

2018 Annual Report



Contents

Preface

Chapter 1	– Prevention
Chapter 2	– Therapeutic Use Exemptions
Chapter 3	– Doping Control
Chapter 4	– Intelligence & Investigations
Chapter 5	– Disciplinary Proceedings
Chapter 6	– International Affairs
Chapter 7	– Legal Affairs
Chapter 8	– Scientific Research
Chapter 9	– Knowledge Management
Chapter 10	– People & Organisation

Annex 1	- Financial overview
Annex 2	- Members of the Board of Management, Advisory Board and Committees
Annex 3	- Office staff
Annex 4	- Overview of doping control officials
Annex 5	- Overview of publications and presentations
Annex 6	- Secondary positions
Annex 7	- Abbreviations

Preface

You are viewing the thirteenth Annual Report from the Anti-Doping Authority of the Netherlands. This is the eighth Annual Report to be published exclusively in digital form. And it is the last annual report for the foundation in which we will report on our work as a National Anti-Doping Organisation, now that this position has been taken over by the independent administrative body (zbo) Doping Authority Netherlands with effect from 2019.

Preparations for the transfer of tasks and resources by the foundation to the zbo were made in the course of 2018. In order to bring this extensive and complex task to a successful conclusion, a great deal of time was invested in the process, not least in informing staff and other stakeholders about the transition process, and about the consequences this process would have for each individual. A lot of work was done by an external project manager who was able to work on this project for a large part of the year. The transition process was supervised by a Steering Committee in which the Ministry of Health, Welfare and Sport, the board of the foundation and the proposed director of the zbo were represented. The Steering Committee was chaired by the Deputy Secretary-General of the Ministry of Health, Welfare and Sport, who will act as the 'owner' of the zbo from 2019 onwards.

By the end of 2018, almost all the required steps and decisions had been taken so that the actual transition was made smoothly at the turn of the year. The transfer of staff, property, databases and rights was regulated in a transition agreement between the foundation and the zbo. Agreements were also made within the foundation about the completion of doping control procedures initiated before the end of 2018. The foundation is not transferring these cases to the zbo and it will complete the procedures itself. After the final completion of the last procedure, the foundation will be wound up.

Given the ongoing intensive contacts with the press in 2018, it would seem fair to conclude that the high profile of the Doping Authority is a fact of life that does not depend on the seriousness or extent of current doping cases (in the Netherlands or elsewhere). It is not possible to respond to all requests for information and comments, and so a selective approach is unavoidable. Nevertheless, the aim is to provide the fastest and most complete possible service for the principal media (national newspapers, radio and television). The numerous contacts with the media resulted once again in an extremely large number of publications and broadcasts that included the Doping Authority's views and the information we provided. More than in previous years, the media reported on the organisation of the doping policy in an international context in direct response to the very serious doping issues in Russia and often on the basis (in part) of information provided by the Doping Authority.

The nature and extent of the Russian 'doping scandal', and the range of responses in the international sports world, also had a major impact on the Doping Authority. WADA involved the Doping Authority in different ways in a number of projects focusing not only on finding solutions for the short term but also on the implementation of reforms in the global anti-doping world in the longer term. Back in 2016, a new form of collaboration between National Anti-Doping Organisations (the 'NADO Leader Summits') was set up at a rapid pace and this line was continued in 2017 and 2018 (with two more meetings annually). These summits produced analyses and explanations that will play a major role in international decision-making.

A total of 3,145 doping controls took place, 2,257 under the National Doping Control Programme and 888 on behalf of third parties. The total number of controls conducted on behalf of third parties is the highest number in the history of Dutch anti-doping policy.

Despite the ongoing struggle to balance the responsibilities of the organisation and the available resources, we believe that we made an important contribution to the fight against doping in sport once again in 2018. We hope you will agree with us after reading this Annual Report.

Chapter 1 - Prevention

GENERAL

The educational policy of the Doping Authority makes a clear distinction between elite sports (organised sports) and fitness (sports organised on other lines). Elite sports are subject to doping regulations. The Doping Authority has the authority to conduct doping controls on the basis of these regulations. That is not the case in the fitness sector and a different approach is therefore required. Furthermore, the Doping Authority is responsible for providing the general public with information.

ELITE SPORTS

The objective for elite sports is: *the prevention of inadvertent and deliberate doping infringements in Dutch sport.*

The three main target groups in elite sports are:

- Elite athletes
- Support staff
- Sports associations

Elite athletes

To prepare promising athletes over a period of eight years for competition at the global level, the Doping Authority developed the 'Doorlopende Leerlijn Dopingvrije Sport' (*ongoing education for doping-free sports*) in collaboration with the NOC*NSF in 2015. This programme describes the knowledge, skills and attitude needed for doping-free sports for all ages and development phases.

Physical education sessions

In line with these phases, the Doping Authority has developed three different education modules: Bronze, Silver and Gold. Bronze has been designed as the first module and it serves as an introduction to the topic of doping. Silver focuses more on practising skills such as checking medicines and dietary supplements. During the Gold programme, the athletes are trained to work with difficult doping dilemmas that they may encounter during their careers such as suspicions that a teammate may be involved with doping or using approved medication purely and simply to perform better. The Doping Authority conducted a total of 84 physical educational sessions in 2018.

Table 1.1: Overview of education sessions for top athletes

Education module	2014	2015	2016	2017	2018
Bronze	-	30	35	53	33
Silver	-	21	15	18	17
Gold	-	5	7	2	2
Combination	-	9	23	18	32
Total	36	65	80	91	84

E-learning platform

It is difficult to schedule education sessions for some groups of elite athletes. Nevertheless, it is important for these athletes to receive proper education as well. The Doping Authority therefore launched an [e-learning platform](#) in March 2017. This platform already allowed athletes to follow the Bronze and Silver modules. The National Testing Pool and Gold modules were added in January and March respectively of 2018. The Gold module is the third module in the Bronze, Silver, Gold series. The National Testing Pool module is intended for top athletes who have been included in the National Testing Pool by the Doping Authority. They must provide their whereabouts (accommodation and other location data).

Table 1.2 Overview of completed e-learning modules for elite athletes

Education module	2017	2018
Bronze	494	1368
Silver	114	330
Gold	-	129
National Testing Pool	-	65
Total	608	1892

For the development of the e-learning platform, a number of technical improvements were also made in 2018.

Video productions

A number of videos were made for the physical education activities and e-learning modules in 2018.

Table 1.3 Overview of video productions

Video	Content
Doping control - Urine and Blood	Explanation of the doping control procedure for urine and blood
Doping control - Urine	Explanation of the doping control procedure for urine
Doping control - Blood	Explanation of the doping control procedure for blood
Be PROUD Website Header	Header for the website of the elite sports programme Be PROUD

Doping Information App

The first Doping Information App appeared in late 2013. The app was made for iOS and Android. There is also a [responsive website](#). The Doping Information App allows athletes and support staff to check their medicines and dietary supplements, for example, or to check the most important doping regulations and read about the doping control procedure. The app was downloaded 4,962 times in 2018 (2017: 5,478). The total number of downloads was 29,054 at year-end 2018. The Doping Information App is updated continuously. The app is also constantly promoted, for example at educational meetings, on a range of websites, in various articles, z-cards and posters.

100% Dope Free

The Doping Authority terminated the 100% Dope Free programme in 2018. 100% Dope Free was a programme of the Doping Authority in which everyone involved with Dutch elite sports at the opportunity to proclaim their support for clean sport. Over a period of ten years, more than 35,000 people supported the programme by signing the 100% Dope Free - True Winner statement. The 100% Dope Free – True Winner statement was an initiative of the Athletes Committee of the NOC*NSF and the Doping Authority.

Be PROUD and Talent Experience Day

At the same time as it terminated the 100% Dope Free programme, the Doping Authority launched the Be PROUD programme. Be PROUD focuses on strengthening the right sports values and it has been set up in cooperation with NOC*NSF, elite athletes (past and present) and trainers/coaches. Athletes, family, coaches, medical staff, sports association staff and other sports enthusiasts are being invited to support Be PROUD, either as supporters or ambassadors. Sports organisations also have the option of being partners. In this way, a large and powerful team will be established that is proud of clean sports. The Be PROUD programme has its [own website](#) and social media accounts on [Instagram](#), [Facebook](#), [Twitter](#) and [YouTube](#).

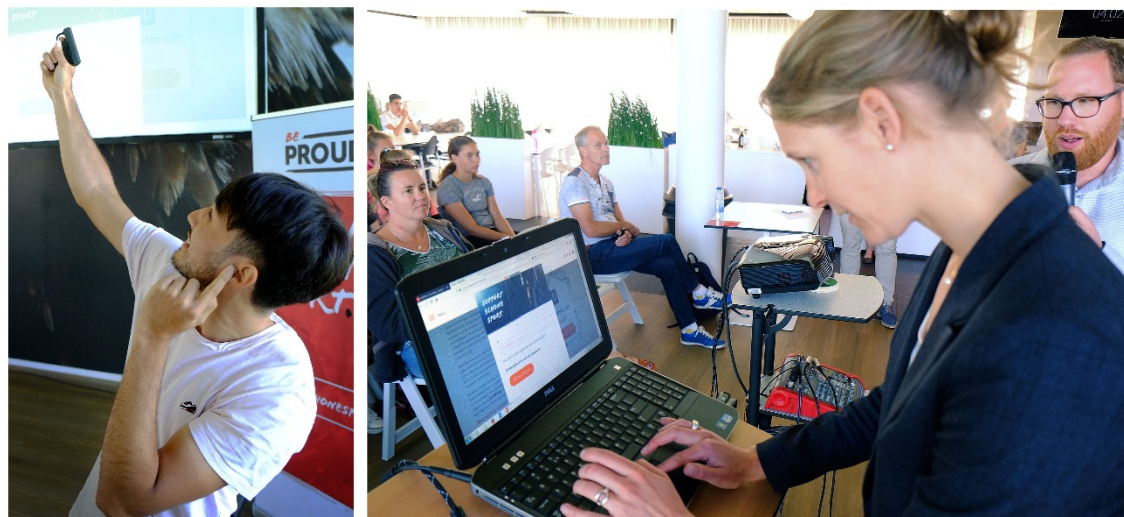


Be PROUD: the participants at the Talent Experience Day support clean sports

The launch was organised on the Talent Experience Day at the Vitesse training complex in Papendal. The Talent Experience Day was arranged to thank talented athletes who had participated in a study about making ethical decisions in the field of clean sports. This [study](#) was conducted by Radboud University. The Doping Authority played a supporting role.

The day included a range of workshops for the athletes. The football club Vitesse, for example, gave a look behind the scenes at their Football Lab. The athletes also had lunch with the Papendal chef, Erik te Velthuis, and sports psychologist Paul van Zwam told them about how to deal with competition nerves. Sunweb's Scientific Expert, Teun van Erp, also told them how Team Sunweb uses science to improve performance.

The chairman of the NOC*NSF Athletes Committee, Hinkelien Schreuder, and the leading speed skater Kai Verbij were the first to join the programme by signing up as supporters of clean sports. Kai Verbij also told a personal story about his road to the top and the sporting values that are important to him.



*Leading speed skater Kai Verbij fires the starting shot for Be PROUD. Hinkelien Schreuder (the chair of the NOC*NSF Athletes Committee) then signed up as the first supporter of the programme for clean sports.*

By the end of 2018, Be PROUD had six [ambassadors](#): Epke Zonderland (gymnastics), Jessica Schilder (athletics), Jetze Plat (handbiking/paratriathlon), Kai Verbij (skating), Madelein Meppelink (beach volleyball), and Vince Rooi (baseball). The number of [affiliated organisations](#) (Be PROUD partners) was 23 at that time. The number of supporters was 694.

Outreach Events

At outreach events, the Doping Authority is present with a stand at a sporting event in order to provide general information for large groups of elite athletes and support staff. There were two outreach events in 2018: at the Super 6 Baseball & Softball tournament (22 September) and at the rugby international match Netherlands-Switzerland (24 November).



Outreach event at the Netherlands-Switzerland rugby international

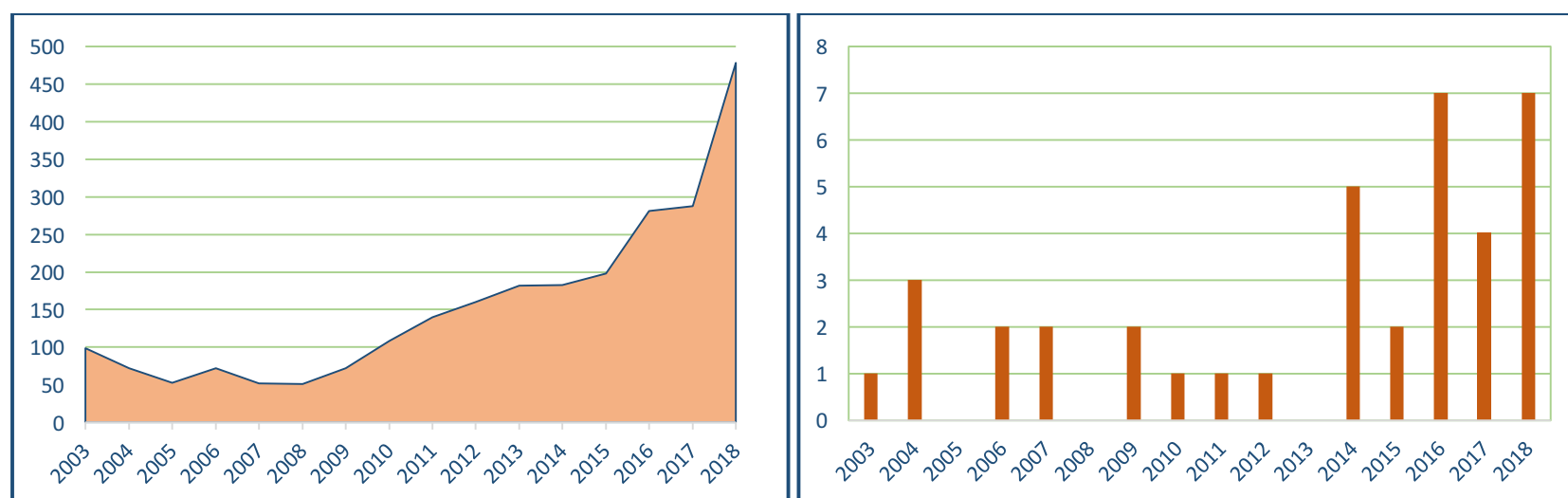
Articles

The Doping Authority had a regular spot in the NOC*NSF elite sports magazine [Lopend Vuur](#). Four articles were written for the magazine in 2018. NOC*NSF has decided to stop publishing *Lopend Vuur*. The final edition came out in June 2018.

Dutch Safeguards System for Dietary Supplements in Elite Sport (NZVT)

Dietary supplements can contain prohibited substances that are often not listed on the label. The use of dietary supplements can therefore represent a risk for elite athletes since they can lead to a positive result after a doping control. In response to this risk, the Doping Authority established the [Dutch Safeguards System for Dietary Supplements in Elite Sport \(NZVT\)](#) in 2003. The system allows manufacturers of dietary supplements to have batches of their supplements checked in exchange for payment. The 'clean' [product-batch combinations](#) are added to the NVZT database.

A total of 260 NZVT certificates were issued in 2018 (for 478 product-batch combinations). This is, once again, the highest number ever, a sign that the Dutch Dietary Supplements system (NZVT) is still catering to a significant need for athletes and their support staff. In total, on 31 December 2018, there were 1,259 product-batch combinations on the NZVT website (antidoping.nl/nzvt) representing 341 products, 53 brands and 16 substantive categories. Seven batches were rejected because prohibited substances were found in them.



Number of approved product-batch combinations Number of rejected product-batch combinations

The Doping Authority visited LGC in England on 14 May. LGC carries out most of the analyses of the supplements for the NZVT. The main objective was to discuss the automation/modernisation of the NZVT.

SUPPORT STAFF

Alongside the focus on athletes, there has been rising interest in support staff in recent years. This group includes, in particular, trainers and coaches but also people like doctors, physiotherapists, dieticians, masseurs, soigneurs, psychologists and parents.

Physical education sessions

A total of 20 education sessions were organised for support staff in 2018: fifteen for trainers and coaches and five for other categories. The trainer-coach educational meetings are based on the Ongoing Educational Module for Doping-Free Sport for coaches. The Doping Authority has developed three different basic education strategies for this module: Trainer-Coach 3, Trainer-Coach 4 and Trainer-Coach 5/Master Coach. The content complies with the educational structure of the [Sport Qualification Structure](#).

Table 1.4 Overview of education sessions for support staff

Education module	2017	2018
Trainer-Coach 3	3	6
Trainer-Coach 4	3	3
Trainer-Coach 5 / Master Coach	2	5
Combination	-	1
Customised solutions	16	5
Total	24	20

E-learning platform

In 2018, the Doping Authority also developed e-learning modules for support staff. Trainer-Coach 3 was published in January and Trainer-Coach 4 in February. The e-learning module designed specifically for parents went online in June. The module for medical and paramedical support staff was launched in October.

Table 1.5 Overview of completed e-learning modules for support staff

Education module	2018
Trainer-Coach 3	145
Trainer-Coach 4	102
Parents	32
Medical and paramedical support staff	8
Total	287

SPORTS ASSOCIATIONS

The sports associations are also an important target group for the Doping Authority. They are closest to the elite athletes and the support staff.

Meeting of sports associations

The Support Clean Sport meeting (formerly known as the Association meet / Together against Doping meet) was organised for the ninth time on 6 November at the NBC location in Nieuwegein and it was attended by approximately 31 people representing sports associations, RTOs (Regional Elite Sports Organisations) and CTOs (Centres for Elite Sports and Education). The aim of the annual meeting is to catch up on developments in the field of anti-doping.

The average rating for the event from the participants was 7.5/10.

E-learning platform

In 2018, the Doping Authority also developed an e-learning module for the sports associations. It was published in August. The module was completed seventeen times in 2018.

In addition, the Doping Authority worked with the Dutch Athletics Union to link the registration system for the National Athletics Championships to the e-learning platform of the Doping Authority. This means that athletes can only register for the National Athletics Championships if they have also completed the Bronze e-learning module. Verification of the completed e-learning module takes place automatically on the basis of the e-mail address that is entered. A similar link has also been prepared for the KNWU and the JBN.

FITNESS

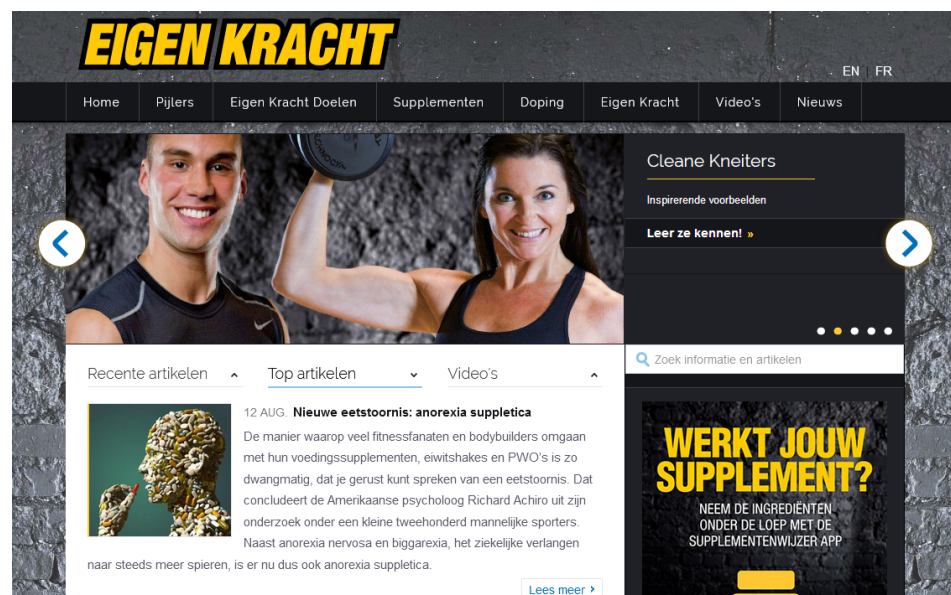
The goal for fitness (sports organised outside a club context) is: *preventing or discouraging deliberate and inadvertent doping use by athletes in Dutch fitness centres*. There is also a focus on harm reduction: reducing the health risks associated with doping.

In the fitness world, the Doping Authority focuses in particular on the people in the fitness centres: the athletes themselves but also the instructors (with whom we establish contact primarily through the various fitness courses) and the owners. The Doping Authority organised communications for this target group on the basis of the *True Strength* programme. The book *Doping, the sober facts* is the only work to be published directly under the auspices of the Doping Authority rather than under the *True Strength* banner.

Own Strength programme

There are 2.5 million fitness adherents in the Netherlands. Fitness is therefore the most popular sporting activity in the Netherlands. However, a survey in 2009 showed that 8.2% of fitness athletes use prohibited substances. That does not

constitute an anti-doping rule violation because these people are not subject to doping regulations. However, the use of prohibited substances still harms health and it also has a negative effect on the image of the fitness branch itself and so it is desirable to reduce levels of doping in fitness centres. The Doping Authority therefore decided to develop the education programme *True Strength* specifically for this group in order to provide information about the risks of using anabolic steroids and other prohibited substances, and about healthy alternatives for building muscle or losing weight using *True Strength*. The aim is to raise levels of knowledge and awareness. The values and norms applicable to participation in sports in line with *True Strength* are also confirmed.



True Strength website

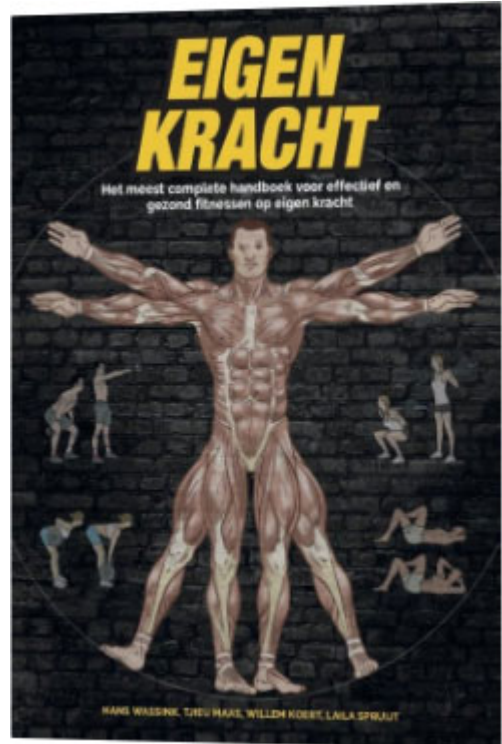
True Strength website

The True Strength website plays a central role in the programme. It provides objective, clear and practical information about how to build up muscle mass cleanly and effectively, and about sound ways of losing weight. There is also objective information about various types of listed prohibited substances and the side-effects, and the doping risks of dietary supplements are discussed.

In 2018, a total of 47 factual news reports were posted on the site. They were written by three external experts (journalists or specific experts) from the fitness/bodybuilding branch and by our own education officers.

True Strength book

The Doping Authority completely rewrote the [True Strength book](#) in 2018. The book discusses the area in more detail and depth than the previous edition. The book is also more in line with the True Strength website and the Supplement Checker App. The first chapter of the book focuses on the 'motives' of True Strength: promoting a deliberately active and healthy lifestyle. The 'Healthy Weight' chapter looks at what a healthy weight looks like, how you can achieve or maintain it, and the risks that may affect that balance. 'Hart aan de slag', the chapter on cardio training, has been expanded substantially with schedules for circuit training and running training. 'Aan het ijzer' is the largest chapter in the book, including a full year's programme for building muscle mass. It covers muscle hypertrophy, hormones, energy use and training variables, as well as how to set up a training plan and how to eliminate obstacles to progress. 'Aan tafel', the nutrition chapter, tells you everything you need to know about a healthy diet for active people. A separate section has been put aside for vegetarian food and why it need not have a negative effect on sporting performance. The topic of supplements and doping is discussed in the concluding chapter of the book, which is published by Arko Sports Media.



The True Strength book

True Strength day

In order to boost the presentation of the new edition of the *True Strength* book, the Doping Authority organised a [True Strength day](#) on 9 December. This afternoon full of presentations and workshops was organised during the SAP Weekend in the Koningshof Congress Centre in Veldhoven. The presentations covered three themes: hypertrophy, appearance-related pressures and doping in bodybuilding. There were also workshops on bench presses and 'green proteins'. Rob van Rossum was chair for the day. There were 50 to 60 participants. The average rating for the event from the participants was 8.4/10.

Table 1.6 Overview of the speakers at the True Strength day

Speaker	Presentation / Workshop / Stand
Tjieu Maas	Muscle hypertrophy: limits to growth
Pim Knuiman	Cardio and strength training: friend or foe?
Chi Lueng Chiu	The dark side of losing weight
Liesbeth Woertman	Psychology of appearance
Pim de Ronde	HAARLEM study - baseline results
Hans Wassink	Evolution of bodybuilding
René Hamers / Rowana Zwerts	The better bench Workshop
Jürgen Verweijen	The green protein bar Workshop

Supplement Checker App

The Doping Authority launched the Supplement Checker App in August 2017 under the *True Strength* banner. The market for sports supplements has grown explosively in the past decade. Nearly 60% of fitness athletes in the Netherlands use supplements. Elite athletes also use many supplements. The free Supplement Checker App helps athletes to use supplements responsibly and critically. The heart of the app is a discussion and review of more than 3000 ingredients.

The app has been downloaded 4,134 times in one year. Users have searched for specific ingredients such as creatine and BCAAs and magnesium 32,015 times. The quick scan function that searches on the basis of claims (such as muscle growth or fat loss) has been consulted 22,626 times. The Supplement Checker App was maintained continuously in 2018.

Guest lectures and meetings

The Doping Authority presented six guest readings at various fitness courses in 2018. In addition, a presentation was given for the municipality of Winterswijk (10 January) and two guest readings were given for the Haagse Politie Sportvereniging (The Hague Police Sports Association) (both on 7 December). There was also a presentation at the Harm Reduction Congress of the Trimbos Institute on 17 April. In recent years, we have received more questions from municipalities and prevention officers about doping in fitness.

Outreach Events

At outreach events, True Strength is present with a stand at a fitness event in order to provide general information for large groups of elite athletes and support staff. True Strength was at the INBA on 24 April. The INBA is an American natural bodybuilding association that has a representative association in various countries. They were organising a natural bodybuilding competition for the first time in the Netherlands. Doping controls were conducted by IDTM (Sweden). It should be pointed out that the policy of the INBA is not based on the World Anti-Doping Code: the INBA has drawn up its own rules.

Theme videos from Back in balance documentary

The documentary *Back in balance - the evolution of women's bodybuilding* appeared in 2017. The documentary shows the new path that bodybuilding for women took a few years ago. New criteria and a range of new categories have been introduced to bring back 'femininity' to the sport. Eight additional theme videos were produced in 2018 using the uncut film material.



Screen shot of the documentary Back in balance - the evolution of women's bodybuilding

Clean Hunks

Clean Hunks are fitness athletes/body builders who have demonstrated that you can build up an impressive physique without dope. They are the ambassadors for doping-free fitness. There were [18 Clean Hunks](#) affiliated with the *True Strength* programme in 2018. They are all on the website with a background story and photographs.

NL Active course books

The Doping Authority has contributed to the new course books of NL Active (formerly Fit!Vak): Fitness Trainer A and Fitness Trainer B. We adapted an existing chapter about doping in the A book and wrote a new chapter for the B book. Both books have now been published.

Harm reduction: Book: 'Doping, the sober facts'

[Doping, the sober facts](#) was published in October 2014. It provides the reader with a thorough overview of the substances currently used in fitness and bodybuilding. As much relevant scientific information as possible has been collected about the effects and side-effects of anabolic steroids, growth hormones, insulin, appetite-suppressing amphetamines and many other prohibited substances. There are also reports about the experiences of users in practice and knowledge from the doping scene itself. The emphasis here is on information that is often swept under the carpet in these circles. There is still a lot of interest in the book. The current edition has almost been sold out. It is published by Arko Sports Media.

GENERAL PUBLIC

Corporate website

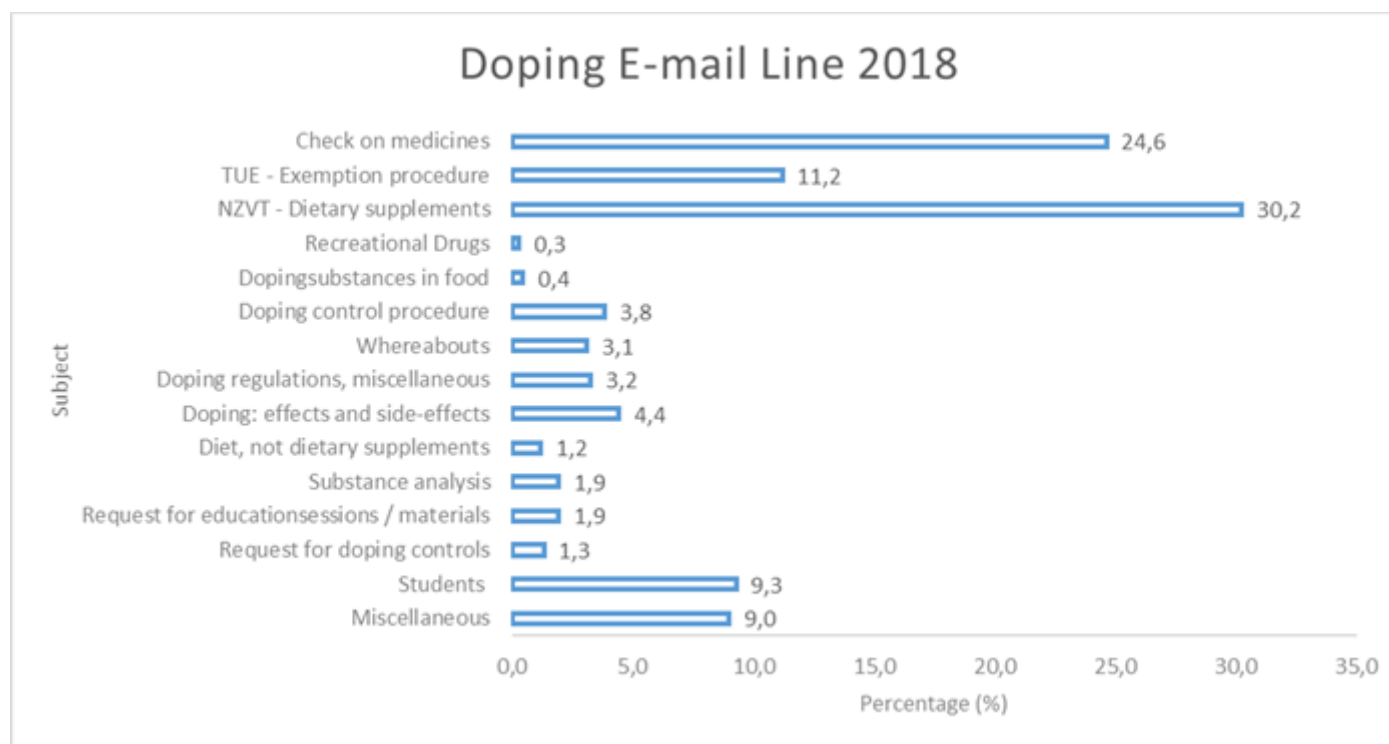
The Doping Authority's corporate website is www.dopingautoriteit.nl. The website was made responsive for different screen sizes in 2018 and the design was also adapted at the same time. We contributed 20 releases of our own to the site during the course of the year (2017: 31). ANP news are also an important component of the information we supply. Approximately 287 ANP news reports were published (automatically) on the site in 2018. That is less than in 2017 (359).

Doping Information Line

The Doping Email Line is the front office for any questions relating to doping. It is manned by teams of four working in turn. All questions are processed within one working day and recorded anonymously in a database. The email service was extended to include WhatsApp in August 2018. The mobile number, 06-11226200, is reserved exclusively for WhatsApp. Calls are not answered.

A total of 678 emails/WhatsApp messages were received in 2018. That is 2% less than in 2017, when there were 690 registered emails.

In addition, the numbers of questions per subject were also monitored. Individual questions could be allocated to several subjects. The percentages for each subject can be found in the table below. As in 2017, two subjects stand out: questions about nutritional supplements (30.2%) *and* checking whether a medicine is on the prohibited list or not (24.6%). Questions about therapeutic use exemptions and the associated procedure occupied third place (just over 11%).



The percentage of emails by subject

Club sports and elite sports accounted for 77% of the emails, fitness for 8%, and other sectors for 15%. There were two reports of possible doping violations, a representative of the press sent an email on nine occasions, and seven emails related to an athlete who was found positive. Ninety-two of the questions came in via WhatsApp.

Social media

The Doping Authority was already active on [YouTube](#). We also opened a [Facebook](#) account in late 2016, followed by [Twitter](#) and [Instagram](#) in 2017. The aim is to reach the target groups better and therefore raise their awareness of the rules, rights and risks. We post, among other things, news items from the corporate website, educational videos and photos of education sessions.

Press contacts

In 2018, the Doping Authority was approached on more than 400 occasions by the media, both for information and comments about current events and for answers to in-depth questions not related to topical issues. The CEO of the Doping Authority acted

as spokesman. In his absence, or when specific topics are involved, the Doping Authority's Scientific Policy Officer sometimes stood in for him.

Chapter 2 Therapeutic Use Exemptions

Therapeutic Use Exemption Committee (TUE committee)

There were almost no amendments to the regulations relating to exemptions between 2017 and 2018.

In the end, exemptions were granted in 126 cases. That was one application more than in 2017. Applications were turned down in twelve cases; this was more than double the number in 2017.

	2013	2014	2015	2016	2017	2018
Granted	89	88	99	97	125	126
Not granted	4 (4.3%)	6 (6.4%)	8 (7.5%)	5 (4.9%)	6 (4.6%)	12 (8.7%)

As in recent years, most exemptions related to the use of methylphenidate (70). In percentage terms, that is 55.6%, a slight increase over 2017.

Other types of medication for which exemptions were often granted were prednisone/prednisolone (8.7%) and insulin (7.9%).

The applications came from a total of 33 different sports associations.

As in most other years, the Royal Dutch Cycling Union was at the top of the list again (16.7%) with 16 applications granted, followed by the Athletics Union (8.7%) and the Royal Dutch Football Association and the Royal Netherlands Skating Association (both 7.9%).

Chapter 3 Doping controls

CONTROLS IN PRACTICE

General

In 2018, work continued on the implementation of the doping control policy, which was drawn up in close partnership with NOC*NSF. The emphasis of the doping controls is on the very top levels of Dutch sports.

In addition, the Doping Authority was able to conduct targeted controls for specific individuals and/or groups at competition levels immediately below the very top. The number of follow-up studies and specific and/or supplementary analyses fell slightly in 2018. Considerable attention was also paid to the whereabouts system. Some elite athletes, if they are members of national or international registered testing pools, are required to report some of their daily activities to the Doping Authority or the international federation.

Intelligence & Investigations is housed with the Enforcement & Investigations department. The merger of the *Doping Control* and *Intelligence & Investigations* processes resulted in direct exchanges of information optimal collaboration.

Doping controls are the main tool at our disposal for investigating doping violations but they are also important in terms of prevention. This chapter reports on the number of doping violations identified on the basis of doping controls and on the nature of those violations. However, it is not known how many athletes refrain from doping use or stop in response to the doping control programme.

Registered Testing Pool (RTP)

On the basis of the amended World Anti-Doping Code (WADC) and the associated International Standards, the Doping Authority established a Registered Testing Pool (RTP). Athletes in the RTP of the Doping Authority are required to comply with a number of obligations. For example, before using medicines, they must apply for a therapeutic use exemption from the TUE committee. They must also provide whereabouts information and attend an education session organised by the Doping Authority.

There were 11 sports associations with athletes in the RTP in 2018. That is fewer than in 2017 (12 sports associations). The number of athletes in the RTP was higher than in 2017: 367 athletes at the beginning of 2018 as opposed to 322 athletes at the beginning of 2017. Once again in 2018, athletes were only required to provide whereabouts information to one organisation: either the Doping Authority or the international federation.

The Doping Authority began in mid-2017 with the phased introduction of the whereabouts module of the global ADAMS administration and management system, and Sportergegevens (the Doping Authority's own whereabouts system that was developed in-house) is being phased out. Centralising the whereabouts information in a single system helps to establish efficient mutual cooperation and information exchanges between the Doping Authority, international federations and National Anti-Doping Organisations from other countries. But more importantly, it also helps the athletes involved to meet their obligations in a clear and consistent way.

In 2018, as in previous years, the Doping Authority also drew extensively on information from external sources such as the websites of national and international federations, Twitter and Facebook, to determine where athletes were to be found.

Controls conducted - general

The Doping Authority conducted two types of doping control for Dutch sports in 2018: controls in the context of the Dutch national programme, and doping controls on behalf and for the account of third parties, including Dutch and international federations, event organisers, foreign National Anti-Doping Organisations and professional sports organisations. The Doping Authority's responsibilities also included controls pursuant to official records, target controls when there were specific suspicions, and various types of follow-up investigations. Controls in the Netherlands included not only Dutch athletes, but also athletes from other countries who were present in the Netherlands. They were sometimes conducted on behalf of other Anti-Doping Organisations.

The national programme – underlying principles

As in previous years, the Ministry of Sport and NOC*NSF made funding available in 2018 for the implementation of the national control programme on behalf of the Dutch sports associations. The annual plan for 2018 included a national programme of some 2,500 doping controls. However, in the end, the available budget meant that a national programme of approximately 2,250 controls only was possible in 2018. The programme was therefore revised downwards in the course of 2018. Approximately 15% of these controls were earmarked for target controls, follow-up investigations, and for doping controls pursuant to records and compliance with official limits. On the basis of the anti-doping policy, the Doping Authority divided the remaining controls (approximately 85%) between the sports associations. A mathematical distribution model based on international guidelines, and including information such as sport-specific physiological characteristics and international and national doping incidence statistics, is used to decide on this allocation.

The national programme – implementation

In 2018, 2,257 controls were conducted as part of the national control programme. The overwhelming majority (2,002) were urine controls. There were also 255 blood controls in 2018, for example in the context of the Athlete Biological Passport. That is fewer than in 2017 (-13%). This fall can be explained by the fact that the target for 2018 was adjusted in the course of 2018 to 2,250 doping controls. The national programme implemented in 2017 comprised 2,408 doping controls. The 2,257 doping controls conducted as part of the national control programme covered 30 Olympic sports and 18 non-Olympic sports in a ratio of 89:11. There were no doping controls in a number of non-Olympic sports that are less susceptible to doping, examples being mind sports.

Doping controls in the National Control Programme: the top five

- 1 Skating
- 2 Cycling
- 3 Athletics
- 4 Swimming
- 5 Football

The percentage of out-of-competition controls (blood and urine) in the national programme was 48%. This is a slight fall compared with 2017 (55%).

Of the 2,257 doping controls (blood and urine) conducted for sports in the Netherlands, 1,292 involved men (57%) and 965 women (43%).

Doping controls for third parties

The Royal Dutch Football Association (KNVB) and the Royal Dutch Cycling Union (KNWU) have financed an additional doping control programme alongside the national programme for Dutch competitions.

Various Dutch associations and sports organisations have purchased additional controls from the Doping Authority for international events in the Netherlands. And controls have been carried out for foreign organisations and for professional sports organisations. A total of 888 doping controls were conducted on the basis of assignments from third parties, an increase of 48% compared with 2017, when this category amounted to 600 controls. This increase is largely due to the agreement the Doping Authority made with the cycling team Team Sunweb in the context of an independent additional doping control programme to be conducted out of competition.

The majority of the additional doping controls conducted for Dutch and foreign associations and organisers were in-competition controls (67%). Seventy-one percent of the doping controls for third parties were for men and 29% were for women.

Doping controls - total

The controls for the national control programme and the controls for third parties together make up the total doping control programme in 2018. A total of 3,145 doping controls were conducted.

Table 3.1 General overview of doping controls conducted in 2018

Doping controls conducted by the Doping Authority	Urine	Blood	Total
Doping controls conducted for Dutch sport (Dutch national programme)	2,002	255	2,257
Doping controls conducted for foreign sports organisations and other organisations	704	184	888
Total conducted by the Doping Authority	2,706	439	3,145

<i>Number of doping controls 2018</i>	<i>2017</i>
National programme 2,257	2,408
On behalf of third parties 888	600
Total 3,145	3,008

Total number of doping controls: the top five

- 1 Cycling
- 2 Skating
- 3 Athletics
- 4 Football
- 5 Swimming

The total number of 3,145 doping controls for Dutch sports and sports organisations represents was 4.6% higher than in 2017, when there were 3,008 doping controls.

Table 3.2: Overview of the number of doping controls in 2018

Sport	National Programme (Netherlands)			Conducted for third parties			Total conducted		
	Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Air sports	0	0	0	0	0	0	0	0	0
Angling	0	0	0	0	0	0	0	0	0
Archery	15	0	15	0	0	0	15	0	15
Athletics	212	34	246	33	4	37	245	38	283
Badminton	18	0	18	8	0	8	26	0	26
Baseball and softball	51	0	51	0	0	0	51	0	51
Basketball	50	0	50	0	0	0	50	0	50
Billiard sports	15	0	15	8	0	8	23	0	23
Bobsleigh	1	0	1	0	0	0	1	0	1
Boules	0	0	0	0	0	0	0	0	0
Bowling	8	0	8	0	0	0	8	0	8
Boxing	26	0	26	0	0	0	26	0	26
Bridge	0	0	0	0	0	0	0	0	0
Car racing	7	0	7	0	0	0	7	0	7
Chess	0	0	0	0	0	0	0	0	0
Combat sports	6	0	6	25	2	27	31	2	33
Cricket	16	0	16	0	0	0	16	0	16
Crossfit	0	0	0	0	0	0	0	0	0
Curling	5	0	5	0	0	0	5	0	5
Cycling	250	56	306	341	170	511	591	226	817
Dance sport	12	0	12	0	0	0	12	0	12
Darts	6	0	6	0	0	0	6	0	6
Disabled sports	0	0	0	0	0	0	0	0	0
Draughts	0	0	0	0	0	0	0	0	0
Equestrian sports	17	0	17	0	0	0	17	0	17
Fencing	12	0	12	0	0	0	12	0	12
Floorball and unihockey	8	0	8	0	0	0	8	0	8
Football	143	0	143	111	1	112	254	1	255
Go	0	0	0	0	0	0	0	0	0
Golf	2	0	2	0	0	0	2	0	2
Gymnastics	68	0	68	0	0	0	68	0	68

Sport	National Programme (Netherlands)			Conducted for third parties			Total conducted		
	Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Handball	44	0	44	0	0	0	44	0	44
Hockey	43	0	43	8	2	10	51	2	53
Ice hockey	23	0	23	1	0	1	24	0	24
Indoor and outdoor bowls	0	0	0	0	0	0	0	0	0
Judo	72	0	72	28	0	28	100	0	100
Karate Do	18	0	18	0	0	0	18	0	18
Korfbal	29	0	29	17	0	17	46	0	46
Life-saving	11	0	11	0	0	0	11	0	11
Motor sport	23	0	23	0	0	0	23	0	23
Mountaineering and climbing	6	0	6	0	0	0	6	0	6
Roller sports	4	0	4	0	0	0	4	0	4
Rowing	112	0	112	2	0	2	114	0	114
Rugby	40	0	40	0	0	0	40	0	40
Shooting	3	0	3	0	0	0	3	0	3
Skating	205	124	329	16	2	18	221	126	347
Skiing	14	0	14	16	0	16	30	0	30
Squash	16	0	16	0	0	0	16	0	16
Strength sports	54	0	54	0	0	0	54	0	54
Swimming	167	13	180	35	0	35	202	13	215
Table tennis	8	0	8	0	0	0	8	0	8
Taekwondo	3	0	3	0	0	0	3	0	3
Tennis	8	0	8	0	0	0	8	0	8
Triathlon	63	28	91	12	0	12	75	28	103
Tug of war	0	0	0	0	0	0	0	0	0
Underwater sports	10	0	10	0	0	0	10	0	10
Volleyball	41	0	41	43	3	46	84	3	87
Water skiing	6	0	6	0	0	0	6	0	6
Water sports	31	0	31	0	0	0	31	0	31
Total	2002	255	2257	704	184	888	2706	439	3145

Table 3.3: Number of in-competition and out-of-competition controls in 2018

Sport	In competition			Out of competition		
	Urine	Blood	Total	Urine	Blood	Total
Air sports	0	0	0	0	0	0
Angling	0	0	0	0	0	0
Archery	6	0	6	9	0	9
Athletics	141	0	141	104	38	142
Badminton	19	0	19	7	0	7
Baseball and softball	40	0	40	11	0	11
Basketball	44	0	44	6	0	6
Billiard sports	23	0	23	0	0	0
Bobsleigh	0	0	0	1	0	1
Boules	0	0	0	0	0	0
Bowling	8	0	8	0	0	0
Boxing	12	0	12	14	0	14
Bridge	0	0	0	0	0	0
Car racing	7	0	7	0	0	0
Chess	0	0	0	0	0	0
Combat sports	27	0	27	4	2	6
Cricket	16	0	16	0	0	0
Crossfit	0	0	0	0	0	0
Curling	0	0	0	5	0	5
Cycling	406	0	406	185	226	411
Dance sport	12	0	12	0	0	0
Darts	6	0	6	0	0	0
Disabled sports	0	0	0	0	0	0
Draughts	0	0	0	0	0	0
Equestrian sports	6	0	6	11	0	11
Fencing	9	0	9	3	0	3
Floorball and unihockey	8	0	8	0	0	0
Football	179	1	180	75	0	75
Go	0	0	0	0	0	0
Golf	0	0	0	2	0	2
Gymnastics	22	0	22	46	0	46
Handball	44	0	44	0	0	0

Sport	In competition			Out of competition		
	Urine	Blood	Total	Urine	Blood	Total
Hockey	44	2	46	7	0	7
Ice hockey	0	0	0	24	0	24
Indoor and outdoor bowls	0	0	0	0	0	0
Judo	42	0	42	58	0	58
Karate Do	0	0	0	18	0	18
Korfbal	37	0	37	9	0	9
Life-saving	11	0	11	0	0	0
Motor sport	20	0	20	3	0	3
Mountaineering and climbing	6	0	6	0	0	0
Roller sports	4	0	4	0	0	0
Rowing	41	0	41	73	0	73
Rugby	40	0	40	0	0	0
Shooting	0	0	0	3	0	3
Skating	119	0	119	102	126	228
Skiing	10	0	10	20	0	20
Squash	16	0	16	0	0	0
Strength sports	51	0	51	3	0	3
Swimming	124	0	124	78	13	91
Table tennis	6	0	6	2	0	2
Taekwondo	0	0	0	3	0	3
Tennis	0	0	0	8	0	8
Triathlon	46	0	46	29	28	57
Tug of war	0	0	0	0	0	0
Underwater sports	8	0	8	2	0	2
Volleyball	79	3	82	5	0	5
Water skiing	6	0	6	0	0	0
Water sports	20	0	20	11	0	11
Total	1765	6	1771	941	433	1374

Whereabouts failures

A total of 31 definitive whereabouts failures were registered in 2018. Whereabouts failures can be either Missed tests (when the athlete is not present at the stated location in the 60 minute time slot) or Filing failures (the failure to supply adequate whereabouts information correctly and in good time).

The number of whereabouts failures fell in 2018 by 33% by comparison with 2017 (when there were 46 cases). In 2018, no athlete was found to have two whereabouts filing failures in a twelve-month period. Nor were any athletes found to have made a third whereabouts filing failure in a period of twelve months.

The leading numbers of *definitive* whereabouts failures were accounted for by the Judo Association, the Athletics Union, and the Cycling Union in that order. It should be pointed out that associations with a large number of athletes in the Registered Testing Pool are more likely to have athletes who fail to meet whereabouts obligations. In 2018, the Judo Association accounted for most whereabouts failures; the Rowing Union led this list in 2017.

Doping controls that did not take place

In addition to the controls that did not take place due to a missed test, 103 planned doping controls failed to take place in 2018 for other reasons:

- 1) athletes/teams were absent from events and competitions and central training sessions which they were expected to attend;
- 2) the doping control official (DCO) went to a training session or competition, and it then emerged that the training session or competition had been cancelled or moved;
- 3) a doping control official visited an address that had been reported and the athlete proved to be absent during the control window or was not/no longer resident at the address (in the case of doping controls for which the athlete in question was not required to supply whereabouts information).

These included both out-of-competition and in-competition controls. When doping controls were not conducted, efforts were made to find an appropriate moment as quickly as possible thereafter to conduct the control in question, where appropriate by scheduling a comparable event.

Sport-specific analyses

On the basis of a risk analysis, the relevant standards of the World Anti-Doping Code (WADC) for sports and sports disciplines include a specific calculation for the minimum percentages required for additional laboratory analyses. WADA's Technical Document for Sport Specific Analysis (TDSSA) includes binding provisions that apply to National Anti-Doping Organisations, including the Doping Authority. The analyses relate to, among other things, erythropoietin-like substances and growth hormones. The minimum number of specific additional analyses is expressed as a percentage of the number of doping controls conducted in a sport (percentage of additional analyses in addition to the standard analysis package).

In 2018, the analyses of 43% of the 2,257 doping controls in the national programme checked the urine and/or blood samples for Erythropoiesis Stimulating Agents (ESAs). This percentage was lower than in 2017 (50%). The ESA analyses covered a

range of relevant sports disciplines, with cycling, skating, athletics, swimming and triathlon at the top of the list (in absolute terms).

The urine and/or blood samples collected in 33% of 2,257 controls were also analysed for the presence of human growth hormone (GH) and/or Growth Hormone Releasing Factors (GHRFs). This percentage was lower than in 2017 (41%). The samples came from a range of sports, with the leading sports in absolute numbers being cycling, athletics, football and swimming.

In addition (as in 2017), various samples were also analysed for testosterone. Furthermore, large numbers of blood samples were taken to check for growth hormone, ESAs and Haemoglobin-Based Oxygen Carriers (HBOCs).

In 2018, some of the urine samples were stored to allow for the possibility of repeat analyses at some time in the future.

Unannounced doping controls

The total percentage of out-of-competition controls was the same as in 2017 at 44%, almost the same percentage as in 2017 (46%). Almost all doping controls were conducted without prior warning for the athlete ('no advance notice testing'). The only exceptions were doping controls triggered by a record or limit; in these cases, the initiative for the control resides with the athlete or the athlete's association.

Target controls

The Doping Authority has the authority to conduct target controls. These controls are conducted in specific cases and on the basis of criteria determined beforehand. Target controls took place throughout the sports spectrum, with the emphasis being on a few specific sports and individuals, and controls also being conducted on occasion at the level just below the very top. The Intelligence & Investigations chapter contains more information about this area.

Athlete Biological Passport

In this system, several blood samples are taken over time from selected athletes from a range of sports for the purposes of establishing longitudinal profiles. In 2018, the number of blood controls carried out on behalf of ABP in relation to the national programme remained more or less the same.

A total of 172 blood samples were collected for the purposes of the Athlete Biological Passport. These blood controls were conducted in the following sports: athletics, skating, triathlon, cycling and swimming. The number of ABP controls was the same as in 2017, when 171 samples were taken.

Mobile doping control station

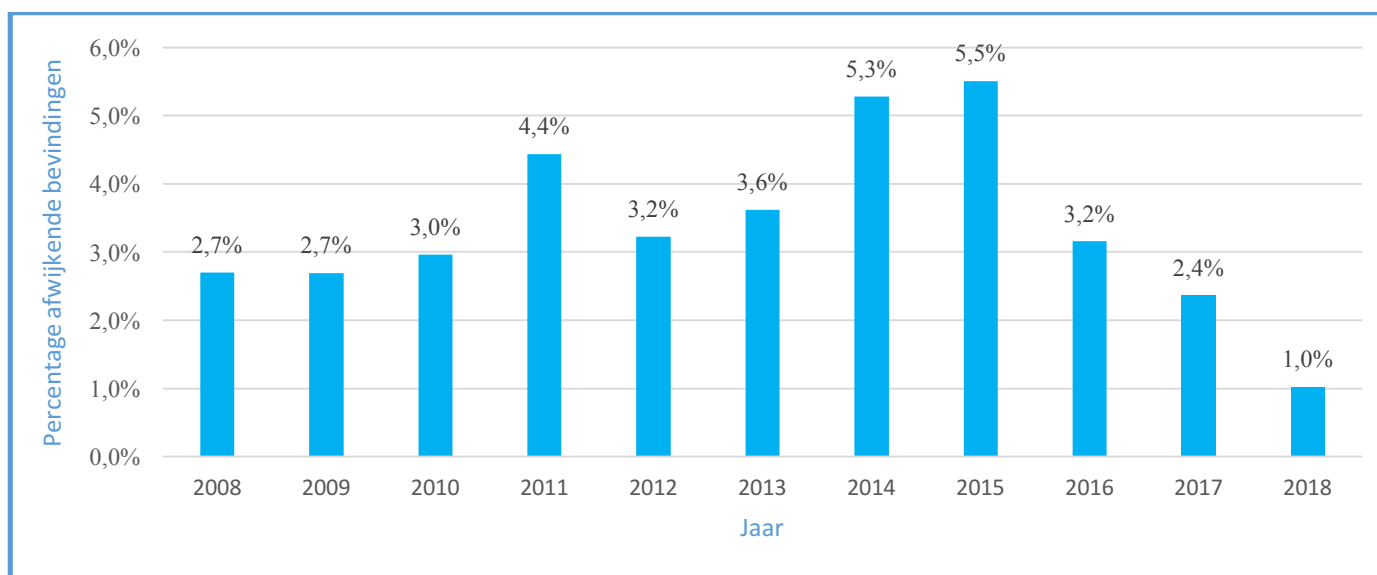
The Authority had a mobile doping control station at its disposal in 2018 with facilities for collecting blood samples. It was used at locations where it was difficult to establish a permanent doping control station or where doping control stations did not

comply with the relevant criteria. The mobile doping control station was used in 2018 for, among other sports, outdoor sports such as motor sports, cycling and climbing and mountaineering.

Findings

In 2018, 32 files with adverse (analytical and non-analytical) findings were registered with the Doping Authority. In 30 cases, the adverse findings related to A urine samples. The finding was non-analytical in one case and there was an adverse blood passport result in one case.

The incidence of adverse findings (including non-analytical findings) was, with 32 files in 3,145 controls – 1.0%. By comparison with the number of urine controls, this is 1.1%. The percentage was lower than in 2017 (2.4%), primarily because of a sharp decline in the number of files for which specific follow-up investigations were required (see below).



Files for which specific follow-up investigations were required

Of the 30 registered files with adverse findings for the A urine samples, nine involved atypical findings for which specific follow-up investigations were required with the aim of determining whether there had been a possible doping violation. This was 78% less than in 2017 (40 files). This decrease is a result of the introduction of the use of ADAMS by the Doping Authority in 2017 and the associated access to global longitudinal information about athletes, as well as the introduction of the steroids passport. The information in ADAMS and the Athlete Biological Passport renders many follow-up investigations unnecessary. Four cases involved a testosterone/epitestosterone ratio higher than 4. There were also five cases of an adverse passport finding. In virtually all these cases, the Doping Authority requested isotope ratio mass spectrometry analysis (IRMS) and/or

additional doping controls in 2018. The follow-up investigations showed that the atypical result was not attributable to exogenous factors and the Doping Authority therefore classified the results as non-adverse findings.

Files closed on the grounds of therapeutic use exemptions

In seven cases, it was found that a therapeutic use exemption had already been granted prior to the doping control for the therapeutic use of the prohibited substance found. These files were therefore closed and did not result in proceedings with the disciplinary committee of the sports association in question.

In one case, *before* the binding result was reported to the association by the Doping Authority, the TUE Committee granted an exemption after all for the use of the substance found. The relevant athlete was not in the Doping Authority's Registered Testing Pool. This file was therefore closed and did not result in proceedings with the sports association in question either.

Table 3.4: Adverse analytical results in 2018 justified by a therapeutic use exemption: situation at the time of the closure of the annual report (28 February 2019); RTP=Registered Testing Pool

Sport	Finding/substance	Number	Subsequent action
Athletics	Metabolite of tamoxifen	3	Athlete in possession of therapeutic use exemption, case closed
Boxing	Methylphenidate	1	Athlete in possession of therapeutic use exemption, case closed
Rowing	Methylphenidate	1	Athlete in possession of therapeutic use exemption, case closed
Volleyball	Metabolite of methylphenidate	1	Athlete in possession of therapeutic use exemption, case closed
Cycling	Metabolite of methylphenidate	1	Athlete in possession of therapeutic use exemption, case closed
Swimming	Metabolite of methylphenidate	1	Therapeutic use exemption granted after the event (not RTP), file closed
Total		8	

Classification according to the WADA Prohibited List

Upon classification at the group level in accordance with the 2018 WADA Prohibited List, a prohibited substance (or metabolite of such a substance), a high T/E ratio, or an atypical steroid profile was found a total of 38 times in the 30 adverse A urine samples referred to above.

One urine sample contained three prohibited substances and/or metabolites of those substances and six samples contained two prohibited substances or metabolites.

There were findings in the category of stimulants in 15 of the 38 cases. On twelve occasions, these were anabolic substances, and hormone and metabolic modulators and/or metabolites were found on seven occasions. There was a striking increase in the last three categories by comparison with 2017.

The percentage in the category of anabolic substances fell by comparison with 2017 by approximately 80%. This fall was mainly attributable to the lower number of urine samples with a T/E ratio exceeding 4 and/or with an atypical steroid profile (from 40 to 9).

Table 3.5: Detected substances and initial adverse findings in 2018

Detected substances	2017	2018
Anabolic substances	61	12
<i>(T/E ratio >4)</i>	<i>(30)</i>	<i>(4)</i>
<i>(Atypical steroid profile)</i>	<i>(10)</i>	<i>(5)</i>
<i>(Substances found)</i>	<i>(21)</i>	<i>(3)</i>
Peptide hormones, growth factors and related substances	1	0
Beta-2 agonists	1	1
Hormone and metabolic modulators	1	7
Diuretics / masking substances	2	0
Stimulants	19	15
Cannabinoids	4	2
Glucocorticosteroids	2	0
Beta-blockers	0	1
Manipulation	1	0
Total	92	38

Anti-doping rule violations/cases resulting in proceedings

In three cases in 2018, the Doping Authority made a proposal regarding a sanction to the athletes in question before initiating proceedings with the sports associations in question. All the athletes accepted the proposal. One of these three cases involved a violation noted by the French-speaking Belgian National Anti-Doping Organisation in which result management was transferred to the Doping Authority.

In 2018, the Doping Authority initiated proceedings in 11 cases (2017:15) in eight different sports because of possible infringements of the regulations of the sports association involved. All these cases involved men. Combat sports accounted for the highest number of cases (three).

One case is still being processed by the Doping Authority and it has therefore not yet resulted in proceedings with the relevant sports federation. The total number of cases in which the Doping Authority was involved in management was therefore 15.

The percentage of cases in which proceedings were initiated pursuant to controls conducted on Dutch territory by the Doping Authority as part of the national programme was 0.6% (14 cases subject to national anti-doping regulations resulting from 2,257 doping controls conducted as part of the national programme). This percentage complies with the stated target for 2018 of a maximum of 1% positive cases in Dutch athletes.

Table 3.6: Analysis results and non-analytical findings in 2018 registered by the Doping Authority as possible doping violations; situation when the annual report was closed (NADO = National Anti-Doping Organisation, ISR = Institute for Sports Law)

	Sport	Finding/substance	Number	Subsequent action
18/1	Athletics	adverse passport finding	1	File still being processed by Doping Authority
18/5	Baseball and softball	manipulation	1	management by ISR (on behalf of sports association)
18/2	Basketball	metabolite of tetrahydrocannabinol (THC)	1	management by ISR (on behalf of sports association)
18/3	Billiard sports	metabolite of tetrahydrocannabinol (THC)	1	management by ISR (on behalf of sports association)
18/4	Billiard sports	metoprolol	1	management by ISR (on behalf of sports association)
18/9	Combat sports	clomifene, IRMS positive for boldenone and/or boldenone metabolites	1	management by ISR (on behalf of sports association)
18/10	Combat sports	clomifene	1	management by ISR (on behalf of sports association)
18/11	Combat sports	meldonium	1	management by ISR (on behalf of sports association)
18/15	Cycling	19-norandrosterone, 19-noretiocholanolone	1	management by ISR (on behalf of sports association)
18/12	Football	salbutamol	1	sanction proposed by Doping Authority accepted: Reprimand
18/7	Motor sport	cocaine/metabolites of cocaine	1	sanction proposed by Doping Authority accepted: two-year suspension
18/8	Rugby	metabolite of amphetamine	1	management by ISR (on behalf of sports association)
18/6	Strength sports	clomifene	1	management by ISR (on behalf of sports association)

*

	Sport	Finding/substance	Number	Subsequent action
18/13	Volleyball	methylphenidate	1	management by ISR (on behalf of sports association)
18/14	Water skiing	cocaine/amphetamine and/or metabolites	1	sanction proposed by Doping Authority accepted: two-year suspension
	Total		15	

* A control in Belgium in which result management by the NADO was transferred to the Doping Authority

Chapter 4 Intelligence & Investigations

Introduction

Pursuant to Article 20 of the Dutch National Doping Regulations, the Doping Authority investigates possible doping violations both in the Netherlands and other countries. *Intelligence & Investigations* is one of the resources used for this purpose.

The Doping Authority has an Intelligence Officer. The work of the Intelligence Officer includes collating information in the context of investigations of doping violations, drafting reports, conducting interviews and taking statements, organising and processing confidential data in an automated system, and the development of procedures and protocols. Because the position of Intelligence Officer was vacant in the early months of 2018, investigations were possible to only a limited extent during that period.

The current World Anti-Doping Code and the International Standard for Testing and Investigations (ISTI) refer explicitly to *Intelligence & Investigations* as a means of tackling the problem of doping. To establish a clearer picture of the extent of that problem and to make sound decisions about the approach to, and investigation of, doping violations, the Doping Authority is following the example of many investigation services by working with a more intelligence-based approach.

Intelligence-based approach

Adopting an intelligence-based approach allows the Doping Authority to optimise the implementation of its enforcement and investigation role. The intelligence process consists of four phases – collection, registration, working up and analysis – which have to be implemented meticulously. Much of the relevant information is collected during doping controls. Information such as observations and findings from DCOs and other Doping Authority staff is recorded in secure systems. These data are worked up and interpreted. The information is then combined with other existing intelligence and data (scientific and otherwise). The insights generated are used by the Enforcement & Investigation department for the purposes of:

- planning doping controls in and out of competition;
- ongoing disciplinary proceedings;
- reports;
- own observations and additions to existing cases that are not disciplinary procedures.

Results in 2018

Intelligence was collected and worked up in the context of a range of disciplinary proceedings in 2018. The information was used in the bi-weekly case management consultations and, where necessary, in disciplinary proceedings. The focus of the collection of information in the context of the planning of doping controls in 2018 included, among other things:

- competitions and training schedules of athletes in the Doping Authority's Registered Testing Pool with the aim of smart and efficient testing (the correct timing of the control in preparation for an event or qualification);
- the preliminary assessment of lists of participants at competitions/events and the targeted use of controls (when the Doping Authority has information about possible doping use by a participating athlete or group of athletes);
- the recording of information obtained passively about athletes with a whereabouts obligation in order to establish a picture of incorrect and/or incomplete whereabouts information.

The information collected was shared in structural consultations with members of staff involved in the planning of doping controls.

Reports received

Visitors to the website www.dopingautoriteit.nl can submit reports through a 'quick link'. They can also use the link to obtain information about the procedure and the subjects for reporting. People submitting reports can complete a web form and, if they wish, report on a completely anonymous basis. Extensive technical measures are in place to ensure that anonymity is safeguarded as much as possible.

Forty-seven reports about possible doping violations were received by the Doping Authority in 2018. That is a substantial increase over 2017 (2017: 23). The reports related to twelve different sports (2017: 7) and they came from different sources: athletes/fellow-athletes, the sports association, Vertrouwenspunt Sport (the Confidential Phone Service of the NOC*NSF), and a NADO from other countries. The reports were made in person, by telephone, in writing and in emails. There were suspicions of doping use in 23 cases (2017: 14), a suspicion of facilitating doping use in 4 cases (2017: 1), a suspicion of trafficking in 6 cases (2017: 4) and a report in one case related to conduct that does not constitute a doping violation (2017: 4) such as the use of drugs out of competition without the intention to improve sporting performance or 'mechanical doping'). In addition, there were 13 cases that were not covered by the above categories, such as reports about websites that sell illegal medicines or reports in response to media reports. In addition to the reports from external sources referred to here, the Doping Authority also received eight reports from internal sources. These were reports that reached the Intelligence Officer from colleagues.

All reports were investigated by the Intelligence Officer and the results of those investigations were covered in the discussions about cases under investigation in the Enforcement & Investigations department. On the basis of those discussions, testing strategies were drawn up where relevant for each case and decisions were made about the focus of subsequent intelligence activities.

Collaboration with government services and fellow-ADOs

The I&I information supplied by the Doping Authority is classified using an international system that rates the information in terms of the reliability of the information and the reliability of the source. In 2018, information was supplied to the Dutch Healthcare and Youth Inspectorate (IGJ), NVWA-IOD, the Police, the Belgian Police (Hormone cell) and the fellow-anti-doping organisations NADO UK, NADO Flanders, NADO Germany, Anti-Doping Denmark, USADA, IAAF, UCI/CADF and ISU. There were several talks last year in the context of future collaboration or exchanges of information with several parties, including the NVWA, the IGJ and FIOD.

Chapter 5 Disciplinary Proceedings

Introduction

In the Netherlands, the disciplinary proceedings relating to possible doping violations are the responsibility of the sports associations. A number of sports associations have their 'own' disciplinary and appeals committees but a large, and increasing, number of associations call in the Institute for Sports Law (ISR), which now makes decisions on behalf of 80% of the associations.

The position of the Doping Authority in disciplinary procedures

The disciplinary and appeals committees arrive at their decisions independently of the Doping Authority. This does not mean that the Doping Authority is not closely involved in disciplinary proceedings relating to possible doping violations. Clearly, the Doping Authority's task is to ensure that disciplinary proceedings for doping cases in the Netherlands are conducted correctly in accordance with the World Anti-Doping Code and Dutch doping regulations based on that code. The doping regulations of the sports associations and the ISR describe and determine the various tasks incumbent upon the Doping Authority in disciplinary procedures. Those tasks involve, on the one hand, supporting and advising the disciplinary bodies in the interpretation and application of the doping regulations and, on the other, correcting decisions that do not comply with those regulations. The auxiliary role is seen primarily in the contributions made by the Doping Authority during the disciplinary procedures: the Doping Authority is cognisant of the case, states written arguments in which all the relevant regulatory factors are discussed and explained, and also speaks at hearings it attends.

The corrective role is seen primarily in the right to appeal that the Doping Authority has in all doping cases, both with national appeals committees and with the Court of Arbitration for Sport (CAS) in Lausanne. Furthermore, the Doping Authority is competent to initiate proceedings with the disciplinary committee of an association independently without calling in the board of the association. The Doping Authority did not submit any appeals to the CAS in 2018.

During the year under review, the Doping Authority did submit written arguments in all disciplinary proceedings in the first instance, with in some cases additional arguments when required by the subsequent proceedings. The Doping Authority attended all the hearings in these proceedings. When athletes and/or associations appealed against decisions, supplementary statements of arguments were written in all cases.

Reporting to WADA and International Sports Federations

The Doping Authority reports on the disciplinary proceedings in doping cases to WADA, which is also entitled to appeal against decisions in those cases. The reports take the form of sending the written decision to WADA, answering supplementary questions upon request, and producing supplementary documents and translations of relevant parts of a file.

The Doping Authority also reports upon request to international sports federations (IFs) but only if the Dutch sports association in question does not do so or fails to do so in full. IFs are also entitled to make appeals in Dutch doping proceedings but no

decision was given in 2018 in the case in which an international federation appealed against a decision made by a Dutch disciplinary body.

Reporting on disciplinary decisions

Since 2013, the Doping Authority has reported on disciplinary proceedings in doping cases in its annual report. In that way, the Doping Authority reports – as described above – on procedures in which the Doping Authority is indeed very closely involved but for which the primary responsibility resides elsewhere (in other words, with the sports associations). The decision to proceed in this way was based primarily on the dissolution of the Doping Affairs Audit Committee, a board committee of the NOC*NSF, which published periodical reports prior to 2013 about disciplinary proceedings relating to all cases of doping in the Netherlands.

The table below lists all twelve decisions made by the Dutch disciplinary and appeals bodies in doping proceedings during 2018 (inclusion in the table depends upon the date of the decision).

Table 5.1: Disciplinary decisions in doping proceedings made by Dutch disciplinary bodies

No.	Sport	Finding/substance	Year of violation	Decision
17/11	Baseball and/or softball	metabolite of dehydrochloromethyltestosterone	2017	ISR appeals committee: four-year suspension
18/5	Baseball and/or softball	manipulation	2018	ISR disciplinary committee: eight-year suspension
18/3	Billiard sports	metabolite of tetrahydrocannabinol (THC)	2018	ISR disciplinary committee: two-year suspension
17/5	Cricket	metabolite of tetrahydrocannabinol (THC)	2017	KNCB disciplinary committee: eight-month suspension
17/22	Cycling	attempted evasion	2017	ISR disciplinary committee: the applicable exclusion period expires due to absence of fault or negligence
17/19	Kick boxing	metabolite of stanozolol, metabolites of oxandrolone, IRMS positive	2017	ISR appeals committee: four-year suspension
17/20	Kick boxing	prednisone, prednisolone, oxandrolone metabolites, IRMS positive	2017	ISR disciplinary committee: states that it is not competent to examine the case
17/21	Kick boxing	19-norandrosterone, IRMS positive	2017	ISR disciplinary committee: four-year suspension

No.	Sport	Finding/substance	Year of violation	Decision
17/16	Motor sport	amphetamine	2017	ISR appeals committee: four-year suspension
-	Skating	recombinant human erythropoietin (rhEPO)	2016	KNSB appeals committee: four-year suspension
17/13	Strength sports	clenbuterol, metabolite of drostanolone, metabolites of methyltestosterone, IRMS positive	2017	ISR disciplinary committee: four-year suspension
18/6	Strength sports	clomifene	2018	ISR disciplinary committee: four-year suspension

Chapter 6 International Affairs

WADA

General

As in previous years, there were many, wide-ranging, contacts with WADA over the course of 2018. There were almost daily consultations about the correct management of Dutch doping violations, which is monitored by WADA. Collaboration with WADA is close and structural.

Prohibited list

Like every year, a response to the draft version of the prohibited list was sent to WADA in the summer. The Doping Authority coordinates the Dutch response on behalf of the NOC*NSF, the NOC*NSF Athletes Committee and the Ministry of Sport. Once again, it was pointed out that the prohibited list must have a sound practical and scientific basis. Specific comments were made about thyroid hormone (which the Dutch parties believe should be on the doping list) and the elimination of the distinction for prohibited substances between controls in and out of competition, on condition that the doping list will require some extra adjustments if this difference is indeed eliminated. In recent years, WADA has also provided answers and responses to the comments they receive, which allows us to discuss substantive issues in even more detail. This is a good example of the increasing transparency in the establishment of the international anti-doping policy. In addition, reactions were given to six different drafts of "Technical Documents" associated with the International Standard for Laboratories.

WADA Global Education Conference

The Doping Authority was present at the [WADA Global Education Conference](#) on 24 and 25 October 2018 in Beijing, China. During the conference, the Doping Authority gave a presentation on the Supplement Checker App in a session for NADOs.

WADA Athletes Committee

Chiel Warners, the chair of the NOC*NSF Athletes Committee and a member of the NOC*NSF board, was appointed – in part pursuant to his nomination by the Doping Authority – to the WADA Athletes Committee for a period of three years (2017-2019). Chiel Warners and the Doping Authority have made agreements about exchanges of information and support from the Doping Authority.

Social Science Research

In cooperation with the Doping Authority, Radboud University Nijmegen conducted a two-year study of the effect of ethical training on anti-doping attitudes among up-and-coming athletes. This [study](#) was launched officially on 1 April 2016. A pilot project was conducted among up and coming athletes in 2016, the first steps were taken towards the development of the interventions and athletes were recruited for the study. The actual study began in 2017. The project was completed in late June 2018.

WADA – ADO Symposium

The Doping Authority attended the annual WADA - ADO Symposium in Lausanne. The symposium covered a wide range of topics and there were a large number of other meetings and events on the fringes of the symposium. The ADO Symposium has evolved into the annual event at which most of the world's anti-doping organisations meet to discuss and promote developments in the field.

WADA Intelligence & Investigations Working Group

The Doping Authority was a participant on the international WADA Intelligence & Investigations working group. The group consists mainly of intelligence officers and/or intelligence analysts. At the meetings of the group organised by WADA, the members inform one another about new developments and initiatives relating to Intelligence & Investigations and exchange the latest information. A range of cases were also discussed and agreements were made about the collection and exchange of intelligence relating to doping investigations and international collaboration on those investigations.

WADA NADO Working Group

The Doping Authority is represented on this working group, which advises on developments at WADA that affect the interests and the position of NADOs. The views and opinions of the working group are reported to the Foundation Board and many of them are included in the policies of WADA. The working group met twice in 2018, on both occasions in Montreal.

WADA Prevalence of Doping Working Group

At the request of WADA, we have a seat on the Prevalence of Doping Working Group. The general aim is to map out in greater detail current knowledge about the prevalence of doping use, and how this knowledge can best be enhanced in the future. A first pilot study was conducted at the Commonwealth Games in Australia in 2018.

COUNCIL OF EUROPE

CAHAMA and Monitoring Group

We attended three meetings of the CAHAMA (Ad hoc European Committee for the World Anti-Doping Agency). The CAHAMA mission is:

1. to examine the issues concerning relations between the Council of Europe, its Member States and the World Anti-Doping Agency (WADA), and to decide on a common position, when possible, on these issues;
2. to draw up, if necessary, opinions for the Committee of Ministers of the Council of Europe on these issues, including the budgetary elements;
3. to periodically revise the mandate of members of the WADA Foundation Board appointed by the Council of Europe.

In 2018, CAHAMA's activities mainly focused on the non-compliance of Russia, compliance testing by WADA of all doping organisations worldwide (including the Doping Authority), the wishes of WADA relating to an increase in the budget, and preparations for the election of the WADA president.

The Doping Authority also attended the two meetings of the Monitoring Group, which focuses on monitoring the implementation of the Anti-Doping Convention of the Council of Europe, and developing and improving anti-doping systems and structures. In 2018, specific attention was paid to the independence of NADOs.

Anti-Doping Convention

Two meetings were held in 2018 in the context of the chairmanship of the Council of Europe's Ad Hoc Working Group for the revision of the Anti-Doping Convention: one on 4 July in Strasbourg and one on 19 November in Paris. The aim of this working group is to arrive at a recommendation for the possible amendment of the Anti-Doping Convention of the Council of Europe.

Advisory Groups: Legal Issues

The Doping Authority participated in the 'Advisory Group on Legal Issues' of the Council of Europe in Strasbourg on 5 February and the working group on Human Rights in Strasbourg on 3 July and in Paris on 20 November.

Advisory Groups: Education

In the context of the 'Expert Group on Education' of the Council of Europe, the Doping Authority attended the meeting on 7-8 March (Dublin, Ireland) and 3-4 September (Qawra, Malta). At the meeting in Dublin, the Doping Authority gave a presentation on the elite sports programme Be PROUD.

iNADO

Institute for National Anti-Doping Organisations – iNADO

Immediately after the iNADO was established, the Doping Authority joined this umbrella organisation. In 2018, iNADO consolidated its role as the knowledge institute and the representative of the National Anti-Doping Organisations affiliated to it. The Doping Authority contributed in many ways to the work of iNADO and it has also been a member of the board since 2016. We attended the iNADO workshop in Lausanne preceding the WADA – ADO Symposium.

IADA

International Anti-Doping Arrangement - IADA

The Doping Authority was present at the annual meeting of this group of countries in Gold Coast (Australia). In early 2016, South Africa decided to leave the arrangement, since when IADA has included ten countries. The present Arrangement covered the period 2015 to 2018.

MISCELLANEOUS

NADO Leaders Summits

After the publication of the second report on Russian doping practices (written by Richard McLaren, who was appointed as the Independent Person in this matter by WADA), a number of developed NADO's decided to meet to discuss the implications of

this report. The first meetings took place in 2016. In 2018, there were three meetings: in Bonn, London and Paris. These meetings ended with the issuing of a press statements on behalf of the NADOs present about the steps these NADOs deemed necessary to tackle the problems that had been identified. The joint positions were extensively quoted in media around the world and the influence on the policy of sports organisations is evident.

Erasmus+ Project FAIR

The Doping Authority is a partner in a three-year (2017-2019) project entitled 'Forum for Anti-Doping in Recreational Sports' (FAIR). The project was initiated by [Europe Active](#). The focus is on improving prevention programmes in fitness/recreational sport and the regulation of sports dietary supplements in European countries.

Erasmus+ Project RESPECT

The Doping Authority is a partner in a three-year (2018-2020) project entitled 'Research-Embedded Strategic Plan for Anti-Doping Education: Clean Sport Alliance Initiative for Tackling Doping' (RESPECT). The project was initiated by [Leeds Beckett University](#). The aim is to bridge the gap between the academic world in the field of social science and the practical world of doping education. The emphasis is on ensuring that clean athletes are heard more.

CHINADA Open House

On 26 October, the day after the WADA Global Education Conference, CHINADA, in collaboration with iNADO, arranged an Open House. The Doping Authority was also present at this event.

Various collegial contacts

Alongside and in addition to the collegial contacts in the context of meetings, there is frequent bilateral contact with colleagues on doping-related issues. In 2018, the relationship with our Russian colleagues was of particular importance. Our sister organisation RUSADA, which was suspended and almost completely dismantled after the Russian doping scandal came to light, was gradually rebuilt under new leadership from 2017 onwards. In 2018, it implemented an extensive Russian anti-doping programme, supervised and in close cooperation with WADA and several other NADOs. To support this positive development, the CEO of the Doping Authority gave a reading at a conference organised by RUSADA and the Russian Olympic University. A month later, the director of RUSADA visited the offices of the Doping Authority in Capelle aan den IJssel.



Director of RUSADA, Yuriy Ganus, second from the left, during his visit to the Doping Authority

Chapter 7 Legal Affairs

Contributions to doping proceedings

The Doping Authority is actively involved in all aspects of disciplinary proceedings in doping cases. An important role of the Doping Authority here consists of submitting arguments in doping proceedings and attending hearings. By submitting written arguments, the Doping Authority can state its views on the case and discuss the relevant provisions from the NDR and the defence arguments of the athlete or other persons. The Doping Authority submitted written arguments in all proceedings managed by disciplinary bodies in 2018, including appeals, followed in some cases by additional arguments. The Doping Authority was also present at hearings in almost all cases.

The Anti-Doping Policy Implementation Bill (Wuab)

The Wuab went into effect on 1 January 2019. The Doping Authority made further contributions to the legislative process in 2018, and in particular to the substance of the bill.

In addition, 2018 was dominated by the preparations for the creation of the zbo Doping Authority Netherlands. There was a particular focus here on identifying which decisions of Doping Authority Netherlands are decisions in the sense of the General Administrative Law Act (Awb) because those decisions are subject to review and appeal. Furthermore, preparations have been made in the context of the application of the Government Information (Public Access) Act (Wob), and all obligations arising from the General Data Protection Regulation have been met.

First step towards collaboration protocols

In the letter to the Lower House of 4 July 2018 from the Minister of Medical Care and Sport concerning measures to strengthen action against doping, the Minister indicated, among other things, that there is a comprehensive framework of laws that are important in the field of doping, but that collaboration is crucial to effective implementation. The Minister has informed the House that, for this reason, collaboration protocols will be drawn up between NVWA, IGJ, the customs authorities, the Public Prosecution Service, the Police and FIOD on the one hand and Doping Authority Netherlands on the other. This letter to the Lower House was the starting point for bilateral discussions between the aforementioned bodies and organisations about future collaboration and the exchange of information.

Structural activities and operations

Our structural legal activities in 2018 included the provision of general legal services and support within the organisation. This involved preparing and reviewing contracts, letters, memoranda and policy memoranda, and advice for the various departments of the Doping Authority and management.

The structural activities in 2018 also included education and advice for sports associations and, in isolated cases, athletes with respect to the substance, operation and application of the Doping Regulations.

Chapter 8 Scientific research

The scientific activities of the Doping Authority consist of the following:

- an ongoing review of the scientific literature to identify documents related to doping;
- conducting and initiating research that serves the purposes of the national and international anti-doping policy; and
- the dissemination of scientific doping expertise, both inside and outside the organisation.

Monitoring scientific literature

To ensure it is informed about the latest developments, the Doping Authority keeps a close eye on new publications of doping-related scientific literature and saves copies of the relevant articles in its archives. About 85 relevant articles were added to those archives in 2018. All the articles are available in digital format and the most important are posted on the website www.doping.nl. In addition, a network with a range of scientists is constantly being maintained in order to keep up to date with the latest developments in all sorts of areas relevant to doping (Haematology, Cardiology, Endocrinology, Physiology, Sociology, Health Education, Ethics, Sports Medicine, Gene Therapy and Detection/analysis). We acted as referees on three occasions for peer-reviewed scientific journals.

The information from the available literature is actively distributed and serves as a basis for internal advice for the Enforcement & Investigations and Prevention departments, the legal officer (in the context of specific doping cases) and the CEO (for, among other things, his contacts with the press). This information is also used to answer specific scientific questions from people outside the organisation such as doctors, lawyers, journalists, students and other interested parties.

Activities

If requests from the press are more scientific in nature than usual, the science officer will speak to the press. A specific request in 2018 concerned a question about doping analyses for the children's programme '[Willem Wever](#)'. Due to the limited time available to the staff of the Doping Authority, schoolchildren and students do not usually receive personal replies and they are referred to a specific section of the website established for this purpose. In order to do justice to the regularly recurring questions from schoolchildren, it was decided to cooperate with this popular children's programme.

There is a working party for exchanging experiences with seven other scientific members of staff working for the national anti-doping organisations of Switzerland, Norway, Denmark, Great Britain, Germany, the United States, and New Zealand. There are periodical telephone meetings about ongoing studies and specific scientific doping issues. There were two meetings in 2018.

The Doping Authority has an advisory role for a range of initiatives. The basic idea here is always to contribute both knowledge and experience and to further them in our own organisation. In some cases, this advisory role has been formalised. In this context, scientific contacts were maintained with the anabolic steroids polyclinic of the Spaarne Gasthuis hospital in Haarlem, with the British dietary supplement testing system Informed Sport of the LGC company, with the American cycling federation USA Cycling and with a scientific project in which marathon runners receive guidance in their goal of setting a world record of

less than two hours (see www.sub2hrs.com). There have also been intensive contacts with the Leiden company CHDR as part of a study looking at the performance-enhancing and health-related effects of EPO. This included research into the detection of EPO abuse. The results of this last study have now been submitted to a scientific journal.

Finally, the Doping Authority visited several scientific conferences: the post-Olympic congress of the Dutch Society for Trauma Surgery (March, Arnhem), the 16th USADA Scientific Symposium (October, Chicago), Water Science for Impact at Wageningen University & Research (October, Wageningen), the 15th Annual Sports Medical Congress of the Association for Sports Medicine (November, Ermelo) and a mini-symposium on the subject of "Steroids during Rehabilitation" at the Reade Rehabilitation Centre (November, Amsterdam). At the request of the VSG, we participated in an evening about the quality policy for sports doctors.

Chapter 9 Knowledge Management

THE ANTI-DOPING KNOWLEDGE CENTRE

The Anti-Doping Knowledge Centre (ADKC) has proven its worth in recent years as the largest collection of doping-related documents in the world. Thanks to the support of our international umbrella organisation iNADO, it proved possible to further develop the Anti-Doping Knowledge Centre (ADKC) in 2018. More than 600 'records' have been added to the database and, in addition, existing documents are constantly checked and improved, in part on the basis of new relevant search terms. The total number of documents was 5,540 on 31 December 2018. At the beginning of the year, the addition of the 5,000th document was marked by a modest celebration.

Most of the database consists of legal documents, and in particular the motivated decisions of competent disciplinary committees for the imposition of doping sanctions. The majority are decisions of the sports tribunal CAS but, increasingly, the legal decisions of the disciplinary committees of international sports federations and national disciplinary bodies can also be found in the database. The decisions of a few dozen sports and countries are now being processed. In addition, contact is sought on a continuous basis with countries and sports that do not yet share their decisions. In 2018, the increasing number of CAS decisions about Russian athletes in particular and the increased transparency in athletics generated by the Athletics Integrity Unit (AIU) led to a steady growth in the number of legal decisions. The main objective of these efforts is to provide access to the available case law in the field of doping and therefore to provide a more robust basis for future decisions.

In addition, the website contains scientific articles on all conceivable doping topics, educational materials and all kinds of doping documents. In this way, the ADKC plays a historical role because outdated documents are generally difficult to find on the internet.

Visitors to the website come from all over the world. There was an increase in levels of interest from Russia, America and Canada in 2018. The target group of the ADKC consists of NADO and IF staff, the staff of other international organisations active in the field of doping (IOC, WADA, UNESCO, Council of Europe, European Union), journalists, lawyers, scientists, administrators and researchers, and finally athletes and athlete support staff (coaches, doctors, physiotherapists...).

The database is freely accessible through the website www.doping.nl.

Chapter 10 People & organisation

Board of Management

The Doping Authority has a board with three members: a chair, a secretary and a treasurer. The secretary is nominated by the NOC*NSF, and the treasurer is nominated by the Ministry of Health, Welfare and Sport. For an overview of the board members at the end of the year under review the reader is referred to Annex 2.

The board delegates the responsibility for day-to-day matters, and for policy preparation and implementation, to the CEO. In other words, the board provides "overall" direction.

Advisory Board

Under its articles of association, the Doping Authority has an Advisory Board. At year-end 2018, the Advisory Board comprised seven members (meaning that the board is up to strength), who all represent specific interest groups or a specific area of expertise. The Athletes Committee has also decided to appoint a regular deputy who can, when required, take over from the regular Advisory Board member on behalf of the Athletes Committee. The task of the Advisory Board is to advise the board, either on request or at its own initiative. It meets a few times a year. A list of the members of the Advisory Board can be found in Annex 2.

Office staff

During the year under review, the Doping Authority had three departments (Prevention, Enforcement & Investigation and Support), and a legal officer. The three department heads and the legal officer constitute, together with the CEO, the Management Team.

At year-end 2018, the office organisation comprised 19 people and 15.3 FTEs. For an overview, the reader is referred to Annex 3.

Doping Control Officials (DCOs)

In addition to the permanent staff, there were 20 part-time Doping Control Officials at the end of 2018 (twelve men and eight women, see Annex 4), who were appointed under 'minimum hours' contracts.

Quality

Anti-doping policy places considerable importance on delivering quality. Many doping organisations therefore work with quality systems. This is particularly relevant for the implementation of doping controls. The Doping Authority and its predecessors in law received ISO certification back in 1998. In September 2013, our organisation acquired a new ISO 9001:2008 certificate, which was valid for three years. This certification expired in September 2016 and it was decided not to apply for a new certificate given the planned establishment of the zbo Doping Authority Netherlands.

A Complaints Procedure was adopted and published on the website in May 2011. No complaints were processed using this procedure in 2018.

Therapeutic Use Exemption Committee (TUE Committee) and TUE Appeals Committee

One of the provisions in the doping regulations relates to the procedure for the use of prohibited medication. The Doping Authority has established, for the Dutch sports associations, a committee known as the Therapeutic Use Exemption Committee (TUE committee), which consists of independent doctors. Athletes who disagree with decisions made by the TUE committee can appeal to the TUE Appeals Committee, which was established in 2016. The TUE Appeals Committee consists of three people.

Compliance with Doping Sanctions Committee and Compliance with Doping Sanctions Appeals Committee

The World Anti-Doping Code requires the Doping Authority to monitor the implementation of sanctions imposed for doping. If there is any failure to comply with a sanction correctly, the same sanction begins again after the end of the original sanction. The Compliance with Doping Sanctions Committee is responsible for determining whether there has been correct compliance with a sanction and whether there are any reasons to reduce a subsequent sanction. A Compliance with Doping Sanctions Appeals Committee was established in 2017 for appeals against decisions made by the Compliance with Doping Sanctions Committee. Neither committee had any cases in 2018.

Annex 1 - Financial overview

Balance sheet as at 31 December 2018

Assets	2018	2017
<i>Fixed assets</i>		
Tangible fixed assets	€ 1	€ 59.937
<i>Current assets</i>		
Receivables	€ 141.998	€ 155.846
Cash at bank and in hand	€ 448.027	€ 309.970
	€ 590.025	€ 465.816
Total assets	€ 590.026	€ 525.753
 Liabilities		
<i>Foundation capital</i>		
Other reserves	€ 73.121	€ 112.710
Equalisation reserve, Ministry of Health, Welfare & Sport	€ 0	€ 0
Earmarked funds for doping controls	€ 69.388	€ 31.426
Special-purpose reserve	€ 0	€ 0
	€ 142.509	€ 144.136
<i>Long-term liabilities</i>		
<i>Current liabilities</i>		
Amounts owed to suppliers	€ 137.458	€ 158.771
Taxation and social security charges	€ 113.816	€ 51.361
Other creditors, accruals and deferred income	€ 196.243	€ 171.485
	€ 447.517	€ 381.617
Total liabilities	€ 509.026	€ 525.753

Income statement for 2018

	2018	2017
Income	€ 3.504.964	€ 3.269.694
Expenses related directly to doping controls	€ 1.626.003	€ 1.631.601
General operating costs (including direct costs of doping controls)	€ 1.879.632	€ 1.732.995
Project expenses	€ 0	€ 70.463
	€ 3.505.635-	€ 3.435.059
Charges		
Salaries and wages	€ 944.362	€ 907.200
Social security charges	€ 140.714	€ 126.135
Pensions	€ 86.487	€ 79.646
Depreciation of tangible fixed assets	€ 30.518	€ 33.127
Other value changes of tangible fixed assets	€ 18.544	€ 0
Other staff expenses	€ 55.935	€ 39.095
Accommodation expenses	€ 81.944	€ 85.193
Office expenses	€ 143.010	€ 129.491
Car expenses	€ 15.855	€ 15.860
Sales expenses	€ 1.482	€ 265
General expenses	€ 77.511	€ 73.918
Staff expenses and overheads passed on to activities/projects	€ 1.596.361-	€ 1.489.930-
Total operating expenses	€ -	€ -
Balance of income and charges	€ 671-	€ 165.365-
Interest receivable and similar income	€ 26	€ 384
Interest payable and similar charges	€ 982	€ 2.066
Financial income and expenditure	€ 956-	€ 1.682-
Result	€ 1.627-	€ 167.047-

Annex 2 - Members of Board of Management, Advisory Board and committees (as at 31-12-2018)

Board of Management

Harro Knijff, chair

Marc Benninga, secretary (NOC*NSF nomination)

Paul Depla, treasurer (Ministry of Health, Welfare and Sport nomination)

Advisory Board

Charles van Commenée (on behalf of the Dutch coaches)

Arnold Brons (Association for Sports Medicine, VSG)

Hinkelien Schreuder (NOC*NSF Athletes Committee)

Francien Huurman (on behalf of Dutch athletes)

Annemieke Horikx (KNMP)

Saskia Sterk (Rikilt)

Manuela de Jong (Statistics Netherlands)

Therapeutic Use Exemption Committee (TUE committee)

Marjon van Eijdsen-Besseling

Edwin Goedhart

Leo Heere (chair)

Ed Hendriks (chair)

Jan Hoogsteen

Ivo van Outheusden

Harry Koene

Hans Jurgen Mager

Huib Plemper

Hans Vorsteveld

TUE appeals committee

Babette Pluim

Marieke Becker

Françoise Broekhof

Compliance with Doping Sanctions Committee (CND)

Dolf Segaar (chair)

Diederik van Omme

Dennis Koolgaard

Compliance with Doping Sanctions Appeals Committee (BND)

Jan Loorbach (chair)

Jan Gerritse

Ella Adriaanse

Annex 3 - Office staff (as at 31-12-2018)

Management

Herman Ram	chief executive officer
Steven Teitler	legal officer

Enforcement & Investigations department

Koen Terlouw	head of department
Jeroen Brakels	account manager/deputy head of department
Hans Jongeneel	intelligence officer
Fienie Verhagen	senior officer for doping controls
Angela Mols	whereabouts officer / doping controls officer
Yvonne Looren de Jong	doping controls officer
Anuschka Rambhadjan	doping controls officer
Sjoerd Kamperman	doping controls officer

Prevention department

Erik Duiven	head of department
Laila Spruijt	senior elite sports education officer/deputy head of department
Wendy Schootemeijer	elite sports education officer
Hans Wassink	grassroots sports education officer

Support department

Olivier de Hon	head of department / scientific policy officer
Frans Stoele	information/documentation policy officer & TUE secretary
Astrid van der Goot	management assistant
Gerdi van Driel	administration officer
Rien Tuk	documentalist

Annex 4 - List of doping control officials (active as at 31-12-2018)

Jeannet Beijen
Dick Beverdam
Johan Bouman
Sally Fischer
Just van der Kroef
Karin van Rooij
Marlies Mielekamp
Gonnie Monsieurs
Victor Niemeijer
Jan Nijmeijer
Ronald Poulissen
Geeta Ramdajal
Hans Scholtz
Cees Smid
Jaap Stomphorst
Fienie Verhagen
Ton Verhagen
Sytske Visser
Gerrit Vooren

Annex 5 - Overview of publications and presentations

Oral presentations

- Wassink, H., 'Dopingpreventie in fitness'. Municipality of Winterswijk, Winterswijk, 10 January 2018.
- Spruijt, L., 'Integriteit & Doping – Preventieactiviteiten Dopingautoriteit'. State trainees for the Ministry of Justice & Security, The Hague, 14 January 2018.
- Ram, H., 'Data protection and anti-doping: the approach in the Netherlands', Anti-Doping Seminar 'Preventing Doping in Professional and in Grassroots Sport through Education and Investigation', Council of Europe, Sofia (Bulgaria), 24 January 2018.
- Hon, O. de., 'Striking the Right Balance - Effectiveness of Anti-Doping Policies', USBO Guest Lecture, Utrecht University, Master Sportbeleid & Sportmanagement, Utrecht, 12 February 2018.
- Duiven, E., 'Sport is te mooi voor doping!'. Chemistry & Crime minor, Hogeschool Rotterdam, Rotterdam, 20 February 2018.
- Duiven, E., 'Be PROUD'. Council of Europe – Advisory Group on Education. Dublin (Ireland), 8 March 2018.
- Hon, O. de., 'Doping en dopingmiddelen', Wetenschappelijke avond Trimbos instituut, Utrecht, 20 March 2018.
- Ram, H., 'The Supplement Checker App: A critical tool for more responsible supplement use in sports'. iNADO Workshop, Lausanne (Switzerland), 20 March 2018.
- Hon, O. de., 'Wat wel en wat niet mag', Post Olympisch Congres Nederlandse Vereniging voor Traumachirurgie, Arnhem, 29 March 2018.
- Hon, O. de., 'Doping en sport', Nascholing huisartsen Boerhave, Leiden, 31 May 2018.
- Hon, O. de., 'Dopingautoriteit en supplementen', Lunchlezing RIVM, Bilthoven, 26 June 2018.
- Hon, O. de., 'Wielrennen en doping', Public lecture at VU-University Amsterdam, 28 June 2018.
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Annex 6 - Other positions (as at 31-12-2018)

Herman Ram

- Chair of the Objections and Appeals Committee, Executive MBA Sportmanagement Wagner Group, Groningen
- Chair of the Foundation Board, Stichting Holland Skipool, The Hague
- Member International Advisory Board, MA Sports Ethics and Integrity, Swansea
- Board of Directors, Institute of National Anti-Doping Organisations iNADO
- Member of the NADO Ad Hoc Working Group, World Anti-Doping Agency, Montreal
- Member of the Sport & Integrity Steering Group, NOC*NSF, Arnhem
- Member of the Doping Focus Group, NOC*NSF, Arnhem

Olivier de Hon

- Olympic Stadium tour guide (volunteer)
- Advisor to the anabolic steroids polyclinic at the Spaarne Gasthuis hospital in Haarlem
- Advisor to Sub2Hrs project
- Advisor to the British nutritional supplements testing system, Informed Sport, of the LGC company
- Advisor to the American cycling union USA Cycling
- Member of the Advisory Board of the Health Base Foundation for the annual publication Commentaren Medicatiebewaking

Steven Teitler

- Chairman of the Ad Hoc Group Feasibility Study Council of Europe Anti-Doping Convention

Annex 7 - Abbreviations

ABP	Athlete Biological Passport
ADAMS	Anti-Doping Administration and Management System
ADN	Anti-Doping Norway
ADO	Anti-Doping Organisation
ADKC	Anti-Doping Knowledge Centre
AEPSAD	Agencia Española de protección de la salud en el deporte
AIU	Athletics Integrity Unit
ANP	Algemeen Nederlands Persbureau
AWB	Dutch General Administrative Law Act
CADF	Cycling Anti-Doping Foundation
CAHAMA	The Ad Hoc European Committee for the World Anti-Doping Agency
CAS	Court of Arbitration for Sport
CBS	Statistics Netherlands
CIOS	Centraal Instituut Opleiding Sportleiders
CHDR	Centre for Human Drug Research
CTO	Centre for Elite Sports and Education
DCO	Doping control official
DLDS	Ongoing Educational Module for Doping-Free Sport

EPO	Erythropoietin
ESA	Erythropoiesis Stimulating Agents
EU	European Union
FAIR	Forum for Anti-Doping in Recreational Sport
FIOD	Fiscal Intelligence and Investigation Department
FTE	Full-time equivalent
TUE	Therapeutic Use Exemption
GHRF	Growth Hormone Releasing Factor
HAARLEM	Health Risks of Anabolic Androgen Steroid Use by Male Amateur Athletes
HBOC	Haemoglobin-Based Oxygen Carriers
IAAF	International Association of Athletics Federations
IADA	International Anti-Doping Arrangement
IF	International Federation
iNADO	Institute for National Anti-Doping Organizations
IOC	International Olympic Committee
IOD	Intelligence and Investigations Department
IPC	International Paralympic Committee
IRMS	Isotope Ratio Mass Spectrometry
ISO	International Organization for Standardization

ISR	Institute for Sports Law
ISTI	International Standard for Testing & Investigations
ITU	International Triathlon Union
KNBB	Royal Dutch Billiards Federation
KNMG	Royal Netherlands Medical Society
KNMP	Royal Netherlands Pharmaceutical Society
KNVB	Royal Dutch Football Association
KNWU	Royal Dutch Cycling Union
KNZB	Royal Netherlands Swimming Association
NADA	Nationale Anti-Doping Agentur (Germany)
NADO	National Anti-Doping Organisation
NDR	Dutch National Doping Regulations
NK	Dutch Championships
NOC*NSF	National Olympic Committee*Dutch Sports Confederation
NT	National Talent
NTP	National Testing Pool
NVWA	Dutch Food and Commodities Authority
NZVT	Dutch Safeguards System for Dietary Supplements in Elite Sport
RIVM	National Institute of Public Health and Environmental Protection

ROC	Regional Training Centre
RTO	Regional Elite Sports Organisation
RTP	Registered testing pool
SAP	Strength and Physique
TDSSA	Technical Document Sport Specific Analysis
T/E	Testosterone/Epitestosterone
TP	Testing Pool
UKAD	United Kingdom Anti-Doping
USADA	United States Anti-Doping Agency
VSG	Association for Sports Medicine
VU	VU-University of Amsterdam
VWS	Ministry of Health, Welfare and Sport
WADA	World Anti-Doping Agency
WADC	World Anti-Doping Code
WBP	Whistleblower Policy
WOB	Dutch Government Information (Public Access) Act
WOO	Dutch Open Government Act
WUAB	Dutch Anti-Doping Policy Implementation Bill
ZBO	Independent governing body