



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

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Lockdown, Anti-Doping and the Credibility of the Olympics

Recently, questions were raised regarding last year's first lockdown and whether this opened the door for athletes to dope without consequences, casting doubt on the credibility of anti-doping and the Olympic and Paralympic Games. Certainly, the suspension of doping controls during the first lockdown in 2020 is problematic but it is also true that anti-doping is now better equipped than in any past Olympic edition.

Global testing post lockdown has reached pre-pandemic levels.

After a massive drop in global testing in the spring of 2020, global testing has continued to grow steadily month after month and in 2021 more Out-of-Competition samples have been collected compared to **2019**. Suggesting that the testing gap will have a direct impact on the Olympics overlooks that the global anti-doping system has been close to full operation in the past 12 months. Without doubt testing programs and techniques can be improved (quality vs. quantity) for more efficiency and we are all encouraged to constantly review where such improvements, large or small, are possible. Further, anti-doping is not only supported by testing and possesses other deterrence and prevention techniques.

Clean Sport has increased its capabilities

The toolbox of Anti-Doping Organizations has evolved over the last four years. They are stronger and more widely

equipped to deal with challenges to clean sport. Intelligence and [Investigations](#) play an important role to sanction doping behavior by athletes, support personnel and officials; nowadays 20% of sanctions come from Investigations and are not originated solely in doping controls. Whistleblowing has become a widely accepted tool among National and Regional Anti-Doping Organizations of all sizes; over 775 whistleblowing reports were investigated last year among our members with two thirds leading to targeted doping controls (data is based on our [Capability Register](#)). Further, anti-doping organizations are better coordinated than previous editions of major events to maximize testing of Olympic athletes and the work of the Pre-Games taskforce summoned by the ITA is a good example.

Generalizing the idea that athletes took advantage of the gap suggests they are willing to take advantage of any illegitimate benefit that comes their way. Instead of taking advantage of the situation, we learned that many athletes were willing to go greater lengths to demonstrate their commitment to clean sport. Furthermore, lockdown did not eradicate the possibility, post lockdown, of doping controls to show substance use, for instance through changes to the blood passport.

Of course, anti-doping organizations must and are continuing to work on the question of how testing gaps can be avoided in the future and continue to develop better tools to support clean sport. With the resumption of testing and the identified use of other prevention and detection methods, there is reason to be confident about the credibility of anti-doping in the lead in and at the Tokyo Games.

Jorge Leyva
CEO



Anti-Doping Agency of Kenya launches own E-Learning Platform

A few weeks ago, the [Anti-Doping Agency of Kenya](#) (ADAK) launched its own Anti-Doping e-Learning Program. This is the first customized online program within the African continent. This is a great achievement for the agency and good news for a large number of young and elite Kenyan athletes. "Knowledge, tools and resources contained in the e-learning program primarily targets athletes and athletes' support personnel". INADO looks forward to learning more about this e-Learning Program in future.

Few places still available for Masters in “Doping Studies and Analysis of Anti-Doping

Policies”, by the UNESCO Chair

The Master’s program of UNESCO’s Chair “Doping Studies and Analysis of Anti-Doping Policies” hosted by Paris Nanterre University announces that there are still few places available for the next intake starting 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.

More information about the program and the registration terms can be found [here](#). Registration will reopen from 26 August to 1 September. [Click here](#).

Annual Reports 2020

Annual reports are a good opportunity to learn from each other, take note of ideas or evaluate own practices. These are some of the annual reports most recently published:

- [Anti-Doping Bureau of Latvia](#)
- Annual Reports previously shared in [iNADO Update #7](#)



Luisa Parente (ABCD) becomes eighth Board Member of iNADO

After this year’s Annual General Assembly, iNADO received an application for the last seat of the Governing Board. In accordance with § 9.11 of the iNADO Constitution, during the last Board meeting, all seven Governing Board Members unanimously decided to appoint Ms. Luisa Parente, National Secretary of the Brazilian Doping Control Authority ([ABCD](#)) to the Governing Board as its eighth member.

Luisa is a former Olympic athlete and has been the head of the Brazilian NADO since August 2019. She graduated in

Physical Education and Law and has previously held different positions in local sport organizations as well as voluntary roles in non-profit organizations.

In line with § 9.11 of the Constitution, her seat will be put for election at the next General Assembly in 2022 and, if elected by members, she will remain in the Governing Board until the next General Election in 2024.

Participate in our webinar and needs assessment: Clean Sport Education Repository

In collaboration with Dr Lambros Lazuras, from the Sheffield Hallam University, iNADO will present in an upcoming webinar the Clean Sport Education Repository, one of the successful outcomes of the ERASMUS+ Project IMPACT.

The [Anti-Doping Education Repository of project IMPACT](#) is open and available online for free. It presents a collection of different, web-based clean sport education programs and other funded projects that have been developed over the last two decades by organizations such as the World Anti-Doping Agency, as well as independent research and practitioner groups in the framework of Erasmus+ Sport. Those programs refer to both competitive elite and recreational sport. The repository can be used by National and Regional Anti-Doping Organisations, national and international sport governing bodies, athletes, coaches, support personnel, etc.

The webinar takes place on Sept. 30 and it is open to all Anti-Doping Organizations.

To know if the Repository meets the expectations of potential users, [we invite you to answer a short assessment and tell us about your needs and expectations](#) for Anti-Doping Education materials. The questionnaire contains only 7 questions and you may choose to complete it anonymously. The assessment is also open to anyone interested in taking part in the webinar.

[Participate in the questionnaire](#)

Upon submission you will receive the registration link to the webinar.

Save the Date – iNADO Workshop 2022

The Covid-19-situation around the world is less critical now and it gives us hope that the iNADO Annual Workshop can take place in 2022 at the University of Lausanne.

- March 21, 2022 – Annual General Assembly, University of Lausanne
- March 22, 2022 – iNADO Workshop, University of Lausanne

WADA's Annual Symposium is scheduled for March 23 & 24, 2022 in Lausanne.

We look forward to again meeting our members, partners and other stakeholders from the anti-doping community in Lausanne after two years. We will observe the evolving Covid-19 situation while we plan the event but remain optimistic that we will see each other in 2022. We will keep you updated here.

Best Practices in Research: Important Aspects during the Webinar

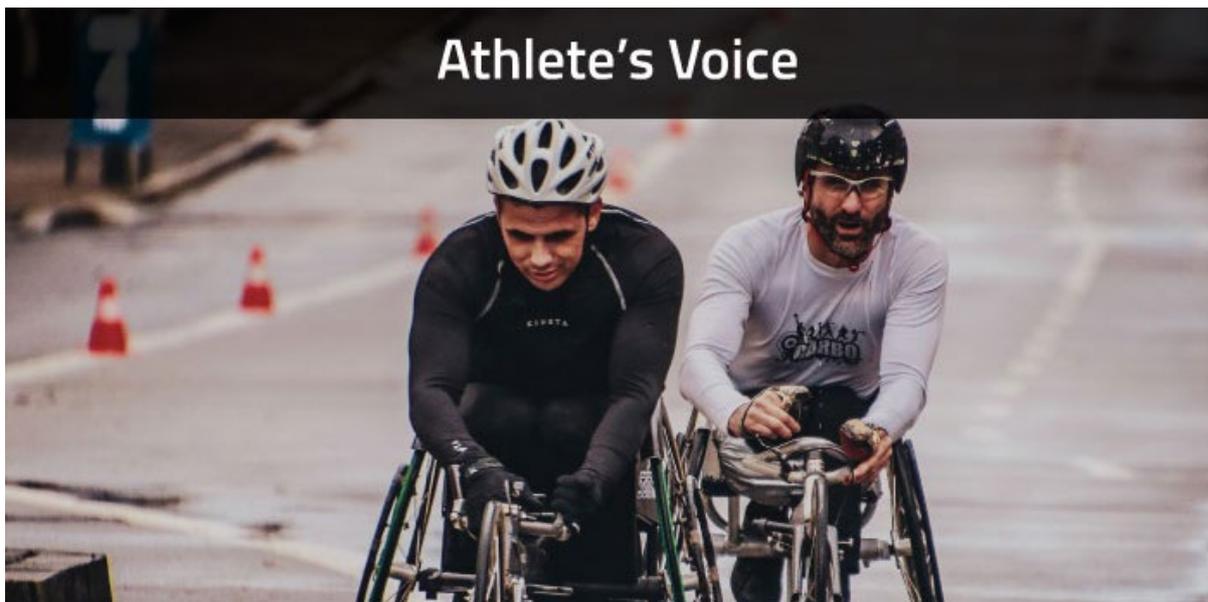
On July 27, we hosted a webinar on "[Best practices in social and scientific research in anti-doping](#)". It was the right time to discuss effective funding initiatives in Anti-Doping promoted by the [Partnership for Clean Competition](#) (PCC). On this occasion, David Kumbroch, PPC's Director of Communications advised on strategies to effectively apply for funding in anti-doping research. PCC encouraged individual researchers and anti-doping organizations to explore the various funding mechanisms, namely grants, fellowships, micro-grants, and research programs. Kumbroch recommended that applicants know the research subject matter to avoid duplication and show the impact of the project within the framework of the organization's research priorities.

The webinar also featured the participation of Sam Pool, UKAD's Head of Insight and Innovation, who shared the strategic objectives and best practices of this NADO in terms of research. According to Pool, setting a clear research and innovation agenda, cooperating with national and international research institutions, supporting research proposals and adopting strategies from other sectors have been some of the best practices to improve UKAD's operations. He also presented some priority research areas for the coming years, among which he highlighted the prevalence of anti-doping in sport, drug detection, programs evaluation and data analysis. Finally, Sam described some of the current research projects they are working on, such as perspectives and the role of athlete support personnel concerning anti-doping, and the Learning Management System project.

Both speakers stressed the importance of collaboration between anti-doping organizations and support for initiatives such as the iNADO Capability Register, and the sharing of approaches and best practices among ADOs.

UKAD invited NADOs to participate in the Clean Sport at the Front Line 2021, which will take place on September 14 and 15, where they will present their research and innovation agenda. Register via [UKAD website](#)

If you wish to best understand the work of UKAD and PPC in anti-doping research, we invite you to go check out the recording for yourselves on the [iNADO Public Channel](#).



A note to acknowledge your efforts and a call for Kaizen in Athlete Voice

by Nikki Hamblin

Dear NADOs and RADOs

This month will just be a short note given the current time commitment of all the hours watching the Olympic Games and upcoming Paralympic Games! At the time of writing this piece I have just finished watching the men's triathlon event in which Kiwi, Hayden Wilde, has won New Zealand's first medal of the Games.

Incidentally, Hayden is coached by Craig Kirkwood, who in addition to coaching, is a Doping Control Officer and an Anti-Doping Educator. My heart is still pounding with excitement, pride and respect for all athletes who have overcome challenges in the last 18 months to be on the start line and, in triathlon, compete in challenging conditions for an endurance event.

Alongside the challenges faced by athletes, the anti-doping system has faced many challenges, most significantly the inability, or limited ability, to test athletes. This has required you to adapt through developing different testing strategies and protocols to keep sport clean and ensure the safety of athletes. Further, many of you have chosen to find ways to support and stay connected with athletes during times of uncertainty – for your focus on what you can do, not what you can't do, your commitment and ingenuity I would like to say a big thank you.

We all acknowledge the anti-doping system is not perfect, for example more innovation is required for affordability and greater equality to be achieved between countries; all athletes whom the Code applies to should have access to up-to-date education; and Athlete's Rights can be improved, including those that are aspirational in the Athlete's Act. Yet as we in iNADO believe, **we must continue to work with a philosophy of Kaizen** – a Japanese term (appropriate for the location of the Games) meaning continuous improvement. As a former athlete, I am grateful to have the opportunity to support this improvement and to feel valued for what I can bring to the table. I believe athletes have much to offer in and therefore I ask you to strongly consider how athlete voice can be integrated or further integrated into your organization over the next Olympic and Paralympic cycle.

Yours in sport,

Nikki Hamblin



Farewell to Nicole Sapstead, UK Anti-Doping

by Jorge Leyva

This month, Nicole Sapstead will step down from the CEO position after six years. I have known Nicole as an intelligent, open and committed member of our community. However, I am convinced that Nicole's



contributions to our community go beyond anti-doping.

In April 2018 on the occasion of International Women's day, Nicole explained her hesitation to become the CEO of UKAD like this:

"I'll be honest, I didn't ever contemplate making it to such a high-profile role. Whilst I am ambitious I'd convinced myself that I wasn't cut out to become a Chief Executive. Some of that might have had something to do with becoming a mum a couple of years ago, and some of it might have been down to convincing myself that women don't often make it into those types of roles, especially not in sport, so what chance did I have?"

Too often we expect women to be better than men to have the same opportunities. Therefore, Nicole's tenure leading UKAD with her intelligent, open and committed personality gained my special admiration.

Nicole: you have contributed to increase the opportunities for women and working mothers in high-profile positions in sport. This makes anti-doping, sports, and the society at large better. Thank you and we wish you the best in your next position.

Farwell to Herman Ram, Dopingautoriteit

by Graeme Steel & Joseph de Pencier

The campaign for Clean Sport and our NADO community will lose an outstanding contributor with the retirement of Herman Ram. Herman's hallmarks have always been intelligence and directness.



Few NADO CEOs have made as big an impact. He will be sorely missed and we wish him well. - Graeme Steel.

In addition to his achievements for Dutch clean sport, Herman has been at the centre of international efforts to combat doping. His support of iNADO has been unwavering and multifaceted. Universally respected by his peers, he has been one of the great leaders of the NADO community. Thank you Herman for all you have done to support clean athletes. Don't be a stranger. - Joseph de Pencier

iNADO Live Chat - Catherine Ordway

In the episode "Just because you can, doesn't mean you should" our guest is

**LIVE
CHAT**



THIS
MONTH'S
GUESTS

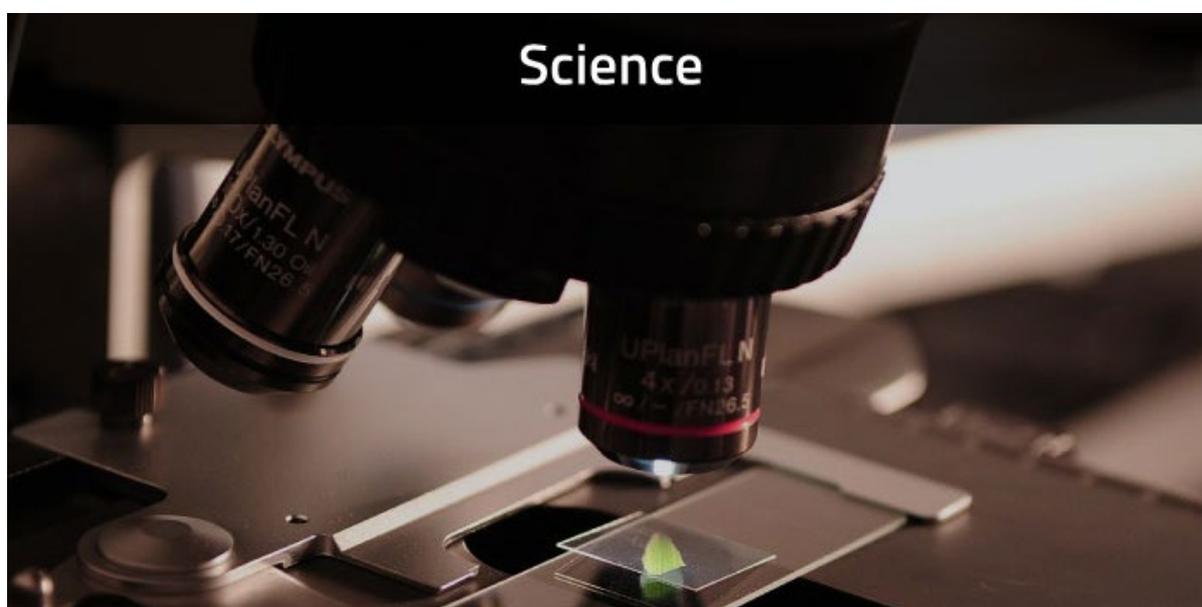


Dr. Catherine
Ordway
Assistant Professor
University of Canberra

Catherine Ordway, PhD. Catherine has an extensive background in anti-doping which has taken her around the world.

She is currently working as an Assistant Professor at the University of Canberra and in April published her book *Restoring Trust in Sport: Corruption Cases and Solutions*.

As usual you can listen our new episode on [Podbean](#) or [Spotify](#).



FINCIS collaborates on a Study to identify the Anti-Doping Knowledge and educational Needs of Finnish Pharmacists

A study conducted in cooperation with A-Clinic Foundation's Dopinglinkki, iNADO member the Finnish Center for Integrity in Sports ([FINCIS](#)), the Pharmaceutical Information Centre and the University of Helsinki reviewed the anti-doping knowledge and educational needs of Finnish pharmacists.

The aim of the study, published in the *Journal of Performance & Health* in July, was to establish pharmacists' self-assessed knowledge of anti-doping and health counselling of athletes, how the pharmacists' and pharmacy characteristics effect on the self-assessed knowledge about doping and anti-doping activities and what educational needs do pharmacists report about doping and anti-doping activities.

A total of 246 Finnish pharmacy professionals completed an online survey for the study. The results identified that Pharmacists reported their self-assessed knowledge on anti-doping counselling to be poor or rather poor. Their highest needs for education were related to nutritional supplements' doping risks, substances listed as doping agents, their mechanisms of action and purpose of use, and the adverse effects of doping agents and interactions with other medicines. More information was also needed about prohibited substances and methods in sports and doping in recreational sports.

The conclusion of the study noted that Pharmacists were willing to participate in anti-doping activities, including counselling athletes. However, many pharmacists perceived their knowledge as insufficient and reported educational needs that could be considered in undergraduate and continuing education of pharmacists. Therefore, universities, anti-doping organisations, and other related actors in the pharmacy and anti-doping field have an important role in providing more educational opportunities to pharmacists.

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

Report of the European Commission maps Member States' Legislation to assist in the Fight against Doping in Sport

A report to the European Commission commissioned by the Directorate-General for Education, Youth, Sport and Culture (DG EAC) on the fight against anabolic steroids (AAS), human growth hormones (HGHs) and prohibited methods in sport within the European Union (EU) was published in June 2021.

The study was commissioned in response to the growing concern regarding the use of performance enhancing drugs across amateur and elite sport. It was identified that it is vital for authorities to keep pace with developments in doping, as its decentralized nature makes it difficult to regulate. Further, the different legal situation of PED use, sale, possession or importation of steroids in EU Member States has been a barrier to effective investigation cooperation. This is exacerbated as the roles of the different actors is different across Member States and Member States do not know the actors involved and legislation in other Member States.

The objective of the study, therefore, was to undertake a mapping of the legislation in place in the EU (both at national and EU level) regarding the possession, production, importation, use, sale, etc. of AAS, HGHs and the use of other prohibited methods like but not limited to blood transfusions. The study also considers the actors involved in the enforcement, investigation, and implementation of the legislation, ranging from sport ministries (doping prevention) to health ministries through to customs, justice bodies and police, among others. Moreover, the study examined the barriers to enforcement of the legislation, to provide recommendations on how the EU and Member States could better address the problems identified.

The study implemented four Work Packages. Initially at the scoping stage, a rapid literature review and nine scoping consultations with high level experts in the field were conducted. The second stage involved comprehensive EU level mapping of legislation. The third stage comprised of national level mapping and case study research (Table 7 on p. 36 of the report details Member States approach to relevant legislation), followed by the fourth stage of analysis and reporting.

The resulting comprehensive recommendations were focused on what can be done to improve the fight against AAS, HGHs and prohibited methods in sport developed in consultation with key stakeholders. These include specific actions that could be taken at both the EU and national level. Key overarching recommendations involve further prioritization, more collaboration and coordination, and greater investment.

The study also concludes it will deepen the general knowledge, and foster cooperation with the WADA, the Council of Europe and other organizations involved in the fight against doping, in addition to between relevant actors across the Member States.

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

Practical Development in Anti-Doping



IPC publish Doping Control Guide for Testing Athletes in Para Sport

The [International Paralympic Committee](#) (IPC) has launched the Doping Control Guide for Testing Athletes in Para Sport to assist anti-doping organizations and those working out in the field, collecting samples from Para athletes for anti-doping purposes ahead of the Tokyo 2020 Paralympic Games.

The IPC Guide includes tips on how to engage with athletes with a disability, information about the types of impairments that are eligible within Para sport and advice on how to manage the sample collection process, when modifications are required in order for the athlete to comply.

In addition to use during Games time, the Doping Control Guide for Testing Athletes in Para Sport is also intended for general use as a training resource and best practice model for anti-doping organisations and other organisations and individuals with a vested interest in Para sport – such as National Paralympic Committees (NPCs) and athlete support personnel.

The Doping Control Guide for Testing Athletes in Para Sport aligns with *Annex A – Modifications for Athletes with Impairments* of the World Anti-Doping Agency's International Standard for Testing and Investigations (ISTI).

The full press release and guide can be found [here](#).

Japan Anti-Doping Agency Education Package

[Education Package](#) is Japan's anti-doping online education tool promoting values and integrity of sport and anti-doping. The concept is based on three points:

1. Education materials that visually represent ideas
2. Education materials that make it easy to acquire basic knowledge regarding anti-doping
3. Simple to understand. Easy to use. Detailed and specific Lesson Plan

With this tool, effective and step-by-step education can be applied to a variety of targets, such as school children, youth, athletes, and athlete support personnel. The latest

resource to be included in the package is MANGA Doping Control Procedure Anime, which can be viewed [here](#).



iNADO's #MembersWednesday on Twitter

Trevor from iNADO Member CCEs, [@EthicsInSPORT](#), reminds us that the “true power of the Olympics and Paralympics is not just for demonstrating human excellence but in showcasing diversity, dignity and equality of the athletes” and that sport can do better. [#Tokyo2020](#) [#MembersWednesday](#) [#cleansporttogether](#)



New at the Anti-Doping Knowledge Center

The recent [ARD Documentary titled Guilty](#) illustrates the challenges of Anti-Doping Organisations in identifying [sabotage](#) as a source of an AAF. There is however a good collection of cases in the the ADKC that deals precisely with this scenario. These could be found using the following filters:

- [Spiking / Sabotage](#)
 - [Person-to-person transfer](#) (for unintentional AAFs as a result of body creams containing prohibited substances or transfer of Cocaine).
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