

From the iNADO Board



**A Message from Michael Ask (ADD), Chair of the Board of Directors**

I find it a great privilege to chair the Board of iNADO. Our NADO members stand for a great majority of the anti-doping work carried out worldwide. Therefore, I am very interested in finding out how we can utilize the knowledge, the competencies and the capacity all of our members have even better.

Especially how we can use our resources in the most effective way to enhance the level of the anti-doping work in parts of the world that are not fully developed.

To succeed in that a close co-operation between our members is required, but also equally important with non-members NADOs, IFs and WADA. I will do my best to steer iNADO in that direction and to fulfill our mission for the benefit of our members and clean sport.

To see who the other board members are please click [here](#)

Save the Date - iNADO Workshop 2020

**Registrations open now**

Our 2020 iNADO Workshop will take place on March 16th at the University of Lausanne. One of the core aims of the event will be to prepare ADOs for the implementation of the Code 2021 and IS's. In this regard iNADO will present a support programme for Member NADOs.

We will welcome registrations also from non-member NADOs, IF's, RADO's, Athletes, Independent Experts, Governments, etc. Registrations are open now and available [here](#). Member NADOs can register two participants at no cost. Additional participants will, be charged € 80. Registration fee for participants from non-member organisations will be € 100 each.

Annual General Meeting will be in the afternoon of March 15th.

Hotel reservations will be managed via the Lausanne Toursime platform that serves WADA's Symposium

## Introducing the Athletes' Anti-Doping Rights Act

The main idea of the newly implemented Anti-Doping Rights Act for Athletes is to increase athletes' awareness that they in fact have strong and important rights within the anti-doping system. Even though there is no party yet who is responsible only for observing the compliance of those rights, everyone can report a violation of the act. The overarching aim is therefore that athletes know where to turn for report. This process will establish a more effective system and increase stakeholder accountability as well as includes athletes to the system.

The [Anti-Doping Rights Act for Athletes](#) summarises in Part One 14 different rights athletes already hold given by the Code itself or the International Standards . Some of the rights are better known than others such as the right for equitable and fair testing programmes or the right for accountability. The right to education is a new addition and goes hand in hand with the implementation of the new International Standard for Education. *Breaching one or more of those rights could trigger corrective measures or compliance consequences for the party that violates those rights* (Ben Sanford, WADA AC Member).

Furthermore, three rights were added in the category "recommended" such as the right to an anti-doping system free from corruption and the right to participate in governance and decision-making processes. Those rights were repeatedly demanded by athletes, in particular by WADA's Athletes' Committee over the past years. Unfortunately, these rights are only recommended and breaching them has no consequences yet, it must be said that an ADO which has adopted the Anti-Doping Rights Act for Athletes should be accountable to its own stakeholders.

## Research & Testing



### Anabolic-Androgenic-Steroids use in the Fitness Sport

The misuse of Anabolic-Androgenic-Steroids (AAS) is not an issue only the elite sports sector has to deal with. Evidence shows that AAS is also an attractive way to enhance training gains in recreational sports. This year's Conference on "Fitness Doping & Public Health" hosted in October by Anti-Doping Denmark (ADD) and the Danish government gathered recent research on AAS misuse. This is a summary of the most relevant aspects for prevention specialists presented during the two days of conference.

### Ideals of Modern Society and low Social Interaction relate to AAS Abuse

The most commonly used drugs in fitness gyms are AAS. The abuse of these substances causes major health problems including metabolic, cardiac, neurological and endocrinological diseases. On the other hand, the use of AAS leads to increased muscle growth and therefore strength. Precisely this makes them attractive for many fitness athletes.

Despite the decades that AAS have been around in professional sports not all Anti-Doping organizations (ADOs) have still not a clear strategy on how to prevent the abuse of these substances. One problem seems to be that when it comes to prevention, there are large differences between professional and amateur athletes in their motives to use AAS. Whereas professionals primarily seek to improve

Current research suggests, that the most common reason to use AAS is body dissatisfaction and low self-confidence of the abusers. To increase that confidence they try to rise in social recognition by fulfilling suspected ideals such as strength, health and appearance. Pursuing these goals, they don't fear the negative effects of AAS because for them the benefits outweigh the negative aspects.

In this regard it is important to mention that AAS are consumed not only by the stereotypical bodybuilder but also the inconspicuous fitness center user. To capture this diversity of abusers several research fields use a cluster of four abuser types and divide them into the **yolo** type, the **athlete** type, the **well-being** type and the **expert** type. All four types are characterized by scaling their desire to build muscle effectively and their tolerance towards negative side effects. (see fig. below which describes the types of AAS abusers categorized by risk and effectiveness). Each described type represents an extreme combination of all aspects while also diverse intermediate types exist.

The described motives of AAS abusers and the fact that in the last years more and more people tend to use commercial fitness providers leads to the assumption that AAS abuse seems to be linked to the social norms of the current generation.

It is suggested that especially the enormous increase of media usage in the past ten years increases the effect of social body ideals on society. Research in the current youth generation, which are very engaged in social media since their early years, shows that their social interaction happens mainly via the internet. Furthermore, the physical interaction especially to the other sex decreases and many children describe themselves as lonely and insecure in physical social interaction. These circumstances lead exactly to the same situation of social insecurity as described above. In addition to these poor conditions, children are often confronted with stereotypes through the internet and are led to believe that being average does not represent the ideal. Parents can play an important role in the prevention of such misconceptions.

By creating a place of reflection for their children where they talk about these misconceptions and encourage them to accept different body types as natural in our society. ADOs need to encourage parents to understand their children's reality.

### The Lack of societal Recognition of AAS as a harmful Drug despite of clear Evidence

The totality of research on side effects of AAS published in the last years from several fields of medicine brought up many alarming results on how AAS abuse is associated with physical and mental illnesses. In the first place the intake of external hormones does have significant influence on the endocrinological system of the human's body. Depending on the mechanisms of action (lipophile, hydrophile substances) AAS alter especially the function of endocranial organs such as gonads, hypothalamus, etc.



After an initial raise of serum testosterone during regular intake, abusers induce long lasting damage to their body which leads to a reduced endogenous testosterone level. It has been shown, that former AAS users produce significantly lower testosterone than normal population and show a significant increase in depression, low libido and low insulin sensitivity. Additionally, AAS affect the cardiac and neurological system. They increase systolic blood pressure, arteriosclerosis and therefore the risk of cardiac attacks. Finally, neuroscientists recently discovered that AAS also change the brain structure in a similar manner than alcohol does leading to similar symptoms of addiction and bad executive function.

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appearance and performance. It has been suggested that although all the described knowledge is available too little is known about the danger and the dimension of drug abuse in the society. This is evident in western countries where AAS are not fully accepted as dangerous drugs such as common psycho active substances.

The latest since in 2019 UK police investigators uncovered an international active drug cartel specialized in the traffic of AAS it became clear that illegal trade (and profits!) of AAS are similar to hard drugs and that society and government need to recognize this. To get to that point it requires action from all involved parties and even more in countries where AAS in public sports is not even in the scope of NADOs.

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### **Risk and Consequences of Meat Contamination**

Former world champion Ratchanok Intanon (Badminton) from Thailand was cleared of doping after an independent Ethics Hearing Panel found that Ms Intanon's positive test for clenbuterol was the result of meat contamination. Although, meat contamination is rare, the risk in some countries is higher than in others.

Based on the case above, this article appearing in *Law in Sport* lays out how clenbuterol cases are managed currently, including the newly introduced possibility to identify intake levels derived from contamination.

To read the entire article please click [here](#).

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### **Webinar: ITA Pre-Games Expert Group for NADOs and RADOs (January 23)**

iNADO would like to invite NADOs and RADOs to join a webinar hosted by the International Testing Agency (ITA) on Thursday 23rd January 2020 at 14:00 CET. NADO Members of the Pre-Games Expert Group will participate in this session and inform about the Expert group activities ahead of the Tokyo 2020 Olympic Games. The session is open for all NADOs (Members and Non-Members) and RADOs.

There will be a presentation on the role and activities of the Expert Group which will then be followed by a question and answer session. The Session will be run by ITA staff and two Expert Group members, namely:

- ITA Project Manager, Dr Pedro Goncalves
- ITA Intelligence Officer, Dr Damien Rhumorbarbe
- Expert Group Member Mr Daniel Ashworth (UKAD)
- Expert Group Member, Dr Matthew Fedoruk (USADA)

In order to address the most important questions during the session, the ITA will receive questions in advance by filling this [form](#) out by December 31, 2019.

ITA and iNADO will distribute the instructions to join the webinar at a later stage.

### **Job Vacancies**

We found some interesting Job Offers in the Anti-Doping Community:

- Intelligence Analyst & Investigator at [Cycling Anti-Doping Foundation](#)
- [Governance Researcher](#) for the Danish Institute for Sports Studies (Play the Game)

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## Board Meetings

### All Board Meeting Agendas and Minutes available online

iNADO Members can now log in in our member-only [document section](#) with their username and password (please send us an email to [info@inado.org](mailto:info@inado.org) if you do not have your log in data).

By entering for instance the keywords "board meetings" in the search function and/or checking the box "corporate document" (See fig below), the agendas and minutes of every iNADO Board Meeting can be easily found.

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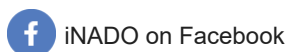
- Update
- iNADO Corporate Document
- Legal Note
- Member Communication
- Member Resource
- Presentation

**Topics**

- Communications/Media/Privacy/Information Management
- Education/Prevention
- Governance/Administration/Quality Management
- Intelligence & Investigations
- Miscellaneous (Historical, etc.)

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



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