



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

iNADO Update #2021-12 - 7 December 2021



iNADO Acknowledges the Approval of Further Governance Reforms by the WADA Foundation Board

The approval of further governance reforms by World Anti-Doping Agency (WADA) at the Foundation Board meeting held on 25 November demonstrates positive steps towards improving the governance of the global anti-doping regulatory body, yet Governance must be seen as a continuous improvement process, and more can be done to

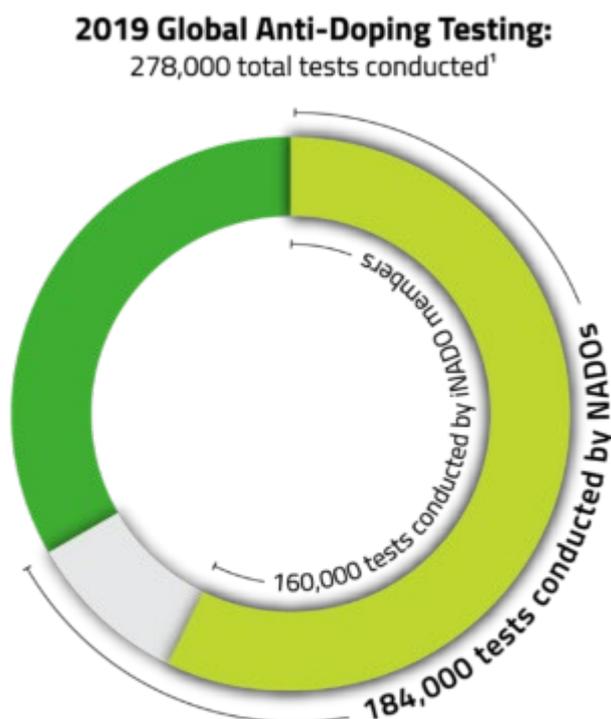
ensure the anti-doping system is led by the strongest governance.

The approval of a **Code of Ethics** and an **Independent Ethics Board** is vital for all clean sport stakeholders to maintain their confidence in the anti-doping system. In the interest of the highest level of integrity iNADO will advocate for a model in which each member of the Ethics Board meets the strictest independence standard.

Athletes remain the most important stakeholder in anti-doping, are the purpose of all our existence and should have more decision-making power in the system that affects them more than any other group. The addition of the **WADA Athletes' Council Chair in the Executive Committee** is a step forward, yet continued work should be done to increase athlete voice in the anti-doping governance. As true independence is fundamentally about the separation of powers and the removal of conflict of interest, iNADO encourages the inclusion of independent athletes who are not directly affiliated to sport organizations.

iNADO fully supports the **Athletes' Anti-Doping Ombuds Program**, an important development to reduce the power imbalance between athletes and the system to ensure an outcome which is not affected by access to resources in the case of any ADRV.

iNADO and its members need a strong WADA, with clear governance structures, where conflicts of interest are removed when possible and mitigated otherwise. We support the extension of the work of the Governance Working Group to propose a model which **clearly separates the roles of the Executive Committee and the Foundation Board**.



¹Taken from WADA 2019 Anti-Doping Testing Figures – Total Samples by Testing Authority Category

iNADO welcomes the inclusion of two **NADO representatives on the Foundation Board**

but wishes to see more seats allocated to NADOs in the future to better reflect their relevance, as the organizations that complete the vast majority of anti-doping work globally and at all levels. Further, the mechanism for appointment through the existing WADA NADO Expert Advisory Group confuses the supervisory and regulatory role of the Foundation Board with a simultaneous advice function of WADA management.

iNADO as the organization which works with its 61 member NADOs and 14 member RADOs, will continue to support the development of an independent, democratic and inclusive mechanism for NADO representatives for these positions.

AMADA Annual Report

iNADO would like to share the 2020 Annual Corporate Report of The Azerbaijan Anti-Doping Agency ([AMADA](#)) with the Anti-Doping Community. In 2021 AMADA continued their core activities, as well as launched projects and enhanced their cooperation with stakeholders, but mostly in a remote way. The document offers an account of how a NADO adapted to remote working. If you are a member of iNADO, access the document [here](#). Additionally it can be requested from [Mr. Abdullayev](#) via email.



iNADO Live Chat - Gobi Nair

In Episode 19 of iNADO Live Chat we chat to Gobi Nair, Head of the South-East Asian RADO located in Singapore about his background in teaching and sports science. Furthermore, he hands out practical advice and guidelines for other Heads and CEOs of NADOS and RADOS concerning staff development. Tune in on [Spotify](#) or [Podbean](#).

Antidoping Switzerland Foundation to become the Swiss Sport Integrity Foundation in 2022

On January 1, 2022, iNADO member Antidoping Switzerland will become the Swiss Sport Integrity Foundation, with the organization taking responsibility for dealing with ethical violations and grievances across sport in addition to doping cases.

The required ethics statute was unanimously approved by the 25th Swiss Sport Parliament to provide better

safeguards for athletes in Switzerland as it will guarantee independence, confidential treatment and consistent processing of reports. The full press release from Antidoping Switzerland can be found [here](#).

World Rugby's "Keep Rugby Clean" Campaign



[World Rugby](#) have released a range of new free-to-access multi-language anti-doping education and information resources as part of its "Keep Rugby Clean" campaign. These are designed to maximize the quality of education and information available to national federations (known in rugby as 'Unions'), but are available for use by any organization. The resources include:

1. **A new e-learning program for anti-doping.** This has been developed alongside a separate integrity/match fixing module, and both have been created with the support of the European Union's Erasmus+ program, and the Member Unions of Portugal, Czech Republic, Poland, the Netherlands and Denmark. The programs are available in 14 languages [ENG, FRA, ESP, POR, ITA, DAN, GER, ROM, CZE, POL, NED, GEO, RUS, JAP] and have been gradually implemented throughout 2021 with a formal launch due to take place this month. The anti-doping programme covers the entire education curriculum with interactive learning content for players and team support staff. Access is from [World Rugby Passport - Protect the Game](#) (a free account must be created). World Rugby would like to pay tribute to the incredibly generous support of their many iNADO-member friends, who assisted us with the technical translation of the program into their languages. This was a great example of the burgeoning world anti-doping education network in action!
2. **A new website for the 'Keep Rugby Clean' campaign.** The website is a new central hub for anti-doping news and information in rugby, containing all of World Rugby's education and information materials as well as all historical statistical reports. The website is available in 4 languages with many of the materials contained on the site translated into additional languages. Access is from [Keep Rugby Clean](#) (the new site will be live from **13th December**).

3. **A new player anti-doping information handbook.** This is a comprehensive electronic reference guide with issues explained in clear language to assist with player understanding. The handbook is available for download in 8 languages from the Keep Rugby Clean website or from World Rugby on request.

Should you require any more information on the keep rugby clean program please contact [Ross Blake](#)

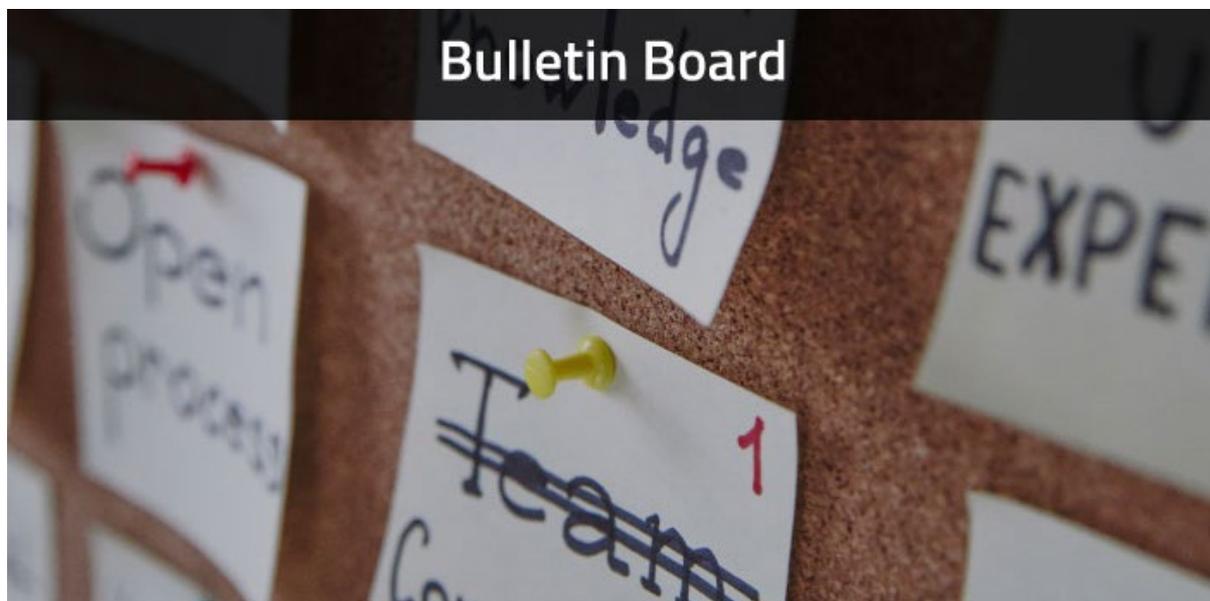
Sport Integrity Australia – Victories and Challenges after 18 Months of Creation

In July 2020 the National Anti-Doping Organization of Australia became [Sport Integrity Australia](#) (SIA) to manage all sport integrity matters in a single agency. Last Tuesday the Executive Team of SIA talked to the international sport integrity community about the journey so far, the challenges, the triumphs, what they would do differently and what the future might bring.

What the future might bring and how SIA plans to respond can be reviewed in their [2021 – 2025 Corporate Plan](#).

"We believe Australian sport is better protected when the capability of the global sporting community to respond to sporting integrity issues is enhanced, and when that global response is coordinated and collaborative".

This information is useful for our anti-doping community as in more countries the mandate of NADOs widens to capture additional threats to sport integrity.



iNADO Intervention at the Foundation Board Meeting of Paris

For the first time, iNADO presented to the Foundation Board of WADA and used the opportunity to explain its contribution to a stronger Anti-Doping system. With a new board in place at iNADO, the meeting in Paris was a good chance to present the role we play in the anti-doping ecosystem, and to prepare for a new future ahead.

We want a NADO community that delivers the highest quality anti-doping work, and we will work to support members to support them to do that. We want a NADO community that helps each other. We also want to represent the NADO voice in the wider community, and directly with WADA. WADA can only be genuinely strong if it is open to feedback and has people around it willing to raise feedback.

Our members benefit from and need a strong iNADO, in terms of the support we give them, the support we facilitate that they give each other. In turn, iNADO and its members need a strong WADA. iNADO wants to play its part in supporting WADA to be strong.

In the end, our routes are aligned.

**INADO Live Member Only Teleconference:
"Challenges and Opportunities for INADO in 2022" with Nick Paterson**

The Institute of National Anti-Doping Organisations (iNADO) is pleased to invite iNADO Members to a webinar with Nick Paterson, Chair of the iNADO Board and CEO at [Drug Free Sport New Zealand](#) on:

Thursday 9, December 2021 - 10:00 - 11:30 CET

[Register here \(member only\)](#)

Before we say goodbye to 2021, we invite our members to pause, reflect on where we are as iNADO and identify which challenges and opportunities we have in front of us to make the anti-doping system better for all.

We hope all members join the discussion and take the opportunity to share their opinion and ask questions on relevant anti-doping topics for iNADO to best represent the collective views and understand more about members' needs to provide support in 2022 and beyond.

We invite you to join this session and actively participate in the Q&A session. Alternatively, send us your questions in advance via the registration form of this webinar, to make sure they will be answered live.

Your iNADO team

**iNADO Webinar:
Delivering Education with the support of your country sport system with NADA Austria and
Slovak Anti-Doping Agency**

In November, iNADO invited two members; [NADA Austria](#) and the [Slovak Anti-doping Agency](#) (SADA) to present how they “design and deliver anti-doping education using the support of their country sport system”, and how the enforcement of the new World-Anti-Doping Code into their respective national legislation has developed a greater collaboration with other institutions, in particular with National Federations (NFs).

Dr. David Müller (Head of Information, Prevention, Medicine and Quality Management at NADA Austria) and Ing. Tomáš Pagáč, Phd. (Head of Testing and Prevention at SADA) led us through an in-depth 90-minute session with rich and concrete examples from year-round activities. Both showcased innovative ideas and efficient initiatives that their small-medium NADOs have successfully implemented.

With a clear emphasis on implementation and collaboration, SADA has been engaging with the teaching body of Slovakia with a “Teacher Toolkit”, created direct lines of communication with athletes with instant messaging, and seized the opportunity to train and employ knowledgeable DCOs as Educators. NADA Austria have developed interactive materials for athletes and NFs, which are highly customizable with minimum effort, and is using a risk matrix to monitor and train their NFs to allow them to better prioritize their efforts and resources. Müllers’ team has also been focusing on the evolution of the values of societies to best develop value-based education that will speak to the youth.

Both speakers shared the challenges their organizations face, e.g., in translation of materials and adapting to materials their culture, and in developing tools that are user- and athlete-friendly. This session was an opportunity not only to share success stories, but also to openly discuss the operational challenges that many NADOs and RADOs face, feeding into iNADO's mission to share best practices and improve anti-doping practices.

The webinar recordings and PDF presentations from NADA Austria and SADA are available in the [iNADO library](#) (access restricted to members).

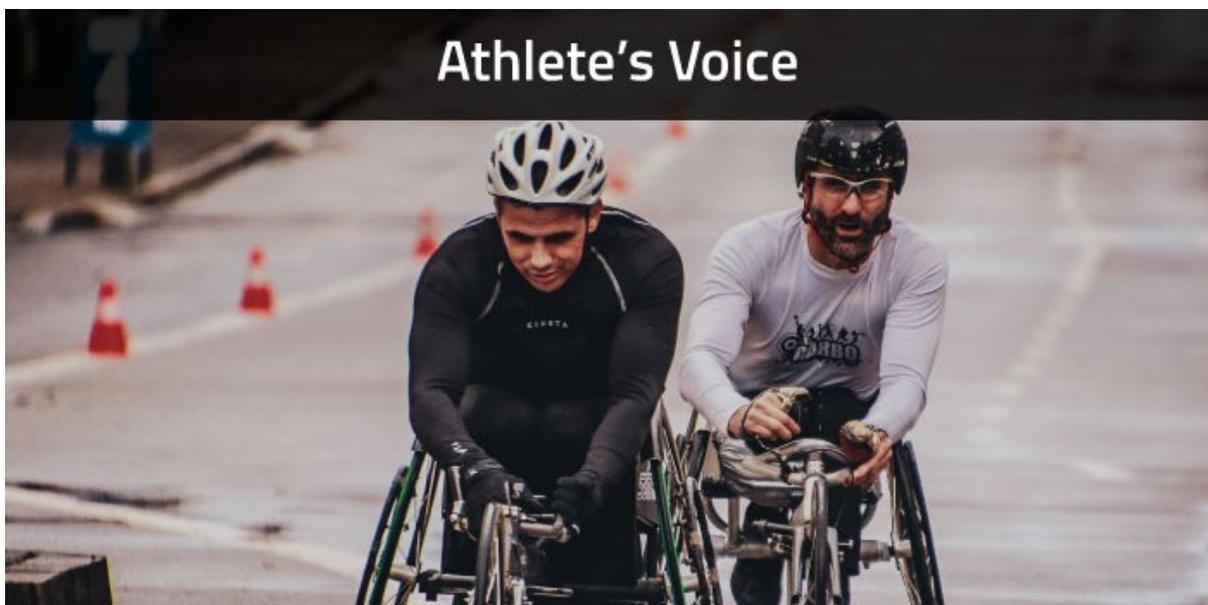
Update on iNADO Workshop 2022: New Possibilities to Use Anti-Doping Capacity

The office is actively working on drafting the agenda of our 2022 workshop, entitled "**New Possibilities to use Anti-Doping Capacities**". With the knowledge acquired with [iNADO Capability Register](#), we want to continue strengthening NADOs, RADOs and other anti-doping organizations with their operational work. This includes tackling systemic issues in the fight against doping, encouraging the emergence of new ideas for improvement and innovation as well as opening the floor to inspirational and critical discussions on how much has been achieved so far and what should be the priorities for improvement.

iNADO, Université de Lausanne (UNIL), experts from our member organizations and external speakers will present on topics including an analysis of inadvertent doping and the impact of contamination cases, confronting the paradox of a call for operational independence vs. greater interdependencies with other organizations, including government institutions, and to start elaborating on ideas to improve research to support NADOs' daily work.

Attendance for iNADO Member organizations will be free of charge for up to four staff members. Registration will open in January. Further information will be communicated regarding the attendance of further members of staff, non-member and other anti-doping organizations. To all extent possible, plenaries, as well as some of the break-out sessions will be available for remote viewing.

You can still inform us about your wish to attend the workshop in-person or remotely



Establishment of the Athlete Committee in Drug Free Sport New Zealand

The purpose of **DFSNZ's** Athlete Commission is to bring an independent athlete voice, from athlete representative groups or from individual athletes, to all aspects of their work. The Commission will act as an advisory group - independent from us but committed to our ultimate goal of clean athletes and clean sport.

The Commission has three goals:

- To engage with athletes and use their feedback to support the development of new and existing DFSNZ programs and initiatives;
- To assist DFSNZ in reviewing and recommending effective ways to engage athletes, support persons and NSOs;
- To bring diversity to DFSNZ decision making (gender, cultural background, disability and diversity of sports).

The Commission held their inaugural meeting on Wednesday 17 November 2021 and will meet a minimum of three

times each year. Read more about the Athlete's Commission [here](#).



Pavel Christian Balaj steps down

In the last three years, the Romanian Anti-Doping Agency strengthened its ties with international stakeholders and reconfigured its international position. Mr. Balaj and his team deserve credit for this achievement.



We wish you success in your next position from which you hopefully can continue to support the clean sport movement. We thank you for your trust in and support of iNADO.



Study confirms Presence of Undeclared Prohibited Substances in Nutrition Supplements

It is no secret that the use of nutritional supplements in sports bears (high) risks for athletes and a recent research

paper by our colleagues at the [Dutch Doping Authority](#) confirms this. 66 sports nutrition supplements were analyzed in LGC laboratories in the UK of which 38% contained an undeclared doping substance.

All products, available in online shops in the Netherlands, had been identified as high-risk products claiming to modulate hormone regulation, stimulate muscle mass gain, accelerate fat loss, and/or boost energy.

Of the 66 products, 25 products (38%) tested positive for the presence of doping substances, 38 products (58%) tested negative, and 3 products (4.5%) showed inconclusive results. 5 different anabolic steroids (21 findings), 9 different stimulants (25 findings), 1 beta-2 agonist (4 findings) and 1 beta-blocker (1 finding) were detected in the contaminated products.

[Duiven, E. et al \(2021\)](#) demonstrate that an unbearable risk comes from some sports nutrition supplements sold online and all athletes, with the help of ADOs, should not fall into this trap. The researchers point out at an immediate practical benefit of including reporting threshold. Read the complete article to find out more.

It is very motivating to see iNADO members actively contributing to scientific research and to the development of knowledge in our field.



Practical Development in Anti-Doping

Social Sciences Researchers Propose a Doping Prevention Research Agenda

Earlier this year, a group of researchers developed a [Social Science Research Agenda for Clean Sport](#). Ian Boardley and Martin Chandler from the University of Birmingham, Susan Backhouse from Leeds Beckett University and Andrea Petroczi from Kingston University London gathered an international group of professionals and researchers to jointly create a research program for the prevention of doping. The idea was to identify the most important topics for social science research on doping prevention, as well as specific issues that need addressing by the anti-doping community and stakeholders.

Following an exhaustive review of the anti-doping literature and consultation with over 82 academics, practitioners and representatives of anti-doping organizations, a research agenda with 8 thematic areas and 18 key questions were created. These thematic areas consist of:

1. Effectiveness of anti-doping interventions and education programs.
2. Developmental influences from outside of sport on young athletes regarding doping.
3. The role of athlete support personnel (e.g., coaches, doctors, agents) in anti-doping.
4. Athletes support personnel's knowledge and understanding of specific prohibited substances and methods.
5. Long-term studies examining the development of protective and risk factors for doping in athletes.
6. Clean athletes' perceptions of their representation and support within the anti-doping system.
7. Long-term studies examining the development of protective and risk factors for doping in athlete support personnel.
8. The anti-doping system and athletes' experiences of key procedures (e.g., ADAMS, whereabouts, testing, TUE etc.).

Although we recognize that the operational reality and priorities of our members are diverse, the proposed agenda is interesting not only because of the topics proposed but also for the rigorous methodology used to identify key issues in anti-doping research. We believe that this study can be useful for those iNADO members that have recently stated they are developing research from a social science perspective and an impetus for those aiming to do so in the coming months.

In line with the [iNADO project: Overview of 20 years of research funded by WADA and PCC](#), the authors of this study suggest that the implementation of a social science research agenda in anti-doping can contribute to better coordination between stakeholders in scientific anti-doping research, no duplication of efforts and more effective use of funds for anti-doping research.



iNADO Live Chat Celebration

iNADO Live Chat celebrates 500 downloads on [Spotify](#) and [Podbean](#).



iNADO's podcast took off in 2020 with the intention of widening the organization's communication channels during the pandemic and to find a way for our Members to connect through stories.

In the last year and a half, topics such as prevention, advocacy for para- and athletes, the physical and psychological effects of doping, the legitimacy and efficiency of WADA, research and scientific novelties were featured in our monthly podcast. We invited to the microphone experts from the iNADO and wider anti-doping community, including Matthias Kamber, former Director of Anti-Doping Switzerland, Luisa Parente, Board Member and Secretary of the Brazilian Doping Control Authority, Catherine Ordway, PhD Assistant Professor in Sports Integrity, Ethics & Law, Ali Jawad, UKAD Educator and Paralympic medallist in the sport of powerlifting, and many others. We would be happy to showcase an even wider range of topics and guests in the future.

Therefore, **we are announcing an open call for speakers** from the anti-doping community who are willing to share their insights through us with a wider audience. To propose a topic or share your story please email us at info@inado.org.

Visit to the Doping Authority Netherlands & Anti Doping Denmark

In October and November, we had the pleasure of visiting our Member's; [Dopingautoriteit](#) and [Anti Doping Denmark](#). While the iNADO office had adapted to efficient ways of remote working and collecting feedback from members, the face-to-face visit enabled iNADO and both anti-doping organizations to open up in a less formal way about their current activities, challenges and future strategies.

Dopingautoriteit reviewed the last year, from the challenges of balancing resources to maintain an efficient anti-doping program in line with the World Anti-Doping Agency's requirements, adapting to the use of ADAMS, and transitioning into an even more paperless work system. These are challenges that certainly many other members and NADOs are facing - concluded the Head, Vincent Egbers.

Key discussions took place around governance and independence of NADOs with Steven Teitler, Head of Legal Affairs and value-based education with Erik Duiven, Head of Education and member of WADA's Education Committee.

The learning is multidimensional: for iNADO, to confirm its understanding of members' needs, better represent and advocate for all NADO and RADO interests in global discussions, and better collaborate with other stakeholders. For the Dutch Organization, it was the opportunity, to build stronger relationships with the institute and potentially identify strategic issues where the *Authority* could play a more active role in sharing best practices with less-established members.

At the end of October iNADO visited Anti Doping Denmark and met with Sara Amalie Solheim (Science), Ditte Clausen (Communications), Thomas Ringsted (Testing), Thomas Cunliffe-Brock (Education), Jakob Berget (IT) and Kim Ravn (interim Director) to discuss current issues that are important for the organization and other NADOs. We thank them for their time and for hosting us.

iNADO values casual and enriching encounters and, in spite of the global resurgence of the pandemic, the team is looking forward to resuming meetings with more members face-to-face as soon as possible. The next opportunity will be our Workshop on 22 March 2022, for group and one-on-one chats, presentations, and more.



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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