



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

iNADO Update #2021-03
March 1, 2021

A photograph showing a group of diverse people in professional attire (suits, blouses) gathered around a table, with their hands stacked in the center, symbolizing teamwork and community. The text 'iNADO Community' is overlaid in white on a dark horizontal band at the top of the image.

iNADO Community

Annual Reports 2020

iNADO reminds its members to publish and share their Annual Reports with the international community. Annual reports reflect the achievements of the organization during one year and allow other organizations to learn from the activities reported. One of the first annual reports of 2020 comes from [NADO San Marino](#).

The World Anti-Doping Agency launches E-Learning Course: ADEL for Tokyo 2020 Paralympics

The World Anti-Doping Agency (WADA) have launched a new e-learning course ADEL for Tokyo 2020 Paralympics. The course has been designed in collaboration with the International Paralympic Committee (IPC) specifically for coaches and athletes attending the Games to ensure they have an understanding of the anti-doping rules, procedures and requirements.

[ADEL for Tokyo 2020 Paralympics](#) will enable anti-doping organizations and National Paralympic Committees to prepare their national teams for the Games. This supports the International Standard for Education which came into force in January 2021 and promotes the principle that participants in major events should receive prior education.

Athletes and coaches will be taken through key information, such as how to check medications and apply for a therapeutic use exemption, how to provide whereabouts information and the athlete's rights and responsibilities during the testing process. It will also provide key dates that they need to be aware of, and information about which organization has jurisdiction over them during the Games.

The course is currently available in English and has been adapted to ensure that visually impaired athletes can access the course with screen readers. French and Spanish versions will also be released in the coming weeks.

The postponed Paralympic Games are scheduled to take place in Tokyo from August 24 to September 5, 2021.

The IOC reverses the International Weightlifting Federation Amendment of its Anti-Doping Rules

Following the International Olympic Committee (IOC) voicing their concerns regarding amendments to the sports anti-doping rules the International Weightlifting Federation (IWF) have reversed an amendment of its rules.

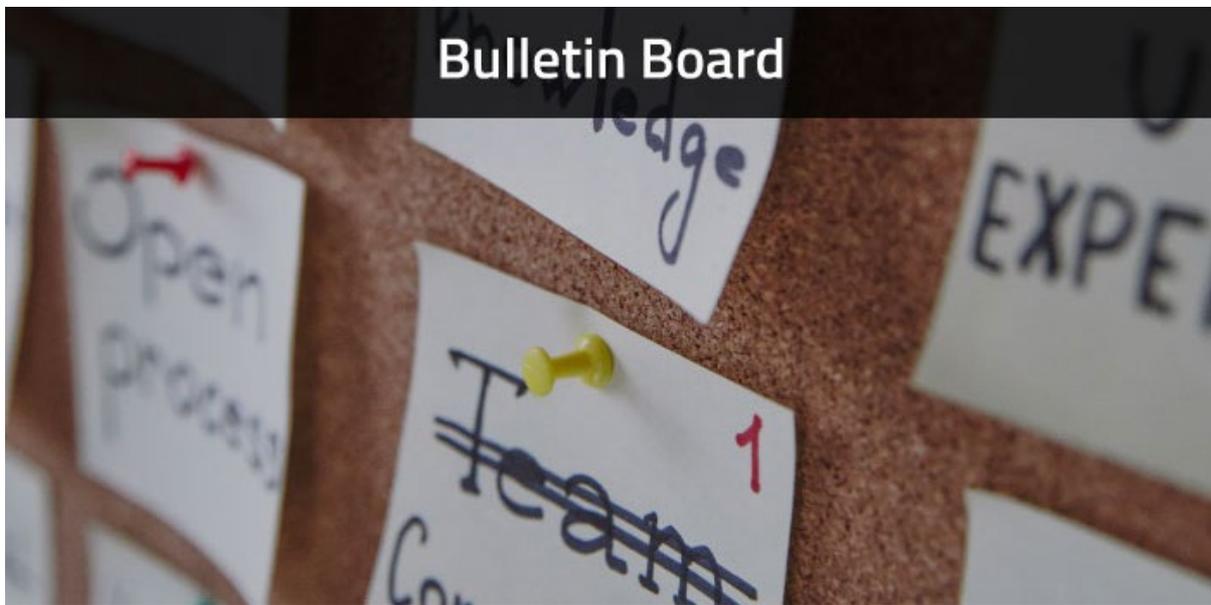
The IWF anti-doping rules were updated on January 1. The amendment made that was problematic for clean sport was a higher threshold for punishing nations with multiple anti-doping rule violations within a year.

The January 1 amendment to the IWF's anti-doping policy increased the number of offences that would trigger a punishment for a member federation under Article 12 from three to four. This was changed against the advice of the International Testing Agency, who the IWF entered into a partnership with to improve its anti-doping program. This amendment has now been reversed by the IWF.

The redrafting of the IWF Anti-Doping Policy was necessary due to the new World Anti-Doping Code which came into effect on January 1. The contributors to the policy were the International Testing Agency, the Anti-Doping Assessment Committee and the IWF Executive Board.

The statement from the IWF can be found [here](#).

The 2021 IWF Anti-Doping Rules can be read [here](#).



iNADO Annual General Assembly 2021

The Annual General Assembly 2021 of iNADO e.V. will be held online on [April 16, 2021](#) due to the ongoing pandemic. During the 2021 Assembly we will hold elections for all seats of the Governing Board. The invitations with registration links have been sent recently. Please send any query related to the 2021 Assembly to info@inado.org.

During the first General Assembly of iNADO e.V. on Nov. 30, 2020 members present approved unanimously the resolution to put all seats of the Governing Board of iNADO e.V. for election in 2021. The [rules of procedure](#) explaining the the election process as well as the [records of decisions](#) of iNADO meetings are available on our website.



ADOS and RADOs Capability Register: results to come soon!

We would like to inform our community of the upcoming publishing of the results of our Capability Register Survey in a few more weeks, possibly by the end of March.

The office team has been working in the last months in analyzing the results received by 53 Members (!) and preparing to present them in a detailed and accessible report.

We are working hard in the elaboration of the report for which we have engaged an external anti-doping expert to support us. The report which includes descriptive analysis of the results and graphs, trends and outliers.

The report will allow members:

- to analyze specific anti-doping areas independently from one another,
- to look at the responses of to the survey and look for trends,
- to learn from particular experiences from Members as take-aways,

- whenever possible, it will also allow benchmark tables, to compare variables among members.

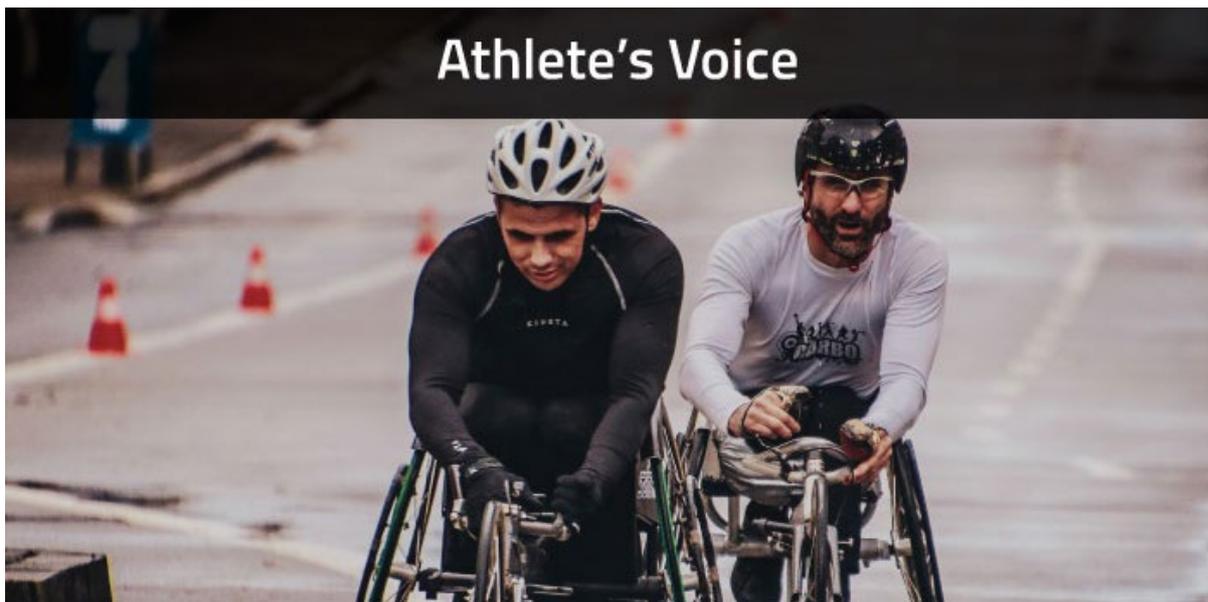
Together with the publishing of the report, the team will invite our members to a follow-up live session, to present additional tools resulting from it: first-level support sheets to foster *Members to Members* collaboration, as well as an interactive online platform that we will launch to enable the members to go over the results on their own and at their own pace, opening the door to multiple possibilities of analysis.

There will be more to come in the next weeks and the team will be happy to introduce our members NADOs and RADOs to the tool on a live session.

You can learn more about the Capability Register in a former Newsletter here: [iNADO Update 2020-10](#)

Vacancies

The International Testing Agency (ITA) has a vacant position as [Head of the Intelligence & Investigations Department](#). The US Anti-Doping Agency (USADA) has opened the position of a [Director of Athletes and International Relations](#). Both positions will be of interest for anti-doping practitioners, being in close contact with many of our members in the future.



Doping: when it is not the Athlete's Choice

by Nikki Hamblin, former Olympic athlete

In the January edition of Athletes Voice, among the updates to the 2021 Code, the cost of doping for clean athletes was highlighted. It is important to recognize all the costs of doping, including the financial, the social, the physical and the psychological from all perspectives. Often, when we think about who are the victims of doping the clean athlete, relegated to a second position springs to mind, but we should also consider the athletes who have been forcibly or coerced into doping by those in positions of power. Although not disputing importance of the concept of strict liability in the anti-doping rules, the decision to dope is often framed in the public discussion as being solely a choice an athlete has made, yet this may not always be the case.

Take the example of the systematic, state-led doping conducted in the former German Democratic Republic (GDR or

East Germany) through which children, without their or their parent's knowledge, were given anabolic steroids or pain relievers disguised as vitamins. Additionally, insults, harassment and punishment were common tools to push children to train beyond their pain threshold. This was not an informed choice made by an athlete and the result is significant long term physical and psychological damage.

The compensation for the victims of the GDR state doping was limited to 10.500 € on the provision of a specialist medical report. In the compensation act for GDR doping victims, a total of 15 million Euros was available in aid payments and 1449 applications from athletes who suffered under the GDR regime were accepted. In principle, this act expired in 2019 but some concessions have been made for subsequent applications. Even though 10.500€ cannot compensate for the severe psychological and physical consequences that many doping victims suffer, this has been an important piece in repairing the damages inflicted upon GDR athletes.

The former GDR is an extreme example of athletes who are at the lesser end of the power imbalance in sport and have suffered long term and severe consequences. Any form of forced or coerced cheating in sport is a big problem and history has shown the extent of the harm can go unseen until it is too late. Steps have been made with the Code and regulating bodies in our sports enforcing greater consequences for athlete support personnel who break the rules. This, along with some countries criminalizing doping acts by athlete support personnel will hopefully make significant progress in stemming any form of coerced doping. Holding athlete support personnel to the highest standard of integrity and to the anti-doping rules to the same degree as the athlete is vital for sport. It cannot rewrite the wrongs of the past but can help to safeguard the future of sport and the athlete, who ultimately suffers the most from doping: that is both the clean athlete who is prevented from standing atop the podium and the athlete whose context means that doping is not a decision of their own.

Note: This article was written before the release of the ARD Doping Editorial Team documentary "Doping Top Secret: HUMAN EXPERIMENTS - The Secret Trials in GDR Sport" on February 26, 2021. The documentary revealed that leading scientists from the GDR conducted scientific experiments on amateurs, which also involved doping. These amateurs, too, were largely left in the dark as to what purpose the experiments on them served. The documentary is available [here](#) (German).

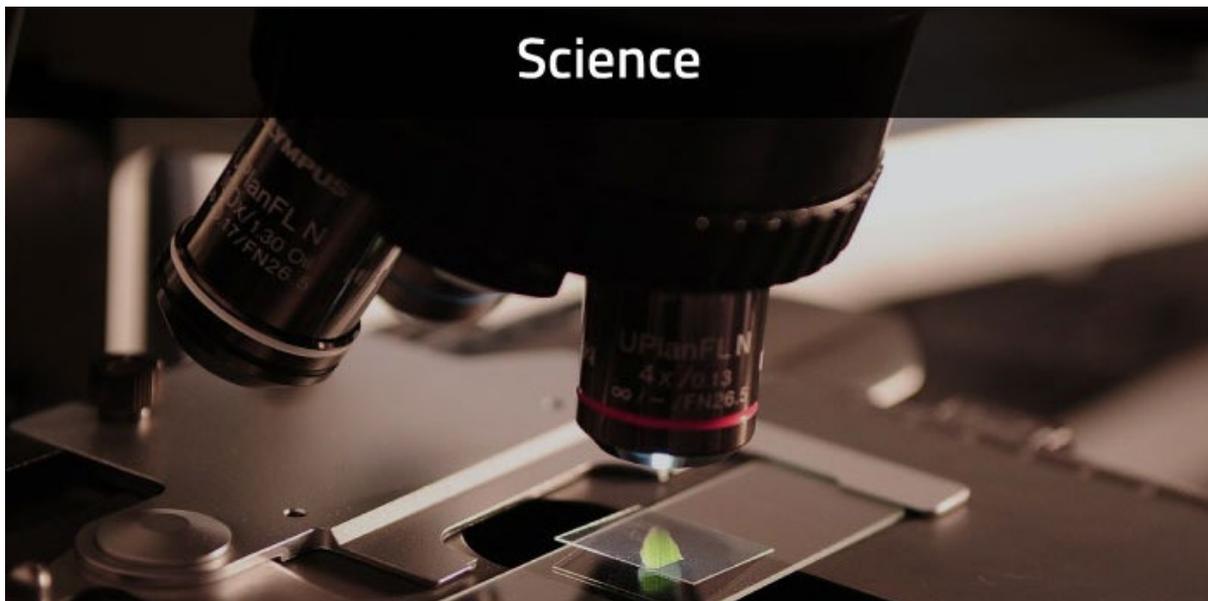


”We have a created a too big-to-fail industrial anti-doping complex, we need more pioneers.” - Matthias Kamber

In Episode 10 we discuss with Matthias Kamber his contributions to the anti-doping movement. He also introduces his book published in 2020: “The poisoned sport – victories and defeats in the fight against doping”. Specifically, Matthias talks about the case of Simon Getzmann.



Getzmann is an athlete who is believed to be the first to return a positive doping test from a contaminated legally registered medication. Matthias highlights the importance of listening to the athlete and investigating the meaning of a positive sample. Before saying good-bye, Matthias offered his propositions for the future of anti-doping. Click [here](#) to listen to the latest episode of iNADO Live Chat.



Masters in “Doping Studies and Analysis of Anti-Doping Policies” offered by the UNESCO Chair reopens

The Master’s program of UNESCO’s Chair “Doping Studies and Analysis of Anti-Doping Policies” hosted by Paris Nanterre University is open for application for its second intake to start in September 2021. The program contributes to the UNESCO Convention against Doping in Sport by promoting among states parties “research in cooperation with sports and other relevant organizations[...].”

The two-year program aims at contributing to scientific research on anti-doping, producing insights on the realities of anti-doping and how to integrate and support the anti-doping community. The program will be offered online and will provide the opportunity for tutored research with methodological support for students to enable them to focus on their national territory. It will be taught in French and in English and is designed for those currently involved in the fight against doping or students wishing to specialize in the topic or complete their training.

2020 saw the launch of the program and welcomed students and staff of NADOs from various countries including Italy, Morocco and Sierra Leone. The pandemic has been the opportunity to develop remote and digital courses, which will be further enriched for the next intake to allow enrolment from students from all over the world. The topics current students have started to research are the consideration of self-medication in prevention campaigns and an analysis of partners' contributions to WADA review process.

Preliminary registration is open until 5th March and normal registration from 12 April to 12 May. Information about the programme and the registration terms can be found [here](#).

French Sociologists reveal Power Relationship between NADOs and WADA

In November 2020, Ekain Zubizarreta and Julie Demeslay from the Paris Nanterre University in France, published a sociological study titled "Power relationships between the WADA and NADOs and their effects on anti-doping" in the peer-reviewed journal *Performance Enhancement & Health*. Based on the data gathered from ethnographic studies conducted in eight countries, the researchers conclude that the relationship between the World Anti-Doping Agency (WADA) and National Anti-Doping Organizations (NADOs) is asymmetric and characterized by the dominance of WADA. According to the authors, this type of asymmetry leads to dissatisfaction and even NADO disengagement which could ultimately deteriorate the stability among anti-doping organisations if the current governing system does not change.

The governing system of WADA is unique in that it brings together representatives of public authorities and the sport movement. WADA's structure has been the subject of several scientific studies investigating power relationships in the past. According to Zubizarreta & Demeslay, as NADOs are important anti-doping practitioners, the relationship between them and WADA is of special interest. Interviews of representatives of NADOs, who claim not having a say or ability to exercise power in anti-doping decisions, led the authors to suspect an imbalance in power between the two parties. The following research question arose "What are the characteristics of the relationship between WADA and NADOs and how do they affect the anti-doping system?".

To investigate this question, the authors gathered data from ethnographical studies performed in eight heterogeneous countries with a functioning NADO. Both official documents as well as semi-structured interviews with key representatives from WADA and NADOs as well as athletes and support personnel were used as information sources. With this method, the researchers obtained an overview of official documents and personal experiences and opinions.

For interpretation, the results were analyzed in accordance with the emprise model designed by French sociologist Chateauraynaud.

Applied to the relationship between WADA and NADOs, the model reveals that the exchange between parties is mainly controlled by WADA. The anti-doping system led by WADA has been in continuous change forcing NADOs to adapt to changes constantly (1). The researchers observed that NADOs have very little say in WADA governance since governments rarely choose NADOs as their representatives (2). Furthermore, the researchers found that WADA's Code Compliance procedures are a key factor in the WADA-NADO power relationship. The accountability towards WADA creates a strong hold on NADOs without using any force or charisma (3). With WADA providing positive and negative feedback based on their assessments they have found a tool to effectively shape NADO's behavior (4).

Analyzing the WADA-NADO relationship based on the emprise model, data showed that WADA has control over all four determinants, holding the decision-making power in their hands. Additionally, as the code compliance / accountability system was identified as a key factor, it has the potential to create a competitive environment between

NADOs, making it harder for them to organize. Moreover, compliance affects anti-doping work at the foundation by forcing NADOs to meet WADA's criteria at any cost rather than adapting their strategy to local and sociological circumstances.

The authors argue that, based on the current relationship with WADA, NADO's dissatisfaction could grow and cause even disengagement. The rest of the article interprets the significance of the results for anti-doping work based on theoretical considerations from the research field of consumer involvement. For more information, please consider reading the full article [here](#).

The emprise model explained:

This model enables the examination of a relationship between two parties in relation to the power balance. It assumes that one party has a strong hold over another if it maintains control over four resources:

1. Exchanges between the actors involved
2. Main decisions
3. Holding others accountable by developing assessment protocols and procedures and monitoring their activity
4. Granting recognition for their work



Practical Development in Anti-Doping

Independent Integrity Units - the Future Model in Sport?

Independent integrity units are becoming more common to ensure sport can effectively manage integrity issues. The Tennis Integrity Unit, Athletics Integrity Unit, Badminton World Federation Integrity Unit, International Hockey Federation Integrity Unit, Equestrian Community Integrity Unit are all existent independent units charged with managing any integrity violations within their sport. The winter sport of biathlon has been one of the latest sport federations to introduce this model with the inception of the Biathlon Integrity Unit in October 2019. Cases involving two of these units, the Athletics Integrity Unit (AIU) and the Biathlon Integrity Unit (BIU), have attracted the attention of media in the last month. The two cases strengthen the necessity of independent control mechanisms in sport.

At the Institute of National Anti-Doping Organisation's (iNADO) Annual General Meeting for 2020 the keynote speaker David Howman, former Director-General of the World Anti-Doping Agency (WADA) and current Chair of the Athletics Integrity Unit (AIU) highlighted the need for independent integrity units in sport. Howman noted four key reasons why independence is vital in integrity issues: it removes the potential for interference in decision making; it ensures the right expertise is in the right places; it minimizes conflicts of interest and; it regains the trust of stakeholders.

Through the formation of the AIU in 2017, athletics was the first International Federation to delegate the management of its integrity programs to an independent body, which although receives funding from World Athletics, reports to its own board and has full authority to oversee the sport's integrity issues. Although born out of necessity, due to the doping and corruption scandals in athletics over the past decade, it has demonstrated its ability to rigorously protect of clean athlete and fair sport.

This month, the AIU have issued sanctions to five former high level Russian officials, including the former president, board member and executive director for anti-doping rule violations, all who are now banned for four years. The ability, resource and willingness to prosecute organized cheating in a consequent way is vital for sport. It gets to the root cause of the problem by banning those who are responsible for systematic doping, so when an athlete is sanctioned the next athlete in line cannot simply be doped under the same regime.

In November 2018 the International Biathlon Union (IBU) commissioned an External Review Commission to investigate allegations of wrongdoing in the sport, the findings of which were published last month. The scope of the review included the criminal investigations into doping, fraud and corruption against the organization's former president and secretary general. The external review commission uncovered evidence of "systematic corruption and unethical conduct for over a decade." Damningly it assessed the governing bodies former president of having "no regard for ethical values and no real interest in protecting the sport from cheating." This scandal, as a scandal did in athletics, has confirmed the need for an active independent integrity unit.

The creation of the BIU was one of the reforms the sport has undertaken in the last two years to safeguard the future of the sport. Going forward, the BIU will independently manage all integrity related issues in the sport, starting with a thorough review of the conclusions External Review Commission. Ensuring this is done to the highest standard of integrity is a vital step in demonstrating biathlon can be a clean and trusted sport. As per the stated mission of the BIU, this is a governing sport organization that needs to "earn the confidence, respect and support of the Biathlon family." An independent unit is an important step towards achieving this, as it is concrete evidence that the sport is taking action to change its culture from the top and prevent corruption and cheating in the future.

Multiple sports have already recognized this need for independence, some following a scandal within their organization resulting in a need to take decisive action, but should it take a scandal to implement a unit that has the ability to monitor and sanction breaches of integrity at all levels within sport, or should sport look to be more proactive in this area?

The full report of the IBU External Review Commission can be found [here](#).

The World Anti-Doping Agency and Europol sign a Memorandum of Understanding to tackle Doping

On February 18 2021, Europol and the World Anti-Doping Agency (WADA) signed a Memorandum of Understanding to reinforce the cooperation in the fight against the illegal production and distribution of doping substance and their use for the manipulation of sports competitions.

The new agreement between the two agencies will formally establish and facilitate a mutual framework for cooperation in the area of sports doping. Activities will include the exchange of intelligence and practical support, as well as coordination on evidence gathering and investigations of mutual concern within the European Union.

Recent cases have highlighted the importance of information exchange between anti-doping organizations and law

enforcement agencies to expose wrongdoing in sport; the International Biathlon Union, Operation Aderlass, the International Weightlifting Federation and the Europol-coordinated Operation VIRIBUS.

WADA signed a similar Memorandum of Understanding with INTERPOL in 2009.



Meet Squeaky The Duck

UK Anti-Doping (UKAD) has today launched a new campaign to promote clean sport education ahead of the Tokyo games, through Squeaky, its anti-doping mascot.

Squeaky The Duck originated ahead of the London 2012 games, and is a symbol of an athlete's commitment to clean sport. The small rubber duck is presented to each British athlete when they complete their '100% Me' clean sport education specific to the next upcoming major competition, such as the Olympics, Paralympics, or Commonwealth Games.

- UKAD Press Release -

Learn more about the [campaign](#) or visit [Squeaky The Duck](#) on Twitter.



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Institute of National Anti-Doping Organisations (iNADO) e.V.
Heussallee 28
53113 Bonn, Germany
info@inado.org