



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

iNADO Update # 2021-09 - 6 September 2021



Two Athlete Focussed Updates from Drug Free Sport New Zealand

At the beginning of August, iNADO member Drug Free Sport New Zealand (DFSNZ) released its new website. The website was designed with local company Intuit Creative to ensure it is easier for the visitor to find what they need, including for athletes with quick links on the homepage.

Further, on August 27, DFSNZ established a Legal Support Fund which is available to all athletes, athlete support personnel and others facing an alleged anti-doping rule violation (ADRV). The support fund offers up to \$2000 NZD towards legal fees to ensure that every person has access to excellent legal advice to help them navigate the ADRV process.

Further information on the Legal Support Fund can be found [here](#).

UKAD Renews Partnership with The Drug Control Centre to Test Athlete Samples

INADO member, UK Anti-Doping (UKAD), have signed a new 6-year contract with The Doping Control Centre (DCC), King's Forensics at King's College London, to provide sample analysis services.

The UKAD and DCC partnership has previously pioneered innovative ways of testing and analyzing samples. Milestones have included boosting detection of Human Growth Hormone biomarkers and improving micro-dosing detection. The DCC lab also provides the retesting service for UKAD, an increasingly powerful tool to catch cheats retrospectively, with samples stored and accessible for reanalysis for up to ten years.

The renewed contract aligns with UKADs 2021- 2025 Strategic Plan and research priorities.

Eighth Session of the Conference of Parties to the International Conference against Doping in Sport scheduled for 26-28 October, 2021

The Eighth session of the Conference of Parties to the International Conference against Doping in Sport is scheduled for 26-28 October, 2021 at UNESCO Headquarters, Paris. All States Parties to the Convention and UNESCO Member States are invited to participate in the conference which is held every two years.

The first day of the Conference will include two roundtables focusing on the engagement of athletes and the role of private stakeholders in protecting and promoting sport values, ethics and integrity. The second and third days will focus on progress accomplished since the previous edition of the Conference and proposals aimed at further developing the implementation of the Convention. It will additionally provide the opportunity for participants to consider the impact of Covid-19 on anti-doping operational and structural capacities and changes in the global anti-doping system.

Further information on the Conference, including a provisional agenda and timetable, can be found [here](#).



Reminder: Clean Sport Education Repository Webinar

A reminder to the entire anti-doping community to register for the iNADO upcoming webinar:

Clean Sport Education Repository by Dr. Lambros Lazuras (Sheffield Hallam University)

2:00pm (CEST) September 30, 2021

All Members and Colleagues of the Anti-Doping community are invited to participate in a webinar presented by Dr. Lazuras on the benefits and possible uses of the [Anti-Doping Education Repository](#), a comprehensive and open online platform developed by the ERASMUS + Project IMPACT.

[Register Now](#)

To support the final webinar design please complete a short needs assessment (prior to September 15) [here](#).

Summary of Live Discussion on the WADA Audit and CAR hosted by iNADO

On August 25, the Institute of National Anti-Doping Organisations (iNADO) hosted a live discussion on the WADA Audit and Corrective Action Report (CAR) with Kevin Haynes, Associate Director Compliance Rules and Standards, World Anti-Doping Agency (WADA) and Gabriela Andreiaşu, WADA Auditor recently appointed as General Director at iNADO member ANAD Romania.

The session was a follow up to a recent iNADO Member survey who had been audited by WADA. Haynes thanked iNADO and Members for their contribution to the survey which was the first external feedback on the process.

Three areas were covered in the discussion both in presentation slides and Q&As from both the survey, the registration form and those that arose during the session:

1. The Compliance Monitoring Program and the general audit concept
2. Audit preparation and audit day
3. Audit outcomes and follow up: CAR and long-term effects on anti-doping programs

The advice that was provided in the iNADO survey from NADOs/RADOs who have been through the audit process which was echoed by the panelists in the live discussion was to:

- Have a version of your main policies prepared in English (templates available in ADEL)
- Peer-to-peer exchange with other (iNADO) members
- Temporary internal audit team
- Quality Management System (QMS)
- Relax and embrace the audit: an external assessment of your work and a good opportunity for improvement

The recording of the live discussion can be found [here](#).

Reminder to apply for 2022 WADA Standing Committees

iNADO would like to remind its members that the deadline to apply for a vacant seat in one of WADA's Standing Committees is coming closer. The exact number of vacant positions in each Standing Committee can be found in [iNADO's update #7](#). More information about the nomination process can be found [here](#). The application deadline ends on October 1.



"Challenges of Paralympic athletes are different, as should be their anti-doping education."

In Episode 16 Ali Jawad, PhD candidate in anti-doping in para-sport, UKAD Educator and Paralympic medallist in the sport of powerlifting discusses scenario-based education as an approach for athletes in para-sport and the importance of introducing clean sport values to all athletes at a young age.

He also explains the other, less known, methods of potential cheating by athletes competing in para-sport.

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





Research Paper analyzes the Strengths and the Weaknesses of the 2021 WADA Code

In July 2021, Aniruddha Kambhampati and Shaun Star from the O.P. Jindall Global University in India published an article in [The International Sports Law Journal](#) titled “Playing true? A critique of the 2021 WADA Code”. The authors aim to assess if the goals outlined in the new WADA Code are met, in particular: to promote health, fairness, and equality for athletes by making sport doping-free, and to ensure harmonized, coordinated, and effective anti-doping programs at the international and national level. They also advocate for the need to protect athletes’ interests while promoting clean sport and criticize the current anti-doping framework based on legal and socio-political perspectives.

As human rights standards evolve, WADA has been questioned for some of its anti-doping policies and urged to reformulate regulations in this regard. For example, the whereabouts obligation, the inconsistent implementation by first-instance domestic panels, the independence of disciplinary procedures and the burden of strict liability on athletes are some of the aspects that have been the subjects of criticism.

The authors' first remarks are related to the Prohibited Association as an Anti-Doping Rule Violation (ADRV), since, before the 2021 amendments, ADOs expressed worries about very high thresholds for sanctioning athletes who incurred this violation. In the opinion of Kambhampati and Star, the new regulation makes the anti-doping fight more efficient and does not make the provision too onerous for athletes. In addition, the authors recognize progress in the new Code, by classifying threatening acts to discourage whistleblowing as an ADRV, the introduction of the figure of protected person, new and stronger procedural guarantees for athletes and the separation of sanctions for multiple ADRVs.

On the other hand, Kambhampati and Star envision some challenges to the implementation of new regulations in terms of anti-doping policies for recreational athletes and the introduction of reduced sanctions and rehabilitation programs for athletes who can prove that have taken substances of abuse for non-performance enhancing purposes. They finally call on WADA and the ADOs to seek effective implementation mechanisms that guarantee equity, especially for those athletes with insufficient resources.

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

The Number of Records broken in Summer Olympic Games is decreasing

Contrary to what has been reported in some media, the number of Olympic and World Records have been decreasing in the last editions of the Summer Olympics. While in Rio 2016, 91 Olympic records and 27 world records were

broken, 85 Olympic records and 20 world records were registered in Tokyo 2020.

If we go further back, it will be noted that the trend is downwards, with 34 World Records at Beijing 2008 and 32 at London 2012. This is despite the fact that the number of events has been increasing over the last four editions of the Summer Olympic Games.



[This article](#) describes the evolution of records in recent years, offers some key insights into the increase since the mid-20th century and why there is currently a downward trend in the setting of new records.

Most experts agree that the exponential increase in Olympic and world records since the mid-20th century are the result of scientific and technological advances in training, coaching and nutrition methods, as well as social factors and the globalisation of sport. The influence of doping is, for obvious reasons, unknown.



iNADO's Survey about Substances of Abuse

Following a new requirement of the [World Anti-Doping Code \(§10.2.4.1\)](#) on Substance of Abuse, iNADO launched a survey among its members at the beginning of August to better understand how they were dealing with Substances of Abuse when the ingestion or use occurred Out-of-Competition and unrelated to sports performance.

A total of 17 member organizations participated and answered questions about among others the number of ADRVs involving substances of abuse they had reported, their ability to finalize the Results Management process within the period of ineligibility, their criteria to define appropriate treatments for athletes, and their confidence in their local resources to provide relevant treatments. The respondents also shared their experiences or specific concerns and challenges about the implementation of sanctions.

INADO is currently working on the analysis and will soon publish the results in an anonymous way and share with the members and WADA management, with the objective that the outcomes of the survey and the feedback expressed by the ADOs serve as a basis to discuss the practicalities of the Code article 10.2.4.1, or if changes should be considered in future.

New Practical Information on the Use of Natural Products and Supplements

The United States Anti-Doping Agency (USADA) has published an article regarding natural products and their anti-doping status. Athletes often approach USADA with questions relating to the safety of supplements that contain plant-based or animal-based ingredients. The key message of the article is that use of any natural product is at the athlete's own risk, as it is impossible to evaluate every natural product to definitively establish which substances they contain. USADA's advice to an athlete's considering using natural products or supplements is to reduce the inherent risks by only using products certified by an independent third party as free from prohibited substances.

The article uses examples of supplements marketed as natural products: deer antler velvet and colostrum and adrenal gland supplements and plant-based products ephedra, citrus aurantium and tinospora crispa, which can contain prohibited substances.

Alleged benefits of these natural products and their risks for athletes:

Deer Antler Velvet and Colostrum is alleged to increase muscular development, strength and endurance; improve recovery; prevent and reduce inflammation; improve sexual health; reduce blood pressure; improve bone and joint health; stimulate the immune system. However, colostrum and deer antler velvet can both contain detectable quantities of IGF-1, which is a prohibited substance on the World Anti-Doping Agency (WADA) Prohibited List.

Adrenal Glands is alleged to reduce fatigue and inflammation but adrenal glands naturally produce cortisol, DHEA, and androgenic steroids and epinephrine, all of which are prohibited in sport.

Ephedra (species) naturally produces ephedrine and pseudoephedrine, which result in increased physical capabilities, thermogenesis and appetite reduction, but are both prohibited in-competition.

Citrus Aurantium is alleged to increase energy expenditure and/or reduce appetite, but naturally produces octopamine, a stimulant prohibited in-competition.

Tinospora Cripsa is alleged to have an anti-inflammatory effect, but this plant (and others) are known to produce higenamine, which is a beta-2 agonist that is prohibited at all times.

The USADA article can be read in full here <https://www.usada.org/spirit-of-sport/natural-products-derived-plants-animals/>

Feature of the Month



TonTon visits iNADO

Last month iNADO welcomed a special guest from our member the Korean Anti-Doping Agency (KADA): TonTon. TonTon is the new mascot from KADA that will travel the world to promote clean sport. See the full story [here](#).

The image shows a screenshot of an Instagram post from the account 'korea_anti_doping_agency'. The post features a photo of a desk with a laptop displaying a website, a white mascot named TonTon, and a black iNADO t-shirt. The text in the post is in Korean. The Instagram interface shows 69 likes and the post was made 3 days ago.

이NADO 직원과 함께 2020 도쿄올림픽 대회를 보면서 이야기를 나눴어요!

KADA

korea_anti_doping_agency #톤톤의 도핑방지 세계여행 ▶ 독일 iNADO 편! 지난 달, 톤톤은 KADA를 대표해 해외 출장을 다녀왔습니다!

해외로 떠난 톤톤의 임무는 바로
공정한 스포츠환경을 조성하기 위해 힘 쓰는 해외 도핑방지기구를 소개하는 것이었는데요!

톤톤이 첫 임무를 수행한 곳은 독일에 위치한 '국가도핑방지기구협회(이하 iNADO)'였습니다.

과연 iNADO는 어떤 업무를 하는 곳일까요?
톤톤이 직접 다녀온 iNADO 독일 사무실 이야기를 전합니다.

Gefällt 69 Mal
VOR 3 TAGEN

Melde dich an, um mit „Gefällt mir“ zu markieren oder zu kommentieren.

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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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