



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

iNADO Update #2022-01 - 10 January 2022



iNADO Season's Greetings

In 2021, iNADO was proud to support and accompany in multiple ways, virtually and personally its member NADOS, RADOs and collaborate with other partners from the anti-doping community, to serve our mission to fight for athletes and clean sport. As a flashback of our year, we have summarized our most important milestones and achievements of 2021 in one picture.

OVERVIEW

Our Members:

61 NADOs & 14 RADOs

Our Vision:

Clean Sport Together

Our Mission:

- share and promote **best practices**
- serve a **supportive, international member community**
- be the **international voice of NADOs**

How we connect:

Our first language is English, but we are happy to assist our Members in French, German, Spanish, Hungarian and Turkish.

LIVE CHAT / PODCASTS



12 episodes published

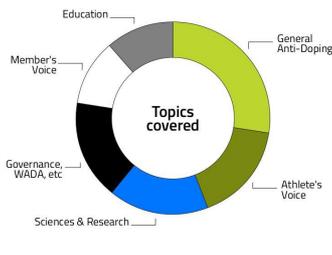
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"We have created a too big to fail industrial anti-doping complex, we need more pioneers"

- Matthias Kamber (Chemist and former CEO of Anti-Doping Switzerland)

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

- Ali Jawad (paralympic athlete; Member of UKAD's Athlete's Commission)



SOCIAL MEDIA



406 followers

432 profile visits/month

144 new followers in 2021 (+35%)



iNADO
@iNADOantidoping
#CleanSportTogether



NEWSLETTERS



11 issues published

774 subscribers

WEBINARS

12 webinars hosted

34 organizations attending*

55 individual views*

7.4/10 satisfaction rate*



*average numbers

RESEARCH & PUBLICATIONS

iNADO Capability Register of Member NADOs and RADOs 2018-2020

iNADO Survey Handling of Sanctions for Substances of Abuse

iNADO Survey on WADA Audits and Corrective Action Report

Scientific Report: Overview of 20 years of scientific Research funded by WADA & PCC

EVENTS

02 Nov | Bonn, Germany

ABCD Brazil at iNADO office

18 Nov | Rotterdam, Netherlands

iNADO at Dopingautoriteit

25 Nov | Paris, France

iNADO at WADA FB Meeting & AFLD France 15th anniversary

17 Dec | Thessaloniki, Greece

iNADO at Closing meeting of ERASMUS+ Project IMPACT



Basecamp

438 active users

8 expert discussion groups



We are looking forward to being back next year with more support, more content, more expert discussions, and more live events. In the meantime, we wish you all health and good times with your loved ones.

Happy Holidays!

Your iNADO Team

iNADO Live Chat - Nick Paterson



**LIVE
CHAT**

THIS
MONTH'S
GUEST

Nick Paterson
iNADO Chair and
Chief Executive of
DFSNZ

In Episode 20 we talk to Nick Paterson, Chair of the iNADO Board and CEO of Drug Free Sport New Zealand ([DFSNZ](#)). We learn about how we can all work together for positive change in the anti-doping system, and a few of the athlete-centered initiatives taking place in anti-doping in New Zealand.

Tune in on [Spotify](#) or [Podbean](#).



Annual Banned Substance Review 2020 / 2021

A recent review has been published that summarizes the literature on the developments in anti-doping between October 2020 and September 2021. The article focuses on human doping controls and potential applications of new testing strategies for substances and methods on the World Anti-Doping Agency's 2021 Prohibited List. Read the report in full [here](#).

iNADO Member-only webinar:

How well do athletes understand and apply the National Anti-Doping Code?

iNADO will kick off this new year's webinar season with a members-only webinar on the National Anti-Doping Code and athletes' understanding. **January 27 at 2:00 p.m. (CET).**

Commissioned by the German National Anti-Doping Agency, the Institute of Sports Law at the German Sports

University evaluated in 2019 and 2020 whether the anti-doping rules were understood by German athletes, and how they implement and comply with them.

The session will focus on experience sharing and the sharing of best practices. Dr. Caroline Bechtel, Deputy Head at the Institute for Sports Law will present the methods of the study, a mixed approach with sports science and legal methods and Dr. Lars Mortsiefer, Director of the Legal Department at NADA Germany, will and set forth the national and international conclusions drawn out of the evaluation.

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

WADA: Anti-Doping Rule Violation Report for 2019

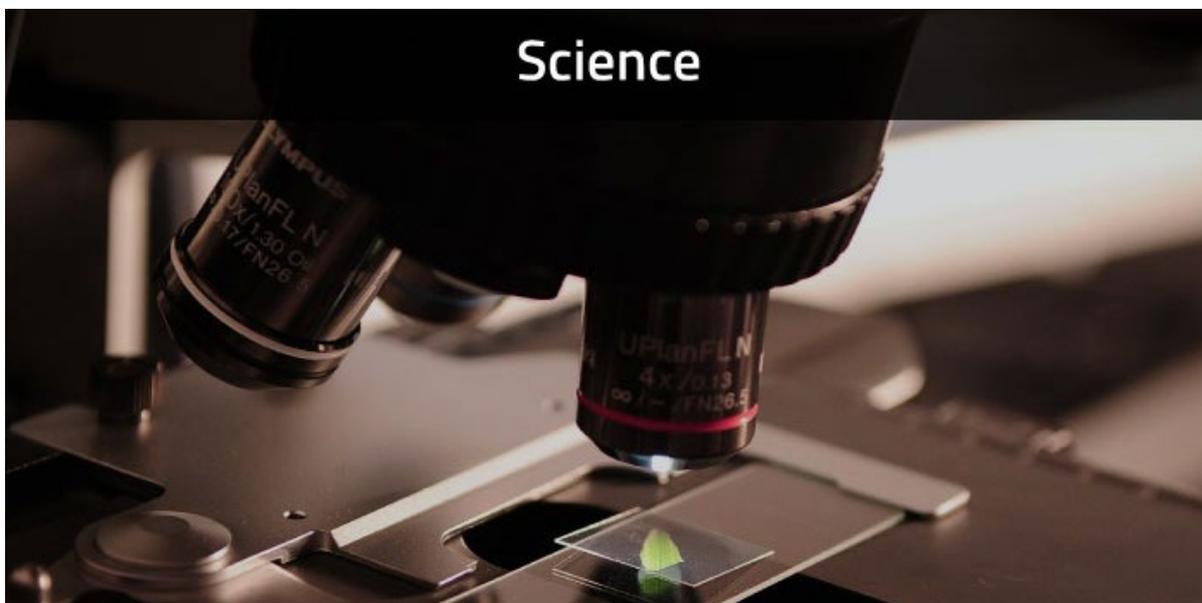
The document, that reports doping offenses committed in global sport during 2019 highlights almost 2000 confirmed Anti-Doping Rule Violations. The World Anti-Doping Agency (WADA) published its seventh annual Anti-Doping Rule Violations (ADRVs) Report, which is the official set of such figures under the World Anti-Doping Code. Read the full report [here](#).



Jane Rumble - New CEO of UKAD

The position of Chief Executive of [UKAD](#) will be taken over by Jane Rumble in March 2022. The new CEO joins the UK Anti-Doping Agency with experience from the regulatory and consumer policy sector. iNADO is happy to welcome Ms Rumble to the anti-doping family and we are looking forward to working together in this new year.





Study examines ligandrol to determine inadvertent or advertent doping



Researchers from the German Sport University Cologne, funded by the Partnership for Clean Competition, have published a study in the journal *Analytical and Bioanalytical Chemistry* which examined new ways to determine the ingestion date and dose administered of ligandrol, a selective androgen receptor (SARM).

In 2019, ligandrol was identified in 62 adverse analytical findings (AAFs), of which some findings of the substance have been attributed to contaminated supplements. As the analytical capabilities of laboratories are improving and can detect increasingly lower levels of contaminants, this increases the need for tests that can determine ingestion date and dosage to identify inadvertent contamination or SARM abuse.

The study examined the elimination behavior of ligandrol after oral application and generated information on this behavior as well as detection time for different metabolites. The ultimate conclusion was that analyte ratios combined with approximate concentrations of ligandrol can help lead to an estimation about the time point and amount of drug exposure.

The researchers highlighted the need for more elimination studies with more volunteers and further dosing, including by alternative means of administration.

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

Psychological intervention as a powerful tool in doping prevention?

A new study published in the *Psychology of Sport and Exercise* by the University of Birmingham suggests that appealing to athletes' sense of 'future guilt' through psychological intervention could be a powerful weapon in the fight against doping.

208 athletes from the UK and Greece were involved in two six-month trials, one a psychological intervention focussing on emotions and personal choice, the other an education program highlighting the risks and health consequences of doping.

The psychological intervention used real athlete stories and testimonies to make participants aware of the emotions experienced by sportspeople who had doped, in contrast with emotions experienced by successful athletes who competed clean.

The researchers discovered that making elite athletes' picture how they might feel about using banned performance enhancing drugs produced a more powerful initial reaction than focusing on the health risks and consequences of doping.

This suggests targeting psychological variables is an important consideration for future initiatives aimed at the prevention of doping.

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

2022 Scientific Research Grant by WADA

Every year, WADA announces a Scientific Research call for projects in the field of development or optimization of analytical tools for the detection of doping substances or methods, growth of the Athlete Biological Passport; as well as the pharmacology of prohibited substances and of drug combinations.

Applicants are encouraged to propose translational research beyond the discovery stage, and the proposed projects should aim to attain concrete deliverables by the end of the funding period. Scientists interested in submitting research projects are invited to submit their applications via the Agency's [WADA Grants](#) platform by 1 March 2022.

Access the research grant call as a PDF [here](#).

Suggested minimum reporting level for diuretics

A few weeks ago, a group of researchers from USADA and the Sports Medicine and Research Testing Laboratory in Salt Lake City, raised their concerns about Adverse Analytical Findings (AAFs) as a result of contamination from the

consumption of prohibited diuretics in sport commonly found in permitted generic prescription drugs.

According to Eichner et al. (2021) these cases of contamination pose a challenge to athletes who are subject to anti-doping tests, since not many of them would suspect that a medication is contaminated with a prohibited substance. Unlike dietary supplements, most of these medicines are not optional because they are part of a medical treatment. In this regard, it would not be ethical to expect athletes to refuse certain medications due to fear of positive tests. Nor does it sound fair to penalize them for inadvertent use of a prohibited substance due to contamination.

Following an analysis of nine cases that were the result of diuretic contamination in commercially manufactured, generic, prescription medication in the United States, the scholars demonstrated that medicines may be contaminated at levels high enough to produce a positive anti-doping test. This could lead to unfair sanctions to athletes for inadvertent doping. Accordingly, they suggest to establish a minimum reporting level (MRL) for specific diuretics.

The authors propose to the anti-doping policy makers to establish a threshold between 5 and 100 ng/ml, in which ADOs would not be required to report findings or at least classify them as atypical. This would constitute a much fairer approach to innocent athletes who experience cases of diuretic contamination.

Researchers also warn of high prevalence of hydrochlorothiazide (HCTZ) in contamination cases, which represent almost a third of the AAF due to diuretics and was present in 8 out of the 9 cases studied.

For more details on this ethical and regulatory challenge, the full paper can be found [here](#).



The Council of Europe Anti-Doping Monitoring Group

The Council of Europe [Anti-Doping Monitoring Group](#) concluded its 54th meeting in the beginning of December. During the meeting, a draft recommendation on the protection of whistleblowers was discussed in the context of the fight against doping in sport. The proposed document highlights rights and duties of whistleblowers and key measures to be taken to ensure their protection. Further recommendations were also discussed on general principles of fair

procedure applicable to anti-doping proceedings in sport in order to strengthen human rights protection. Read the full conclusion of the meeting [here](#).

Move of the Analysis Department of the French-Anti-Doping Organization

On January 1, 2022, the Châtenay-Malabry anti-doping laboratory became the French anti-doping laboratory (LADF) as a result of the transfer of the current analysis department of the French Anti-Doping Agency (AFLD) to Paris-Saclay University.

Opened in 1966 as the National Doping Screening Laboratory (LNDD) and then integrated in 2006 into the new French Anti-Doping Agency, the laboratory is now attached to the University of Paris-Saclay (UPS). The transfer was completed with the signing in December 2021 of the agreement by Dominique Laurent, president of the AFLD, and Sylvie Retailleau, president of the UPS.

The laboratory is accredited by the World Anti-Doping Agency (WADA): as such, it is authorized to analyse urine and blood samples taken from athletes by anti-doping organizations, primarily AFLD, but also for organizations abroad or international federations.

This transfer results from the requirements of the international laboratory standard decreed by WADA which lead to the statutory separation of the supervisory authorities, such as the AFLD, from the laboratory which performs the analyses. It is also an opportunity to allow the French anti-doping laboratory to benefit from positive synergies in scientific fields due to its integration into a university center of excellence.

The French anti-doping laboratory remains among the leading establishments in the world, known for the development of the first EPO detection tests on urine samples in 2000, it is continuing, with funding from the AFLD, its commitment to research, as illustrated by the thesis recently published by one of his analysts on the detection of growth hormone.



INADO participate in the closing meeting of ERASMUS+ Programme Project *IMPACT*



In December, iNADO was honoured to participate to the closing meeting of the ERASMUS+ Programme Project *IMPACT*, a consortium of European academic experts, sport organizations and anti-doping practitioners.

IMPACT is aimed at developing and supporting the concept of Virtual Communities of Practice (VCoP) for clean sport education in Europe and enabling synergies among key sport stakeholders: athletes, anti-doping organizations, researchers and educators.

iNADO participated as an observer and disseminator, representing NADOs and RADOs' interests and needs, providing feedback on the development of documents and support platforms, and communicating information about the project on a wider international scale.

Initiated in 2019 and extended until December 2021, the project led to two major achievements:

- **The development of the [IMPACT Clean Sport Education Repository](#):** a collection of web-based clean sport education programs that have been developed in the last 20 years by numerous anti-doping organizations.
- **The conceptualization and promotion of VCoP:** working and exchange groups to share, raise awareness and stimulate innovative anti-doping education practices. The policies and guidelines on how to identify members and create and moderate these communities of practices will be published soon.

You can find more information about [IMPACT](#), browse through the repository and rewatch the iNADO [webinar](#) on IMPACT.

iNADO Partners & Sponsors



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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