



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

iNADO Update 2021-04

Message from our Chair

What did we learn in Anti-Doping from COVID-19?

The last year has truly been one of the most challenging for our societies in a lot of different ways. Social distancing, wearing masks, working from home, attending one virtual meeting after another and no or very limited travelling.

Our daily life has been turned upside-down.

NADOs have been forced to re-think the ways we work and come up with innovative solutions to fulfill our tasks.

The inherent proximity between the doping control officer and the athlete made it extremely difficult to conduct a traditional anti-doping test in the spring of 2020. The total number of tests being conducted in April 2020 worldwide was down to a minimum and forced NADOs to be innovative and find alternative ways to conduct the controls. Various methods came up ranging from virtual monitored controls, sample kit delivery by the doorstep of the athlete, or using a camper with plenty of space for the sample collection. [Read more](#)





NADA Germany publishes Research into the Use of Analgesics in German Football Leagues

The National Anti-Doping Agency Germany (NADA Germany) have published a paper *Declaration of Analgesics on Doping Control forms in German Football Leagues during Five Seasons* in the German Journal of Sports Medicine. The study identified the problem of the use of analgesics by athletes, which has previously been the subject of numerous studies and surveys, and evaluated the prevalence of use in German football.

The study provided the first evaluation of analgesics declared on both in-competition and out-of-competition doping control forms from football players across the highest leagues in German football (Bundesliga, 2nd Bundesliga, 3rd League, Women's Bundesliga, A and B Juniors' Bundesliga, and the Cup) across five seasons from 2015/16 to 2019/20. Of 8,344 doping control forms evaluated, on average 33% declared the use of analgesics within the seven days preceding testing. Some analgesic substances were recorded as used for self-medication, while others were prescription drugs. The most commonly reported substance of use was ibuprofen across all leagues and seasons.

Under the Code, analgesics are not considered doping substances, however, since analgesics have the potential for abuse and the calculated frequency of use in German football, the study suggests that further scientific surveys in competitive sport should be initiated.

The full paper can be read [here](#).

International Paralympic Committee launches Tokyo 2020 Anti-Doping Webpage

On March 1, the International Paralympic Committee (IPC) launched a Tokyo 2020 anti-doping webpage dedicated to the provision of information for athletes, National Paralympic Committees, National Anti-Doping Organisations and International Federations ahead of this year's Paralympic Games.

The [webpage](#) includes links to the IPC Anti-Doping Code, the Tokyo 2020 Doping Control Guidebook and other information relevant to Games participants. This includes key dates for athletes and athlete support personnel to ensure they are prepared in the lead up to the Games and educational resources, including the recently launched ADEL for Tokyo 2020 Paralympics e-learning course.

The Paralympic Games are scheduled from August 24 to September 5.

World Rowing Partners with the International Testing Agency

World Rowing have entered into a four-year partnership with the International Testing Agency (ITA) to conduct its entire anti-doping program. Beginning in April 2021, the ITA will manage the in-and out-of-competition testing activities, including risk assessment, test distribution planning, as well as the administration of the Registered Testing Pool and athlete whereabouts. Additionally, the ITA will administer the Athlete Biological Passport and Therapeutic Use Exemptions for rowers.

On behalf of World Rowing, the ITA will undertake results management, as well as investigations and the gathering of intelligence. The ITA will develop and implement a long-term storage and re-analysis strategy for the federation. The ITA's Regulatory Compliance Unit will ensure that all elements of the World Rowing anti-doping program are fully in line with the World Anti-Doping Code and associated International Standards, including by creating an education plan in accordance with the International Standard for Education.

World Rowing is the latest International Federation to delegate a portion, or all of their anti-doping activities to the ITA, who currently work with 44 other International Federations.

IADA Secretariat Handover

On March 31, the Japan Sports Agency took over from the UK Government as Secretariat of the International Anti-Doping Arrangement (IADA). IADA is an intergovernmental alliance between 10 nations which works closely with NADOs to cooperatively pursue and promote anti-doping in sport.

The group meets annually to share experiences and gain a global perspective on international anti-doping practices. This helps enhance the expertise and knowledge throughout the network, and works towards a best practice doping control framework. Members of IADA are Australia, Canada, Japan, New Zealand, the United Kingdom, Norway, Denmark, Finland, the Netherlands and Sweden.



Enhanced Independence and a stricter Separation of Powers: iNADO's Suggestions for WADA Governance

Until March 26, stakeholders had the opportunity to provide feedback to the Working Group on the review of WADA Governance with suggestions to strengthen the global regulator. We hope that all stakeholders felt welcome to use this opportunity to better equip WADA to face today's challenges.

Since the initiation of the WADA governance reforms, some progress has been achieved, however it is clear that the structure of WADA would be stronger if a) stakeholder representation (notably athletes and NADOs) in its decision-making bodies increased, and b) conflicts of interest were removed and replaced with independent expertise. In short, a reform of the composition of the Executive Committee and the Foundation Board is necessary. [Continue to read iNADO's feedback](#)

iNADO Annual General Assembly 2021

On Friday April 16, iNADO will hold its 2021 Annual General Assembly. Again, due to the ongoing pandemic, this year's General Assembly will be held online.

Draft Agenda -

- Report of the Governing Board Chair
- Report of the CEO on the activities of iNADO
- Financial Statements 2020
- Governing Board Elections for all seats of the Board

We invite our members to register. Send us an email to info@inado.org if you haven't received your log-in link.

We remind our members that the iNADO Constitution, the Rules of Procedure, as well as all Record of Decisions of Meetings of the new German association can be found [here](#).

Bye Bye Facebook

In March iNADO said goodbye to its Facebook profile. While the institute is no longer present on this social media platform, it believes that other iNADO channels will positively benefit from this decision. The staff of iNADO will focus on [Twitter](#) to highlight iNADOs and our member's contributions to the wider anti-doping community. Alongside our social media presence, we are eager to further develop the [iNADO website](#) and [iNADO Live Chat](#).

Webinar Invitation by UK Anti-Doping

UK Anti-Doping (UKAD) invites all iNADO members to attend their upcoming webinar, entitled "[The Role of Clean Sport in Sustainable Development](#)" on 21st April 13:00 – 15:00 BST. This webinar will explore UKAD's latest model of international anti-doping training, which prioritises sustainability and autonomy within the NADO that receives the programme. Using a partnership between UKAD and the Anti-Doping Agency of Kenya (ADAK) as a case study, the webinar will highlight the results, key findings and recommendations of the Train-the-Trainer method. Register [here](#).

Governance in anti-doping: How to meet the challenges

International symposium on governance matters in national and international anti-doping

During the past years' intense international debate, the importance of good governance for anti-doping organizations has been highlighted.

To discuss the topic and to listen to how NADOs are working to strengthen their governance, Play the Game, NADA Germany and iNADO kindly invite you to the **Digital International Symposium on NADO Governance on 18. – 19. May 2020 from 2 pm – 4 pm (CET) each day.**

The purpose of the symposium is to present and discuss the results from the Erasmus+ project "National Anti-Doping Governance Observer: Benchmarking Governance in NADOS (NADGO)" that was launched by the Danish initiative Play the Game, in cooperation with the Catholic University of Leuven, the University of Warsaw, the German Sport University Cologne as well as Anti Doping Denmark, NADA Germany, the Polish Anti-Doping Agency, the Slovak Anti-Doping Agency, Sport Ireland, EU Athletes, Fair Sport and iNADO.

The project aims at assisting and inspiring national anti-doping organisations (NADOs) to raise the quality of their governance and promote independent practices free from conflicts of interests.

We would be very happy to see you joining the digital symposium and kindly ask you to save the date. Detailed information on the programme and registration for the digital conference will follow soon. For further information, please feel free to [contact](#) NADA Germany's communication department.

Job Vacancy at AFLD

We would like to announce the opening of a new position as Anti-Doping Coordinator within the Testing Department of AFLD, in France.

The position is available in French and the main responsibilities consist of organizing the doping control missions, targeted controls, coordinating the network of the SCP and collecting information to detect non-analytical infractions.

You will find more information as well as the contact details to send your application [here](#).

Athlete's Voice



"Be a Person first, an Athlete second"

In Episode 11 Tracey Lambrechts chats about her role as an Educator for Drug Free Sport New Zealand. Tracey is a former weightlifter, who competed at the 2016 Olympic Games and now gives back to sport by sharing her knowledge and experience with athletes in New Zealand to promote fair and clean sport.

A graphic for a 'LIVE CHAT' session. The background is a solid light green. At the top left, the words 'LIVE CHAT' are written in large, bold, black capital letters. To the right of this text is a dark green speech bubble containing a white microphone icon. Below the 'LIVE CHAT' text, there is a circular inset image of Tracey Lambrechts, a woman with glasses wearing a black shirt and a lanyard. To the left of the circular image, the text 'THIS MONTH'S GUEST' is written in white. To the right of the circular image, the text 'Tracey Lambrechts' is written in white, followed by 'Former weightlifter and Educator at Drug Free Sport New Zealand' in smaller white text. Above the circular image, the text 'Rio2016' and 'Bem-vin. Welcome' is visible in white.

Tracey discusses her approach to education and how her background in elite sport supports her in her role by being able to give real-world examples to prevent athletes from making mistakes and reminding them that they are a person first and athlete second. Listen in on [Sportify](#) or [Podbean](#).

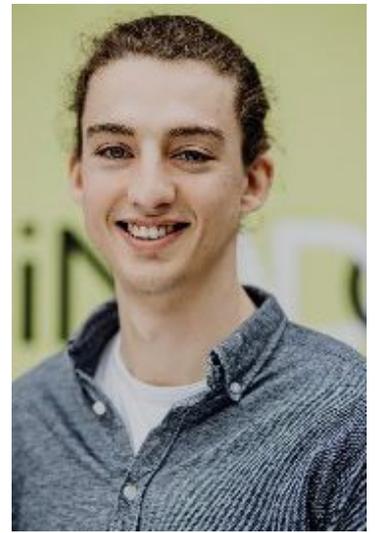
People



Farewell to Jonas Hebchen

Courage is the commitment to begin without any guarantee of success. - Johann Wolfgang von Goethe -

Jonas has decided to follow his passion for natural sciences and go back to University to study medicine. Jonas: we admire your determination to embark on a new (arduous!) six-year adventure. However, it is not only courage that you have in you. In the last three years at iNADO, you demonstrated to be a bright and curious team player, always sympathetic to the needs of others.



The iNADO Team wishes you all the best for your future. You will be missed.



Helsinki Laboratory resumes its Anti-Doping Activities following Relocation

The accreditation of the Helsinki Doping Control Laboratory has been reinstated by the World Anti-Doping Agency (WADA). The Helsinki Laboratory requested to self-suspend its WADA accreditation in February 2019 due to plans to relocate the laboratory to a new facility. The Laboratory, now under the Finnish Institute for Health and Welfare, has successfully complied with the International Standard for Laboratories (ISL) allowing it to resume its anti-doping activities, including analysis of urine and blood samples.

Practical Development in Anti-Doping



The Anti-Doping Knowledge Centre adds a dedicated Category for CAS Anti-Doping Division Awards

The Anti-Doping Knowledge Center (ADKC) have added a dedicated section on their website for [CAS Anti-Doping Division Awards](#). The five most recent cases added to the category uphold sanctions previously imposed and relate to awards from appeals filed by Olympic athletes whose results were disqualified after their samples from the 2012 London Olympic Games were retested.

These sanctions were the result of reanalysis by the International Olympic Committee (IOC) in 2018 of samples collected during the London Games using analytical methods that were not available in 2012. Four of the cases were sanctioned on the basis of the presence of Turinabol.

The category, found in the Legal Source section of the ADKC compliments the existing categories: CAS Advisory Opinion Awards, CAS Appeal Awards, CAS Miscellaneous Awards and CAS Ordinary Procedure Awards.

Feature of the Month



Be part of Play True Day 2021

The World Anti-Doping Agency (WADA) invites stakeholders to “save the date” on **9 April** to celebrate **Play True Day 2021**.

Since 2014, in April of every year, the World Anti-Doping Agency (WADA) and the anti-doping community worldwide have celebrated ‘**Play True Day**’ -- a day that is dedicated to Clean Sport that is intended to raise awareness among athletes, the sporting public and others about the importance of protecting Clean Sport.

This year’s theme is “**What does Play True mean to you?**”. Therefore, WADA invites athletes, National and Regional Anti-Doping Organizations, Sports Federations, Governments, Major Event Organizers and other anti-doping stakeholders from around the world to join the Agency’s social media campaign on **9 April 2021**.

WADA has provided some branded visuals for participants. Find the visuals and more detailed information [here](#).



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](#)



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