

iNADO

### **We welcome 14 RADOs as new Members**

iNADO warmly welcomes these RADOs and their managers as new members to our community.

- RADO Afrique Zone I
- RADO Afrique Zone II et III
- Africa Zone V RADO
- Africa Zone VI RADO
- Indian Ocean RADO
- Central Asia RADO
- South Asia RADO
  
- South East Asia RADO
- West Asia RADO
- Oceania RADO
- Eastern Europe RADO
- Caribbean RADO
- RADO de Centroamérica
- RADO Sudamericana

---

### **Upcoming Webinar**

In July we would like to offer you two interesting and informative webinars:

- Mobile Doping Controls during the COVID-19 pandemic by Christian Spies (PWC), July 2, 2:00 PM CEST
- Global Protection for Athletes from Inadvertent Doping by Terence O'Rorke (Informed Sport), July 9, 2:00 PM CEST

Both webinars will be open for both, members and non-members. The invitations will be sent in due course.

---

**How Athletes can change the Sport for Good - by Olympic Athlete Nikki Hamblin**

I used to believe the start line of a race was a great equaliser. The ups and downs of sport mean it would be hard to find any athlete who has had a completely smooth path to the line but we were there, ready to compete to the best of our abilities on that day. I was wrong. No matter the challenges we have had to overcome through the elite athlete journey, as a white runner I have never experienced fear as a result of the colour of my skin. I have never had to be afraid that by lacing up my shoes and heading out of the door to train someone would think I was running because I had committed a crime.



*Former middle-distance runner Nikki Hamblin, awarded with the Olympic Games Fair Play Award in 2016, is now studying a Master's Programme in Sports Ethics & Integrity at KU Leuven and other European Universities. Having experienced anti-doping as an athlete, Hamblin also worked as an educator for Drug Free Sport New Zealand.*

*With her enthusiasm and knowledge of our world, she will be a great addition to iNADO's team during her studies.*

Throughout history, sport has been actively promoted as a neutral space, where every human is equal and has equal opportunity. But sport cannot be separated from the rest of society, it does not exist in a vacuum in which the outside world does not have significant and harmful impacts upon members of its community. It is becoming more and more apparent that it is not an option for any of us to be neutral. Neutrality is a privilege that is not available to everyone. We all have to actively be part of solutions to injustices, both in our sports and in a much wider context. As athletes, our sports are our platform to address the world; a concern with the IOC rule 50 is that it may limit the ability of athletes to lead the change for good.

It is vital for the sport that athletes are not silenced on integrity issues. Engaging in a protest is not a small nor easy decision, they happen when people have no other option to be heard and acknowledged. Colin Kaepernick and Mack Horton, demonstrating for their beliefs on two very different topics knew they would be penalised for their actions, yet standing for the greater good was worth the cost. If protesting is deemed unacceptable and athletes will be sanctioned as a result, then there is a question as to how can athletes make impactful and meaningful statements. This will be a challenge because the podium and field of play are symbolic, therefore it should be made clear what avenues will be available to the athlete and how sport will support them. Regardless of the outcome of protest discussion, it should be prioritised by sport governance to work for more effective ways to engage with athletes and ensure their voices are heard, promoted and acted upon, so they can continue to be a catalyst for positive change.

The athlete's voice in sport governance and decision-making processes needs to be respected, central and normalised. After all, who better than to advocate for the right thing than those at the very heart of sport. We have seen the benefits of athletes being part of the conversation within the anti-doping movement; the WADA Athletes Committee holding those in positions of power accountable and making progress towards a more equal power dynamic. Athletes should be empowered across sport structures alongside being supported to stand up for what is right if the values of sport are to be truly realised. As the sports community, we can be upstanders as opposed to bystanders and foster a community which condemns injustice and takes positive steps to ensure all our members are safe and valued, which will ultimately make sport a better place.

## Testing

### **PWC - Useful Guidelines in place for DCOs during COVID-19**

Because of Covid-19, doping control tests worldwide virtually stopped in April but they are picking up quickly according to WADA. Although the virus remains a risk for athletes and DCOs, by following strict and clear safety protocols, doping control tests can be conducted safely for athlete and DCO.

iNADO Partner PWC has reported good experiences so far with its own guideline. With the goal of minimising contact with the athlete, the paperless doping control process is one of its advantages. [Click here](#) to retrieve the document.

## Journalists reveal a massive Abuse of Pain-Killers in German Football

German broadcaster ARD recently published a [documentary](#) about the abuse of painkillers in German football. Together with the non-profit research institution Corrective, the journalist team surveyed over 1,100 amateur footballers. In addition, around 150 testimonials from footballers, doctors, trainers and scientists illustrated that this is a problem sport largely underestimates.

Breakdown on the field, blood-spewing players, kidney transplantation or lifelong health consequences and limitations: football has a significant problem with pain relievers and yet we seem to know very little about it. Pain relievers such as ibuprofen or paracetamol are not on WADA's prohibited list. Nevertheless, frequent or incorrect use can lead to disorders of the digestive system, the cardiovascular system or kidney failure. Former Bundesliga player Ivan Klasnic has gone through three kidney transplants as a result of pain medication abuse during his professional career.

To be clear, painkiller abuse is suspected in many sports but the case study of German football, the national sport, should be a wake-up call for all involved in sport, including the public.

### "Ibuprofen is consumed like smarties"

Various statements by current and former Bundesliga players as well as amateur players show a culture in which taking painkillers to play is normal. Players preventative benumb themselves before training or a match. According to the documentary, this is a culture in which, mostly in the higher leagues, coaches and club owners ignore the opinion of doctors. A culture in which players are encouraged to ignore pain in order to be part of the squad for the next match.

Above all, it is the stories told by those directly involved which illustrate the extent of the problem. A team doctor from a first division club reports that a player collapsed after a match. As it turned out later, the player had decided to take Aspirin in addition to the Voltaren previously administered. There is also the case of an amateur footballer who used pain relievers for long time despite a torn meniscus which made his knee practicably unusable.

### Facts in Numbers

The bare numbers of the survey speak for themselves: from 1142 respondents:

- 47% said they used painkillers several times per season.
- 21% indicated to use pain medication once or several times per month

41.6% of the respondents indicate to use painkillers for one of the following reasons: improved resistance, a clear head or improved performance. Interestingly, these are the reasons also reported by athletes sanctioned for using prohibited substances.

### Aim of this study: raise the awareness

After the documentary Fritz Keller, president of the German Football Association said he was concerned especially about the preventive use of painkillers and also by its widespread use in amateur football. This is an issue that National Sport Governing Bodies must address. Nevertheless, the anti-doping community must be reminded that Prevention does not end with the athlete. The entire athlete environment must be educated about prohibited substances but also about dangerous permitted substances which have become an accepted norm at least in German football.

---

## Richard Pound: "The Russian Doping Scandal: Some Reflections on Responsibility in Sport Governance"

We would like to inform you about a newcomer in the Sport-Research Press, the "[Journal of Olympics Studies](#) " published by the University of Illinois Press. This very first issue, published this spring, features a 20-page long article written by Richard Pound: "The Russian Doping Scandal: Some Reflections on Responsibility in Sport Governance".

Here is the abstract: "*The Russian doping scandal that emerged prior to the 2016 Rio Olympic Games illustrates how responsible sport governance has become a lingering issue for international sport. This article explores how various leaders in international sport,*

and particularly those from the International Olympic Committee (IOC) and the World Anti-Doping Agency, dealt with the unfolding scandal and what considerations motivated their actions.

*It will be shown that the IOC failed to assume responsibility for the scandal or apply the organization's existing policies. Rather than passing responsibility to other parties, it will be argued that the IOC must assume greater responsibility to deliver sport that meets the public's expectations (and the organization's promise) of morally responsible sport as stated in the Olympic Charter."*

Due to the exceptional Covid19 Pandemic situation, the University of Illinois Press is granting free access to the article until the end of June via this [link](#). We highly invite you to read and share the article within your own organization for online reading.

If you decide to download a PDF version, please note that a specific copy will be automatically generated with individual download details. For more information or request regarding broader sharing or quoting of the article, you may contact the University of Illinois Press at these addresses: [journals@illinois.edu](mailto:journals@illinois.edu), [UIP-RIGHTS@uillinois.edu](mailto:UIP-RIGHTS@uillinois.edu).

---

## Testimonials from Whistleblowers urge for better Practices

Researchers from Leeds Beckett University are calling for sporting authorities to encourage athletes to report doping after a survey showed potential whistleblowers are unsure where to turn to with their report. In a newly published video, the research team shows the fears and doubts athletes face before, during and after they report doping and incriminate someone.

In the video, the personal experiences of three whistleblowers were re-enacted by actors. The protagonists make clear that whistleblowing is a complex personal process, where things are neither black nor white. The decision to speak can take weeks, if not months. For all whistleblowers involved, the experience was of being left in the dark, feeling alone. No one knew whether their report was investigated or not. This shows that the personal communication between whistleblowers and authorities is crucial and must provide always clarity and trust. Even if none of the athletes were happy to testify, they were satisfied with their actual decision to speak up.

iNADO reported in April about this study from Leeds Beckett University conducted on behalf of the World Anti-Doping Agency (WADA). Researchers interviewed around 400 elite athletes from the United States and Great Britain. The results show that less than half of them feel encouraged by their sport to report on doping.

To watch the full video click [here](#).

## Legal

### The Impact of COVID-19 on Procedures in Sport Disputes Resolution

We would like to share with you and our Legal Expert colleagues, an initiative of Experts in Sport Disputes Resolution. An Ad Hoc Working Group ("AWDRES-CV19"), was formed with the intention to consider "the impact of COVID-19 on Dispute Resolution in Sport as a matter of urgent priority".

After circulating a first Consultation Paper, they held a first video-conference on 19 May to which about 60 practitioners and associations representatives from all over the world participated and which led to the publishing of a Report on 12 June: "The impact of COVID-19 on procedures in Sport Disputes Resolution", prepared with the support of LawInSport.

Whereas conference and reports are not focusing necessarily on anti-doping, they put at light the shutdown sports, arbitration bodies and practitioners faced due to the current situation. While it does not pretend to bring definitive solutions, the report provides substantial information, tools and food for thought to address the issue of conducting procedures in times of pandemic, e.g. by bringing a higher emphasis on mediation, enabling the conduct of remote hearing. It also provides first drafts for Dispute Sport Resolution (DSR) and Mediation Protocols.

The recording of the conference of the past conference can be viewed and downloaded on LawInSport.com, [here](#). For those interested, the group will meet again on 23 June 2020 at 14:00-15:30UST/1300-14:30 GMT and registration are still open, [here](#).

---

## Updates by WADA related to COVID-19

Within the last few weeks, the World-Anti-Doping Agency (WADA) published a few updates for ADOs and athletes that relates to the ongoing COVID-19 pandemic. The situation is improving in large parts of the world and restrictions are being lifted. The new guidelines reflect this development. However, monitoring the quality of testing globally will be now very difficult since countries, and often regions, manage to contain the virus while others don't.

These are the latest updates:

- ADO Guidance for Remote Education Programs, click [here](#) to read
- an updated version of the Athletes Q&A document, click [here](#) to read

---

## Limited Supplementary Stakeholder Consultation Phase for the 2021 ISPPPI

The World Anti-Doping Agency has published all final International Standards with one exception. The European Data Protection Board raised a few objections against the International Standard for the Protection of Privacy and Personal Information (ISPPPI) in its last version. A revised version is now available and open for consultation.

In essence, WADA considered that certain amendments to the Standard would provide useful clarifications for all Anti-Doping Organizations and result in an improved IS. Comments to these changes will be received until 2 July 2020.

1. *Minor drafting modifications to Articles 4.1, 4.5 and 5.3 to ensure the ISPPPI is properly interpreted as being mandatory, as providing minimum requirements which may need to be supplemented by ADOs, and as always requiring that the principle of data minimization be respected.*
2. *Modifications to Article 11.5 to align the process to resolve a non-conformity with the International Standard for Code Compliance by Signatories.*
3. *Modifications to Annex A to define maximum retention times. (WADA, 2020)*

To read the reviewed ISPPPI click [here](#). For comments, please use [WADACONNECT](#) directly.

## International Federations

### FIA sets up Whistleblower Hotline

In order to safeguard the integrity of motor sport competitions worldwide, the Federation Internationale de l'Automobile (FIA) has launched a new Ethics and Compliance Hotline, operational since the end of May.

The new hotline is open to anyone who wants to report suspicious behaviour or concerns about misconduct. This includes the following:

- Alleged violations of the FIA ethical principles (these include financial misconduct or other legal, regulatory and ethical breaches)
- Alleged issues related to sport integrity and/or manipulation of competitions
- Alleged violations of the FIA anti-doping regulations

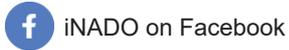
The [platform](#), accessible via FIA website, offers potential whistleblowers the opportunity to ask questions first instead of filling a report immediately.

---



Recent cases of meat contamination, [click here](#).

**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



iNADO on Twitter

---

## iNADO Partners

