



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

From the iNADO Community

A New Era for Sports Integrity in Australia

iNADO would like to congratulate Australian Sports Anti-Doping Authority's (ASADA) CEO David Sharpe to be appointed the Chief Executive Officer of Sport Integrity Australia (SIA). We are glad to see the good work of iNADO member ASADA recognised, turning it to the center of integrity in Australian sport.

On July 1 2020, the Australian Government will officially launch Sport Integrity Australia – a new independent and progressive agency established to cohesively draw together, develop and nationally coordinate all elements of the sports integrity threat response. The existing functions of ASADA will be combined together with those of other Federal Government bodies including the National Integrity of Sport Unit (NISU) and the integrity functions of Sport Australia, to create a new agency acting as a single point of contact for athletes, sporting organisations, sports wagering service providers and other stakeholders for all matters relating to sports integrity. Given ASADA's merger into the new agency, Sport Integrity Australia will function as the National Anti-Doping Organisation for Australia, and in recognition of his significant achievements leading ASADA, David Sharpe APM OAM has been appointed as the inaugural CEO of this important new body.

Background

The establishment of Sport Integrity Australia follows the [Review of Australia's Sports Integrity Arrangements](#). The Review was a response to the growing global threat to the integrity of sport - recognising a fair, safe and strong sport sector free from corruption is inherently valuable to sports participants, sporting organisations and the 14 million Australians who participate in sport annually. Among its findings and 52 recommendations, the Review noted sports are challenged by a range of mounting integrity threats, which include the increasing sophistication and incidence of doping, the globalisation of sports wagering particularly through rapidly growing illegal online gambling markets, the infiltration and exploitation of the sports sector by organised crime, corruption in sports administration and growing participant protection issues. The nature of sports corruption is evolving at an unprecedented rate due to the immense commercialisation of sport and sporting organisations and accelerating technological advancement.

What will Sport Integrity Australia do?

The Government is establishing the new agency in two-stages. In stage-one Sport Integrity Australia will initially focus on broad sport integrity policy and program delivery, education and outreach; and anti-doping regulation, monitoring and intelligence. It will perform all the same functions as ASADA, and all staff of ASADA will transition into the new agency. It is highly likely that any contacts you already have with ASADA will be the same contacts you should reach out to in Sport Integrity Australia. In stage-one the agency will also establish an easily identifiable education and outreach platform dedicated to the development and coordination of education programs. Sport Integrity Australia will be established as Australia's National Platform for the purposes of the Convention on the Manipulation of Sports Competitions (the Macolin Convention). This will allow the enactment of national match-fixing criminal legislation, supporting an effective global response to international sports integrity matters, acknowledging the transnational nature of match-fixing and related corruption in sport and recognising the global quality of threats to the integrity of Australian-based

competitions.

The remit of Sport Integrity Australia will include providing advice and assistance in countering:

- Manipulation of sporting competitions
- Use of drugs and doping methods in sport
- Abuse of children and other persons in a sporting environment
- Failure to protect members of sporting organisations and other persons in a sporting environment from bullying, intimidation, discrimination or harassment.

Stage-Two will (subject to consideration and agreement by Government) be characterised by the establishment of enhanced intelligence functions of Sport Integrity Australia, regulating elements of sports wagering through the establishment and administration of the Australian Sports Wagering Scheme, enhancing match-fixing detection and suspicious wagering alert capabilities, establishment of a strategic analysis unit and establishment of a joint intelligence and investigations unit of jurisdictional law enforcement officials.

Collaborate and follow our progress

Sports integrity matters are now beyond the control of any single stakeholder. They are complex, globalised and connected, forming a complicated threat matrix exposing vulnerabilities that require a robust and internationally coordinated response. More than ever before, Sport Integrity Australia will be reaching out to all NADO's looking to coordinate and collaborate in the interest of clean athletes.

Sport Integrity Australia will have a brand new website www.sportintegrity.gov.au. The social media handle will be @Protectingsport for Twitter, and @SportIntegrityAus on Instagram/Facebook. The @ASADA accounts on twitter, Instagram, Facebook and you Tube, will close over the coming months, as Sport Integrity Australia will be the voice of sport integrity issues.

Upcoming Webinar

Another interesting and informative webinar soon:

- The Science Behind Third-Party Testing & Certification of Sports Supplements by John Travis & Brian Jordan (NSF), May 27, 2:00 PM CEST. Only a few seats left. Send us an [email](#) if you wish to register.

More webinars will be announced in the next weeks.

Anti-Doping Switzerland to expand Investigative Activities

In 2019 Anti-Doping Switzerland (ADCH) conducted 2,017 doping controls. To reinforce its domestic testing programme, it now plans to expand their investigative activities in 2020. Especially the "Aderlass" investigation and different collaborations at national and international levels have contributed to this decision.

Uncovering the blood doping network in the Aderlass operation was a major event which helped the NADO to increase its investigation capabilities. For this operation ADCH coordinated with Austrian and German authorities from the start, as well as with the associated NADOs.

Furthermore, ADCH cooperates with national authorities such as the Federal Police, the cantonal police authorities and the public prosecutors' offices. The success of Aderlass shows the potential of a cooperation with different authorities in the fight against doping. As reported by Inside the Games, ADCH sees the need for more resources in investigative activities and therefore plans the creation of an additional position before the end of 2020. This position will considerably develop investigative activities to protect clean sport and boost cooperation at national and international level.

Opinion: A Safe and Clean Return to Sport after Covid-19

Clubs, leagues, federations, broadcasters, athletes, coaches, sport officials, and sport fans are united in this pandemic: all wish to return soon to normal conditions. Anti-Doping Organisations share this desire. However, safeguarding the integrity of sport competitions requires care, time and coordination.

The financial viability of many sport events and leagues is at risk. The lock-down measures have severely impacted the subsistence of athletes even of the highest competition levels. In this scenario, sport governing bodies (NGBs) in different countries are developing frameworks to return to sport activity putting great emphasis in the health of participants and preventing the spread of the virus. [The Framework for Rebooting Sport](#) from the Australian Institute of Sport is a good model with different levels of risk assessment and measures to resume sport and recreation activities safely.

However, a return to competitions specially in high performance and professional sport should not happen at all cost. Anti-Doping must not be left behind in a quick return to "normal". Anti-doping prevention should be part of a any strategy to return to generalized training and competitions. NGBs should coordinate timely with Anti-Doping Authorities before conditions allow sport to return. Also considering that the long-term impacts of Covid-19 to athletes' well-being and doping are unknown, NGB and ADOs should continue to work closely together. After the pandemic stakeholders still deserve Clean Sport. - Jorge Leyva, CEO

Testing

Testing during Covid-19: Unusual Challenges call for unusual Measures

Testing as we know it has been almost entirely shut down around the world due to the pandemic. However, NADOs have developed ideas to continue testing. While the testing methods presented here are not in line with the ISTI, they are still beneficial for two reasons: they ensure the continuity of anti-doping but they invite us to think about future developments of testing methods. The National Anti-Doping Agency Germany (NADA Germany), the US Anti-Doping Agency (USADA), Anti Doping Denmark (ADD), and Anti-Doping Norway are experimenting with new ways to conduct a doping test.

NADA Germany

In collaboration with the German Sports University in Cologne (GSU), NADA Germany has evaluated the possible use for Dried Blood Spots (DBS) for quite some time and was a proponent for DBS tests at the Tokyo Olympics.

The agency used the time to support clean athletes during Covid-19 and to let athletes contribute to the further development of the control system at the same time. Several athletes with good chances to go to the Olympics have participated with a DBS test at home while staff members of NADA Germany watched the athlete via video conference and talked him or her through the procedure. The equipment needed has been sent to the athletes a few weeks prior and when they receive a call they connect via video with a NADA staff member to begin with the sample collection. The samples of blood spots taken are sent back via courier by the athletes.

DBS is a common minimally invasive procedure in Germany, Austria and Switzerland to examine newborns where only a few blood spots are taken from the subject. With today's technical and analytical know-how, doping laboratories can find most of the prohibited substances in a few blood spots. Nevertheless, without Covid-19 the procedure might have not been tested as it is now the case. The pandemic allowed NADA Germany to test the procedure in practice and gain feedback for further development.

USADA

Similar to NADA Germany, USADA has tested the self-administered DBS-Test with a reduced number of athletes but added one further element. The US Anti-Doping Agency provided not only material for a DBS test to their athletes but also material for a urine test.

Volunteer athletes like Katie Ledecky, Allyson Felix or Emma Coburn, connect with USADA via video conference when the DCO calls and informs them that they have been selected. After a virtual tour around the bathroom, the camera is placed outside giving the DCO visibility to check that nobody enters or leaves the room. To check that the urine sample provided has body temperature, athletes place a temperature strip on the cup and show it to DCO behind the camera.

As reported by Sueddeutsche Newspaper, USADA in contrast to NADA Germany is primarily looking at the blood values and compares them with the data in the Athlete Biological Passport.

Anti Doping Denmark and Anti-Doping Norway

These two organisations decided to resume urine testing with deviations from the usual methods and thus, to comply with health regulations. DCOs from Anti Doping Denmark (ADD) will begin a mission as usual but will not enter the home of the athlete being tested. They wait outside and pick up the sample placed by the athlete at the front door. Doping control forms have been adapted to reflect the changes. "Our car is punctured, but right now we are driving on the spare wheel. It is better than if we had stopped completely" said Michael Ask, director of ADD.

The Norwegian Anti-Doping Agency (ADNO) chose a slightly different but ingenious method. A camper van was adapted into a mobile doping control station which allows ADNO to continue with the tests during Covid-19. To minimise the risks of contamination, the caravan is divided into two zones, and the athletes enter the van through a separate door giving DCO and athlete at least one meter distance between them at all times. Using a mobile doping control station, the DCOs of ADNO can additionally control infection risk by disinfecting all areas after each test.

How to collect Evidence in I&I: A Summary of Got Ethics Webinar

Last week, we were pleased to see many of you joined us for our webinar "*I&I: Collecting Evidence with Proven Method*" presented by our partner from Got Ethics, Martin Rostgaard, Lead Expert in I&I former Intelligence Manager of Anti-Doping Denmark and part of the police force.

Martin explained us how to conduct a structured investigation and analysis work and raised our awareness to the diverse sources of data available to conduct research, the need to transform these data into valued and validated information that will eventually turn into the intelligence that will lead your future anti-doping decisions, testing, etc.

Whether these methods are known or new to you, the webinar successfully dismantled the complexity of I&I by breaking-down all activities one step at a time and providing us with mnemonics, hands-on and easy-to-use tools & templates (from replicable, customizable to more sophisticated ones) like the "investigation Star, the "Validation Matrix", or the "Intelligence Collection Plan (IPC)", as well as essential investigation techniques like OSINT or HUMINT (Open Source & Human Intelligence).

For instance, TweetDeck, an OpenSource tool developed by Twitter gives you access to a powerful real-time tracking by simply running a search based on a key word, specific geolocation and a given date, or an analytical visualization tool, like the one developed by ESRI, will help you "validate, obtain and store data in a safe environment and create, combine information from different sources and ensure common languages among different stakeholders."

For our members: if you have missed or would like to listen again to the session and take, you'll find the recording of the webinar on our Documents section on our Website [Documents](#).

Informed Sport: Providing a harmonised Approach to Supplements Testing

The risks associated with supplements remain significant and ongoing for athletes, for sport and for the anti-doping community. Cases of inadvertent doping due to supplements are common throughout the sporting world. Despite progress with the quality and manufacturing of supplements over the last decade, contamination is still a problem for the industry...

...less reputable brands still adulterate products with banned substances.

With evidence suggesting the large majority of athletes use supplements, there is a clear necessity to manage the associated risks. Athletes using supplements, as well their support personnel, need to take positive steps to protect their careers.

Informed Sport has been providing the most effective protection for athletes using supplements since it was created with the support of UK Anti-Doping (UKAD) in 2008. It is the only global testing programme, and it is recognised by a growing number of NADOs, ADOs, international and national federations worldwide.

There are several pillars to the Informed Sport programme, but the underlying premise is simple: only by testing every batch of a certified product in final consumer packaging will athletes receive the level of protection they need.

World Anti-Doping Code

Article 10.5.1.2 of the World Anti-Doping Code addresses contaminated products and the principle of No Significant Fault or Negligence.

All athletes and their support personnel should be familiar with this article, and furthermore, understand how Informed Sport allows them to seek recourse if use of a supplement causes an inadvertent doping violation.

An athlete that inadvertently commits an anti-doping rule violation must be able to prove the supplement was contaminated, and also to prove that they did everything they could to minimise the chances of it happening. Informed Sport allows them to meet both requirements.

As well as testing every batch, it is obligatory for all Informed Sport brands to send two samples of a batch so one can be securely stored. Athletes therefore know there is another sample available to have it tested again, if needed.

Informed Sport also allows athletes to show that they did everything within their means to minimise the risk of taking a contaminated supplement. All products go through a rigorous and detailed certification process (as explained below), and after testing the numbers of all batches are listed on the Informed Sport website.

This enables athletes to cross-reference the batch numbers of the products they are using with the batch numbers listed on the website – thereby performing their own due diligence – and also to keep a record of tested batches to include on their doping control forms.

Following these simple steps helps to mitigate risks on several levels and should be standard practice for all athletes, and recommended by their support personnel and anti-doping organisations.

To understand Informed Sport's process of finished product testing, manufacturing assessments and global reach, [click here](#). You can also contact Terence O'Rorke via [email](#) or phone +44 (0)7846 584845

**Terence O'Rorke has been advising the supplements industry and sports on the safe use of supplements for the last decade. He gained anti-doping experience with the World Anti-Doping Agency (WADA) in Montreal, and previously worked in communications for a variety of international sports organisations.*

Research

The Implementation and Effect of the Athlete Biological Passport

A new study by Sergei Iljukov measures the effect of the implementation of the Athlete Biological Passport (ABP) in athletics. The researchers reported in the International Journal of Sports Physiology and Performance that ABP has had a positive effect in curbing doping in this sport discipline.

The study examines the performance development of Russian female middle and long-distance runners before and after the implementation of the ABP. The performances in the period of 2008-2012 were compared with those of 2012 to 2017. A sharp drop in performance was noted, demonstrated by weaker times recorded at the Russian national championships and the number of qualification times they met. The authors explain the decline in performance by several factors. On the one hand, the ABP prevented strong athletes from the past from participating. On the other hand, the ABP could have a deterrence impact leading to fewer starts. Click [here](#) to read the study.

WADA

2021 Code Implementation Support Programme goes Online

In the beginning of May the World Anti-Doping Agency (WADA) launched its Code Implementation Support Program (CISP) accessible via the Agency's Anti-Doping Elearning platform (ADeL). CISP was developed to assist NADOs and other World Anti-Doping Code Signatories prepare for implementation of Code 2021.

Right now [ADeL](#), which requires registration, provides different types of CISP resources such as factsheets, video tutorials,

checklists, presentations and pre-recorded webinars. Therefore, the information available focus on understanding the main changes and what stakeholders can possibly do to implement the 2021 Code and Standards.

We remind all iNADO members to visit ADeL and make use of the resources. All resources are available in English. French and Spanish resources will follow in the coming months. The CISP can be contacted for specific questions at 2021CISP@wada-ama.org.

Updated Covid-19 Guidelines for Anti-Doping Organisations

On May 8th the World Anti-Doping Agency (WADA) once more updated its Covid-19 guidance for Anti-Doping Organisations (ADOs). The update concentrates on the resumption of athlete testing and the restart to normal doping control programs around the world now that restrictions are being gradually reduced.

The 17-pages [document](#) is available on WADA's website and in force with immediate effect. The guidelines are in line with the International Standard for Testing and Investigations and applicable by ADOs and their DCOs. Nevertheless, WADA once more underlines that the global doping system itself is not only about testing; Intelligence and Investigation or the Athlete Biological Passport, used to examine the long-term profile for each athlete, can be used to substitute testing.

As a next step in this pandemic, WADA will establish a Strategic Testing Working Group that will collect feedback from ADOs on their testing programs during the COVID-19 pandemic and review the lessons learned. Furthermore, WADA will continue to publish updates regarding its response to COVID-19 as the situation evolves.

WADA opens Nomination Process for 2021 Standing Committee Member Vacancies

The World Anti-Doping Agency has invited its stakeholders to nominate candidates for vacant positions on their 2021 Standing Committees. Therefore, iNADO likes to encourage its members to nominate promising candidates for the three-year term beginning on January 1st, 2021.

The Athlete Committee has two vacant positions in 2021. So has the Compliance Review Committee that is looking for one representing athlete one independent compliance expert. Furthermore, the Education Committee, the Finance and Administration Committee as well as the Health, Medical and Research Committee are each looking for four new suitable committee members.

To be considered, all nominations must include the following and be forwarded by Friday, 25 September 2020, to Mr. Olivier Niggli, WADA Director General (c/o marjorie.chinnarassen@wada-ama.org):

- an updated curriculum vitae, which fully outlines the candidate's experience and expertise; and
- a letter of endorsement from one of WADA's current Board members or a recognized WADA stakeholder group.

Any questions should also be directed to Mr. Niggli, c/o Ms. Chinnarassen.

Sport and National Anti-Doping Rules

FEI Consultation to adapt Anti-Doping Rules

The Fédération Equestre Internationale (FEI) announced last month that its anti-doping regulations will be revised on January 1, 2021. The International Federation is bound to the new World Anti-Doping Code for this task but is looking to "adapt some regulations specific to the sport of equestrian". For these changes, the FEI will gather feedback from their community.

FEI gives all interested persons, such as athletes and coaches and other stakeholders, the opportunity to vote on certain changes of the rules and make their own suggestions on the homepage of FEI. Issues such as the number of threshold substances, reporting limits and the extent of sentences are discussed. This seems to be a good method to give stakeholders ownership over the anti-doping rules of the specific sport. Members' comments will be collected until the start of the review process on July 13th.

Milestone for Anti-Doping Law in Germany

At the beginning of May, a German Court sentenced the former world boxing champion Felix Sturm of tax evasion. At the same time, he was sentenced for doping in front of an ordinary court. It has been the first time that a high-level German athlete has been sentenced based on the 2016 implemented Anti-Doping Law.

In February 2016 after the world championship fight against Fjodor Tschudinow, a doping test revealed traces of the anabolic steroid Stanozolol in Sturms' body. The international boxing federation WBA as well as the national federation did not follow the World Anti-Doping Code and did not solve the ADRV to the satisfaction of the German National Anti-Doping Agency (NADA Germany). Sturm was neither sanctioned nor was his newly won World Champion title denied. NADA Germany reported the case to a German court and the court considered the criminal offence of intentional bodily harm to be fulfilled.

The sanction of three years imprisonment is not yet final but it can be said now that the case is a milestone for Anti-Doping Law. Across borders this case shows the effectiveness of an Anti-Doping Law especially where the power of sporting organisations to sanction is limited.



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

New documents published in the ADKC from January 1, 2020

- Scientific Literature
 - Anabolic-Androgenic Steroid Use and Body Image in Men: A Growing Concern for Clinicians. Click [here](#).
 - Effects of Caffeine Ingestion on Physical Performance in Elite Women Handball Players: A Randomized, Controlled Study. Click [here](#).
 - [Click here for more](#) of Scientific Literature
- National Anti-Doping Decisions
 - ADAPI 2019 Tamanna Singal vs INADA. Click [here](#).
 - SDRCC 2020 Derek Plug vs CCES. Click [here](#).
 - [Click here for more](#) National Anti-Doping Decisions
- Sports Federations Anti-Doping Decisions
 - World Athletics 2018 WA vs Sandeep Kumari. Click [here](#).
 - FINA 2020 FINA vs Veronika Hryshko. Click [here](#).
 - [Click here for more](#) Sports Federations Anti-Doping Decisions
- CAS Awards
 - CAS 2018_A_6047 RUSADA vs Andrei Valerievich Eremenko. Click [here](#).
 - [Click here for more](#) CAS Awards

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