



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

iNADO Community



New iNADO Member: NADO Greece (ESKAN)

iNADO is pleased to announce a new Member. We welcome President Mr. Panagiotis Skandalakis, Dr Efstathios Koukeas, Head of Scientific Department and their team of the [National Anti-Doping Organisation of Greece](#) to our community.

iNADO Members represented in WADA's Standing Committees

At the end of March WADA published the composition of their [five Standing Committees](#) for 2020. Experts from iNADO members will contribute with their knowledge in three of them - the Education Committee, the Finance and Administration Committee and the Health, Medical and Research Committee. Especially in the Education Committee iNADO members are very well represented in numbers.

Each of the following Committees has twelve representatives. Within the Education Committee Karri Dawson (CCES), Shafag Huseynli (AMADA), Mayumi Yaya Yamamoto (JADA), Agnes Wanjiku Mandu (ADAK) and Sai Fei (CHINADA), both director of education at their NADOs, are representatives from iNADO members. The committee is looking to important months ahead since the implementation of the International Standard is in January 2021.

The Finance and Administration Committee has now two representatives from our community. Shin Asakawa, CEO of JADA, and Trevor Burgess of ASADA, are both representing two of our first members of iNADO.

The filling of the Health, Medical and Research Committee is characterised by researchers and physicians. Therefore, we are delighted that Hidenori Suzuki, president of JADA, is amongst the members of this committee. We have no doubt that all the representatives of iNADO members will contribute with their experience to the committees' work.

The remaining two Standing Committees are the Athlete Committee, that is traditionally represented by athletes only, and the

Compliance Review Committee. This committee is composed of compliance specialists from non-sporting industries, as well as representatives of athletes, governments and sport and has only five seats.

From iNADO

Welcome to our new Capacity Building Manager



Solenne Zandronis joined iNADO at the beginning of the month as Capacity Building Manager.

She holds a Bachelor in languages (Native French, she speaks fluent English Spanish and a good level of German) and a Master's degree in international business with emerging economies. She has early dedicated her career to bringing more fairness, transparency and education to the economy and civil society.

She comes with almost 10 years of experience in International Voluntary Standards, as Project Manager and Auditor at FLOCERT, the certification of Fairtrade International in the food supply chain industry – where the respect of norms and standards are of high importance, she has worked on the design, implementation, audit, continuous improvement and certification of various sustainability programs, promoting fair and sustainable production and trading practices, empowerment of producers and workers' rights and living conditions and gender equity.

Solenne will slowly start to engage with you to identify your needs and support you in complying to anti-doping policies and practices, in your day to day operations and in building up synergies within our community.

In these times of social distancing and as a leisure runner and flamenco dancer, she has converted her place into a hybrid home-office, fitness and yoga studio, and is virtually reachable at this address: solenne.zandronis@inado.org.

Webinars in May

iNADO will continue offering informative webinars on various topics. In May we have scheduled:

- "Recommendations for (smaller) NADOs" by Joseph de Pencier (iNADO), Date tbd.
- "I&I: Collecting Evidence with proven Methods" by Martin Rostgaard (Got Ethics), May 13, 2:00 PM CEST

Invitations will be sent soon.

New Basecamp Group for TUE Experts

iNADO recently created a group on Basecamp to discuss the complexity of TUE award procedures. The first discussion of the group deals with application from non-binary athletes. With the TUE group, we have now a total of 12 expert groups for our members;

- APMU Expert Group
- CEO Group
- Communication Expert Group
- Education Expert Group
- Group of Small NADOs
- Legal Expert Group
- Quality Management Group
- Testing Expert Group
- TUE Expert Group

- Intelligence and Investigations
- TDSSA Expert Group
- WADA Code Compliance and Review

If you think your NADO is not represented yet in one of these groups, please let us know. If you have ideas how we can improve the way in which we use Basecamp, please let us know info@inado.org.

Research

Survey reveals Athletes' Lack of Information and Confidence on Whistleblowing Reports

A newly conducted survey by the Leeds Beckett University and the World Anti-Doping Agency revealed that athletes, as the main potential whistleblowers in anti-doping, are unsure where to turn to report. This survey, first of its kind, questioned 400 British and US elite athletes and coaches with an unexpected result.

The report, lead by Dr Kelsey Erickson, Professor Susan Backhouse and Dr Laurie Patterson, reveals that less than half of the participants feel their sport actively encourages them to report doping. Additionally, nearly a quarter of athletes surveyed feared they would be labelled as a "snitch" if they expressed their suspicions. Nevertheless, coaches (93%) and athletes (83%) felt that reporting doping was their responsibility, but barriers to reporting were evident throughout the research.

The survey questioned a total of 301 athletes from 54 sports – all of whom had represented their country at international level – along with 139 coaches. All participating athletes have been sensitised about reporting mechanisms at some point in their career. Dr Kelsey Erikson, the lead researcher, sees the main problem here: *"In recent years we have seen a huge increase in the number of reporting mechanisms available for athletes and coaches to blow the whistle. Yet while we found they often want to come forward, they often don't know who to voice their concerns to, and they don't necessarily trust action will be taken."* (The Guardian, Apr 5)

The report makes clear that establishing a culture which enables to speak up and to have confidence that concerns will be listened to – and acted upon – is the most important element of whistleblowing.

For Michael Ask, CEO of Anti-Doping Denmark and Chairmen of iNADO, the report proves that "we must be better to inform about our way of working, and the opportunities the athletes have to report their suspicions to us. The study helps to emphasise, that we still have to work very much with the culture of sport and the understanding of what it is all about, and what it means to come up with information for us. That it is not equal with being a snitch"

To read the full report of **"Blowing the whistle on doping in sport through evidence-informed policy making"** click [here](#).

A Life after Doping - Study shows insufficient Support for sanctioned Athletes

A new cross-country analysis by Hee Jung Hong, April Henning and Paul Dimeo followed up with the available support services offered by sporting organisations worldwide for athletes sanctioned for doping. The authors aim to provide an overview of existing support systems and raise awareness of the need for customised and structured support for sanctioned athletes as part of the duty of care in sport.

We are aware that a number of iNADO members have systems in place to support sanctioned athletes, for instance with professional legal advice for free. We encourage our members to review if a larger level support can be offered to athletes who have lost more than only their right to participate in organised sport.

As part of the above mentioned research, fifty sports organisations were contacted, including the International Olympic Committee (IOC) and many National Olympic Committees (NOCs). The data from 22 sports organisations representing five continents are presented.

In most cases, sanctioned athletes are simply cut off from all organisational support and left to cope on their own when they are likely to be vulnerable. The researchers argue there is a need for better awareness and support programmes of the challenges faced by athletes following a competition ban or other forced exit from sport due to an anti-doping violation. Click [here](#) to read the full report.

iNADO Survey on low Concentration Cases

iNADO would like to understand whether reported AAFs with a low concentration of a banned substance and with no reporting threshold or other reporting 'limit' are causing problems for iNADO members, i.e., unnecessary costs and workload.

It seems necessary to address this issue by trying to identify the views of the membership. Is this even an issue of concern? Are reported AAFs at very low concentrations causing unneeded work and expense or are they essential in the fight against doping? We invite **iNADO Members** to take part in a short survey.

A more detailed explanation of what we would like to know, why, as well as the link for the survey, can be found in this [letter](#).

Autologous Red Blood Cell Transfusions

Recently, W. Jelkmann published a scientific review with the title "Autologous Red Blood Cell Transfusions in Clinics and their Misuse in Sports" in the German Journal of Sports Medicine. In the context of recent misuse of autologous red blood cell transfusion (ABT) in endurance sports, the article tries to give a general overview on the technique of ABT.

For anti-doping practitioners interested in scientific developments, this review might provide useful background information. This compact overview on ABT will be also useful for less experienced staff members of this field.

The article focusses on the general use of blood transfusion in the clinical context and explains why allogeneic red blood cell transfusion is often chosen before ABT. Furthermore, it explains the physical effects of a blood transfusion and donation on the human body and mentions advantages and disadvantages. The review describes ways of storing blood donations, its effect on the sample and techniques, which can make transfusions effective. Finally the article gives an overview about illegal ABT use in sports, detection methods and the differences to clinical procedures. To see the full article follow this [link](#).

Opinion

Reduced Testing during Covid-19: A Free-rider Opportunity for Doping?

In the last weeks, [media reports](#) have suggested that the current absence of doping controls (due to Covid-19) has opened a door for athletes to dope without consequences. Indeed Covid-19 has forced ADOs to pull-back their testing activities to a minimum. This situation is not ideal: testing is an essential part of anti-doping, and ADOs are obliged by the Code to conduct tests in their countries or sport disciplines.

Media releases from NADOs acknowledge that the current situation has created a gap in anti-doping programmes. However, to suggest that there is an imminent risk for doping on a large scale is exaggerated. This belief is in my view based on a few misconceptions.

The first misconception is that doping controls prevent doping substances to "spill over" athletes similar to a dam retaining water. **Once testing is removed, the gates are open for doping substances to circulate freely in sports.** This assumption is inaccurate because it reduces anti-doping to testing. Over the past years, investments made by ADOs in Prevention & Education, Intelligence & Investigations (Whistleblowing!), and Accountability have raised the awareness of all stakeholders in sports about the importance of preserving a clean sport environment.

A second misapprehension is that **athletes act rationally and the decision to cheat is merely the result of a calculation of probable benefits vs. probable costs.** I am not aware of any evidence that support this argument. The large proportion of athletes play by the rules: ADRV reports of the last years suggest a constant prevalence of doping in sport of around 2%. Further what we have learned during this pandemic is that instead of taking advantage of the current situation, many athletes are willing to go greater lengths to demonstrate that they are serious about clean sport. A proof of this is the voluntary pilot testing programme launched by [USADA](#). NADA Germany is working on a similar alternative and it is likely that we see more initiatives like these in the coming

weeks and Months.

The stories of athletes caught with prohibited substances often paint the picture that doping is a slow and emotional process, and not a rational decision. We know that doping behaviour is promoted by the environment in which athletes live, train and compete. Unqualified support personnel, a harmful team culture, financial pressure, etc. increase doping tolerance and athletes can (and often will) accept this environment for different reasons, an important one is peer pressure, the desire to be accepted by the group. Those who think that the current pandemic opens widely the door for doping should think first if and how the current environment promotes doping. I am not sure that the current situation promotes doping. In the complexity of this pandemic, can we assure that all competitions planned for this year will take place? If training groups are not allowed and sport facilities are closed, it seems that many athletes are busy with very elementary questions: "when will I be able to train properly again?", "do I still have a team and a sponsor when this pandemic ends?". A great Machiavellian brain is necessary to seriously consider begin using prohibited substances now.

It is not suggested that ADOs can lay back and wait for the crisis to be over. It only seems necessary to remind that anti-doping is not dormant in this situation. Many NADOs already use other sources of information to support their anti-doping programmes: performance data, blood passport, intelligence and investigations, etc, that will allow them to resume intelligence testing when this is possible again (and this could happen sooner than a few rotten apples hope).

Jorge Leyva, CEO

From our Members

How some Anti-Doping Organisations help in the Covid-19 Pandemic

Covid-19 has put the world on hold in nearly every public sector. The new political order comes with the realisation that sport is not system relevant. However, the expertise of the anti-doping community is not useless at all and can be used to fight the virus. iNADO shares with you a few examples how members have decided to help.

NADA Austria released one quarter of their employees, 25 in total, who volunteered to assist with their knowledge in the fight against the virus. In consultation with the Austrian Ministries of Sport, Health and Interior the employees of NADA Austria are assigned where needed. One of their task forces is indeed to do testing of patients. NADA Austria's CEO Michael Cepic: "NADA Austria feels obliged, like many athletes, to make a solitary contribution in combating the Covid-19 pandemic."

Austria was one of the European states that had to deal with the new virus at first and starts now, after Eastern, to reduce some of their restrictions slowly for a new normal.

The non-profit organisation **Partnership for Clean Competition (PCC)**, funded among others by USADA and the US Olympic and Paralympic Committee) that raises funds for 80% of the world's anti-doping research is shifting 120,000 US\$ to conduct 15,000 Covid-19 tests. Scientist hope that those tests reveal the prevalence of Covid-19 infections by identifying the estimated number of infections. The main aim is to get a better sense of how many people have the new virus but show no symptoms. Therefore, the tests will be conducted with the general public.

PCC is collaborating with University of Southern California, Stanford and a Salt Lake City lab.

iNADO's partner **PWC** is also conducting Covid-19 tests in Germany specifically in the state of Bavaria (in coordination with the health ministry).

PWC's software MODOC which captures and process the information from the Covid-19 tests is being used with positive results. The process behind is quite similar to a doping control test and that's why PWC was able to put this in place quickly and successfully. See more detailed description [here](#).

Especially in countries in which the Health authorities do not have a (preferred) system in place yet, this may be a possibility for your NADO/country. For any further information please contact PWC (V.Laakmann@pwc-gmbh.de).

iNADO believes that many of you are adapting the situation and contributing to combat the crisis in your country. If you like to refer to a further positive example how we all can use our knowledge and experience to help, please let us know and we will be happy to share it accordingly.

Annual Reports 2019

To our knowledge three of the first NADOs to publish 2019 annual reports are RUSADA, the Dutch Doping Authority and the Brazilian Doping Control Authority (ABCD):

- Click [here](#) for 2019 RUSADA Annual Report (English) incl. organizational structure, supervisory board, strategic goals, etc.
- Click [here](#) for the 2019 Dopingautoriteit Annual Report (English)
- Click [here](#) for 2019 ABCD Activity Report (Portuguese)



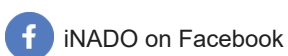
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New at the Anti-Doping Knowledge Center

Sun Yang and many other recent Cases from International Federations

- [CAS 2019_A_6148 WADA vs Sun Yang & FINA](#) 28 Feb 2020
- [FINA 2019 FINA vs Sun Yang](#) 3 Jan 2019
- [International Federation cases](#) since 1 September 2019

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



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