

07 December, 2020 - iNADO Update #2020-12

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INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

Dear Rien:

Here is today's summary of key developments and issues in anti-doping you should be aware of.

iNADO Community

The Independence of ADOs and the Case of the Athletics Integrity Unit

Correctly, the Code 2021 will pay closer attention to Independence of Anti-Doping Organisations. Independence is crucial to avoid the cases of corruption, deception, and fraud in sports that we have seen in past years.

And yet, the definition of independence can vary from one individual to another, from one organisation or branch to another and from one country to another, making it difficult to agree on a single model of what an independent ADO should be.

However, we should remember that independence has also to do with perception. It goes beyond the premises of legal and structural provisions. Organisations in charge of anti-doping (NADOs, IFs, MEOs, and WADA), their officials, and the decisions they take, must embody a culture of good governance and transparency to be perceived as truly independent by athletes and stakeholders.

In this sense, it was important for iNADO and an opportunity for our members to hear and learn from the experience of the Athletics Integrity Unit (AIU). Its establishment was the result of a governance structure reform following the Russian doping scandal. It can be said that the AIU has given the sport of Athletics, its sponsors, and fans, the assurance that it will handle all integrity issues objectively and rigorously regardless of whether they involve doping, corruption, fraud or misconduct by athletes or officials.

During our past Annual General Meeting, David Howman, Chair of the AIU, explained that the independence of the AIU begins with an independent Governance and Management to avoid any conflict, real or perceived. All members of the AIU Board are vetted by an independent panel and checked by an Ethical Compliance Officer. The Board appoints the Head of the AIU who manages all activities of the unit. [Listen again to David's presentation](#)

The Code foresees that complete independence of Anti-Doping Organisations is not possible, our community will always rely on others for funding. And the same applies for the AIU. It receives funding from World Athletics and private Road Races. However, it is fully operationally independent reporting to its own Board and has full authority to supervise the work of the Unit. This commitment to independence has allowed both athletes and fans to regain trust in the sport of Athletics, battered by one of the largest scandals in doping history.

UKAD launches Protect Your Sport to increase Intelligence Reports

Earlier this year a research study from WADA in cooperation with the Leeds-Beckett University revealed several hurdles athletes and others are facing to report doping. In response UK Anti-Doping (UKAD) has launched



the campaign '[Protect Your Sport](#)' to encourage more people in the UK to come forward and report doping.

Several examples in the recent past of anti-doping past have shown that the work of intelligence and investigation departments rely to a great deal on the cooperation of whistleblowers. Additionally, the Covid-19 pandemic has underlined the importance of non-analytical methods to detect doping. Therefore, the results of the Leeds-Beckett University at the beginning of 2020 have been disappointing but also necessary to show how, especially NADO's, can try to overcome the identified lack of trust and knowledge of potential whistleblowers in the reporting mechanism.

The results of the survey revealed athletes and support personnel lack basic information of how to report doping, uncertainty that what they have witnessed is evidence enough to report, concerns over confidentiality and a feeling they won't be taken seriously.

UKAD's response has been to take the research results and develop an evidence-based approach for their anti-doping program. The campaign highlights the various ways an athlete, or anyone else with a suspicion or observation, can talk to UKAD in confidence. By underlining and publishing their [Whistleblower Policy](#), UKAD underlines more than once that the identity of those speaking out will be kept 100% confidential.

The main aim of the campaign is to increase awareness of the reporting system in the UK and to reduce prejudices.

The bottom-line of UKAD's campaign Protect your Sport is above all that UKAD cannot do all of the anti-doping work alone. It relies to a certain degree on athletes and others to report what they might have seen to keep sport clean.

UKAD Director of Operations Pat Myhill said: "There's an understanding that it takes a team to be successful in sport, and it's the same in keeping sport clean."

Sri Lanka Anti-Doping Agency announces three new Developments in the Fight for clean Sport

The Sri Lanka Anti-Doping Agency (SLADA) marked its 7th anniversary on 15 November. Dr. Seevali Jayawickreme, Director General, announced in an interview new three developments as the organisation moves into its eighth year. The first is a memorandum of understanding between SLADA and the Director General of Health Services as they have greater powers than the anti-doping organisation when dealing with issues pertaining to substances that are available on the market.

Secondly, iNADO Member SLADA has committed to obtaining the service of a qualified law enforcement officer to fight the use of prohibited drugs in sport. The future employee will be tasked with the three 'I's: information, intelligence and investigation issues.

The third development is a discussion with the National Institute of Education to include anti-doping education in the school curriculum, which SLADA hope to begin prior to 2022.

Congratulations to Dr Seevali Jayawickreme for the growth of his team.

Drug Free Sport New Zealand hold its second Annual Symposium

Drug Free Sport New Zealand (DFSNZ) successfully hosted its second annual symposium in Auckland on November 26th. The event brought together athletes, national sports organisations and key figures within sport to exchange ideas in the service of clean



athletes and clean sport and highlighted the importance of integrating the athlete viewpoint in anti-doping.

DFSNZ Chief Executive Nick Paterson delighted with the response: "We want to preserve the high level of sports integrity that we already have in New Zealand, and push for other countries to hold themselves to the same high standards."

"Our international speakers were clear on the challenges of operating in an anti-doping system where athletes can be held to higher and more rigid standards of accountability than other stakeholders and sporting bodies, yet have limited input. WADA's Athlete Commission chair Ben Sandford reported about his work on the Athletes' Anti-Doping Rights Act, which is a charter of athletes' rights in anti-doping. This Act protects an athlete's fundamental right to participate in clean sport, promotes health, fairness and equal opportunity for all athletes worldwide, and coexists alongside athlete's responsibilities to comply with anti-doping measures."

"DFSNZ is here to help athletes and their support personnel preserve the spirit of sport and fair competition. Our education programmes are designed to help national sports organisations and team at all levels build a values-based culture in sport where athletes make good decisions."

The day concluded with a lively panel discussion about dealing with a crisis. "It is clear that all national sports organisations need to plan for a crisis event: get your facts clear first, understand roles, and make sure your athletes can talk to you regardless of the nature of the issue" Paterson concluded.

DFSNZ thanked all the speakers: David Sharpe, CEO of Sport Integrity Australia; Rob Koehler, Director-General of Global Athlete; Sarah Winckless and Callum Skinner, UK Anti-Doping Athlete Commission; WADA Athlete Commission chair Ben Sandford; athletes Adam Blair, Hayden Wilde, and Racquel Sheath; Hon Grant Robertson, Minister for Sport and Recreation; Dr Bruce Hamilton, Director of Performance Health at High Performance Sport New Zealand; DJ Forbes, NZOC Athlete Engagement Manager; New Zealand Netball CEO Jennie Wyllie; journalist Jim Kayes and LockerRoom editor Suzanne McFadden; Netball New Zealand's Head of Communications and Marketing Kerry Manders; and Weightlifting New Zealand CEO Richie Patterson.

Caribbean Regional Anti-Doping Organisation marks its 15th Anniversary

On 12 November the Caribbean Regional Anti-Doping Organisation (RADO) marked its 15th anniversary. Due to the global pandemic, the occasion was celebrated virtually through the Caribbean RADO's social media platforms – Facebook and Twitter. They received multiple congratulatory messages for their work promoting clean sport in the region.

iNADO Member Caribbean RADO is committed to its mission of clean sport in the region, and the protection of clean athletes. Despite the challenges of 2020 their work has continued, particularly under its mandate of anti-doping education while also leading the doping control process during the 2020 Caribbean Premier League in Trinidad and Tobago.

Congratulations to Dr. Sasha Sutherland!

WADA postpones their 2021 Annual Symposium - iNADO Workshop 2021 online

The World Anti-Doping Agency (WADA) have postponed the 2021 Annual Symposium planned for 17-18 March 2021 due to the ongoing and uncertain global situation. WADA have requested stakeholders mark a provisional rescheduled date of 19-20 October 2021 for an in person, or hybrid Symposium in Lausanne.

For similar reasons iNADO will not host its Annual General Assembly and Workshop 2021 in Lausanne, not even to a later date. iNADO will host both events online in the first half of 2021 (date tbd).

WADA's Annual Symposium is traditionally the largest gathering on the anti-doping calendar which brings together anti-doping practitioners to discuss key issues that are integral to clean sport. Similar to the 2020 Symposium format, when the in-person event was cancelled due to Covid-19, all presentations will be shared and discussed via alternative means, including webinars.

EuropeActive hosted the 4th FORUM for Anti-Doping in Recreational Sport



EuropeActive hosted the 4th annual FORUM for Anti-Doping in Sport on 12 November. This year's event took a new online format, in order to adapt to Covid-19 restrictions. iNADO Members were well represented with NADO staff members presenting their research and participating in discussions during both sessions.

More than 150 delegates from around the world representing Anti-Doping Agencies, Universities, Sporting Associations, International Organisations and EU Institutions came together to better understand the prevalence and actions required in doping in recreational sport

The first session was dedicated to the introduction of the FAIR + Project. Prof Werner Pitsch (European Institute for Socioeconomics) and Fredrik Lauritzen (Anti-Doping Authority Norway) presented on their area of work within the project, respectively "the existing prevalence of doping in recreational sport" and the "evaluation and perspective of the existing educational guidelines for coaches, trainers and instructors". Additional projects that presented their work in anti-doping were the IMPACT project and the RESPECT-Project. The session ended with a Q&A with Herman Ram (President of the Doping in the Netherlands and iNADO Vice-Chair) in which it was noted that the 2021 Code will differentiate the position of a recreational athlete.

Session two began with Stephen Watkins (Rugby Football Union UK), Dr Lucienne Attard (President of the Maltese Anti-Doping Committee) and Herman Ram discussing the role of Anti-Doping Agencies in recreational sport and where it was appropriate to 'draw a line' with their intervention in recreational sport. Panellists agreed that the main role of NADOs should be education campaign for amateur athletes which can be possible if they are able to establish a fruitful collaboration with the various sport organisations and federations in the territories. There was also a general agreement that anti-doping testing was not generally the way to go for recreational athlete.

In the second panel of session two Prof. Ask Vest Christiansen (Aarhus University and FAIR+ Project Partner), Dr April Henning (University of Stirling), Colin Allen (UK Anti-Doping) and Dr Sergio Lara-Bercial (International Council for Coaching Excellence) shared their views on the definitions of recreational sport and athlete. Whilst there were divergent views on the approach and a recognition that to conclude a single definition would be problematic, it was accepted that for policy-makers a concrete definition was necessary in a number of applications and contexts.

The sessions can be watched here:

- [Session 1](#)
- [Session 2](#)

iNADO Bulletin Board

iNADO's Annual General Meeting 2020

On 16 November 2020, the Institute of National Anti-Doping Organisations held its eighth Annual General Meeting (AGM) for our 66 National and 14 Regional Anti-Doping Organization members.

iNADO has been driven from the personal contact and exchange between our members and as much as we had hoped to host a face-to-face meeting, unavoidably, the 2020 AGM was held virtually.

During the AGM our members received the 2019 audited accounts and the 2020 financial forecast. Both reports are evidence of the healthy finances of the organisation.

During the AGM time was given to recapitulate our activities during 2020. All activities of the organisation revolve around the three priorities of our strategic plan (2020-2022):

- to be an influential international voice
- to seek, share and promote best practices in anti-doping
- and to lead a supportive international community

In this sense, a critical objective to be an influential international voice is to ensure that the collective views of NADOs are heard and respected by WADA and other stakeholders. To do this it has been important to capture as best as possible the voice of our members using different means (calls, emails, surveys but also in person meetings and visits).

To develop and promote effective tools for the sharing of best practice, we have worked on our newsletter, we have redefined the use of social media, and developed a new website. A clearer communications strategy has helped us to use better these platforms and to reaffirm four key messages:

- We are the international community of anti-doping experts. iNADO members carry the largest bulk of anti-doping work worldwide.
- iNADO bundles and shares the expertise of our Members to improve anti-doping practices. Our Members drive the development of anti-doping
- We advocate in the interest of Members, athletes, and the clean sport movement
- We promote collaboration and understanding between NADOs and other stakeholders

Finally, to facilitate member-to-member support an ambitious survey has been launched to establish a Register of the Capabilities of members and support our mission to build a strong, supportive community.

For 2021, it is expected that iNADO members will continue to deal with the consequences of Covid-19 and the reduced opportunity to meet our members. We hope to alleviate this in some level through tailored communication activities and a systematic and coordinated pool of resources, webinars, events, etc.

In 2021 we will continue to remind the anti-doping community about the importance of integrity and independence in anti-doping, one of the backbones of iNADO.

iNADO Chair, Michael Ask, welcomed three new NADO members; Greece, Moldova and Nicaragua. They were joined by 14 Regional Anti-Doping Organizations (RADOs).

Michael Ask praised the work of NADOs and RADOs in the current environment and reminded them about the opportunity to use the voice of iNADO to advocate constructively for principles of professionalism, objectivity, transparency and good governance.



New iNADO Live Chat Episode Available

For the new podcast episode of iNADO Nikki Hamblin interviewed Petra Haven, Executive Director of the Bahamas Anti-Doping Commission (BADC). The result is an interesting dialogue, now available on our platform under the title: "Whether face to face or virtually, we want to make sure we always stay in contact with our Athletes".

In this episode, Petra Haven, discusses the importance of relationships within the anti-doping community and how this has supported the evolution of anti-doping the Bahamas. Petra highlights the value of community, particularly with regard to education and communication with athletes. She also discusses the future of the BADC and how, like many others, the global pandemic has required them to adapt and also provided with opportunities. Listen [here!](#)

iNADO Webinar - IT-Security

For our last session this year and after several rounds of discussions with IT-experts among iNADO Members and WADA, we would like to invite you to a special session around IT-security. We want to bring back your awareness to the IT- threats and risks ADOs are faced with and introduce you a document that was created as a result of those meetings: IT-Security Principles for ADOs. During this webinar we will guide through its 7 principles and a simple and practical approach to move from theory to practice depending on the IT level (literacy and resources) of your organisation. The document will be made available after the session.

To allow as many people as possible from different time zones to participate, the session will be held twice. We are also happy to share the stage with 2 of working group experts: Cori MacPhail from CCES (Canada), and Andrew Collins from Sport Integrity Australia.

Date and time tbd., Registration Link will be send seperately.

The iNADO members NADOs from the following countries contributed to the development of this document:

Sport Integrity Australia (SIA), New Zealand (DFSNZ), Denmark (ADD), France (AFLD), United Kingdom (UKAD), Norway (ADNO), Germany (NADA Germany), USA (USADA), Canada (CCES), South Africa (SAIDS) and the World Anti-Doping Agency (WADA)

Clean Sport Insight Forum invites you to register

The Clean Sport Alliance (CSA) would like to invite you to register for their 2nd Clean Sport Insight Forum, taking place virtually on December 8 and 9.

The CSA is built on the cumulated strength and complementary portfolios of anti-doping researchers, representatives of anti-doping organisations and athletes. The Clean Sport Insight Forum brings this collaborative endeavour to life and the event considers emerging research and practice in clean sport and seeks to create a vision for clean sport. Please register by following this [link](#).

European Commission Study on Anabolic Steroids in EU Sport seeks Interviews with NADOs

The European Commission's Directorate General for Education and Culture (DG EAC) has commissioned Ecorys, a consulting company, to undertake a study on the fight against anabolic steroids and growth hormones in sport within the EU. The study aims to undertake a mapping of the legislation in place in the EU (both at EU and national level) regarding the possession, production, importation, use, sale, etc of anabolic steroids, human growth hormones, and the use of prohibited methods like, but not limited to, blood transfusions.



The study will examine the actors involved in enforcement, investigations, and implementation of the national legislation, ranging from sport ministries to health ministries through to customs, justice bodies or police, among others. It will consider barriers (cultural, legal, sporting, organisational, etc) to enforcement of national legislation, and put forward recommendations on how the EU could better address the problems identified.

Ecorys are seeking to speak to the NADOs in December and January in order to gather information on the situation in each Member State. If you would like to be consulted for an interview, Ecorys would be very grateful if you could send an email to Gillian.Kelly@ecorys.com, the Project Manager for the study.

President of ADCH steps down and hands over the Mantel to another former Elite Athlete

The President of Antidoping Switzerland (ADCH) Corinne Schmidhauser will step down at the end of 2020 having completed a 12-year-term in office. Ulrich Kurmann, a lawyer and former elite canoe polo player and member of the Swiss Olympic Executive Board, will take over the mantel. The changeover will mark the end of an era for the organisation which Schmidhauser has run since its formation in 2008.



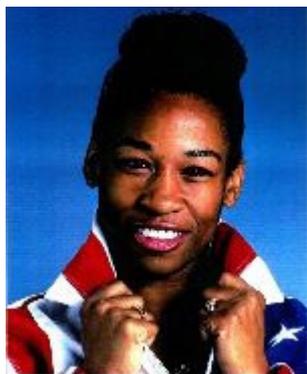
Over the 12 year period Schmidhauser, a former Alpine skier who competed at the 1988 Winter Olympics, has made significant contributions to anti-doping. Her initial task, that was entrusted to her by the Federal Council, was to put together the first team of the newly founded Antidoping Switzerland agency. A top-class team was united under two fundamental pillars – independence from sports organisations and their aim: to keep sport credible.

Schmidhauser recognised doping as one of the greatest threats to sport, not only in because it falsifies rankings and results, but because it damages the role model that sport is for young people. She believes that youth need role models who strive for victory, but always based on the highest principles of fairness and adherence to rules.

Over her time, the role of Antidoping Switzerland has changed significantly, today's dopers are well organised, networked and mobile – nationally and internationally. To adapt, to be successful anti-doping work has to become a collaboration between global agencies and authorities. As a result of Schmidhauser, other Board Members and members of staff contributions, Antidoping Switzerland are prepared to play a central role internationally to unite stakeholders to strengthen the worldwide fight against doping.

Schmidhauser hands over the baton to Kurmann feeling confident about the future: "the homework has been done, Antidoping Switzerland is in a very good starting position."

Athletes Voice



Olympic Medalist, Sharon Jewell, on what Athletes can bring to Sport Integrity Roles

Sharon Jewell, the 1988 Taekwondo Olympic bronze medalist, was appointed to the Integrity Committee ("WTIC") for World Taekwondo in 2019. The Integrity Committee (formerly Ethics and Integrity) is the guardian of the ethical principles of the Taekwondo Movement as set out in the Statutes and Code of Ethics.

The Committee conducts investigations into breaches of ethics and integrity submitted to it by World Taekwondo and, where necessary, makes recommendations for measures or sanctions to the Council.

Sharon kindly spent some time discussing what Integrity means to her and the athlete perspective she brings to this Committee and why this is important.

What does Integrity mean to you?

Sharon: Integrity means doing the right thing even if no one else is looking.

When you were competing, were there any times that you believe integrity was not upheld?

Sharon: I remember some issues with governance and competition regarding referees at local tournaments in the early 1990's. Today I am an International Referee. The first African American female international referee representing the United States.

How did you get a position/what makes you want to be on this Committee?

Sharon: I was appointed by the WT President, Dr. Chungwon Choue.

I have a passion for most sports and Taekwondo and want to contribute to the betterment of sports and fair play by ensuring integrity and ethics continue to be elevated as part of the foundation of a great martial art with lifelong tenets.

What perspective do you believe you bring to the Committee that is perhaps different from someone who was not a former athlete in your sport? Why is this an advantage to the Committee?

Sharon: This is part of my DNA. I bring my elite athletic career, my experience as an international referee, my early advocacy work and diversity as a female and a person of color. I can relate to the experiences of current athletes, officials, administrators and board of directors. I can work to eliminate roadblocks and help to create a more inclusive policy(s) in the appropriate areas within the WTIC.

In your opinion, why is having athletes/former athletes involved in decision making positions important in sport in general?

Sharon: Elite Athletes/former athletes that stay involved with the sport as coach, official, referee, or administrator can bring their talents to the sport. The fact that athletes are involved for years in sport(s) shows that athletes have a level of commitment that can continue to have them active in sports in non-athletic roles and areas for a lifetime.

Sharon's motto: *Once an Olympian, Always an Olympian; Never Former, Never Past* ®

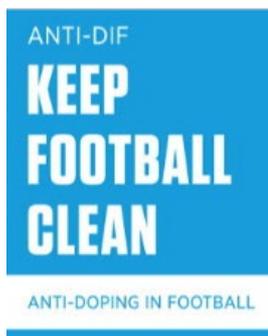
Science

DBS Presentation at iNADOs virtual Workshop

iNADO invited Anti-Doping stakeholders to join a series of online presentations on novel Anti-Doping developments on 16 November 2020. The second of three presentations focused on the practical application of the Dried Blood Spot (DBS) in an Anti-Doping testing.

[The most important insights and the answers to raised questions](#)

Practical Developments in Anti-Doping



Erasmus Project “Keep Football Clean” can call it a Wrap

After two years of work and effort iNADO and its partners are pleased to announce that ERASMUS-Project “[Anti-Doping in Football](#)” has come to a successful end. Several prevention materials from the project are now free to use for the entire anti-doping community.

Under the scientific lead of Prof. Vassilis Barkoukis, Aristotle University of Thessaloniki, the project partners of EuropeActive, iNADO and the National Football Associations of Norway, Bulgaria and Lithuania addressed the challenge of doping prevention in amateur football.

In the case of football, doping controls and anti-doping education provided by NADOs and state authorities mostly refer to elite level athletes. However, football associations include large numbers of athletes and coaches at the grassroots level that was identified as a group who would benefit from specific anti-doping education. Thus, the proposed project is the first of its kind, in terms of providing a sport-specific educational material that will be delivered to grassroots level footballers.

Valued-Based Education Materials

After the partners had evaluated the situation in European grassroot football clubs and agreed on a course of action, the creation of [values-based education videos](#) began. The result is a collection of 10 education videos relating to various sport related topics in which the protagonists are educated in relevant topics including the health side effects of taking performance enhancing substances or how they can deal with pressure.

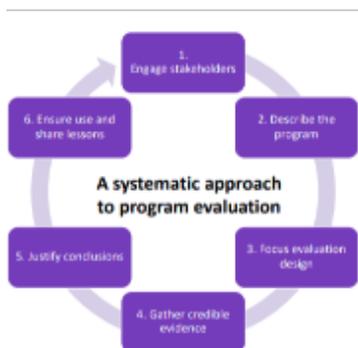
Guide for Ambassadors

From the beginning, the partners agreed that creating and publishing education videos alone is not enough. The athletes needed to exchange and discuss the content of the video, therefore the project partners recruited anti-doping coaches. As [project ambassadors](#) they are responsible for the dissemination of the educational materials. Moreover, they will represent the reference point for National Anti-Doping Organisations (NADOs) and football associations. The ambassadors will continue this role following the project to keep raising awareness about doping.

Code of Conduct

The [Code of Conduct](#) represents a new call for accountability for the amateur grassroots football sector on doping. It is voluntary, but aims to promote a standardised approach across Europe that could be used by the football clubs, coaches and players. Find out more about the Code.

Please visit the homepage of Keep Football Clean to learn more about the project.



iNADO Webinar: “An Introduction to program Evaluation for Anti-Doping Professionals” by S. Backhouse & L. Patterson

Following iNADO’s AGM on 16 November, we were pleased to welcome Prof. Susan Backhouse and Dr. Laurie Patterson from Leeds Beckett University for the webinar “An introduction to program evaluation for anti-doping professionals”. Considering the upcoming International Standard for Education (ISE), an approach to evaluate prevention programmes was timely and we hope of benefit to our members.

The ISE becomes effective as of 1 January 2021 and with it the implementation of mandatory standards in planning, implementing, monitoring and evaluating the education programmes of Anti-Doping Organisations (ADOs). Notwithstanding whether an ADO has an existing education programme or not it is important to understand how to evaluate whether a program is effective. A systematic process can provide clarity on questions such as Does my prevention program meet the needs of the target group? How do I know if my program is as effective as I hoped?

Backhouse and Patterson guided us through a two-part presentation followed by an active Q&A session. The first part of their presentation dealt mainly with the questions “What is ‘evaluation’ and why should you do it?” This led to the conclusion that although there is no right way to do it there is indeed a systematic way. This systematic approach to program evaluation was explained by the two researchers in detail: six steps - from engaging all stakeholders to ensuring the use of evaluation findings and sharing the lessons learned.

Those who are interested in the webinar can watch the recording including the Q&A session by visiting our [GoTo channel](#). iNADO members can also do so by registering/ logging in to the [iNADO’s library](#).

Feature of the Month by Sports Integrity Australia



Sports Integrity Australia (SIA) has launched a video campaign to raise awareness of the risk that goes along with using supplements.

"Supplements are the largest cause of inadvertent doping cases in Australia. Stop and think about what taking supplements could do to your career." (SIA)

[Watch the full video and learn more.](#)



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THE ANTI-DOPING KNOWLEDGE CENTER

New at the Anti-Doping Knowledge Center

The ADKC is continuously collecting useful information and documented experiences in the field of anti-doping that can be found with the following links:

- [CAS Awards](#)
- [Decisions International Federations](#)
- [Decisions IOC](#)
- [Decisions NADOs](#)
- [Scientific Literature](#)

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

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ERASMUS Projects



iNADO Partners



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