

## iNADO Activities

### Anti-Doping Commission Nicaragua is joining iNADO Community



COMISION NICARAGUENSE DE ANTIDOPAJE

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iNADO welcomes the Comision Nicaraguense Antidopaje and its president Julio Cesar Caldera Vidaurre as new member of our community! We look forward to a fruitful relationship.

iNADO is proud to call 66 NADOs and 14 RADOs their members now.

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### Webinar Review - Mobile Doping Control during Covid 19

In early July, we invited our partner Professional Worldwide Controls (PWC) to talk about how they adapted to the current Covid-19 restrictions. PWC discussed their Mobile Doping Control (MODOC) system and how they adapted to different local restrictions.

PWC reacted early to the crisis by centrally procuring additional equipment to their DCOs, adapting their on-site processes and providing training. The focus of the modifications was on additional health and security measures due to Covid-19:

- how to respect safety distance during testing,
- how to dispose of materials that have been used by both DCO and athletes and
- how to react if an athlete has tested positive for Covid-19 or has symptoms to be.

Additionally, DCOs were required to sign a new mandatory agreement with PWC in order to be allowed to test in regions where testing could be maintained or has already resumed.

PWC's MODOC System (Mobile Doping Control), an end-to-end doping control database & paperless mobile documentation system is a good addition to testing under special restrictions minimising contacts between athletes and sample collection personnel. The Covid-19 procedures & guidelines from PWC have been shared with ADOs and available for access to our members on Basecamp.

If you wish to know more about the topic, you can do so by visiting our website [inado.org/documents](https://inado.org/documents), where the webinar is accessible for download to our members.

- “Mobile Doping Control during Covid 19”, by Christian Spies PWC (02/07/2020)

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## Webinar Review - Informed Sport: Global Protection of Athletes from inadvertent Doping

During July's second webinar, Informed Sport discussed how they have been working to protect athletes from inadvertent doping. Many athletes have been forced to stop training which could lead to an increase in their use of supplements for a quicker return to their best level.

Terence O'Rorke from Informed Sport took us through the WADA Code from the athletes' perspective and discussed the constant risks for athletes in their consumption of supplements. It is estimated that the supplement industry has an annual turnover of 17 billion dollars, exposing athletes to powerful marketing and sometimes aggressive and misleading campaigns with mixed messaging and inconsistent advice.

The webinar was an opportunity to review some basic steps athletes can take to minimize these risks including: making sure that the batches they consume have been tested and by keeping records of them and that they only use products from a certification and testing programme.

LGC (Informed Sport) had been involved in supplement testing since 2003 and stands for a quality assurance approach: conducting pre-assessment of products, testing every batch pre-release to market and not allowing bulk or composite testing.

If you wish to know more about the topic, you can do so by visiting our website [inado.org/documents](https://inado.org/documents), where the webinar is accessible for download to our members.

- “Informed Sport: Global protection of athletes from inadvertent doping”, By Terence O'Rorke (08/07/2020)

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## Welcome Calls for RADOs

In July, the iNADO office was delighted to meet the managers of our member RADOs. In three different conference calls, the office and the representatives introduced themselves to each other to get a better idea of the expectations and support needed. The excellent exchange, also in French and Spanish, has given iNADO hope that this could be a fruitful collaboration with the RADO community.

Covid-19 will continue to limit our ability to travel for an indefinite period. This type of calls do not replace the benefits of face to face meetings but they prove to be a solid communication platform. Therefore, we would like to extend this offer to iNADO members who would like to discuss with us current challenges or simply share with us examples of best practice. We would be very happy to meet you virtually.

## Opinion

### Covid-19 - The Chance to do a few Things differently

*By Jorge Leyva, CEO of iNADO*

In the four months since the beginning of the Covid-19 pandemic, there has been tremendous worldwide disruption, leading to a freeze on activity in many sectors, including sport. While some industries have been able to return to business activity and citizens attempt to begin a “new normal”, the big picture in front of us is still dominated by uncertainty. We are unsure what effects are still to be seen, what it will take the world to recover, and what the world after Coronavirus will look like.

In this scenario, we at the Institute of National Anti-Doping Organisations (iNADO) believe the Covid-19 pandemic should be an opportunity to step back and review the current anti-doping system. Given the financial and structural challenges that sport and anti-doping organisations will likely face post-pandemic, it is important that we examine now whether, and how, we can improve the anti-

doping system.

We should begin with a critical analysis of whether the anti-doping system in its current form could be more efficient and what improvements are possible, especially taking into consideration that testing of athletes consumes a considerable portion of the budget of anti-doping organisations. During the lockdown, the desire of members of the NADO community to ensure that anti-doping testing is not seen as “closed shop” was evident, and Covid-19 has given us the chance to accelerate and embrace new testing alternatives such as Dried Blood Spot (DBS) testing.

Moreover, this can be the time to undergo a critical revision of whether there is indeed too much reliance on testing. The obligatory pause in the calendar of international sport competitions can help us to re-assess the potential of other non-analytical forms of achieving clean sport. This is the opportunity to consider how we can improve education and other prevention strategies in anti-doping. The benefits of education and doping prevention strategies are hard to measure in the short-term, but in a post-pandemic world, the return on investment in this area could surpass the deterrence factor of testing if applied consistently and in a comprehensive manner.

In the past weeks, I have read that Olympic Athletes, whose careers have been severely affected by the pause of sporting events, have experienced something positive: the chance to forget individual rankings and medal count per nation and draw our attention back to their personal stories. This situation has provided the space in our often ‘numbers-focussed’ lives to reflect on why we do anti-doping and what is truly important to achieve clean sport. This analogy is a good reminder that sport is more than medal count, and in our community, anti-doping is more than testing.

I am sure that members of the anti-doping community and sport fans want to see a fit, modern, and adaptable approach to integrity in sport. The anti-doping community, alongside the sport community, should adopt a bird’s eye view of the unusual situation in which it currently finds itself and think about what changes we can make to better protect the integrity of sport in the post-pandemic world.

## Guest Athlete Contribution

### Whereabouts for the Integrity of Sport

Recently within anti-doping and the wider sport community there has been significant attention focused on the anti-doping whereabouts requirements due to several high-profile athletes being found to have been in breach of them. As a result, these athletes are facing sanctions which could prevent them from competing in the 2021 Olympic Games.

Out-of-competition testing is undoubtedly necessary for clean sport. Athletes providing their whereabouts information is an efficient measure to ensure they are available each day to be tested, to provide confidence that those at the top level of sport are competing in the spirit of sport.

I was an athlete who was in a national testing pool for 8 years. The requirement of this pool is not having to provide an hour slot each day to be available for testing, but a more general overview of my day including training location and time, work location and information if I was to be away from my primary address overnight. This of course can lead to some slightly awkward moments; when you are about to head out for a birthday dinner and end up an hour late or you have to carry a vessel of urine from the bathroom to the boardroom through the office to distribute the sample into its bottles. Despite these few moments that were of minor inconvenience, I was proud to have attained a level in my sport that meant it was deemed necessary to confirm I was competing cleanly and fairly and happy to do my part for clean sport. The process was also reassuring in that if I was regularly being tested at all times during the day, then my competitors would also be tested in the same way.

Although there has been significant progress in anti-doping, we are not all the way there yet. However, I am optimistic that the next generation of runners may be able to look left and right on any start line and believe they are racing on a level playing field. This is why the anti-doping system and the whereabouts program is so important, so the results themselves can be trusted. As athletes, we all have a part to play in the system and the promotion of clean sport. At the very least this means all athletes should adhere to the rules and adopt measures to prevent ourselves from violating them.

To ensure whereabouts are up to standard I know of multiple athletes who set alerts and alarms on their phones to remind them to check they are up to date. Drug Free Sport New Zealand also provide an automated text message reminder system an athlete can sign up to. Alongside a reminder system, making sure your doorbell works and using a piece of athletic tape to make sure your name

is next to your doorbell every time you go on training camp to make it easy for the drug tester to locate you takes 30 seconds and is worth it to prevent the possibility of missing a test.

Providing accurate whereabouts information is part of the job of an elite athlete. Not being at your specified location during your 1-hour slot multiple times is not normal and shows little respect for clean sport and your competitors. Having the ability and the support to be an elite athlete is a privilege. Fulfilling the whereabouts requirements is vital as it protects the integrity of sport and protects the integrity of a clean athlete.

## From our Members

### **iNADO Members join the International Training Programme for DCOs of the ITA**

At the beginning of July, the International Testing Agency (ITA) implemented a new international training programme for Doping Control Officers (DCOs). The aim is to standardise the quality of DCOs working at international level competitions. iNADO members participated in the development of the programme.

The International Doping Control Officer (IDCO) is a voluntary training programme developed in partnership with Berlinger Special AG and is dedicated to train and certify the qualification of DCOs for international competitions and major events such as the Olympic Games. The *ITA IDCO Training & Certification Program* aims to offer athletes around the world the guarantee that the doping controls are conducted safely, respectfully and with trained professionals in accordance with the World Anti-Doping Program and international best practice.

Particularly during the Rio 2016 Olympic and Paralympic Games reports indicated poor qualification of some of the DCOs and Chaperones in these events. Athletes at the highest performance level deserve better. For this reason, we at iNADO think this can be a good step to guarantee athletes that testing will be conducted professionally and with uniformity. We also hope this programme can lead to a stronger collaboration between the ITA and NADOs as well as to an increased recognition of the work of DCOs.

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## Annual Reports 2019

Learning from each other is a great way to develop the own way of thinking and evaluate our practice. Therefore, we would like to share recently published Annual reports for your review.

- [Anti-Doping Denmark](#)
- [Andorra](#)
- [Bahamas Anti-Doping Commission](#)
- [AFLD](#)
- [NADA Germany](#)
- [NADO Italia](#)
- [Anti-Doping Switzerland](#)
- [UK Anti-Doping](#)
- [USADA](#)

## Testing

### **Ideas for a revised Samplecode-System**

*A guest contribution by Stefan Trinks, Director Department Testing Program NADA Germany*

“Every crisis is a new opportunity in disguise” (quote freely interpreted after John Adams): In that sense the Anti-Doping Community seems to have acquired a specific spirit not to put the heads in the sand, but rather face the challenges and come out stronger than before. [Continue reading](#)

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## ADCH Reanalysis of stored Doping Samples

Follow-up analyses of doping samples taken at the Olympic Games have been a proven method for exposing cheaters for some years. This important tool in the fight against doping has been used recently by Anti-Doping Switzerland (ADCH) for the very first time and 200 samples have been reanalysed.

Between late 2019 and early 2020, ADCH conducted a re-analysis of around 200 urine and blood samples which had been in storage for long periods. The samples that were collected between 2010 and 2016 pertained to Swiss elite athletes from eleven different sport disciplines. The selection of the samples was done in cooperation with the laboratory of Lausanne and it took place considering, among other things, international incidents in the various sports, new possibilities in technology and new knowledge about banned substances.

No prohibited substances were subsequently found in any of the samples. We applaud the good example of ADCH and wish to see see more examples like this in future.

In recent years the retesting strategy of the International Olympic Committee (IOC) of samples taken during the Olympic Games of Beijing 2008 and London 2012 had proven an impressive effective in uncovering doping with the use of new analytical methods. For London, around ten percent of the previously known post-analyses were positive, for Beijing 2008 over seven percent of the athletes tested were subsequently convicted of doping. A total of 111 doping violations were detected and sanctioned by post-analysis of doping samples.

### Research

#### Scientific Study suggest a different Approach to deal with dangerous Physical Culture

A body cult promoted by social media leads to the increasing use of anabolics, especially among adolescents and women. In his doctoral thesis, Dr. Roman Gähwiler, a Swiss sports doctor with a background as Swiss Olympic physician dealt with the use of anabolic substances in mass sports and advocated for a new approach to prevention.

In competitive sports we speak of doping, in mass sports we speak of drug abuse - both are associated with high health risks, but in the latter case, it also happens unsupervised making it more dangerous. Dr. Roman Gähwiler discovered during his doctoral thesis that the number of young women using illegal substances has more than doubled in recent years.

In his study 8.5 to 12.5 percent of fitness center users consume anabolic substances with increasing percentages in the younger, and female users. The significantly higher doping rates in grassroots sports than in top sports is particularly worrying for health policy. Top athletes are often medically accompanied and keep the health risk small by micro-dosing, whereas adverse health effects in relation to side effects can be massive with uncontrolled use.

Gähwiler, suggest to work harder in protecting recreational athletes and users of fitness centers from doping substances. "You have to choose an approach that goes from the bottom up and does not try to regulate doping downwards from a few hundred top athletes." (Aargauer Zeitung, July 2020). Gähwiler speaks primarily of the prevention performed in sports medicine. Nevertheless, this approach might be also of interest for NADOs if it is not already practised. Prevention work in mass sports can also protect young athletes in competitive sports in the medium term.

When you are interested to read more about the use of anabolic steroids in recreational sport, especially in fitness sport, we can recommend you [iNADOs Update](#) from December 2019.

### Legal

#### Spanish becomes third official Language at CAS

On 1st July the International Council of Arbitration for Sport (ICAS), the governing body for the Court of Arbitration for Sport (CAS), adopted Spanish as an official language for CAS arbitrations. Spanish is now the third working language at CAS after English and French.

Previously, parties could apply for a CAS arbitration in the Spanish language, but the choice of language used was subject to the approval of all parties involved. CAS conducts over 600 procedures each year of which around ten per cent involve Spanish-speaking parties. Therefore, the decision to adopt Spanish as a working language comes from ICAS' recognition of the importance of the language globally and in the sports community in particular.

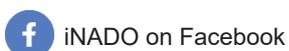
iNADO reminds that with the recent establishment of its Anti-Doping Division serving as sanctioning panel for International Federations, CAS became a permanent stakeholder of our community.

## Vacancies

iNADO is eager to assist in enlarging the anti-doping community. If you have any job offers at your institution related to the anti-doping world, we are more than happy to share it. In July we came across a few job offers, you might be interested in:

- [International Consultant](#), NADA India
- [IT Support Technician](#), WADA
- [Director of Education](#), Sports Integrity Australia
- [Deputy CEO Operations](#), Sports Integrity Australia
- [Deputy CEO Education, Legal and Engagement](#), Sports Integrity Australia

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



## iNADO Partners



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