



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

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UK Anti-Doping launches four-year 2021 Strategic Plan

On May 13, UK Anti-Doping (UKAD) published its 2021-2025 Strategic Plan with four new objectives aligned with its mission to protect clean sport. The four-year plan sets out UKAD's pathway to harness research and data, which includes the creation of a new Insight and Innovation function led by a dedicated team.

The four objectives outlined in the 2021-2025 UKAD Strategic Plan are:

- Fulfill UKAD's core obligations within the World Anti-Doping Code, International Standards, and National Anti-Doping Policy.
- Enhance its insight about the constantly evolving threats to clean sport in the UK and globally.
- Improve the way it regulates.
- Secure the data capabilities, tools, and techniques that UKAD needs to ensure that it is optimizing all of the information available.

To support the Strategic Plan, UKAD will be re-locating its headquarters to SportPark, Loughborough to take the opportunity to work with the university, athletes, and sports based in the area. Additionally, over time, offices will be opened within the home nations (Wales, Scotland, Northern Ireland).

The full strategic plan can be found [here](#).

New International Cooperation Tool - Red Iberoamericana de Lucha contra Dopaje

Ibero-American (Portuguese and Spanish speaking) NADOs have a new international cooperation tool that aims to promote the exchange of experiences and information on technical, regulatory, and organizational matters.

The [Ibero-American Anti-Doping Network \(RILD\)](#) has been created with the aim to consolidate itself as a worldwide reference representing the cultural and structural commonalities of fight against doping in the region. In addition, the RILD will also serve to provide technical assistance and support knowledge transfer.

On May 17, the RILD held its first virtual Founding Assembly. NADOs of following countries joined the network: Andorra, Argentina, Bolivia, Brazil, Colombia, Costa Rica, Chile, Cuba, Ecuador, El Salvador, Spain, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Portugal, Puerto Rico, Dominican Republic, Uruguay, and Venezuela.

The following organizations will be part of the RILD as observers; the World Anti-Doping Agency (WADA), the Ibero-American Sports Council (CID), the International Federation of Sports Medicine, and the Institute of National Anti-Doping Organizations (iNADO).

The main objectives of the network are to promote initiatives for adequate communication and collaboration among National Anti-Doping Organizations, establish links with other stakeholders, and the execution of projects of mutual interest.

Composition of the RILD

During the first assembly Saul Saucedo Escobar, President of the NADO of Panama, was elected as Chair. Diego Grippo, President of NADO Argentine, was elected Vice Chair. Víctor Carpio, (Manager of NADO Peru) and Andrés Arturo González Gutiérrez (Head of Testing, NADO Chile) were voted Secretaries. The permanent Secretariat will be occupied by José Luis Terreros (Director of AEPSAD).

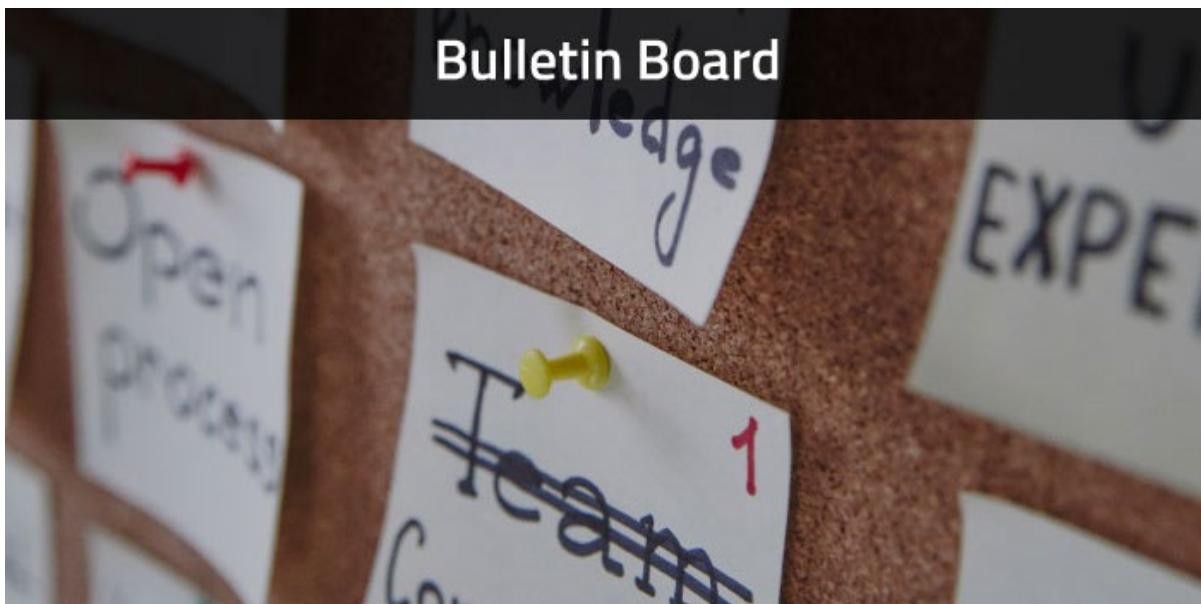
iNADO congratulates iNADO Member AEPSAD for taking the initiative to work closer with NADOs in this region, particularly in adding weight to the voice of this region.

European League of Football has signed a Contract with NADA Germany

The newly implemented European League of Football (ELF) for American Football in Europe has recently signed a contract with NADA Germany. In-competition testing will be the focus for the iNADO member.

The ELF is aiming to implement a transparent and consistent anti-doping system and is therefore looking forward to the collaboration. NADA Germany will manage the organization of in-competition tests and the result management.

The premiere season will begin on June 19 with its eight founding members – six clubs from Germany, one club from Spain and one from Poland.



National Anti-Doping Governing Observer - NADGO

Play the Game can look back at a successful seminar, co-hosted by NADA Germany and iNADO in May. This seminar was split over two days and was attended by more than 230 participants. It attracted representatives from WADA, NADOs, IFs, Students, Academic Institutions, the ITA, Athletes, and further stakeholders in sport.

The event provided a presentation of the scientific methodology of the NADGO and demonstrated the scores achieved by eight European, one African, one Asian and one American NADO. It is evident that all NADOs, even those who scored highly in the NADGO tool can do something to improve their governance.

The event was also an excellent opportunity to hear many interesting perspectives around the state of Governance in Anti-Doping.

iNADO would like to invite National Anti-Doping Organisations from all regions across the world to use the NADGO tool. The tool can be used by any NADO to identify possible gaps in their Governance to allow for improvement. We are certain that many NADOs would be able to make improvements to their governance by only studying the indicators and identifying small changes they can make to improve in transparency, social responsibility, inclusion of athletes, etc.

For iNADO, one of the conclusions of this event was the recognition that there is no static or monolithic definition of Good Governance for NADOs. Those in the community looking for a technical solution to the complex problem of Good Governance will be disappointed. However, we could say that Good Governance must be seen as an evolving discussion, it is not a destination, it is a constant search and all stakeholders in anti-doping should strive continuously

for better governance models and do the best job in protecting clean competitions.

Please visit the [NADGO website](#) on Play the Game. There you can find the preliminary report and also the tool with all indicators.

Biathlon Integrity Unit Webinar

On June 2, Greg McKenna, Head of the Biathlon Integrity Unit (BIU) presented to the iNADO member community. The presentation provided an overview of the BIU including:

- *History and corruption in Biathlon*
- *The inception of the BIU*
- *An overview of the structure*
- *The BIU current and intended approach*
- *How success is measured*

McKenna, having an extensive background in law enforcement, highlighted the importance of intelligence and investigations in anti-doping and the importance of building relationships with the NADO/RADO community as we will be more effective if we work closely together.

The webinar recording can be found in our members-only library [here](#).

Reminder about Basecamp Clean-Up Action

iNADO has recently started an action to clean up and improve the services to members on our exchange platform (Basecamp). The site is used by our members as an easy way to contact peer subject matter experts, to ask for best practices, ask questions or share their organizations own information.

With the goal to help protect the sense of community of the platform, we kindly ask members to please update their user profile as follows (as minimum: *First Name, Last Name, (Name of N/RADO)*; optional: *add a picture to your profile*). Please also delete any unnecessary account you may have created and no longer need.

Additionally, you can contact us at any time to join a group (iNADO Communication Expert Group, iNADO Education Expert Group, iNADO Group of Small NADOs and RADOs, iNADO Intelligence and Investigations, iNADO Legal Expert Group, iNADO Testing Expert Group, iNADO TUE Expert Group). And remember, you can always change your notifications settings and decide how you want to be informed about what is happening on Basecamp.

Athlete's Voice



Cases of contaminated Medications – the Story of Brenda Martinez

In December 2020 Brenda Martinez, a United States Olympian, accepted a no-fault finding following a positive out-of-competition urine test, which upon further investigation was a result of a contaminated permitted medication. This case, alongside others such as Simon Getzmann discussed with [Matthias Kamber in iNADO Live Chat](#), highlights the need for an approach that is fair to the clean athlete with regards to contamination cases involving medication.

This is particularly important as the testing of samples has improved to the extent it can now identify trace amounts of substances. To provide a perspective, in the Getzmann case, testing was able to pick up the equivalent of a teaspoon of sugar in an Olympic-size swimming pool.

Martinez recently opened up in an interview with the New York Times, discussing the effect a contamination case can have on an athlete who has, throughout their career, been an advocate for clean sport and whose success has been the result of dedication and hard work. The purpose of anti-doping is to eliminate doping from sport *and* to protect the clean athlete, so the World Anti-Doping Agency's (WADA) commitment to implement thresholds for contaminants this month is a vital step in taking into account the person whose reputation and career can be tarnished because they take a necessary and permitted medication.

Martinez's full story "*Anti-depressants almost cost this athlete her career*" can be read [here](#).

People



KADA Secretary General retired

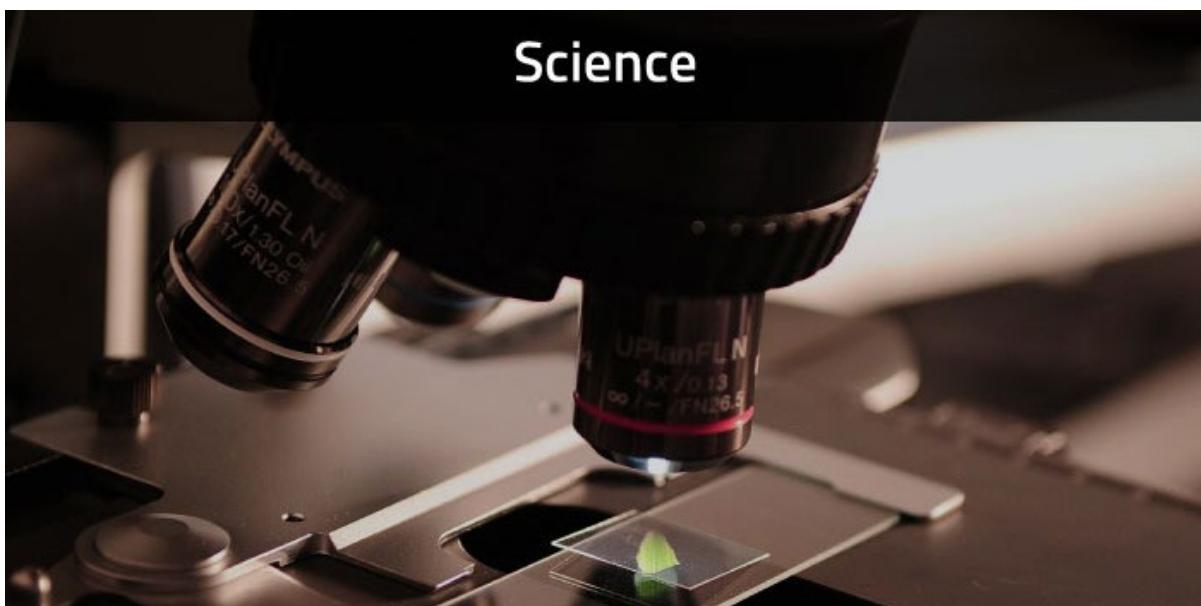
JIN Jaisoo, Secretary-General of Korea Anti-Doping Agency (KADA), retired from KADA this May. He contributed greatly to the qualitative and quantitative development of KADA.

One of his biggest achievements is that he expanded the promotion of anti-doping activities to the entire nation. He established the KADA Athlete Committee and had them appear in public anti-doping advertisements, aired on TV, and posted on subway and bus stops throughout the country.

He also developed the 'Play True Day' campaign as a big promotional annual event in Korea.



Science



"The Illusion of a short-term Gain vs. the Reality of long-term Pain" by Dr. Mark Lutomia

In Episode 13 of iNADO's Live Chat we chatted to Dr. Mark Lutomia, a healthcare practitioner, specializing in Orthopaedic Surgery, based in Nakuru, Rift Valley, Kenya. He discusses doping from his medical perspective and the short and long-term effects of performance enhancing drug use. He explains that overcoming the physical and psychological effects of doping takes a team of specialist experts.

Listen to the new episode on [Podbean](#) or [Spotify](#).



Longitudinal Evaluation of multiple Biomarkers for the Detection of Testosterone Gel Administration in Women with normal Menstrual Cycle

In a fruitful collaboration involving researchers from the University of Lausanne, the Swiss Laboratory for Doping analysis, the Lausanne University Hospital and the University of Geneva, a project partially funded by the World Anti-Doping Agency (WADA) has examined hormonal fluctuations related to the menstrual cycle, which can impose a source of variability for some biomarkers of testosterone administration. This can ultimately disrupt the sensitivity of longitudinal monitoring i.e. the Athlete Blood Passport (ABP).

In this study, the sensitivity of the current urinary and haematological markers of the ABP, as well as serum steroid biomarkers, was investigated by monitoring a 28-day testosterone gel treatment combined with the endogenous fluctuation of the menstrual cycle in 14 healthy female subjects. The detection capability of urinary biomarkers was found to be influenced by hormonal changes in connection with the menstrual cycle, whereas serum analysis detected significantly increased concentrations of testosterone and DHT during the course of treatment, that were not significantly affected by the menstrual cycle.

This potential future approach of evaluating the blood steroid profile is an additional analytical method for detecting doping via the ABP. This method could represent a complementary approach to urine analysis, or as a stand-alone, and could be an alternative to the expensive and time-consuming isotope mass spectrometry detection method.

The importance of continuing to develop efficient methods to detect testosterone, and other prohibited substances, in the ABP is highlighted by sanctioned cases in which prohibited substances are not found in the analysis of urine samples, but are outlined by suspicious variations in the markers longitudinally monitored.

The full study can be found [here](#).

Understanding and building clean(er) Sport together: five European Countries examined Athlete's Views on Doping

How athletes from across the world define clean sport, and their views on how cheating affects them, has been explored in an international study published in the Journal of Psychology and Sport Exercise.

The team of researcher's outlined the findings from a series of interviews conducted by athlete researchers from five countries, the UK, Slovenia, Ireland, the Netherlands and Germany. They captured views from 82 elite athletes from 38 different sports including Olympic, World and European medallists.

In a new approach to engaging with the athlete community, the five athlete researchers were trained to lead 12 national focus groups with self-declared clean athletes. A further international focus group involved all five athlete researchers.

Five key findings of the study were:

- Clean athlete identity is rooted in upbringing, early experiences and love of sport
- Definition of clean sport enhancement is highly idiosyncratic
- Clean athlete identity is reinforced, but not created, by values based education
- Disbelief and scepticism that 'clean sport' could be achieved was evident
- Problems of anti-doping were identified as systematic, thus solutions must also be systemic

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

Practical Development in Anti-Doping



Important Changes introduced by WADA

Two positive developments can be highlighted from the recent meetings of the WADA Executive Committee and Foundation Board.

Implementation of Dried Blood Spot Testing

The first guideline for the implementation of Dried Blood Spot (DBS) testing is one of them. The work of the Collaboration Group on DBS testing which included a broad scope of anti-doping organizations built on the positive experience of DBS in the medical field, where DBS samples have shown to be reliable, facilitated logistics and lab workflow and reduced costs in comparison to blood tubes. DBS will also play an important role in Anti-Doping.

If planned thoughtfully around the world, and the adequate level of harmonization is reached, DBS will be a great addition to current testing methods. DBS sampling is already accepted by athletes and tested persons and it

demonstrates the will of the anti-doping community to further improve the methods to protect clean athletes. National Anti-Doping Organisations have been piloting the use of DBS in anti-doping for a few years including during last year's Covid-19 lockdown.

Changes to the Criteria for reporting Doping Cases

Two changes to the analysis of doping samples will allow a more accurate distinction between intentional and non-intentional positive samples. The first change is the inclusion of Minimum Reporting Limits for certain substances under which concentrations need not be reported as a positive sample. The other is the possibility to evaluate if food (mostly meat) contamination is likely the cause for the presence of prohibited substances in an athlete's sample before a rule violation is attested.

Every year Anti-Doping Organisations sanction athletes for inadvertently taking prohibited substances due to contamination of medications or food and the burden is on the athlete to prove their innocence or no negligence. This is an onerous challenge for athletes. This new flexibility will allow NADOs to concentrate on more offensive cases. We hope that evidence can be collected swiftly on further substances to ensure that the system is protecting clean athletes consistently.

WADA 2020 Code Compliance Annual Report available

The WADA 2020 Code Compliance Annual Report was published in March. Like last year, this second edition presents WADA internal structures, processes, and updates on the Compliance Monitoring Program: its achievements, challenges, the main lessons learned and areas of improvement as well as its performance against the [WADA 2020-2024 Strategic Plan](#).

The review of the 2020 activities is organized over six priority areas that had been identified in the 2019 report and were distributed into thirteen objectives: (1) COVID-19 Impact on compliance, (2) Implementation of Executive Committee Decision on RUSADA, (3) WADA Internal Compliance Management, (4) Signatory Testing Programs, (5) Signatory Readiness for Implementation of the Revised Code and International Standards, (6) Compliance Risk Management.

As for the entire community, the Covid-19 pandemic has forced WADA to reduce their activities by 64% leading them to conduct only eight audits of the 25 initially planned (seven NADOs and one IF). A majority of NADOs were assessed via the Continuous Monitoring Program (35 NADOs and 28 IFs). Out of a total of 48, most non-conformities were raised in results management (28), followed by testing (19), and TUE (1). Mostly due to their more complex anti-doping programs NADOs have generated more NC than IFs and remained in compliance procedure longer. At the end of 2020, 75% of Corrective Action Reports (293 out of 390) had been implemented.

Until April 2021, all NADOs from the Americas and Oceania had successfully declared anti-doping rules in line with the 2021 Code. Given the manifestly passed deadlines and although still benefiting from guidance and support from WADA legal team, 19 NADOs in Europe (15), Africa (2) and Asia (1) who did not have rules in line in April have seen compliance procedures being initiated against them.

For more details about the WADA's activities review and 2021 planning, the key findings of the signatory compliance monitoring and WADA's response, read the full report [here](#).

Feature of the Month



“Doping is the Negation of a Dream, it is the Disenchantment of Sport” – former Head of the French Anti-Doping Agency, Jean-Pierre Verdy publishes his first Book

In early April, Jean-Pierre Verdy, former head of the French Anti-Doping Agency (AFLD) from 2006 – 2015, published his book *Dopage - Ma guerre contre les tricheurs : Doping – My war on cheaters*. From the perspective of a leader in the fight against doping, the book recounts the tracking of athletes, stars or amateurs, using illicit substances.

The book is currently available in French.

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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:

- [Decisions International Federations](#)
- [Decisions IOC](#)
- [Decisions NADOs](#)
- [All Case Law](#)

- [Scientific Literature](#)



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