

Government of the Republic of Moldova  
**National Anti-Doping Agency**

### **New iNADO Member: NADA Moldova**

iNADO is pleased to announce a new Member. We welcome Chairmen Artiom Jucov, Deputy Director Elena Arhip and their team of the [National Anti-Doping Agency](#) of the Republic of Moldova to our community.

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From the iNADO Community

### **Upcoming Conference Call with WADA**

iNADO will hold a conference call with WADA senior management (Oct. 16) to discuss key issues of the current international agenda. We encourage directors of our members to engage with WADA and prepare the questions you would like to ask.

### **UKAD Report: rebuilding Anti-Doping in Russia**

*At the end of 2015, the world of sport was in a crisis we had never seen before, and there was effectively no anti-doping programme in Russia* (Nicole Sapstead).

iNADO Member [UKAD](#) just released its [Project Report during Russian Non-Compliance](#), an invaluable document that sheds light into UKAD's approach for rebuilding anti-doping in Russia. The report is also meant to serve as a manual for other NADOs who might find themselves in a similar situation.

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## Implementation of the revised World Anti-Doping Code

15-17 January 2020  
The Netherlands

### **iNADO, RADO and GAISF Members can register for Free**

This opportunity should not go unnoticed: delegates from NADOs (member of iNADO), RADOs, IFs (member of GAISF), and WADA **can register** for the Conference "Implementation of the revised World Anti-Doping Code" **for free**.

The [conference programme](#) has advanced and these are some of the parallel sessions you can expect:

- New Education requirements
- Catching intentional dopers, protecting clean athletes
- Legal position of non-signatory service providers
- The financial arms race
- Athletes' view on the WAD Program
- Mutual recognition of Education programs
- Challenges related to the International Standard for Therapeutic Use Exemptions
- Developments concerning the Prohibited List
- Harmonisation of rules adjacent to the anti-doping rules

For all other participants the following fees apply: early bird rate (until November 15, 2019) € 250,-incl. tax.  
After Nov. 15, € 295,-incl. tax /

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### **Cameroon, Latvia and Korea NADOs have new Websites**

L'ONAD Cameroun OCALUDS a un nouveau site web: <http://www.ocaluds.cm/home>. Félicitations!

The [Korean Anti-Doping Agency](#) and the Latvian NADO uploaded English versions of their websites. The latter includes a [Medicinal Product Register](#).

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## Athletes and Anti-Doping

### The Rodchenkov Anti-Doping Act

In 2019, the [Rodchenkov Anti-Doping Act](#) (RADA) was introduced in the U.S. legislative branch and has gained support of many stakeholders in the U.S. The act proposes criminal penalties for individuals or organisations participating in a scheme to influence a major international sport competition through prohibited substances or methods in which American athletes participate.

Joining all major stakeholders in the United States, Global Athlete has expressed its support. A restitution to athletes and others who may have been defrauded is considered in the bill. It excludes criminalizing the conduct of athletes and targets rather the conduct of support personnel and officials. For more read here [a summary](#) of the bill.

## Testing

### South Africa: Annual Report 2018/19

The [annual report 2018/19](#) of the South Africa Institute for Drug-Free Sport offers a complete view into the activities of the Institute and can be used as reference by other ADOs that would like to review their annual report format.

The report shows that most tested discipline during 2018/19 was athletics (427 tests) followed by rugby (342). Rugby had the highest numbers of ADRVs with 16, including six minors who tested positive for anabolic steroids. SAIDS CEO Khalid Galant expressed concern at the number of ADRVs at schoolboy level and pointed to a 'high tolerance by parents and coaches to doping practices'

The most common substances found in the tests were anabolic agents (27), hormone and metabolic modulators, cannabinoids and stimulants.

iNADO commends SAIDS for its engagement and support to these organisations in capacity building activities:

- Egypt NADO
- Ethiopian NADO
- Nigerian Anti-Doping Commission

- Africa Zone VI RADO

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## Scientific Research: Cobalt Misuse and Effects of Testosterone

This recent research paper is to be considered in anti-doping prevention strategies: *Cobalt Misuse in Sports*. Schmidt W.F.J., Hoffmeister T., Wachsmuth N., & Byrnes W.C. (2019)

- This research suggests that an oral dose of 5mg/day exceeds the erythropoietic threshold. As a result, a 3-week supplementation period at this dose leads to an increase in Hb mass of 2% and to a tendency of higher performance, which corresponds to the effects of a training camp lasting 200h at 2000m. [Click here to retrieve the paper](#)

[Click here](#) to access the statement of FISA Sports Medicine Commission on *Biological Effects of Testosterone*. Steinacker J.M., et al. (2019).

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## WADA Testing Statistics 2018: Caribbean NADOs expand

You can review here the [testing numbers](#) of all Member and Non-Member NADOs in 2018 (as reported in ADAMS) as well as the relative change to 2017. Overall iNADO Members registered an annual increase of 8% of (urine and blood) tests. Considerable growth of testing programmes can be seen in NADOs of the Caribbean and Asia.

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## Doping Prevention

### Four Key Outcomes from Doping Awareness Survey in Azerbaijan

*The average young Azerbaijani is aware of the dangers of doping, has a negative attitude to it, but is unlikely to report its use.* These are some of the conclusions reached by a survey among national athletes conducted by the Azerbaijan National Anti-Doping Agency (AMADA) to assess the level of awareness

Out of 1500 questionnaires sent, 641 were responded. Other results of the survey include:

- Gyms are the main points of access to PEDs
- There is a relatively high level of awareness re risks of supplements

- A majority of respondents does not use any sport supplements (64.5%) and can distinguish them from doping substances (64.8%)
- Attitude towards reporting is concerning: only 39.3% of respondents would report doping use or sale
- In general Azerbaijani athletes show a negative attitude towards the use of doping substances

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## Keep Rugby Clean weekend during Rugby World Cup

All ADOs should take note of this well crafted social media campaign: World Rugby's [Keep Rugby Clean](#) during the World Cup 2019 in Japan (Oct 5-6). Not only the level of response to the campaign has been great with Canada's team wearing promotional t-shirts just before their match with New Zealand. The activities also involved pre-event education for teams.

Along with the World Championship there are new supplements awareness films accessible at <https://keeprugbyclean.worldrugby.org>. Please find a [guide describing the campaign](#) which can serve as reference for future campaigns.

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WADA

## WADA Social Research Projects

Research on doping attitudes has shown that there is still a lot to do to understand and tackle doping behaviour better and WADA is funding social research projects. [Find here](#) the description and links to every current social science research project. We should all take note of the scientific evidence produced.

## Vacancy at WADA

WADA is currently seeking an [Data Analyst, Intelligence Unit](#) to work at the headquarters in Montreal. Application deadline is Oct. 20.

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## WADA Standing Committee Vacancies

WADA is seeking nominations for a number of vacant member positions on its five Standing Committees (12 members each) from 2020. INADO Members should consider nominating experienced staff to fill one of WADA's multiple standing committee vacancies and promote NADO views within WADA.

The governance review from last years recommended that the Education, Finance and Administration, and

Health, Medical and Research Standing Committees must include an Athlete and a National Anti-Doping Organization (NADO) representative. The standing committees report into WADA's Executive Committee (ExCo) and Foundation Board (Board).

iNADO Members are encouraged to consider these opportunities and where possible invite their athlete communities to participate.




**New at the Anti-Doping Knowledge Center**


#### WADA Prohibited Lists 1968 - 2019

The ADKC offers the historic perspective of prohibited substances: all Prohibited Lists from 1968 until 2019 can be found with one click at the [ADKC](#)

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

 [iNADO on Facebook](#)

 [iNADO's Website](#)

 [YouTube](#)

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### iNADO Partners



The logo for GOT ETHICS, featuring the text "GOT ETHICS" in a bold, white, sans-serif font on a black background.



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