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### **Working Group on WADA Governance. The Position of NADOs**

On September 5,6 the Working Group (WG) on WADA Governance will gather in Lausanne for its next meeting. NADOs are represented by Dr. Andrea Gotzmann (Germany) and Dr. Patrick Goh (Singapore). iNADO made submissions to the group and there are some points the NADO community should be aware of and which will be brought forward by our representatives:

There are two fundamental questions raised in the original brief set out by WADA that the WG should respond to. First, has there been, in reality, an objective and critical review of the current status of WADA's "governance system" by the group? It is the opinion of the NADO representatives that this has not occurred and, rather than opening the door to consideration of how WADA might objectively best be governed, the focus has largely been diverted to an examination of the construct of subsidiary bodies which are not the primary decision makers.

Second, will continued progression down the current path provide stakeholders with the confidence for ongoing commitment to and funding of WADA? Among other things success for WADA requires the commitment of key stakeholders, and notably athletes, but there is nothing in the recently circulated proposals that will in any real way give comfort to those stakeholders that WADA wishes to ensure greater independence and/or a broader range of stakeholder input into key decisions which affect stakeholders in the most fundamental of ways.

As long as WADA decisions on the most critical issues are made exclusively by representatives of Sporting Organisations and Governments this exercise will, in the view of the NADO reps, have achieved little. WADA can and should institute practices which ensure that the highest levels of independence and expertise apply.

The composition of (in particular) the Executive Committee and Foundation Board cannot be altered without careful consideration and agreement of stakeholders. The exercise needs to continue for as long as necessary to ensure that WADA is constructed in a way that genuinely reflects the needs of sport as they will apply and evolve over the coming years.

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### **Tokio2020 should absorb the Costs for IDCs: A Call to all affected NADOs**

Once again, the LOC of the Olympic and Paralympic Games, this time for Tokio2020, will not provide adequate funding for international DCOs. This is a message to all NADOs that intend to send DCOs and find a solution.

As you know, DCOs have been invited to work as international DCOs during the Olympic and Paralympic Games provided that they cover at least their own travel expenses meaning that either the NADO of affiliation or the DCOs themselves shall cover these expenses. This approach is fundamentally flawed and there is no justification for it. DCOs should be dealt with in the same way as judges and other officials who are invited to contribute and participate at the Games with their expertise, and for whom travel, accommodation and indemnity are covered.

Some NADOs have decided not to send their DCOs to the Games unless the travel, accommodation and meals are covered by the Games Organising Committee on the same basis as for other officials.

iNADO is of the clear view that the Organising Committee of Tokio2020 needs to reconsider this policy so as to guarantee a doping control process of the highest quality. If your NADO has nominated, or is considering nominating, an IDCO please take two minutes to [respond to this survey](#). It will help us send a joint message.

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## Upcoming iNADO Webinars

- [Aug. 30](#) - "First Practical Lessons of the European Data Protection Regulation" by Lars Mortsiefer (NADA Germany). [Register here](#).
  - [Sept. 10](#) - "Key Elements of Technical Document on APMUs" by WADA. [Register here](#).
  - [Sept. 19](#) - "Monitoring Anti-Doping Rules of National Federations" by Japhter K. Rugut (Kenyan Anti-Doping Agency). [Register here](#).
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## A Guideline to Conduct Tests on behalf of Private Organiser or NF

Sport events organised by commercial, sometimes international, agencies (for example 5 - 10 k runs, triathlons, etc.) have become very popular in many countries. Many NADOs around the globe encounter problems when working with this type of Event Organisers. iNADO invites those agencies to review this short but useful [guideline to work out a good testing agreement](#) with a private organizer or a national federation developed by the U.S. Anti-Doping Agency.

Once you and the event organizer have initiated talks to conduct testing, please consider the following points:

- A key element in USADA's experience to make the agreement work properly is to create the position of the site coordinator. This is a person that operates under the authority of the national governing body (NGB) or the organizing committee sanctioning the event, and should preferably be dedicated only to doping control during the event. The cost of the site coordinator should be included.
- Also Before you sign a contract with a private event organizer, discuss also any preventive and education activities you could do and if possible, include these in the contract.

Once you have a signed agreement, here are important steps you should not forget:

### Pre-Event

- Develop a plan and communicate with event participants that they may be subject to drug-testing (following WADA rules) and secure any necessary consents from event participants. If necessary, consent form templates should be annexed in the event contract. Provide any links to WADAs rules or to your own resources.
- Inform athlete participants of whatever drug reference resources are available to them to check the status of their medication, and to understand the risks associated with supplement use. USADA offers an [Athlete Anti-Doping 101](#) section to do this.

- Designate a doping control Site Coordinator, who will act as the pre-event and on-site contact, and who is responsible for:
  - Recruiting Notifying Chaperones,
  - Identifying a suitable doping control station,
  - Obtaining event credentials for all sample collection personnel, and
  - Providing re-hydration fluids for athletes (all responsibilities are outlined in the [Site Coordinator's Handbook](#)).

### During the Event

- At the event, support the Lead Doping Control Officer (DCO) with whatever she/he needs in order to execute the most effective and efficient doping control program

### Post-Event

Depending on the services described in the event testing contract, the analysis results of the doping control tests from your event will be sent to the Results Management Authority outlined in the agreement. Should there be a positive result from one of the samples tested, the athlete will have a fair and transparent legal process, providing independence and removing any conflict of interest and responsibility from the event organizer.

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## NSF Supplements Certification Process

This infographic explains the NSF Certified for Sport [certification program](#); which references its new app and website. This other infographic explains the [NSF GMP registration](#) process. These will be valuable tools in explaining the importance of the independent third-party certification that NSF International provides globally.

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## Dried Blood Spot: Pilot Testing at US Weightlifting Championship

Last March we informed the community about the [Dried Blood Spot](#), a new, quick and cost effective sample collection method USADA uses when testing UFC events. USADA will expand this testing method and will use it during an upcoming weightlifting championship.

The introduction of the method during the Nike [USA Weightlifting](#) Open Series 3 in Las Vegas (Sept. 13-17) will make it the most tested event of all American weightlifting events. *Athletes will be selected for DBS testing in the same manner as those who are selected for urine and blood testing after the completing of the competition session. Some athletes may experience DBS testing and traditional urine and/or blood testing methods during one test session.*

The DBS method uses the TAP device to collect only five drops of blood, about 20 times less than normally, minimising health implications or side effects. The new collection process should be quick and virtually pain-free. USADA reminds athletes that they (...) *have a right to refuse to be sampled as part of this new pilot program, but should note that USADA reserves the right to allocate to the athlete a blood or urine test.*

DBS testing will become an additional blood collection method, and traditional venipuncture collections will continue to be used. Occasionally, athletes will experience both collection methods during one test session. This should not impact performance because the TAP collects just five drops of blood.

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## WADA World Education Conference in Beijing: Seats available

The World Anti-Doping Agency (WADA) wishes to remind you that it will hold the second WADA Global Education Conference on 24-25 October in Beijing, China. Hosted by the China Anti-Doping Agency (CHINADA), with the support of the United States Anti-Doping Agency (USADA), the conference will convene anti-doping practitioners and researchers from around the world with the goal of:

- enhancing understanding of the athlete's perspective - keeping them at the center of anti-doping education;
- increasing understanding of the International Standard for Education (ISE) and its implications for stakeholders – elevating the status of education in the anti-doping model;
- encouraging further partnerships and collaboration; and

discussing and debating education's role in the anti-doping system and stakeholders' roles and responsibilities

As outlined in the [Agenda](#), the focus of the two-day conference will be on the athlete and how stakeholders can best support their participation in clean sport; and, specifically on educating the athlete and the members of their entourage. This will involve presentations and discussions from athletes, education practitioners and anti-doping researchers covering contemporary issues that affect those tasked with educating stakeholders in the field of anti-doping. Throughout the conference, connections will be consistently drawn between research and practice in line with the conference themes of **innovation, harmonization and cooperation**.

Conference attendees will also have the opportunity to share their expertise in working groups for the ISE and participate in stakeholder-specific breakout groups geared directly to their needs. Throughout all sessions, attendees will be involved as active participants and will be provided with relevant learning experiences and opportunities for collaboration through a number of interactive methods.

With the [2021 Code and International Standards review processes](#) currently underway -- which includes **the ISE that** WADA's Board approved for development in [November 2017](#) -- this is an opportune time to contribute to the development of education in anti-doping. Practitioners and researchers are invited and encouraged to avail themselves of this opportunity.

More detailed information regarding the speakers, presentations and sessions will follow shortly.

Registration for the conference is extended to two delegates per country/organization from a of Regional Anti-Doping Organizations, National Anti-Doping Organizations, International Federations, National Olympic Committees and Research Institutions.

Due to restricted space for the Conference, please note that stakeholders interested in sending a third representative should email their request to [globalconference@chinada.cn](mailto:globalconference@chinada.cn). Should the additional registration be accepted, a fee of USD \$200 per additional delegate will apply.

Further Conference and registration details can be found at <http://globalconference.cits.com.cn/>

The registration deadline is **19 September 2018**. For additional information, please contact [GlobalEducationConference@wada-ama.org](mailto:GlobalEducationConference@wada-ama.org).

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## **RUSADA: Conference and Enhanced Social Network Activities**

We are extending the invitation to iNADO Members for the upcoming conference "[The future of clean sport: current issues, challenges and solutions](#)" organised by RUSADA in Moscow (Sept. 28).

The programme includes presentations by specialists from the Russian International Olympic University, Russian Anti-Doping Agency, World Anti-Doping Agency, and representatives of the international scientific community, on these topics:

- Anti-doping legislation and sports law
- Education policy
- Sports science
- Media policy in the field of sports and anti-doping

As part of an enhanced communication strategy, RUSADA will be using VKontakte, the largest Social Network in Russian with more than 500 m subscribers, to engage more with young audiences about the importance of clean sport. VKontakte hosted recently the #vkfest2018, a summer festival in which sport organisations could present themselves. Rusada hosted the "[Play fair](#)" Playground within the SPORT zone, which is intended to build a bridge with the community of young users.

Other institutions promoting the values of sport (such as FISU) participated there too. Rusada plans to develop more activities in social networks to support a new perspective on anti-doping in Russia. But also to harvest and analyze information for investigation and to push for websites promoting forbidden substances, to promote the whistleblower programme.

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## **WADA's 1st. Global Athlete Forum & Seats for 2019 Athlete Committee**

104 Athletes from 54 countries participated in Quebec at the [1st. Global Athlete Forum](#) in June. WADA's Athlete Committee will continue working on the integration of sentiments collected from athletes during the event into the Charter of Athletes Rights and into the next Code. Athletes participating at the event in Quebec agreed that:

- All athletes and athlete representatives should publicly express their views both individually and collectively about their rights.
- Athlete should participate meaningfully in the government of anti-doping organizations.

In this sense iNADO reminds you that soon there will be three vacant positions at the 2019 WADA Athlete Committee. And NADOs should nominate outspoken candidates who are willing to pick up and carry the message/demands from fellow athletes. From now and until Oct. 5, stakeholders can nominate suitable candidates to [Ms. Marjorie Chinnarassen](#), including a letter of endorsement and a curriculum vitae.

## WADA 2017 Testing Statistics. The Performance of NADOs

WADA published recently the 2017 global testing statistics. In 2017 NADOs were responsible for two thirds of the global urine and blood testing (245,200 samples) and IFs for almost one quarter. The rest is split between MEOs, Regional Sport Organisations, RADOs, etc.

### 2017 Total Samples by Category of Testing Authority

Testing Authority	Urine	Blood	Total	% of Total Samples
NADOs (iNADO Members)	130859	12503	143362	58%
NADOs (iNADO Non-Members)	17599	509	18108	7%
IFs	46713	6959	53672	22%
RADOs	1229	1	1230	1%
Other (MEO, NOC, NF, Regional Sport Org.)	27767	1093	28860	12%
Total	224167	21065	245232	100%

The total number of samples taken in comparison to 2016 grew from almost 230 to 245 thousand. But also the percentage of samples taken by NADOs increased. This was motivated mainly by a reduction of the samples taken by MEOs but also because of an increased activity of many NADOs. Some of them, re-took their programmes after compliance issues (Russia, Spain, Kenya). Others were officially founded only recently and they initiated testing (Azerbaijan, COCOM-ONAD Brussels, and Hong Kong). And also, already established NADOs (Thailand, Austria, New Zealand, Chile, Bulgaria, Peru and Paraguay) registered also substantial increases. Among smaller anti-doping programmes we can see also many substantial increases in testing (San Marino, Cameroon, Barbados, Sri Lanka, Malta, Cyprus, Mongolia, among others)

The statistics reveal also that the ABP Programme grew 3% to 29130 (compared in 2016). In 2017 IFs took 52% of all ABP samples (48% in 2016). Also, the ABP programmes of a few International Federations grew considerably (IAAF, FINA, ISF, ISU). As for NADOs, Germany, Australia, China and Russia were also able to enlarge their ABP testing programmes.

In terms of size, the 67 iNADO Members can be catalogued as follows:

Category	Samples per year	Count of NADOs	Average of samples
Big NADOs	> 3000	18	5950
Medium-Large NADOs	1000 < X < 3000	14	1895
Medium NADOs	500 < X < 1000	6	770
Medium-Small NADOs	250 < X < 500	8	345
Small NADOs	< 250	21	110

18 NADOs counted 3000 samples or more, 14 NADOs had between 1000 and 3000, 6 NADOs registered between 500 and 1000, 8 NADOs had between 250 and 500 samples and 21 NADOs had less than 250 samples.

Among non-Member NADOs only 7 could be considered medium-large, 5 medium, and the rest are medium-small and small NADOs. See here an overview of the [largest testing programmes by NADO](#).

**Science: Monotonous Training leads to Potential Doping Behaviour / Many U.S. Athletes feel Excessive Pressure to succeed**

A team of scientists from Croatia, Slovenia, and Iceland recently published a study in the Journal of Sports Science and Medicine (2018 17, 82-91), which examines the relationship between training methods and doping susceptibility in swimming.

The results show that athletes that are not aware of training goals and training results (e.g., because their coaches communicate insufficiently or inadequately) have a higher risk of doping. In addition, swimmers whose training is characterised by high volumes, monotony and low technical-oriented exercises have a higher probability to dope.

Among the possible reasons for this correlation according to the authors, is the high levels of physical stress generated by predominantly volume-oriented training. Athletes are more likely to use banned substances to recover faster from hard training sessions and avoid fatigue.

62 male and 37 female swimmers were surveyed anonymously at the 2017 national Slovenian Championships. One questionnaire determined the athlete's susceptibility to use doping by asking the athletes' attitude towards, and tolerance of doping in the sport. Another part of the questionnaire measured the characteristics of regular training. For more information regarding the specific survey tools and findings [read the full study here](#)

Anti-Doping Organisations should also pay attention to the environment of athletes and take trends early enough into consideration. In the U.S. a survey conducted among [800 athletes of USADA's test pool](#) showed that a large portion of them feel "pressure from higher-ups to win medals, and the spotlight shines only on those who pile up victories".

While this result doesn't necessarily mean that athletes are or will use banned substances, it demonstrates a latent risk for doping practices to which attention must be paid.

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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, Athletes, Independent Experts, Governments, etc.

Hotel reservations will be managed via the Lausanne Toursime platform that serves WADA's Symposium as well as iNADO's event.

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## New at the Anti-Doping Knowledge Centre

These are a few of new CAS awards available at the Anti-Doping Knowledge Centre:

- [CAS 2015 A 4319 BWF vs IWF](#) 29 Jan 2016
- [CAS 2017 O 5268 IAAF vs ARAF & Svetlana Karamasheva](#) 20 Dec 2017
- [CAS 2017 A 5248 WADA vs RADO & ADAK & Eliud Musumba Ayiro](#) 14 Dec 2017
- [CAS 2017 A 5139 WADA vs CFB & Olivio Aparecido Da Costa](#) 7 Dec 2017
- [CAS 2017 A 5127 BWF vs IWF](#) 18 Dec 2017

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