



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

iNADO Update #2021-11 - 3 November 2021

iNADO Community



Election of a new Chair and Deputy Chair of INADO

On October 12, the Governing Board of iNADO unanimously elected Nick Paterson, Chief Executive of Drug Free Sport New Zealand ([DFSNZ](#)) as the Chair and Lars Mortsiefer, Executive Board Member and Legal Director of [NADA Germany](#) as Deputy Chair.

"I am delighted to take on the role of Chair of the Board, and take over from Michael Ask whom I must acknowledge

and thank. With his guidance, combined with the hard work of Jorge and his team, **iNADO has grown its support** for NADOs and now RADOs over the last few years in our pursuit of clean sport, including the capabilities register, increased webinars and the podcast.

I hope to continue on that journey, to see iNADO's membership grow more, and its support increase further. But moreover, we are in a time when governance and representation are critical parts of discussions on the future of anti-doping. iNADO's role in that, representing the voice of NADOs and RADOs around the world, is more important than ever. This is an exciting time for the organization."

- Nick Paterson



"I would like to thank the INADO community and the Board for giving me the support and trust in taking over the role as Vice Chair. I am looking forward to actively assist Jorge and the INADO team in Bonn together with Nick and the Board. Indeed, there are important, trend-setting tasks and activities ahead for INADO in the near future. I am happy to contribute actively, especially with legal and administrative support."

- Lars Mortsiefer



Last Consultation of WADA Governance Reforms Review

The Institute of National Anti-Doping Organisations (iNADO) looks forward to the outcomes of the current Working Group on the review of WADA Governance Reforms. iNADO appreciated very much the opportunity that we as well as all other stakeholders received on October 19 to provide suggestions to the Working Group with the aim of

strengthening WADA Governance.

iNADO's feedback was in line with considerations of adequate representation for those bound by the Code, independence in the decision-making process, transparency, and efficiency.

Particularly, NADOs inclusion on the Foundation Board would be a positive development as they conduct the largest portion of anti-doping work worldwide and are at the forefront of anti-doping. If the FB is to be representative of its stakeholders then these groups should determine who represents them and each representative should have voting rights.

This feedback was shared with iNADO Members for their own consideration ahead of this last consultation round, and addressed the main areas contained in the report: Composition of the WADA Athlete Committee (AC), the Executive Committee (EC) and the Foundation Board (FB) which includes NADO representation.

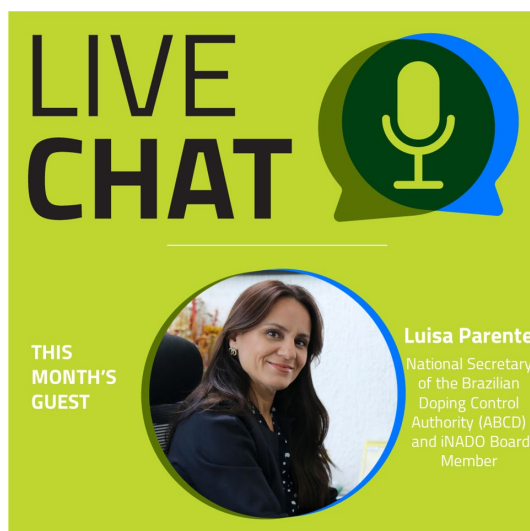
iNADO Workshop 2022

After a two-year break, iNADO is looking forward to the next opportunity to host its annual workshop, a forum of exchange and learning for anti-doping professionals on Tuesday 22 March 2022 in Lausanne, Switzerland. This year's topic will be: "Capacity".

To help us plan better logistics and finalize the content, we you (Members and Non-members) to participate to this short survey and let us know if you intend to participate in person or virtually.

A draft agenda will be circulated within the next weeks via the newsletter and website. We are looking forward to seeing as many of you next year!

[Take me to the survey](#)



iNADO Live Chat - Luisa Parente

"Being iNADO Board Member is part of Brazilian vision to become a reference and leader in anti-doping affairs".

In Episode 18 of iNADO Live Chat we chat to Luisa Parente, Olympian, National Secretary of the Brazilian Doping Control Authority (ABCD) and new iNADO Board Member about her journey into anti-doping and the current activities of ABCD.

The episode further discusses the partnership between ABCD and Autoridade Antidopagem de Portugal (ADoP) and the benefits of collaboration and cooperation between anti-doping organizations in tackling doping. Tune in on [Spotify](#) or [Podbean](#).

Double celebration for the Anti-Doping Knowledge Center (ADKC)

On November 28, 2021, the Anti-Doping Knowledge Center (ADKC) will celebrate its ten years since the first record was created. In addition, in September 2021, the [ADKC](#) reached the goal of the 7500th record becoming available.

The site was established to host information about doping in the broadest sense of the word, about doping prevention. It includes decisions by disciplinary bodies, in the majority from the Court of Arbitration for Sport (CAS), to ensure these are accessible and easily searchable through the application of a relevant keyword function.



iNADO Webinar on " Delivering Education with the support of your country sport system"

Join this month's iNADO webinar with presenters Dr David Müller Head of Prevention, Medicine and Quality Management at [NADA Austria](#) and Tomáš Pagáč Head of the Testing and Prevention Department at [Slovak Anti-Doping Agency](#) (SADA) on:

Tuesday, November 16, 2021 - 02:00 pm CEST

Education is one of the pillars of the Austrian Anti-Doping work. The Federal Anti-Doping Law obliges all Austrian sports organizations to develop and implement education plans in collaboration with NADA Austria. Dr. David Müller will provide insights into that process and present their "linked learning" approach which combines online and in-person learning.

SADA strongly believes that prevention and education are more than equal partners to testing itself. Tomáš Pagáč will share the agency's experience with different types of educational materials and the implementation of anti-doping education on various levels.

We're looking forward to hearing from our two colleagues' experiences and to the interesting conversations. [Register for the event](#).

On October 13, iNADO joined UKAD's virtual Clean Sport Forum 2021. The two-day event gathered more than 150 delegates from many National Governing Bodies (NGBs), British Olympic and Paralympic Associations, Sports Councils and Universities in the UK.

This year's forum included presentations on relevant topics such as athletes' experience of testing and competing during Tokyo 2020, preparations for Birmingham 2022, and supporting mental health and athlete welfare during the pandemic, among others. [Find more information here.](#)

iNADO introduced to the audience the [iNADO Capability Register](#) and explained the necessity to understand better the capacity that each iNADO member possesses to conduct its anti-doping program. The register can serve as foundation to promote a systematic approach to international collaboration among National and Regional Anti-Doping Organisations.

5th Annual Forum for Anti-Doping in Recreational Sport

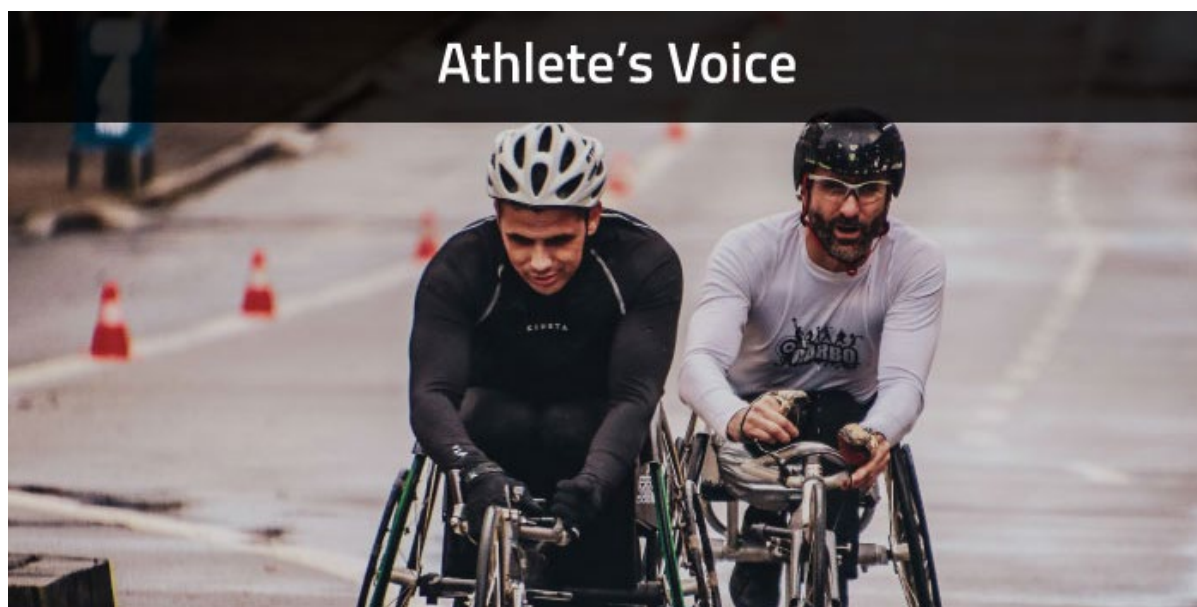
The FAIR+ Forum is organised every year in November in Brussels to disseminate project outcomes and also to give visibility to other Erasmus + actions covering the issue of doping. This year the 5th Annual Forum for Anti-Doping in Recreational Sport will take place on

Wednesday, November 10, 2021 in Brussels (Belgium).

The FAIR+ project aims to provide a picture of the doping issue in the European Recreational Sport movement by focusing on the following objectives:

1. Look into the **existing prevalence of doping** in recreational sport through sample-based research and to investigate the societal and psychological motivations behind the use of doping at amateur level.
2. The production of the FAIR+ **Guidelines** which will provide several recommendations on how to set-up effective educational campaigns targeting recreational sport coaches, instructors, and trainers and eventually with indicators on how to evaluate and measure their efficacy.

The livestreamed virtual event from 10.30 - 15.00 CET will present the FAIR+ project and discuss the activity findings. [Register here for the event.](#)



Strengthening Athlete Power in Sport (SAPIS) project

by Nikki Hamblin

The project Strengthening Athlete Power in Sport (SAPIS) aimed at strengthening the influence and representation of athletes in the way that their sports organizations are governed and managed has released their first output.

The output, a literature review produced by the project's academic partners, demonstrates that academic research on questions of athlete representation is limited. Therefore, to effectively capture what happens on the ground in terms of political structures and groups that promote athlete's interests, in addition to scientific academic literature other documents have been included.

The review is organized under the following headings:

- Democracy and sports governance
- Legitimacy of sports governance
- Athletes and industrial relations
- The special features of the sports sector
- Athlete activism
- The grey literature on athletes' rights

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

The second step of the SAPIS project is to understand how athletes currently experience their ability to influence their own sport. This research is being undertaken through a survey, which we encourage you to promote to your Athlete Representatives and Commissions.

Find out more about the project at [SAPIS webpage.](#)

Yours in sport,

Nikki Hamblin

WADA Athlete-led Series

Please note this very good idea by WADA and Athletes. In the framework of its WADA Webinar program, an Athlete-led session will be held with a special focus on changes in the testing method.

‘Anti-Doping Testing in 2021: Olympic Games, Paralympic Games, COVID-19 and future testing changes’

Date: November 3, 2021 14.00 (EDT) [Register here.](#)



ABCD Visit to iNADO



We were very excited today to welcome Ms. Luisa Parente and Mr. Anthony Moreira from Autoridade Brasileira de Controle de Dopagem ([ABCD](#)) in our office in Bonn.

After a visit to the Cologne Lab, we discussed ABCD's experience with NADGO, a Good Governance assessment tool developed by research institutions, athletes, and NADOs under the umbrella of [Play the Game](#). Topics such as inadvertent doping cases in Brazil, Luisa's vision for iNADO as a Board Member, and general updates of ABCD activities were also discussed during the meeting.

Luisa and Anthony used the visit to Bonn to meet in person with the executive Board and staff members of [NADA Germany](#). iNADO members are always welcome in Bonn. If you have planned a visit nearby, we will be very happy to hear from you.

New CEO at Hong Kong Anti-Doping Committee

On 11 October 2021, Humphreys TANG assumed the role of Hong Kong Anti-Doping Committee ([HKADC](#)), Head of Office. Before joining HKADC, Humphreys worked for several years for the Independence Police Complaints Council as Senior Manager (Finance and Corporate Services).



Humphreys, a member of HKICPA, holds a degree in Mathematics from the Chinese University of Hong Kong. He also holds Master's degree in Engineering Physics and Master's degree in law from the University of London. We are looking forward to the continuous collaboration with HKADC and Mr. TANG.

New iNADO Team Members

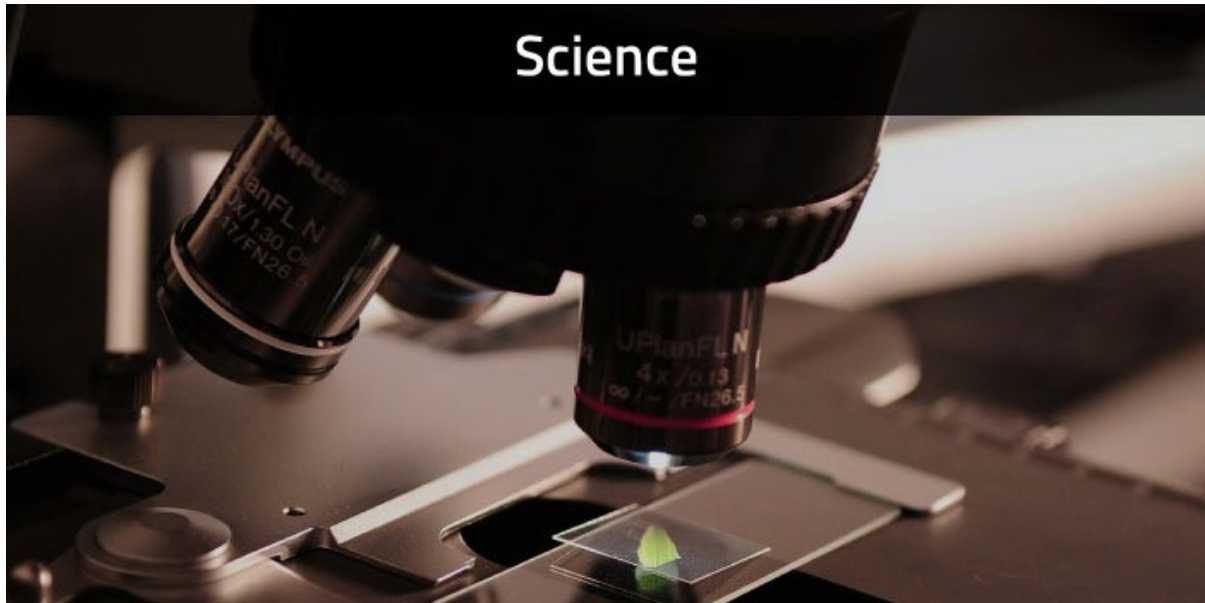
Last month iNADO has welcomed two additional staff members.

Ilayda Arslan is the Administration Assistant of iNADO. She ensures the day-to-day operation of the office. In addition, she manages contracts and supports the execution of iNADO events. Previously Ilayda worked in companies with different profiles, where she established the foundation of the office's efficient and well-organized management.



Felix Eich is the Research Assistant at iNADO. He is responsible for monitoring the latest novelties in the research field of anti-doping. Felix has worked in settings of the sport world, such as public relations and fitness coaching and has volunteered in organisations like Kicker Sports Magazine and Deutsche Welle.

[Get to know our entire team!](#)



Berlinger and BD present Innovation in Blood Collection with the New MDR

Berlinger has taken the new European Medical Device Regulation (MDR) 2017/745 as an opportunity to update to the latest generation of blood collection needles from Beckton Dickinson (BD).

Patricia Benninger and Oliver Gehrig presented at the iNADO hosted webinar on the MDR, that has a huge impact on their customers, in Europe especially, and requires extensive validation. Patricia led the audience through a virtual training of the new needle technology and participants were able to get to know the whole range of benefits for the anti-doping community and about the effects of the European MDR for the EU and the advantages for international customers.

These needles are designed to reduce trauma and pain during the blood collection process for the athletes and offer a higher level of security to avoid needle stitches for the blood collection officers.

We are happy to share with the entire anti-doping community [additional information from Berlinger](#) re some questions raised during and after the webinar.

Practical Development in Anti-Doping



Glucocorticoids and the stricter Handling in 2022

Why the change?

In the 2022 Prohibited List, all routes of local injections of Glucocorticoids (GCs) during In-Competition period will be prohibited. A recent study (British Journal of Sports Medicine, June 2021, Vol. 55, Issue No. 11) provides evidence that all routes of local injection at medically licensed doses can reach the same level of concentration of GCs as existing prohibited routes, and must be considered performance-enhancing.

Monitoring Program

WADA's 2020 monitoring statistics show that this substance class was monitored in almost 25,000 samples across all competitive sports, as follows:

	In-Competition Samples	containing >1ng/ml	Out of Competition Samples	containing >1ng/ml
TOTAL	9712	182	14130	242

Olympic Sports with highest number of cases:

In-Competition:

23 cases in Aquatics; 21 cases in Athletics; 17 cases in Weightlifting.

All containing >1ng/ml of Glucocorticoids

Out Of Competition:

45 cases in Aquatics; 21 cases in Athletics; 28 cases in Weightlifting; 20 cases in Gymnastics.

All containing >1ng/ml of Glucocorticoids (*2020 WADA Monitoring Program, WADA, (2020)*)

GCs-related sanctions:

For your reference, these are some sanctions involving the use of GCs.

Eleni Konstantinidi (Weightlifting, Greece) 12. April 2019 (in-Competition)

Art. 2.1 – Presence of Betamethasone

Period of Ineligibility: 20 months (*IWF Doping Report, International Testing Agency, (2020)*)

Pol Rodriguez, Yosmani (Cycling, USA) 19. April 2013 (in-Competition)

Art. 2.1 – Presence of Dexamethasone

Sanction Terms: 2-year suspension; loss of results

Gonzalez, Mijail (USA) 03. October 2018 (in-Competition)

Art. 2.1 – Presence of Dexamethasone

Sanction Terms: 4-year suspension; loss of results (<https://www.usada.org/news/sanctions/>)

A short reflection on this modification

Because of their anti-inflammatory effect, an Athlete may be treated with GCs in response to an unpredictable exacerbation of chronic disease or in acute or recurrent musculoskeletal injury. In these cases, a TUE application will be retroactive for In-Competition use (Glucocorticoids and Therapeutic Use Exemptions, WADA, 2021).

With regard to the new available data, collected from Ventura et al. in the British Journal of Sports Medicine, Vol. 55 Issue No.11 (2021), and the applied logic by WADA for the regulation of existing injectable and other routes of administration, the prohibition of all injectable routes is reasonable. Furthermore, the change can prevent a long-term abuse of the substance class which is proven to be a health risk.

On the other hand, the frequency of possible abuse of this substance class according to WADA's monitoring program 2020 (1.7% out of all samples investigated) compared to other substances, indicate that the analysis of GCs could play a moderate role in testing programs. How this current relativization could change in future and affect doping policies remains to be seen.

ADEL for Beijing Olympic Games

We invite all NADOs with potential delegations at the next Beijing Olympic Games to visit ADEL. As you might have seen, WADA recently launched [ADEL for Olympic Winter Games Beijing 2022](#).

This course was developed in collaboration with the IOC and the ITA to help prepare athletes and coaches on all things anti-doping at the Games. The course is now live in 3 languages (English, French and Spanish).



Large Collection of Brazilian Decisions Published

The first group of the Brazilian Sports Justice Anti-Doping Tribunal (TJD-AD) decisions have been fully processed and are available in the [Anti-Doping Knowledge Center](#) (ADKC).

This includes disciplinary decisions from recent years as well as ones dating back to 2009. The collection involves the first batch of conclusions in disciplines such as cycling, athletics, football, cross-fit, bodybuilding, and many more. The collection categorizes the records based on substance, doping class, laboratory involved, name of the arbitrator/s and other additional parameters.

We congratulate TJD-AD and the ADKC and acknowledge the considerable work involved in publishing this extensive collection.



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](#)
- [CAS awards](#)



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