is allowed and what is not. Also, it will prevent the unethical misuse of stimulants, narcotics and glucocorticoids during training and recovery".

One of the specific recommendations targets one of the infamous substances of our time, Salbutamol, which triggered a positive test of decorated cyclist Chris Froome. The Dopingautoriteit suggest following text: "Inhaled salbutamol: maximum 800 micrograms over 12 hours starting from any dose". Furthermore, given the problematic reference to pharmacokinetic studies with which athletes can demonstrate the use of a substance up to an established limit, the agency suggests WADA to make the framework for this type of studies clearer and to publish an additional guideline for performing controlled pharmacokinetic studies.

Job Vacancy at Drugfree Sport New Zealand: Programme Manager - Testing

An exciting opportunity exists for a Programme Manager – Testing to join Drug Free Sport New Zealand (DFSNZ) based in Auckland,

New Zealand.

Our vision is to have New Zealand sport that is free of doping, and our responsibility is to help ensure our athletes compete in a doping-free environment. DFSNZ is an Independent Crown Entity with a team of 12, based in Ellerslie, Auckland. Read here the complete [Job Posting](#).

Our work comprises three key components:

- **Education** – through athlete resources, outreach programmes, seminars and research;
- **Regulation** – through our testing and investigations programme; and
- **Influence** – to help create a culture of clean sport in New Zealand and to ensure anti-doping rules reflect the needs of our athletes.

Read here the complete [Job Specifications](#). Applications must be submitted no later than Aug 13 to admin@drugfreesport.org.nz.

What is the Status of Anti-Doping Programmes in Latin America?

In the last [iNADO Update](#) we reported about a capacity building project launched by the Spanish Anti-Doping Agency in Latin America. The first meeting took place in Cartagena, Colombia (July 9 - 13) providing great opportunity to observe some of the progress and challenges of NADOs in the region.

The status quo of anti-doping programmes in the region is not homogeneous. A number of NADOs still have problems related to structure and funding. At least in four of the countries NADOs have not been officially established and/or lack any funding. Nevertheless, the progress of the entire region is evident in the last years. More NADOs have been officially founded and are operational, implementing their own testing programmes. Some other NADOs are using intelligence and investigations effectively to sanction ADRVs.

In this first meeting in Cartagena [WADA's Regional Office](#), iNADO and 16 NADOs of the region participated (see table below). It must be noted that the two RADOs of the region (ORAD-CAM and ORAD-SAM) play a crucial role increasing the quantity and quality of anti-doping and supporting national programmes with DCO accreditation, testing at national and international events and education sessions. Thanks to the intervention of RADOs, the accredited laboratories of Mexico and La Havana offer highly discounted rates for sample analysis to their members. Additionally, the NADOs of Colombia and Chile offer guidance and live support at sporting events hosted by developing NADOs. The stage is ready for this region to continue growing and become a column of global anti-doping activities.

Bolivia	Cuba	Honduras	Paraguay
Chile	Dominican Rep.	Mexico	Peru
Colombia	Ecuador	Nicaragua	Uruguay
Costa Rica	Guatemala	Panama	Venezuela

If you are interested in knowing more about the individual NADOs, click on each country to see the material presented in Cartagena (in Spanish). They give a good overview about the activities, priorities and challenges of each NADO.



Innovative Education Tools (Mobile App, Augmented and Virtual Reality). ASADA is ready to share these with Other ADOs

In a recent webinar, the Australian Sports Anti-Doping Authority introduced to NADOs and IFs their newest anti-doping prevention tools. These may be used by interested ADOs.

1. Virtual Reality for Doping Control
2. Augmented Reality
3. ASADA App

ADOs in the process of launching education tools like these will benefit from ASADA's lessons learned which are the content of this webinar led by Chris Hume and Lex Cooper. Moreover ASADA will work together with any ADO interested in using these resources in their countries and saving a lot of money from the investment. [iNADO](#) can help you in this process.

If you are interested in listening to the recording of the webinar, please send us an [email](#).

Reminder: iDCOs Applications for 2nd European Games Minsk 2019

The Minsk 2019 Operations Committee is still receiving applications for its DCO Team. iNADO Member NADA Belarus is helping the Minsk 2019 Operations Committee to assemble a DCO Team of experienced professionals.

Until August 20, applications from international DCOs can be sent to Anti-Doping Programme Manager Kate Kurylenkava (k.kurylenkava@minsk2019.by). A number of 20 international DCOs is requested. Fluent English skills are strictly required. More information can be found in the official [call for applications](#).

It has been mentioned on numerous occasions, including in Olympic Games IO Reports that international DCOs are key to delivering a sustainable Anti-Doping Programme at Major Events. In this regards the involvement of NADA Belarus will be essential for the Doping-Control Team of the 2nd European Games Minsk 2019. These will take place in the capital of Belarus next year from June 21 till 30 June (<http://minsk2019.by/en>).

Latvian NADO gains Independence and becomes Anti Doping Bureau of Latvia

The State Sports Medicine Center of Latvia (LAT-NADO) has been established as of July 1, 2018 as state institution and renamed in - Anti doping bureau of Latvia, finishing a process of two years. . This was possible only thanks to a big effort which involved a UNESCO funded project ("Modernisation of anti-doping policy in Latvia"), the World Anti-doping Agency, and support of partner NADOs.

The new Sports law in Latvia, accepted by the Parliament on May, 2018 (section 11.2 paragraph) reads: The anti doping bureau of Latvia is a direct administration body under the supervision of the Minister for Health. The bureau has been granted financial resources for the implementation of activities and has its own staff to perform measures in accordance with the International Convention Against Doping in Sports of 19 October 2005 and the European Council Anti-Doping Convention No.135 of 16 November 1989.

The support of WADA and partnering NADOs was essential in drafting regulations, conceptual solutions and strengthening the position of the agency as an independent national anti-doping organisation. Head of the bureau is Mr. Martins Dimants and his office can be contacted at:

Address: Mazā Klijānu iela 5, Rīga, LV-1012

Phone +37167226164

e-mail: antidopings@antidopings.gov.lv

Congratulations to Martins and his entire team at the bureau for this historic step. Especially NADOs in the process of being formally established may contact the bureau and learn from the fresh experience from this NADO.

The Athlete as Ambassador for Clean Sport: Also a Place for the Cheaters?

One (simple) way for NADOs to work closer with athletes is inviting them to take part in your prevention campaigns. By giving athletes the opportunity to share their candid unscripted views on anti-doping NADOs can reach larger audiences (than w/o athletes)

More and more NADOs recognise this and are partnering with well-known and respected athletes to share their stories and give a credible face to their programmes. Recent examples that are worth taking a look at include:

- [U.S. retired biathlete Lowell Bailey](#). In an interview with USADA he explains from the perspective of an athlete why boycotting an event can be a valid means to achieve positive changes. He also has a few recommendations for other athletes to get involved in anti-doping.
- Dozens of British stars supporting [UK's Clean Sport Week](#) via social media.

However, a recent powerful example from Peru raises the question if NADOs could and should give sanctioned athletes more opportunities to be part of preventive campaigns. The [Peruvian NADO](#) is using a simple but well-crafted video featuring Pan-american silver medalist and multiple international champion in wrestling Abel Herrera, sanctioned in 2015 after testing positive. His story has been an asset in the preventive talks organised by the National Anti-Doping Commission in which he participates frequently. His video in Facebook counts almost 9000 reproductions.

The Peruvian NADO joins previous campaigns from NADOs such as [USADA](#) and [New Zealand](#) (Tyler Hamilton) featuring sanctioned athletes. Athletes that are able to reflect on their doping offence and who wish they would have acted differently have stories that are worth telling.

Azerbaijan Anti-Doping Agency: New Website and 13 New Sanctions published

The Azerbaijan Anti-Doping Agency (AMADA) has a new website (<http://www.amada.az/>) fully translated to English and very easy to navigate.

Among other things anti-doping practitioners can review the list of current applicable sanctions. Only recently (July 10) AMADA disclosed the names of 13 athletes for different Anti-Doping Rules Violations. The sanctioned athletes relate to disciplines weightlifting (1) and taekwondo (1), boxing (4) and wrestling (7). Suspensions are in accordance with the WADA Code and vary from 24 to 48 months.

Athlete Performance as (indirect) Evidence of Doping: Scientific Study

Unexpected improvements in the performance of an athlete are already monitored by ADOs and taken into consideration for testing plans. But could we soon use performance-based markers as (indirect) prove of doping? A team of researchers from U.S., Canada and Qatar has initiated a theoretical study into this field and investigated if performance models could be integrated as a detection method.

In specific, their research paper [The Critical Power Model as a Potential Tool for Anti-Doping](#) reviews the Critical Power model, i. e., the watt performance of an athlete over a determined (critical) period of time (applied in disciplines such cycling). Under specific

circumstances, this model and its extended version can be used from a statistical standpoint, to detect doping if the doping. The CP model sufficiently detects "average changes in performance in response to treatments applied to groups of people and competitive performances of highly trained elite athletes". These are relatively invariant within and across seasons. Accordingly, "large increases in performance due to doping should be detectable using the CP model".

The results of the study show clear limitations for the CP curve to predict performance accurately under certain conditions. The scientists recognise this and propose future studies in this area.



New at the Anti-Doping Knowledge Centre

United World Wrestling (UWW) aka FILA is the International Federation for Greco-Roman and Freestyle Wrestling. UWW now publishes its anti-doping decisions. These can be reviewed in the Anti-Doping Knowledge Center, for instance:

- [UWW 2017 UWW vs Toghrul Asgarov](#) 18 Apr 2017
- [UWW 2017 UWW vs Rejepaly Orazalyev](#) 7 Mar 2018
- [UWW 2017 UWW vs Manish Manish](#) 4 Oct 2017
- [UWW 2017 UWW vs Mahmoud Said Badawi](#) 25 Jul 2017
- [UWW 2017 UWW vs Islambek Dadov](#) 28 Jul 2017

iNADO is the Institute of National Anti-Doping Organisations. It promotes best practices by NADOs and RADOs, and is their collective voice.



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