

2020 Annual Report

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Preface

This is the second Annual Report from Doping Authority Netherlands. Until 2018, the work of the National Anti-Doping Organisation in our country was done by the Netherlands Anti-Doping Authority (the ADAN foundation). However, since 2019, that work has been taken over by the independent administrative body (zbo) Doping Authority Netherlands.

The corona pandemic had a major impact on the work of Doping Authority Netherlands in 2020. As soon as the first lockdown was announced in March, it became very difficult for the organisation to execute its duties. Doping controls and educational activities came to a virtual standstill and they could only be resumed gradually after all sorts of changes had been introduced. However, the almost complete stoppage of sports competitions and the necessary corona measures announced by the government involved major restrictions until the end of the year. In addition, several employees were affected (personally or in their immediate circles) by the pandemic, and that further complicated operations. It was therefore possible to achieve the goals set for 2020 in part only.

In Chapter 1, we report on how we have implemented our mission of *'providing information about doping'* (Wuab, Article 5(d)). Chapters 2, 4, and 8 describe various aspects of *'the implementation of the doping control process'* (Wuab, Article 5(b)). Chapter 3 contains information about *'the collection and investigation of information about possible violations of doping regulations'* (Wuab, Article 5(c)). The other chapters describe the implementation of a range of support tasks and processes needed to fulfil the statutory duties in a correct way.

As an independent administrative body, Doping Authority Netherlands is also covered by the Government Information (Public Access) Act (Wet openbaarheid bestuur (Wob)) but no public information request was received in 2020??.

Doping Authority Netherlands is also governed by the General Administrative Law Act (Algemene wet bestuursrecht, Awb) and the CEO of Doping Authority Netherlands made one decision about an objection in 2020. This decision was published (after anonymisation) on the corporate website of Doping Authority Netherlands.

Doping Authority Netherlands has its own Complaints Procedure in addition to the arrangements under the General Administrative Law Act (Awb). It was not used in 2020.

Chapter 1 Education

GENERAL

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

IMPACT OF THE CORONA PANDEMIC

The corona pandemic has had a major impact on the implementation of the education policy. The number of educational sessions and outreach events (stands at events) involving a physical presence was drastically reduced. A number of other activities were organised differently than usual (such as the Support Clean Sport Day) or they did not take place at all (True Strength Day, Symposium commemorating 10 years of the Steroids Clinic) in 2020. Far fewer questions were asked via the Doping Information Line and the Doping Information App was downloaded less often. It also proved much harder to generate attention for the Be PROUD programme. The initiative was snowed under by the challenges in sport posed by the corona pandemic. An 'incentive budget' for sports federations was actually not used. On the other hand, the number of completed e-learning modules rose sharply. In addition, more web messages have been written for True Strength.

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

Implementation of the 2021 Code and International Standard for Education

The World Anti-Doping Code 2021 and the associated eight international standards were approved in late 2019. Two standards were entirely new. One of those is the International Standard for Education. This standard requires all signatories to the Code to have an education plan in place by 1 January 2021. Signatories are required to develop, implement, monitor and evaluate education programmes on the basis of that plan. In preparation, Doping Authority Netherlands had already drawn up a new education plan. The development of the associated education programme – the National Education Programme – was largely completed in 2020. In cooperation with sports associations, the first steps were taken to implement the programme. It should

be pointed out that the National Education Programme also builds on the Ongoing Education Modules for Clean Sport that Doping Authority Netherlands developed previously in collaboration with NOC*NSF.

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 sport for all ages and development phases.

Education sessions in person

In line with these phases, Doping Authority Netherlands has developed three different education modules: Bronze, Silver and Gold. Bronze was 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.

In 2020, Doping Authority Netherlands provided a total of 31 education sessions for a total of approximately 550 elite athletes (an average of 18 elite athletes per session). Seven sessions were organised online with Microsoft Teams or a similar program. The rest took place in person. This is a much smaller number than in previous years.

Table 1.1: Overview of education sessions for elite athletes

Education module	2017	2018	2019	2020
Bronze	53	33	43	9
Silver	18	17	16	8
Gold	2	2	2	2
Combination	18	32	22	12
Total	91	84	83	31

E-learning platform

It was difficult to schedule education sessions in person in 2020. Fortunately, the Doping Authority had already launched an [e-learning platform](#) in March 2017. The Bronze, Silver, Gold and National Testing Pool modules were available for elite athletes on this platform. The Bronze, Silver and Gold modules match the Bronze, Silver and Gold education sessions conducted in person. The National Testing Pool module is intended for elite athletes who have been included in the National Testing Pool by Doping Authority Netherlands. They must provide supply whereabouts information (accommodation and location data).

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

Education module	2017	2018	2019	2020
Bronze	494	1368	1848	2409
Silver	114	330	675	532

Gold	-	129	230	271
National Testing Pool	-	65	46	92
Total	608	1892	2799	3304

The back end of the e-learning platform underwent an overhaul in 2020. In addition, an option has been added that allows e-learning users to rate a completed e-learning module on a scale from 1 to 10. The ratings for the e-learning modules were as follows: Bronze 8.1, Silver 7.9, Gold 8.0 and National Testing Pool 7.8.

Videos

Doping Authority Netherlands produced a video in 2020 about remote urine controls during the corona pandemic.

Doping Information App

The Doping Information App has been with us since late 2013. The app works on iOS and Android. There is also a [responsive website](#). The Doping Information App allows athletes and support staff, among others, to check their medication and dietary supplements, check the most important doping regulations and look at the doping control procedure. The app was downloaded approximately 3,200 times in 2020 (2019: approximately 5000 downloads). The total number of downloads was in the region of 37,200 at year-end 2020. The Doping Information App is updated continuously. The app is also constantly promoted, for example at education sessions, on a range of websites, in various articles, and on Z cards and posters.

Be PROUD

Be PROUD is an initiative of Doping Authority Netherlands and it focuses on affirming the right sporting values. The programme was established in collaboration with NOC*NSF, elite athletes of the present and past, and trainers/coaches. It was launched in the summer of 2018. 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](#).

At year-end 2020, Be PROUD had twelve [ambassadors](#). The ambassador who joined in 2020 was Ran Faber (korfbal). The eleven other ambassadors are Eva Voortman (softball), Margriet Bergstra (judo), Rogier Hofman (hockey), Sophie Souwer (rowing), Steve Wijler (archery), Epke Zonderland (gymnastics), Jessica Schilder (athletics), Jetze Plat (handbiking/paratriathlon), Kai Verbij (speed skating), Madelein Meppelink (beach volleyball) and Vince Rooi (baseball).

Be PROUD partners qualified for an incentive budget of € 1,000 maximum as support for their partnership activities. To obtain the budget, they were required to submit a project plan with a concrete description of the activities. The budget was allocated to two partners but the plans have not yet been put into practice. This means that no money has been paid out in 2020 either.

The number of [member organisations](#) (Be PROUD partners) remained at 36 in 2020. The number of supporters rose from 1,182 to 1,376. To promote Be PROUD, bottles and vials of hand gel were developed in 2020. Wall signs were also made for Be PROUD partners that they can display inside and outside to announce their partnership. In late 2020, Doping Authority

Netherlands called in BOOM Communicatie to provide strategic advice about the further development of the programme. This firm was also involved in the launch of Be PROUD.



Be PROUD wall sign for partners

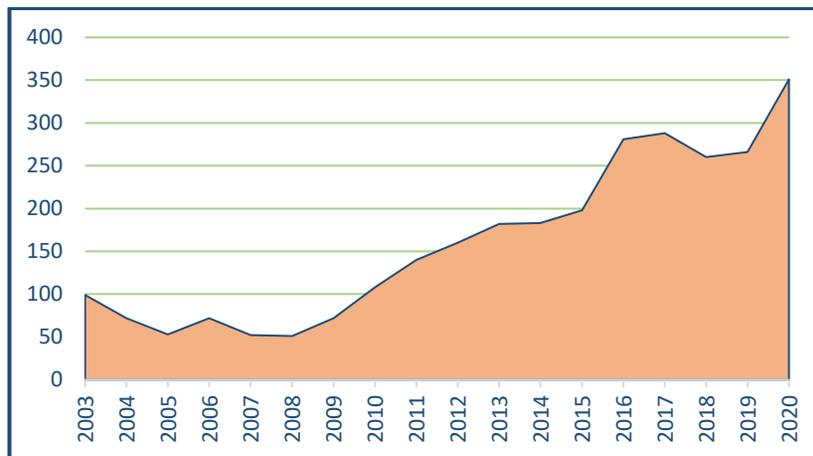
Outreach Events

At outreach events, Doping Authority Netherlands is present with a stand at a sporting event in order to promote Be PROUD and to provide general information for large groups of elite athletes and support staff. There were two outreach events in 2020: the KNAF licence day in Eindhoven (22 January) and the Dutch national boxing championships (1 and 2 February). There was also an outreach event during the international doping conference ICIC2020 (15-17 January) but it was of a different nature because the people present were from the anti-doping world.

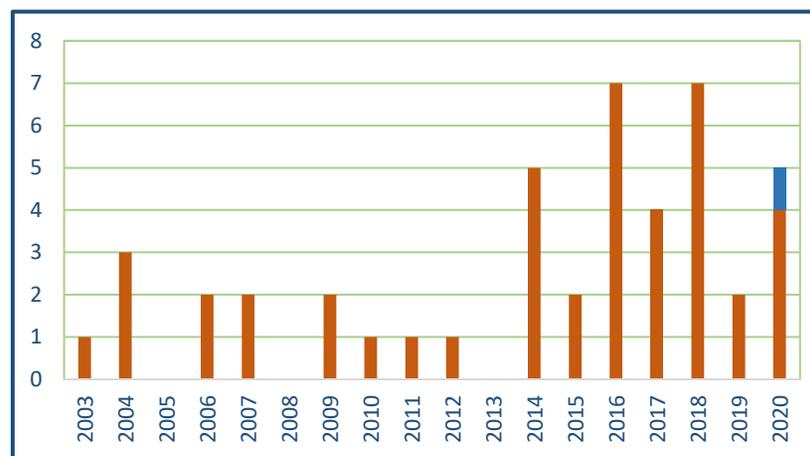
Dutch Safeguards System for Dietary Supplements in Elite Sport (NZVT)

Dietary supplements can contain prohibited substances. That is often not stated on the label. The use of dietary supplements therefore constitutes a risk for elite athletes because it can lead to a positive result from 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 351 NZVT certificates were issued in 2020 (for 588 product-batch combinations). This is the highest number ever, a sign that the system is still catering to a significant need for athletes and their support staff. In total, on 31 December 2020, there were 1,331 product-batch combinations on the [NZVT](#) website representing 291 products, 56 brands and 16 substantive categories. Four batches were rejected because prohibited substances were found in them and one batch was rejected because it was found to contain a pharmacological substance.



Number of approved certificates



Number of rejected batches

Support staff

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

Education sessions in person

A total of 11 education sessions were organised for approximately 250 support staff in 2020: 60 trainer-coaches, 110 parents and 80 medical/paramedical support staff (including doctors, physiotherapists and dieticians). Four education sessions were organised online with Microsoft Teams or a similar program. Four of the ten sessions were for trainer-coaches and seven for other categories. The trainer-coach education sessions are based on the Ongoing Educational Module for Doping-Free Sport for trainers and coaches. Doping Authority Netherlands has developed three different basic education modules for this purpose: Trainer-Coach 3, Trainer-Coach 4 and Trainer-Coach 5 (also known as Master Coach). The modules correspond to the training structure of the [Sport Qualification Structure](#). In 2020, all four of the education sessions for trainer-coaches were provided in this way. The seven education sessions for other groups of support staff were for specific groups.

Table 1.3 Overview of education sessions for support staff

Education module	2017	2018	2019	2020
Trainer-Coach 3	3	6	3	1

Trainer-Coach 4	3	3	3	2
Trainer-Coach 5	2	5	4	-
Combination	-	1	1	1
Specific sessions	16	5	10	7
Total	24	20	21	11

E-learning platform

Doping Authority Netherlands has also developed e-learning modules for support staff. Support staff completed 275 more modules in 2020 than in 2019.

Table 1.4 Overview of e-learning modules completed by support staff

Education module	2018	2019	2020
Trainer-Coach 3	145	108	294
Trainer-Coach 4	102	60	98
Parents	32	24	52
Medical and paramedical support staff	8	14	37
Total	287	206	481

The e-learning modules have been rated by users with an average mark of: *Trainer-Coach 3* 7.8, *Trainer-Coach 4* 7.8, *Parents* 8.1 and *Medical/paramedical support staff* 7.9.

Print media

To reach the parents of talented and elite athletes better, Doping Authority Netherlands developed a postcard for parents in 2020. It provides a brief explanation of the role of parents in clean sport and a reference to the e-learning module for parents. Talented and elite athletes are asked to enter their home address on the map at the end of the Bronze and Silver education sessions conducted in person. Doping Authority Netherlands then sends the cards by post.



Postcard for parents

Sports associations

The sports associations are also an important target group for Doping Authority Netherlands. They are closest to the elite athletes and the support staff. Doping Authority Netherlands is in contact with the sports associations at all times.

Meeting of sports associations

The Support Clean Sport meeting (formerly known as the Association meet/Together against Doping meet) was organised for the eleventh time on 10 October. There were only a few participants present in person. Forty people attended the meeting online. The participants represented 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 7.8.

Implementation discussions for the National Education Programme

There were discussions with twelve sports federations in 2020 about the implementation of the National Education Programme, which was due to start at the same time as the introduction of the new Code and International Standard for Education (1 January 2021).

E-learning platform

Doping Authority Netherlands has the *Sports Associations* e-learning module for the sports associations. The module was completed 30 times in 2020 (2019: 16 times). The average rating from e-learning users for the module was 7.1.

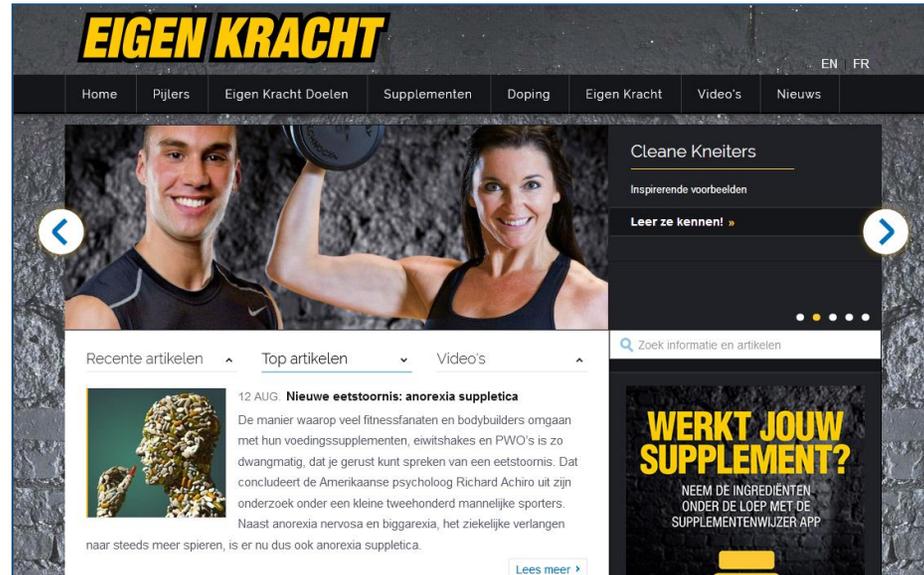
FITNESS

The objective for fitness (sports organised on other lines) 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, Doping Authority Netherlands concentrates 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. Doping Authority Netherlands organised communications for this target group on the basis of the *True Strength* programme. The book *Doping, the sober facts* is published directly under the auspices of *Doping Authority Netherlands* rather than under the *True Strength* banner.

True Strength programme

There are 3 million fitness adherents in the Netherlands. This makes fitness the most popular sporting activity in the Netherlands. However, a survey in 2009 showed that 8.2% of fitness athletes use prohibited substances. This is, in principle, permitted 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. It is therefore desirable to reduce levels of doping in fitness centres. As a result, Doping Authority Netherlands decided to develop the education programme [True Strength](#) specifically for this group. Doping Authority Netherlands uses True Strength to inform people about the risks of using anabolic steroids and other prohibited substances, and to provide detailed information about healthy alternatives for becoming more muscular or slimmer using True Strength. That generates more knowledge and awareness. This process also affirms the values and norms associated with sports in line with *True Strength*.



True Strength website

True Strength website

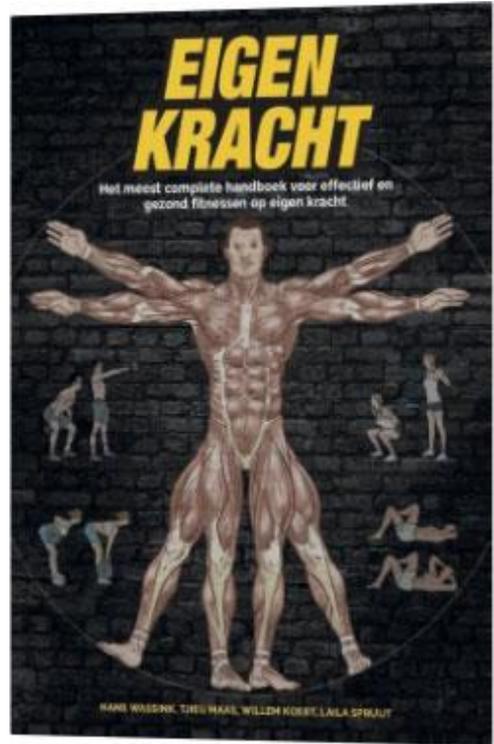
The True Strength website plays a central role in the programme. It provides objective, clear and practical information about how to build up muscle mass cleanly and effectively, and about sound ways of losing weight. There is also objective information about various types of prohibited substances and the side-effects, and the doping risks of dietary supplements are discussed. The True Strength website has existed for over twenty years and it contains over 1000 web messages and articles.

In 2020, a total of 91 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. This is more than in previous years, when an average of one news item a week was published on the website.

As of August 2020, True Strength used its own social media channels on Facebook and Instagram with multiple posts each week. The posts cover multiple themes that are identified with different icons (including training, nutrition, recovery, supplements). True Strength's web messages used to appear on the social media channels of Doping Authority Netherlands.

True Strength book

The Doping Authority completely rewrote the [True Strength book](#) in late 2018. The book complements the True Strength website and the Supplement Checker App. It was promoted persistently in 2020 on the website and at meetings. 1,500 copies have now been sold of this fourth, completely revised edition of the book. The fifth edition (with minimal revisions) was published in December 2020.



The True Strength book

Supplement Checker App

The Doping Authority launched the Supplement Checker App in August 2017 under the *True Strength* banner. Over the past decade, the market for sport dietary supplements has grown explosively. Nearly 60% of fitness athletes in the Netherlands use supplements. Top athletes also use many supplements. The free Supplement Checker App helps athletes to work with supplements in a conscious and critical way. The heart of the app is a discussion and assessment of more than 3,000 ingredients.

The app was downloaded 3,250 times in one year (2019: 3,841). The Supplement Checker App was maintained continuously and expanded in 2020. In 2020, Doping Authority Netherlands wrote 85 new profiles for the Supplement Checker App (2019: 116). Thirty profiles were also amended on the basis of new insights.

Guest lectures and meetings

Doping Authority Netherlands gave two guest readings at fitness institutions in 2020 (2019: eight).

E-learning

The e-learning module *Fitness Trainer A* was completed by 46 people in 2020 (2019: nine).

Outreach Events

During outreach events, True Strength is present with a stand at fitness events in order to provide general information for large groups of elite athletes and support staff. There were no outreach events in 2020.

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 [twenty Clean Hunks](#) affiliated with the *True Strength* programme in 2020 (2019: nineteen). They are all on the site, which includes background stories and photos.

Written contributions

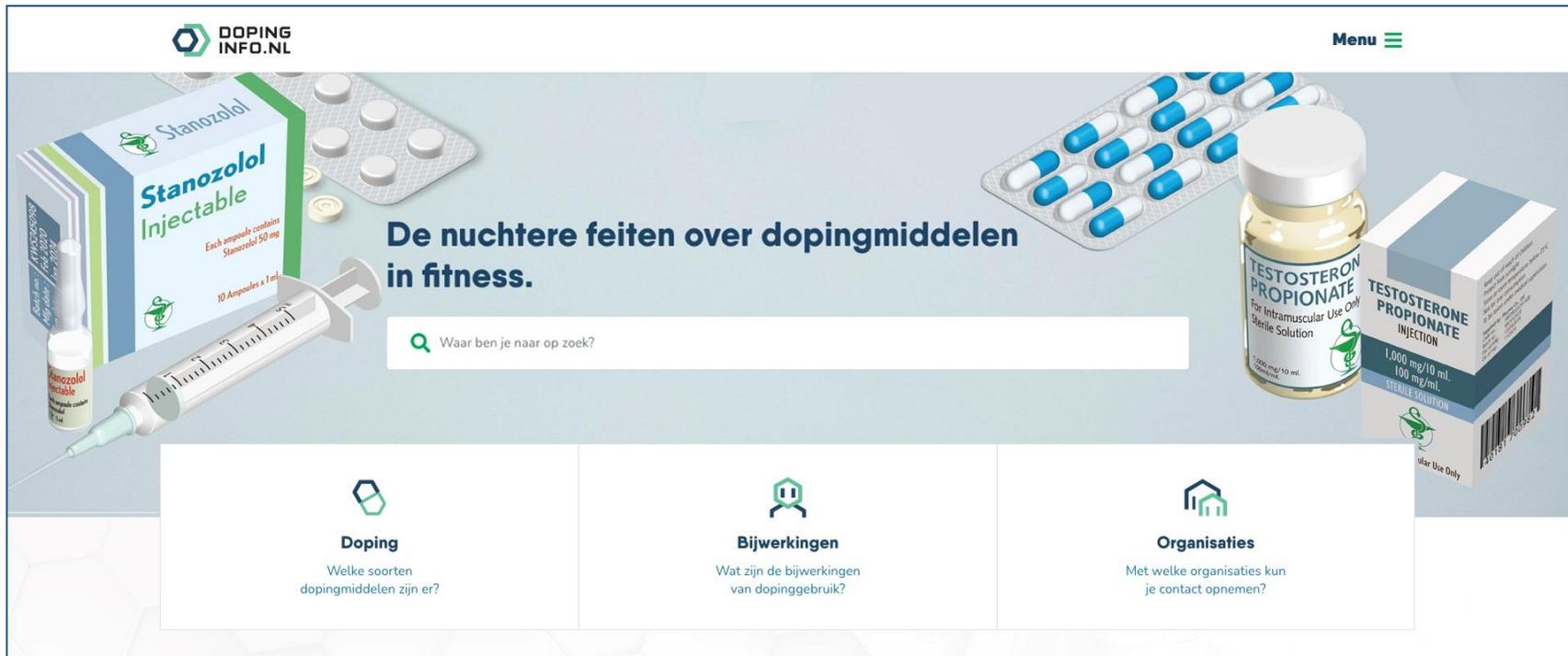
In 2020, Doping Authority Netherlands contributed to the (slightly revised) reprint of the course book of NL Active (the fitness branch Association), *Fitness Trainer Level 3*. A contribution was also made to the E-zine of NL Actief. Furthermore, an article was published for the magazine of the Royal Association for Physical Education (KVLO).

Book: Doping, the sober facts

[Doping, the sober facts](#) was published in October 2014. It gives the reader 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 world itself. The emphasis is on information that is still too often swept under the table in this world. There is still a lot of interest in the book.

Dopinginfo.nl

In 2019, Doping Authority Netherlands started on the development of a new website: Dopinginfo.nl. The website is a database for prohibited substances and the aim is to provide policymakers and health professionals with a source of information. The website has not yet been launched. However, 32 profiles of prohibited substances have been written for the website's database.



Design of Dopinginfo.nl

GENERAL PUBLIC

Corporate website

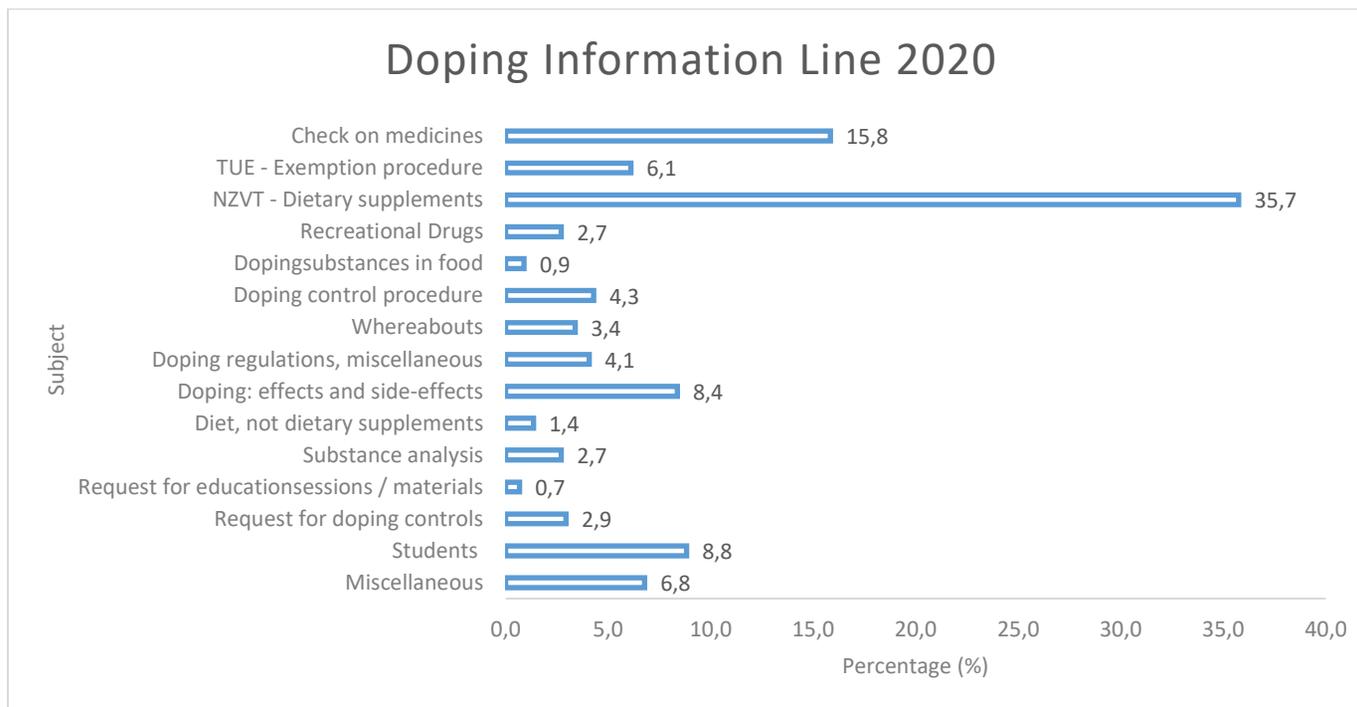
The corporate website of Doping Authority Netherlands is www.dopingautoriteit.nl. We contributed 26 press releases of our own to the site in 2020 (2019: 21). ANP news reports are also an important component of the information we supply. Approximately 201 ANP news reports were published (automatically) on the site in 2020. That is less than in 2019 (229).

Doping Information Line

The Doping Information Line is the front office for all questions (by email/WhatsApp) relating to doping. It is staffed by teams of four working in turn. All questions are processed within one working day and recorded anonymously in a database. The email address is dopingvragen@dopingautoriteit.nl. The mobile number, 06-11226200, is reserved exclusively for WhatsApp. Calls are not answered.

A total of 442 questions were received in 2020. That is 33% less than in 2019, when there were 661 registered questions.

In addition, the numbers of questions per subject were monitored. Individual questions could be allocated to several subjects. The percentages for each subject can be found in the table below. As in previous years, two subjects stand out: checking whether a medicine is on the prohibited list (15.8%) and questions about dietary supplements (35.7%).



The percentage of questions by subject

Club sports and elite sports accounted for 75% of the e-questions, fitness for 9%, and other sectors for 16%. There was one report of a possible doping violation, someone from the press sent a question to the Doping Information Line on three occasions, and one question concerned a positive athlete. Questions received through WhatsApp (169) accounted for 38% of the total.

Presentations

In 2020, the Education Department gave six presentations that did not exactly match the target groups of elite sport or fitness described above (see also Annex 4).

Social Media

Doping Authority Netherlands is active on [YouTube](#), [Facebook](#), [Twitter](#) and [Instagram](#). 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.

Dutch Caribbean

The development of educational materials specifically for the Dutch Caribbean began in 2020. There will be an information brochure and an e-learning module in Papiamentu, English and Dutch. A number of videos will also be translated/subtitled. The educational materials will be available in the course of 2021.

Press contacts

Once again in 2020, Doping Authority Netherlands was approached hundreds of times by journalists with questions about the anti-doping policy, background matters and all kinds of concrete doping cases and problems. However, there were substantially fewer contacts than in previous years. This was undoubtedly attributable to the corona pandemic (which resulted in a substantial scaling down of worldwide anti-doping activities and therefore of the number of detected doping violations). Particularly in the second half of the year, some of the questions related to the impact the pandemic has had or is having on our work. The CEO of Doping Authority Netherlands acted as the spokesperson, with the COO of Doping Authority Netherlands standing in for him when he was absent.

Chapter 2 Doping controls

CONTROLS IN PRACTICE

General

In 2020, work continued on the implementation of the doping control policy, which was drawn up in partnership with NOC*NSF. The emphasis of the doping controls is on the very top levels of Dutch sports. 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 the locations associated with their daily activities to Doping Authority Netherlands 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 and optimal collaboration. See Chapter 3 for more about *Intelligence & Investigations*.

Doping controls are the main tool at our disposal for investigating anti-doping rule 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.

Adjustments to doping control procedures as a result of COVID-19

After the virtual suspension of the doping control programme as a result of the first lockdown in early 2020, the Enforcement & Investigations department initiated the development of a modified, innovative and 'corona-proof' doping control procedure that would make unannounced doping controls possible during the pandemic. All in line with the applicable Dutch national guidelines and subsequent WADA reports.

A detailed control process has been designed and described in line with a four-track policy. The overriding consideration is always to maximise safety for both the athlete and the DCO (distance, hand hygiene, personal protective equipment, etc.). An important component is the triage of both the doping control officer and the athlete using questionnaires developed specifically for this purpose. On the basis of the results of that screening process, one of the following tracks is adopted:

1. Doping control at the athlete's home
2. Doping control in another location, for example in the mobile doping control station
3. Adapted remote doping control by video link
4. Suspension of the control process

For each of the four scenarios, the prevailing instructions/procedures for the doping control officers have been adapted and tightened up, with particular attention being paid to the use of personal protective equipment, hand hygiene, disinfection of materials and surfaces, and privacy.

The modified remote doping control by video link can be used when an athlete is in self-isolation/quarantine. To make this possible, a special procedure has been developed using the paperless testing system and the mobile doping control station. In this scenario, the athlete receives an adapted doping control kit with a tablet on which there is a video link to the DCO who is present in the mobile doping control station (or a similar vehicle) at that moment. The athlete performs all the procedures and is coached by the DCO via the video link. As many safeguards as possible have been put into place to prevent possible manipulation of the process. In order to inform the athletes about this adjusted procedure, an [animated film](#) and an [information card](#) have been produced in collaboration with the Education department. The approach has generated considerable international interest.

Registered Testing Pool (RTP)

On the basis of the amended World Anti-Doping Code (WADC) and the associated International Standards, Doping Authority Netherlands has established a Registered Testing Pool (RTP). Athletes in this RTP are required to comply with a number of obligations. For example, when using medicines on the prohibited list, 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 Doping Authority Netherlands.

There were fourteen sports associations with athletes in the RTP in 2020. That is more than in 2019 (when there were twelve sports associations). The number of athletes in the RTP was also slightly higher than in 2019: 388 athletes at the beginning of 2020 as opposed to 369 athletes at the beginning of 2019. Once again in 2020, athletes were only required to provide whereabouts information to one organisation: either Doping Authority Netherlands or the international federation. Doping Authority Netherlands uses the whereabouts module of the global administration and management system ADAMS and the app developed by WADA in-house (Athlete Central). In 2020, Doping Authority Netherlands also drew extensively on information from external sources such as the websites of national and international federations, Twitter, Instagram and Facebook, to determine where athletes were to be found.

Controls conducted - general

Doping Authority Netherlands conducted two types of doping control for Dutch sports in 2020: 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 responsibilities of Doping Authority Netherlands 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

The annual plan for 2020 included a national programme of some 2,500 doping controls. Approximately 20% of the available controls were earmarked for target controls, follow-up investigations, and for doping controls pursuant to official records and meeting official limits. On the basis of the anti-doping policy, Doping Authority Netherlands divided the remaining controls (approximately 80%) between the different sports disciplines. This allocation was made using a distribution model – based on international guidelines – that includes information such as sport-specific physiological characteristics and international and national doping incidence statistics.

The national programme – implementation

The standard for the number of doping controls to be carried out under the national programme in 2020 was 2,500 doping controls. As a result of the global COVID-19 pandemic and its national impact on society in general and sport in particular, the implementation of doping controls has run up against a range of various challenges, obstacles and difficulties.

In 2020, 1,505 controls were conducted as part of the national control programme (the national programme implemented in 2019 consisted of 2,427 doping controls). The overwhelming majority (1,245) were urine controls. There were also 260 blood controls in 2020, for example in the context of the Athlete Biological Passport. That is fewer than in 2019 (-28%). This lower number can be explained by the fact that the doping control programme largely came to a standstill during the first lockdown in March and the second lockdown at the end of the year.

The 1,505 doping controls conducted for the national control programme covered 65 Olympic/Paralympic sports and 12 non-Olympic/Paralympic sports in a ratio of 94:6. There were no doping controls in a number of non-Olympic sports and sports that are not susceptible to doping, examples being mind sports.

Doping controls in the National Control Programme: the top five

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

The percentage of *out-of-competition* controls (blood and urine) in the national programme was 65%. This was more than in 2019 (51%). This increase is mainly attributable to the large-scale cancellation of competitions and events due to the COVID-19 pandemic. Of the 1,505 doping controls (blood and urine) conducted for sports in the Netherlands, 857 involved men (57%) and 648 women (43%).

Doping controls for third parties

A total of 156 doping controls were conducted on the basis of assignments from third parties, 78% fewer than in 2019 when a total of 713 controls were conducted in this way. This fall can be explained by reference to the COVID-19 pandemic and the associated government policies.

In previous years, 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. Because most national competitions and events were cancelled in 2020, fewer controls have been carried out on behalf of the KNVB and no controls have been conducted in the context of the KNWU's 'Racing for a Clean Sport' programme.

Various Dutch associations and sports organisations have asked for quotations for additional controls from Doping Authority Netherlands for international events in the Netherlands. A large proportion of the assignments for which quotations were given were not executed due to the cancellation of events as a result of the pandemic and the related government regulations.

The majority of the additional doping controls conducted for Dutch and foreign associations and organisers were in-competition controls (56%). Of the doping controls for third parties, 82% involved men and 18% involved 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 2020. A total of 1,661 doping controls were conducted.

Table 2.1 General overview of doping controls conducted in 2020

Doping controls conducted by Doping Authority Netherlands	Urine	Blood	Total
Doping controls conducted for Dutch sport (Dutch national programme)	1,245	260	1,505
Doping controls conducted for foreign sports organisations and other organisations	124	32	156
Total conducted by Doping Authority Netherlands	1,369	292	1,661

Number of doping controls	2020	2019
National programme	1,505	2,427
On behalf of third parties	156	713
Total	1,661	3,140

Total number of doping controls: the top five

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

The total number of 1,661 doping controls for Dutch sports and sports organisations was considerably less than in 2019, when there were 3,140 doping controls.

Table 2.2: Overview of the number of doping controls in 2020

Sport	Association*	National Programme (Netherlands)			Conducted for third parties			Total conducted		
		Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Athletics	KNAU	180	30	210	10	0	10	190	30	220
Badminton	BNL	7	0	7	0	0	0	7	0	7
Basketball	NB(asketball)B	13	0	13	0	0	0	13	0	13
Billiard sports	KNBB	4	0	4	0	0	0	4	0	4
Bobsleigh	BSBN	2	0	2	0	0	0	2	0	2
Boxing	NB(oxing)B	22	1	23	0	0	0	22	1	23
Curling	NCB	1	0	1	0	0	0	1	0	1
Dance sport	NADB	6	0	6	0	0	0	6	0	6
Darts	NDB	1	0	1	0	0	0	1	0	1
Weightlifting	NGB	20	0	20	0	0	0	20	0	20
Gymnastics	KNGU	44	3	47	0	0	0	44	3	47
Handball	NHV	8	0	8	0	0	0	8	0	8
Archery	NHB	11	0	11	0	0	0	11	0	11
Hockey	KNHB	12	0	12	0	0	0	12	0	12
Baseball	KNBSB	2	0	2	0	0	0	2	0	2
Ice hockey	IJshockey NL	4	0	4	0	0	0	4	0	4
Judo	JBN	91	10	101	0	0	0	91	10	101
Karate Do	KBN	8	0	8	0	0	0	8	0	8
Korfbal	KNKV	13	0	13	0	0	0	13	0	13
Mixed Martial Arts	UFC	0	0	0	8	0	8	8	0	8
Equestrian sports	KNHS	6	0	6	0	0	0	6	0	6
Para-alpine skiing	NS(ki)V	5	0	5	0	0	0	5	0	5
Para-athletics	KNAU	47	9	56	0	0	0	47	9	56
Para-snowboard	NS(ki)V	2	0	2	0	0	0	2	0	2
Para-swimming	KNZB	32	2	34	0	0	0	32	2	34
Power lifting	KNKF	12	0	12	0	0	0	12	0	12
Rowing	KNRB	101	37	138	0	0	0	101	37	138
Rugby	Rugby NL	9	0	9	0	0	0	9	0	9
Skating	KNSB	222	65	287	10	0	10	232	65	297
Fencing	KNAS	6	0	6	0	0	0	6	0	6
Skateboarding	SFN	1	0	1	0	0	0	1	0	1
Softball	KNBSB	2	0	2	0	0	0	2	0	2
Squash	S(quash)BN	6	0	6	0	0	0	6	0	6
Taekwondo	TBN	8	0	8	0	0	0	8	0	8
Table tennis	NTTB	7	0	7	0	0	0	7	0	7

Sport	Association*	National Programme (Netherlands)			Conducted for third parties			Total conducted		
		Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Tennis	KNLTB	2	0	2	0	0	0	2	0	2
Triathlon	NTB	29	15	44	0	0	0	29	15	44
Football	KNVB	16	0	16	58	0	58	74	0	74
Volleyball	NeVoBo	8	0	8	0	0	0	8	0	8
Cycling	KNWU	160	40	200	38	32	70	198	72	270
Wrestling	KNKF	2	0	2	0	0	0	2	0	2
Sailing	KNWV	5	0	5	0	0	0	5	0	5
Swimming	KNZB	108	48	156	0	0	0	108	48	156
Total		1,245	260	1,505	124	32	156	1,369	292	1,661

* This column has been included to allow for a comparison with 2019.

Table 2.3: Number of in-competition and out-of-competition controls in 2020

Sport	Association*	In competition			Out of competition		
		Urine	Blood	Total	Urine	Blood	Total
Athletics	KNAU	63	0	63	127	30	157
Badminton	BNL	6	0	6	1	0	1
Basketball	NB(asketball)B	12	0	12	1	0	1
Billiard sports	KNBB	4	0	4	0	0	0
Bobsleigh	BSBN	0	0	0	2	0	2
Boxing	NB(oxing)B	12	0	12	10	1	11
Curling	NCB	0	0	0	1	0	1
Dance sport	NADB	6	0	6	0	0	0
Darts	NDB	0	0	0	1	0	1
Weightlifting	NGB	18	0	18	2	0	2
Gymnastics	KNGU	0	0	0	44	3	47
Handball	NHV	8	0	8	0	0	0
Archery	NHB	8	0	8	3	0	3
Hockey	KNHB	8	0	8	4	0	4
Baseball	KNBSB	0	0	0	2	0	2
Ice hockey	IJshockey NL	4	0	4	0	0	0
Judo	JBN	18	0	18	73	10	83
Karate Do	KBN	8	0	8	0	0	0
Korfbal	KNKV	12	0	12	1	0	1
Mixed Martial Arts	UFC	0	0	0	8	0	8
Equestrian sports	KNHS	0	0	0	8	0	8
Para-alpine skiing	NS(ki)V	0	0	0	5	0	5

Sport	Association*	In competition			Out of competition		
		Urine	Blood	Total	Urine	Blood	Total
Para-athletics	KNAU	7	0	7	40	9	49
Para-snowboard	NS(ki)V	0	0	0	2	0	2
Para-swimming	KNZB	3	2	5	29	0	29
Power lifting	KNKF	12	0	12	0	0	0
Rowing	KNRB	0	0	0	101	37	138
Rugby	Rugby NL	8	0	8	1	0	1
Skating	KNSB	152	18	170	80	47	127
Fencing	KNAS	6	0	6	0	0	0
Skateboarding	SFN	0	0	0	1	0	1
Softball	KNBSB	0	0	0	2	0	2
Squash	S(quash)B	6	0	6	0	0	0
Taekwondo	TBN	8	0	8	0	0	0
Table tennis	NTTB	6	0	6	1	0	1
Tennis	KNLTB	0	0	0	2	0	2
Triathlon	NTB	5	0	5	24	15	39
Football	KNVB	74	0	74	0	0	0
Volleyball	NeVoBo	8	0	8	0	0	0
Cycling	KNWU	51	0	51	147	72	219
Wrestling	KNKF	0	0	0	2	0	2
Sailing	KNWV	0	0	0	5	0	5
Swimming	KNZB	49	7	56	59	41	100
Total		582	27	609	787	265	1,052

* This column has been included on a one-off basis to allow for a comparison with 2019.

Whereabouts filing failures

A total of 24 definitive whereabouts failures were registered in 2020. 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 comply with the obligation to supply adequate whereabouts information correctly and in good time).

The number of whereabouts failures was 35% lower in 2020 than in 2019 (when there were 37 cases). In 2020, two athletes were found to have two whereabouts filing failures in a twelve-month period. No athletes were found to have a third whereabouts filing failure in a period of twelve months.

The top five of the total number of *definitive* whereabouts failures in 2020 were accounted for by members of the Athletics Union, the Cycling Union, the Gymnastics Union, the Judo Association and the Swimming Association. 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 2020, the Athletics Union accounted for most whereabouts failures; the Rowing Union led this list in 2019.

Doping controls that did not take place

In addition to the controls that did not take place due to a missed test, a substantial number of planned doping controls failed to take place in 2020 for other reasons as a result of the COVID-19 pandemic:

- 1) the suspension of competitions, cancellation of events and the closing of training facilities;
- 2) a shortage of capacity (DCOs) to implement the assignment within the specified time frame;
- 3) the absence of athletes/teams from events and competitions and central training sessions, or their home addresses;
- 4) unannounced cancellation or rescheduling of training sessions and competitions visited by the doping control official (DCO).

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 after all, where appropriate by scheduling controls at an event of a comparable size, if such an event was available.

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 Doping Authority Netherlands. 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 2020, urine and/or blood samples were checked for Erythropoiesis Stimulating Agents (ESAs) in 37% of the 1,505 doping controls in the national programme. This percentage was the same as in 2019. The ESA analyses covered a range of relevant sports disciplines, with skating, cycling, athletics, swimming and rowing at the top of the list (in absolute numbers).

The urine and/or blood samples collected in 29% of 1,505 controls were also analysed for the presence of human growth hormone and/or Growth Hormone Releasing Factors (GHRFs). This percentage was virtually the same as in 2019 (30%). The samples came from a range of sports, with the leading sports in absolute numbers being skating, athletics, cycling, swimming and rowing.

In addition (as in 2019), 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 2020, the vast majority 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 63%, an increase over 2019 (45%). 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

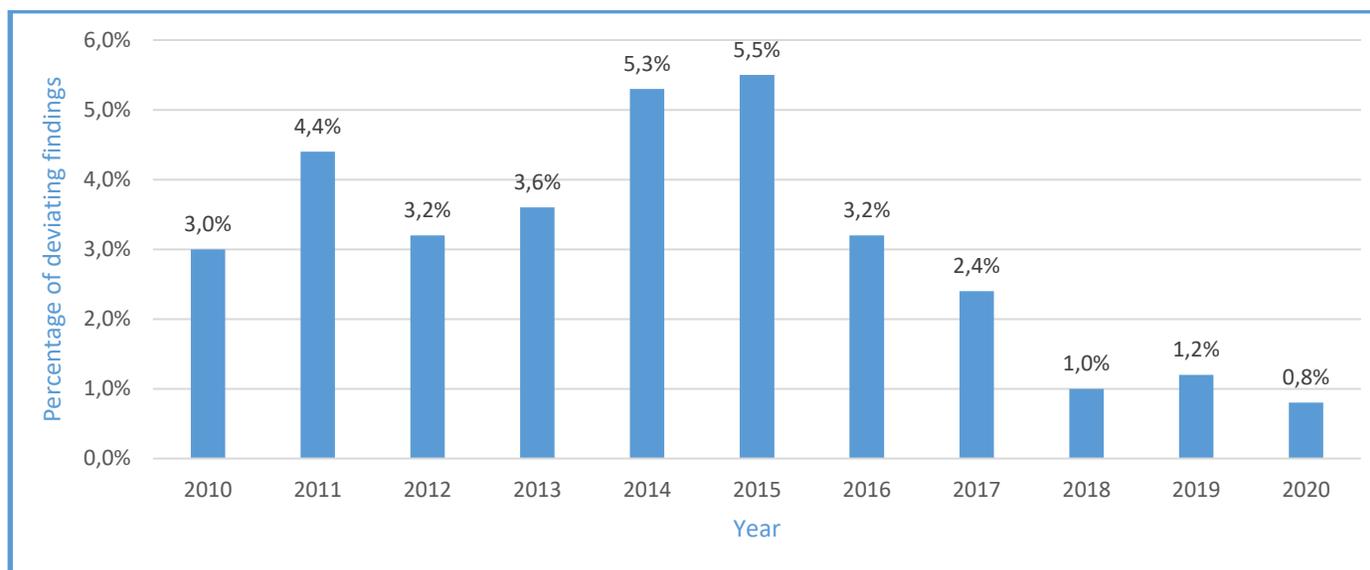
Doping Authority Netherlands has the authority to conduct target controls. These controls are conducted in specific cases and on the basis of criteria determined beforehand. Target controls took place throughout the sports spectrum, with the emphasis being on a number of specific sports and individuals, 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. A total of 131 blood samples were collected for the purposes of the Athlete Biological Passport. These blood controls were conducted in the following sports: athletics, judo, rowing, skating, triathlon, football, cycling and swimming. The number of ABP controls was lower than in 2019, when 191 samples were taken.

Findings

In 2020, fourteen files with adverse (analytical and non-analytical) findings were registered with Doping Authority Netherlands. In thirteen cases, the adverse findings related to A urine samples. One case involved a non-analytical finding. The percentage of adverse findings (including non-analytical findings) was, with 14 files from 1,661 controls, 0.8%. By comparison with the number of urine controls, the percentage was 1.0%. The percentage of adverse findings was lower than in 2019 (1.2%).



Files for which specific follow-up investigations were required

Of the thirteen registered files with adverse findings for the A urine samples, none involved atypical findings for which specific follow-up investigations were required with the aim of determining whether there had been a possible anti-doping rule

violation. This matches 2019 and it is attributable to working with ADAMS and the longitudinal information about athletes based on national and international doping controls that has become available as a result. The introduction of the steroid passport and the close collaboration with an Athlete Passport Management Unit (APMU) mean that the follow-up approach has changed.

Files closed on the grounds of therapeutic use exemptions

In nine 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.

Table 2.4: Adverse analytical results in 2020 justified by a therapeutic use exemption: situation at the time of the closure of the annual report (12 April 2021); RTP=Registered Testing Pool

Sport	Finding/substance	Number	Subsequent action
Judo	metabolite of methylphenidate	3	athlete in possession of therapeutic use exemption, file closed
Power lifting	amphetamine	1	athlete in possession of therapeutic use exemption, file closed
Skating	metabolite of methylphenidate	1	athlete in possession of therapeutic use exemption, file closed
Swimming	amphetamine	3	athlete in possession of therapeutic use exemption, file closed
Swimming	metabolite of methylphenidate	1	athlete in possession of therapeutic use exemption, file closed
Total		9	

Classification according to the WADA Prohibited List

Upon classification at the group level in accordance with the 2020 WADA Prohibited List, a prohibited substance (or metabolite of such a substance) was found a total of eighteen times in the thirteen adverse A urine samples referred to above.

One urine sample contained five prohibited substances and/or metabolites of those substances. One urine sample contained two metabolites of prohibited substances.

There were findings in the category of stimulants in twelve of the eighteen cases. Metabolites of anabolic substances were found on six occasions.

Table 2.5: Detected substances and initial adverse findings in 2020

Detected substances	2019	2020
Anabolic substances	4	6
Peptide hormones, growth factors and related substances	1	0
Beta2 agonists	1	0

Hormone and metabolic modulators	5	0
Diuretics / masking substances	11	0
Stimulants	29	12
Cannabinoids	3	0
Glucocorticosteroids	2	0
Beta-blockers	2	0
Manipulation	0	0
Total	58	18

Anti-doping rule violations/cases resulting in proceedings

In one case in 2020, Doping Authority Netherlands made a proposal regarding a sanction to the athlete in question after proceedings with the sports association in question had been initiated. The athlete concerned accepted the proposal.

In 2020, Doping Authority Netherlands ultimately initiated proceedings in four cases (as opposed to thirteen in 2019) in four different sports because of possible infringements of the regulations of the sports association involved. All these cases involved men. One case has not yet been reported to the association. Power lifting accounted for the highest number of cases (two).

The percentage of violations noted on Dutch territory pursuant to controls conducted as part of the national programme was 0.3% (five cases under national anti-doping regulations resulting from 1,505 doping controls conducted as part of the national programme). In 2020, this percentage will be less than 1% for the first time in history.

Table 2.6: Analysis results and non-analytical findings in 2020 registered by Doping Authority Netherlands as possible doping violations; situation when the annual report was closed (ISR = Institute for Sports Law)

	Sport	Finding/substance	Number	Subsequent action
20/1	Football	metabolite of cocaine	1	Settlement by ISR (on behalf of sports association)
20/2	Weightlifting	metabolite of methylphenidate, metabolite of drostanolone, metabolite of metandienone, metabolite of oxymetholone	1	Settlement by ISR (on behalf of sports association): four-year suspension
20/3	Weightlifting	SARMS RAD140	1	Sanction proposed by Doping Authority accepted: four-year suspension
20/4	Athletics	SARMS LGD-4033 (ligandrol)	1	Settlement by ISR (on behalf of the sports association)
20/5	Basketball	Evasion, manipulation	1	Under consideration by Doping Authority Netherlands
	Total		5	

Chapter 3 Intelligence & Investigations

Introduction

In addition to the implementation of the doping control process, the collection and investigation of information can also generate evidence of doping. Pursuant to Article 5 of the Wuab and Article 20 of the Dutch National Doping Regulations, Doping Authority Netherlands investigates possible anti-doping rule violations both in the Netherlands and other countries.

In addition to the analytical evidence for doping, the collection and investigation of information are the most important ways of detecting other major violations such as trafficking and supplying. This investigation instrument is still under development (both in the Netherlands and elsewhere) and work continued in 2020 on the development of the basis for this work through the ongoing development and implementation of secure information systems, the extension of the technical systems for the notification desk, a network of partners in the anti-doping world, and the associated procedures.

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, anti-doping rule violations, Doping Authority Netherlands is following the example of many investigation services by working with a more intelligence-based approach.

An Intelligence Officer was at work in the Enforcement & Investigations department of Doping Authority Netherlands for a large part of the year.

The work of the Intelligence Officer included 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.

Adopting an intelligence-based approach allows Doping Authority Netherlands to fulfil its investigation role more effectively.

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 stored 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 gained from this are used by the Enforcement & Investigations Department for:

- planning doping controls both in and out of competition;
- identifying violations of the doping regulations;
- disciplinary proceedings;
- reports;
- its own observations and additions to existing files that are not disciplinary procedures.

Results in 2020

The position of Intelligence Officer was vacant for the first six months of 2020. The work was done as much as possible by the entire Enforcement & Investigations team. As a result, less open-source information was collected during this period.

'Indicators' – the acquired information that gave rise to suspicions of possible doping – were given priority in the planning of the control programme.

An Intelligence Officer was in place in the last two quarters of the year. As a result, the collection of data (including open-source data) has returned to its previous level. Information was obtained from media reports, other open sources, findings of DCOs and/or conspicuous performance by athletes, etc. It is now also possible to make an assessment in advance of lists of participants at competitions/events in order to conduct more targeted controls. The relevant information collected was shared with members of staff involved in the planning of doping controls.

Systems and working methods were also developed or further developed with the aim of improving the registration, analysis and retrieval of information.

Reports received

Visitors to the website www.dopingautoriteit.nl/meldpunt can submit reports about possible doping violations. They can also use the link to obtain information about the procedure and the subjects for reporting. People submitting reports can, among other things, 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. This is one way in which Doping Authority Netherlands is complying with the requirements set out in the WADA Code - Whistleblower Regulations.

Seventeen reports by external parties about possible anti-doping rule violations were received by Doping Authority Netherlands in 2020. That is three times as many as in 2019,¹ undoubtedly in connection with the corona crisis. The content of the reports varies from doping use and facilitation to trafficking.

The reports related to fourteen different sports² and they came from different sources: an athlete/fellow-athlete, the sports association, the Dutch Centre for Safe Sports, the Doping Reporting Centre (Meldpunt Doping) and NADOs in other countries. The reports were made in person, by telephone, in writing, by WhatsApp and in emails. There were suspicions of doping use in ten cases³, a suspicion of facilitating doping in four cases⁴, a suspicion of trafficking in five cases⁵ and a report in one case related to conduct that did not constitute a doping violation⁶. In addition, there were six 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, Doping Authority Netherlands also received nine reports from internal sources. These were reports that reached the Intelligence Officer via 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 anti-doping organisations

¹ 2019: number of reports: 25

² 2019: number of sports: 11

³ 2019: number: 13

⁴ 2019: number: 3

⁵ 2019: number: 2

⁶ 2019: number: 3

The I&I information supplied by Doping Authority Netherlands 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 2020, information was supplied to the Dutch Healthcare and Youth Inspectorate (IGJ), NVWA-IOD, and fellow anti-doping organisations such as UK Anti-Doping (UKAD) and NADO Flanders.

By contrast to the situation with respect to the doping control process, Doping Authority Netherlands is dependent on the cooperation of organisations other than sports organisations, in particular government investigation and enforcement organisations, for the implementation of the statutory task referred to in Article 5 of the Wuab. The development and expansion of good collaborative relationships with these organisations is therefore of major importance.⁷ A start was made in 2019 on the development of collaboration with chain partners such as the IGJ, the NVWA-IOD, the Police, the FIOD, the customs authorities and the Public Prosecutions Service by agreeing collaboration protocols. Unfortunately, it should also be noted that many forms of collaboration that could contribute to a more effective implementation of this statutory task are problematic in legal terms.

A new form of collaboration has been established with the customs authorities on the basis of the protocol. In addition, there are good contacts with the NVWA-IOD and so knowledge and information can be shared with chain partners in order to contribute to the expertise in national investigations relating to prohibited substances (initiated by chain partners). Doping Authority Netherlands continues emphatically to seek ever closer cooperation with investigation and enforcement bodies.

⁷ Doping Authority Netherlands can, without the cooperation of other organisations, only collect and process information that comes from open sources or that is reported to Doping Authority Netherlands.

Chapter 4 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 almost 90% of the associations.

The position of Doping Authority Netherlands in disciplinary procedures

The disciplinary and appeals committees arrive at their decisions independently of Doping Authority Netherlands. This does not mean that Doping Authority Netherlands is not closely involved in disciplinary proceedings relating to possible doping violations. The task of Doping Authority Netherlands 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 Doping Authority Netherlands 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 Doping Authority Netherlands during the disciplinary procedures: Doping Authority Netherlands 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 of appeal that Doping Authority Netherlands has in all doping cases, both with national appeals committees and with the Court of Arbitration for Sport (CAS) in Lausanne. Furthermore, Doping Authority Netherlands is competent to file a charge with the disciplinary committee of an association independently without calling in the board of the association. Doping Authority Netherlands did not submit any appeals to the CAS in 2020.

Reporting to WADA and International Sports Federations

Doping Authority Netherlands 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 case. Doping Authority Netherlands also reports to international sports federations (IFs). IFs are also entitled to make appeals in Dutch doping proceedings but no international federation appealed against a decision made by a Dutch disciplinary body in 2020.

Reporting on disciplinary decisions

The table below lists all three decisions taken by Dutch disciplinary and appeals committees in doping cases in 2020 (inclusion depends upon the date of the decision), as well as the two cases in which Doping Authority Netherlands proposed a sanction that was accepted by the athlete.

Table 4.1: Disciplinary decisions and sanction proposals accepted; situation when the annual report was closed (ISR = Institute for Sports Law)

No.	Sport	Finding/substance	Year of violation	Decision
19/4	Cricket	metabolite of tetrahydrocannabinol (THC)	2019	Decision by ISR Appeals Committee: one-year suspension
19/6	Karate Do	metabolite of tetrahydrocannabinol (THC)	2019	Sanction proposed by Doping Authority accepted: one-month suspension
20/1	Football	benzoylecgonine	2020	ISR disciplinary committee: four-year suspension. Athlete has appealed.
20/2	Strength sports	Ritalinic acid; 2 α -methyl-5 α -androstan-3 α -ol-17-one; 17 β -methyl-5 β -androst-1-ene-3 α ,17 α -diol; 17 α -methyl-5 β -androstane-3 α ,17 β -diol and 17 α -methyl-5 α -androstane-3 α ,17 β -diol	2020	ISR disciplinary committee: four-year suspension
20/3	Strength sports	RAD140	2020	Sanction proposed by Doping Authority accepted: four-year suspension

Chapter 5 Legal Affairs

Disciplinary law

The Legal Affairs department of Doping Authority Netherlands fulfils a role comparable to that of a public prosecutions service: it is responsible for all legal aspects of investigations into doping violations. In the case of a possible doping violation, Legal Affairs acts as the 'public prosecutor': it decides about settlements, the dismissal of cases, the filing of charges, provides evidence, and assesses the case and the appropriate sanction.

In that capacity, the Legal Affairs department of Doping Authority Netherlands is involved in all legal aspects of the investigation of doping violations, the prosecution of doping violations, and the disciplinary processing of those violations. The procedures relating to these activities and processes derive from the Dutch National Doping Regulations, the World Anti-Doping Code and the various International Standards associated with that Code.

Legal activities in a doping case usually begin as soon as a control result indicates the possible presence of a prohibited substance or method in an athlete's blood or urine sample. However, they may also be initiated if there is a suspicion of another anti-doping rule violation such as a refusal, an attempt to manipulate the doping control, the sample or the manipulation (in other words, falsification) of evidence.

Results management

The process that is initiated in cases of this kind is described as 'results management' in the Dutch National Doping Regulations. This process, which is implemented by the Legal Affairs department of Doping Authority Netherlands, begins with the identification of a possible anti-doping rule violation. For a description of result management, see Annex 7.

Dutch National Doping Regulations

The new World Anti-Doping Code entered into force on 1 January 2021. As a result, sports and anti-doping organisations had to bring their doping rules into line with this Code before that date. This was done in two steps in the Netherlands. First of all, Doping Authority Netherlands drafted a completely revised version of National Doping Regulations (NDR) on the basis of the Code. Those regulations were then submitted to the elite sports associations for approval. In the case of the majority of the associations that are affiliated to the Institute for Sports Law (ISR), the ISR approves the NDR. Associations not affiliated to the ISR for doping purposes were required to approve the NDR individually in line with their own procedures. In addition to drafting the new NDR, the annexes and regulations associated with those NDR were amended and a range of new regulations were drafted. In addition, the NDR were translated into English and submitted to WADA.

Review applications

The 2021 Code includes the option in a number of respects of imposing lower sanctions than those provided for under the current doping regulations. Athletes who would have been entitled to a milder sanction under the new Code have the option of applying for a review of the suspension imposed on them under the current Code. Doping Authority Netherlands has drawn up Regulations for Review Applications relating to the Transitional Provisions of the 2021 World Anti-Doping Code. Athletes were given the opportunity to submit a review application as early as 2020 so that they would know in January 2021 whether they would be allowed to return to competition.

A total of five athletes qualified to submit a review application and they were informed accordingly in writing by the Legal

Affairs department. Three athletes availed themselves of this opportunity.

Explanation of disciplinary decision and doping sanction

The Legal Affairs department understands that disciplinary rulings are difficult to comprehend and that not all athletes are aware of their rights and obligations after a decision has been made in a doping case. It is important to inform athletes/support staff about what they can and cannot do after a suspension has been imposed on them pursuant to an anti-doping rule violation. Doping Authority Netherlands has therefore drafted a document containing information about the consequences of a sanction. In addition, this document includes an explanation of the disciplinary process, the various possible decisions and the roles of the various parties.

Disciplinary law in the Netherlands

The 2021 Code has built safeguards into the disciplinary process of handling anti-doping rule violations for the quality and independence of disciplinary proceedings. The requirements of the Code effectively mean that all elite sports associations that are not yet affiliated to the ISR will have to become so with respect to doping matters. In 2020, Doping Authority Netherlands, together with NOC*NSF, talked to almost all non-affiliated associations about affiliation. Not all associations can complete the requisite procedures quickly. A number of associations will therefore not switch to the ISR until 2021.

Binding nature of Doping Authority Netherlands decisions for members

Members are in principle bound only by decisions of bodies of the association to which they are affiliated. However, they must also be bound by decisions made by Doping Authority Netherlands on the basis of the NDR (such as therapeutic use exemptions, decisions to select an athlete for a doping control, to add an athlete to the RTP, etc.). Ensuring that athletes are indeed bound by such decisions requires either a change to articles of association or specific arrangements at an association (such as licenses or other agreements). Establishing arrangements of this kind in sports is a long process, in part because of the complexity of the issue.

During the discussions with the associations about the switch to the ISR described above, the question of making decisions of Doping Authority Netherlands binding on members was also discussed. This has also proven to be a lengthy process.

Structural activities and operations

Our structural legal activities in 2020 included the provision of general legal services and support within the organisation. This involved drafting, assessing and/or revising contracts, letters, memoranda and policy memoranda, and regulations, as well as advice for the various departments of Doping Authority Netherlands and the CEO.

The structural activities in 2020 also included education and advice for sports associations and, in various cases, athletes with respect to the content, operation and application of the Doping Regulations.

Research and advice relating to complex legal issues

The examination and study of complex legal issues is a structural activity. In 2020, the following legal questions were further examined and discussed with policy partners: (1) the role and position of Doping Authority Netherlands as a non-statutory body under public law of a sports association to which a significant number of tasks and competences are assigned pursuant to the World Anti-Doping Code and the National Doping Regulations, (2) the overlapping of public law (the Wuab) and private law (association law; in the form of statutes and the National Doping Regulations), and (3) the implementation of the legal duties

and principles for the processing of personal data on the one hand and the duties pursuant to the National Doping Regulations on the other. In addition, new issues arising from the new World Anti-Doping Code and the newly introduced International Standard for Results Management (ISRM) were examined in 2020. They include, for example, the requirements for institutional independence and the division of powers between Doping Authority Netherlands, the associations and the ISR.

Government Information (Public Access) Act (Wob)

Doping Authority Netherlands did not receive any Wob requests in 2020.

Objections and appeals under the General Administrative Law Act

One of the consequences of the establishment of the independent administrative body is that, under the Dutch General Administrative Law Act (Awb), interested parties have the right to lodge administrative objections to decisions made by Doping Authority Netherlands. If desired, there is also the option of lodging appeals with the administrative court.

In 2020, Doping Authority Netherlands received one objection to a decision it made under the Awb. No appeal has been lodged with the administrative courts against the decision of Doping Authority Netherlands relating to this objection.

Privacy

All documents drawn up pursuant to the General Data Protection Regulation (GDPR) (privacy policy, privacy regulations, etc.) were reviewed in 2020 and updated where necessary. Doping Authority Netherlands registered four data leaks in 2020. There was no obligation to notify the Dutch Personal Data Authority (AP) in any of these cases.

Policies, rules and regulations relating to the independent administrative body

Several rules and regulations have been revised.

WADA audit

Two legal processes were covered by the audit conducted by WADA at Doping Authority Netherlands: results management and privacy. Because of the legal nature and the privacy implications, the Legal Affairs department was also closely involved in the audit of the therapeutic use exemptions process.

Chapter 6 Scientific research

GENERAL

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

- monitoring scientific literature
- consulting experts;
- the further development of scientific research.

MONITORING SCIENTIFIC LITERATURE

To ensure it is informed about the latest developments, Doping Authority Netherlands keeps a close eye on new publications of doping-related scientific literature and saves copies of the relevant articles in its archives. A total of 228 relevant articles were added to those archives in 2020 (2019: 85). All the articles are available in digital format inside the organisation and they are also posted on the website doping.nl.

The information from the available literature serves as a basis for internal advice for the Legal Affairs, Enforcement & Investigations and Education departments, and the CEO (for, among other things, his contacts with the press). The information is also used to answer specific scientific questions from people outside the organisation such as doctors, lawyers, journalists, students and other interested parties.

CONSULTING EXPERTS

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 clinical chemistry.

Doping Authority Netherlands also plays 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 Steroids Clinic in the Spaarne Gasthuis hospital in Haarlem and the British nutritional supplement testing system Informed Sport of the LGC company.

Doping Authority Netherlands also participated in USADA's digital Scientific Symposium, which was organised over an extended period on Fridays from 25 September to 23 October.

FURTHER DEVELOPMENT OF SCIENTIFIC RESEARCH

Spending of scientific budget

Doping Authority Netherlands has an annual scientific budget of € 70,500. The study of the composition and quality of doping preparations from the HAARLEM study by the Steroids Clinic was completed in 2020. The HAARLEM study is a doctoral research project on the health risks of androgenic anabolic steroids (AAS) on the physical and mental health of male amateur athletes. It was already known that the quality of doping preparations on the black market is questionable, to say the least. The lab analyses conducted by Wageningen Food Safety Research have once again confirmed this impression.

A further € 7,500 was spent on research into the detection of cannabinoids in urine after the use of hemp products. This study was conducted in 2020 by the WADA-accredited laboratory in Cologne and it now awaits publication. A small proportion of the scientific budget was spent on the publication of articles in 'open access' research journals.

The Mulier Institute began a study in 2020 into the views of support staff about doping in elite sport and the role that support staff play in the counselling of elite athletes. The study has not yet been completed. A start was also made on research into the composition and quality of the 'new generation' of prohormones. The analyses are being conducted by the Dutch National Institute for Public Health and the Environment (RIVM). The 'new generation' consists in part of substances which have been in circulation for some time but have not yet been noticed by the authorities in the producing countries, and in part of compounds which are 'really' new.

Studies with the Ministry of Health as client

The Ministry of Health, Welfare and Sport asked the consortium Bureau Beke / VU-University Amsterdam to conduct a study of trafficking in doping in 2019-2020. The resulting report – [Strong Stuff](#) – was published in December 2020. Doping Authority Netherlands was a member of the supervisory committee for the research.

The Ministry of Health, Welfare and Sport also asked the Mulier Institute to conduct a study of 'The anti-doping policy in Dutch elite sport' in 2019-2020. The [report](#) was published in July 2020. Unfortunately, the part of the study looking at the prevalence of doping in Dutch sports was unsuccessful. The decision was taken to conduct a new prevalence study immediately. Doping Authority Netherlands is on the supervisory committee.

Immediately after the study of 'The anti-doping policy in Dutch elite sport', a survey was also conducted of opinions about integrity issues in elite sports. That [report](#) was also published in July 2020.

Doping Authority Netherlands wrote an article for Sport & Geneeskunde in 2020 about the 2015 study of prohibited substances in sports supplements. The article appeared in the March issue of the journal. The study was subsidised by the Ministry of Health, Welfare and Sport.

Collaboration with government and government bodies

In 2020, the Ministry of Health, Welfare and Sport looked at options for improving the policy on dietary supplements. Doping Authority Netherlands was involved in two working groups: an exploration of self-regulation by the market/establishment of a quality label, and an exploration of the establishment of a registration/notification system.

In 2020, Doping Authority Netherlands provided the NVWA with information for the study of the trade in SARMS.

Collaboration with the Steroids Clinic

In addition to research into the composition and quality of doping preparations from the HAARLEM study, Wageningen Food Safety Research was commissioned by Doping Authority Netherlands to analyse three products that had been received via the Steroids Clinic. They contained the growth hormone booster MK677. Users had reported side-effects. The analyses did not reveal any particularities. Doping Authority Netherlands was also involved as an author in three publications resulting from the HAARLEM study.

Literature study of cathinones

In 2020, Doping Authority Netherlands supervised a student studying the online sale of cathinones, a group of substances based on cathinone, an amphetamine-like substance with a mildly psychologically addictive effect. It is the active ingredient in the drug khat. The selected web shops target, among others, Dutch consumers. A number of cathinones are on the prohibited list. The project resulted in two publications, one in the Nederlands Tijdschrift voor Fytotherapie (Dutch Journal of Phytotherapy) and one in the Pharmaceutisch Weekblad (Pharmaceutical Weekly).

Other publications and reviews

In 2020, Doping Authority Netherlands was involved as an author in the publication of a study of the knowledge and attitudes of Olympic and non-Olympic athletes relating to supplement testing systems. Doping Authority Netherlands also reviewed four scientific studies.

Doctorate research

The scientific officer of Doping Authority Netherlands is working on a doctorate at the University of Birmingham. The research looks at the relationship between the use of anabolic steroids and the personality structure of fitness adepts and bodybuilders.

Chapter 7 Knowledge management

Doping Authority Netherlands is a knowledge institute. The experience of Doping Authority Netherlands and its legal predecessors ensure that the current work can be done as well as possible. Some years ago, it was noted that the employees of Doping Authority Netherlands themselves possess a lot of knowledge and experience but that a professional organisation should not be dependent on this situation. Since then, the subject of 'knowledge management' has become a part of the day-to-day work and it is a separate item in budgets and annual reports.

In addition to the archives for each department, it was decided to set up a database with the most essential anti-doping information: the Anti-Doping Knowledge Centre (ADKC). The ADKC has proven its worth in recent years as the largest public collection of doping-related documents. Some 'records' have been split and, in addition, 701 new records have been added in 2020. The total number of available documents was 6,920 on 31 December 2020. In addition, existing documents are constantly checked and improved, in part on the basis of new relevant search terms.

The database consists primarily of legal documents, in particular the motivated decisions of competent disciplinary bodies relating to 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. There is also continuous contact with countries and sports that do not yet share their decisions. The main goal of this work is to provide access to the available jurisprudence in the field of doping in order to make decisions in the future stronger.

The website also contains scientific articles about all conceivable doping subjects, educational materials and all kinds of other doping documents. This means that the ADKC also has a historical task since documents that have expired are generally difficult to find on the Internet.

Visitors to the website come from all over the world. In 2020, the top three were from America, the Netherlands and China. The database was accessed from a total of 168 countries. ADKC's target group consists of the employees of NADOs and IFs, 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 people in athletes' immediate circles (coaches, doctors, physiotherapists).

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

Chapter 8 Therapeutic Use Exemptions

THERAPEUTIC USE EXEMPTION COMMITTEE (COMMITTEE AND SECRETARY)

The COVID-19 pandemic has also had a clear impact on TUE applications in 2020. Because most sports came to a standstill, the number of effective applications also fell sharply.

Exemptions were ultimately granted in 86 cases. This was significantly less than in 2019 and previous years. Applications were turned down in twelve cases initially; a number of these were granted after all at a later date (for example after more specific information had been provided).

	2015	2016	2017	2018	2019	2020
Granted	99	97	125	126	118	86
Not granted	8 (7.5%)	5 (4.9%)	6 (4.6%)	12 (8.7%)	15 (11.3%)	12 (8.1%)

As in recent years, most exemptions in 2020 related to the use of methylphenidate (50). That is 58% of the exemptions granted. The increase seen in recent years has therefore continued.

Other types of medication for which exemptions were often granted were dexamphetamine (4.6%) and insulin (9.3%).

The applications came from a total of 28 different sports associations. The Athletics Union was at the top of the list again with ten applications granted (11.6%), followed by the Royal Dutch Cycling Union and the Judo Association (10.4%), and the Royal Dutch Swimming Association (9.3%)

Pursuant to the WADA audit, a number of improvements were made to the website for exemption applications, particularly with regard to privacy regulations and the possibility of retroactive exemptions.

Committee member Hans Vorsteveld passed away unexpectedly on 10 October 2020. A suitable successor is still being sought. Given the ever-increasing number of applications relating to conditions such as ADHD and ADD, the aim is to appoint a psychiatrist.

Chapter 9 International Affairs

GENERAL

Doping Authority Netherlands was actively involved in 2020 in the international doping policy. The international activities of Doping Authority Netherlands address several goals: Doping Authority Netherlands wishes to collect current knowledge, influence international anti-doping policy, promote Dutch anti-doping policy and strengthen international collaboration. The corona pandemic had a major impact on the implementation of international policy because international meetings were no longer possible from March onwards. Teleconferencing provides only a partial solution to this problem, with one of the factors being that the sharing of confidential information on digital media is problematic.

NADO Leaders

Against this background, a group of NADO Leaders met digitally on 2/3 September to discuss the progress of WADA's reform process. Seventeen NADOs released a statement calling for rapid and fundamental reforms in the agency's governance structure. The NADOs met again on 11 November; a group of athletes was also represented at this meeting. Another statement was made public that followed up on the September statement.

WADA

Prohibited list

Like every year, a [response to the draft version of the prohibited list](#) was sent to WADA in the summer. Doping Authority Netherlands coordinates the Dutch response on behalf of the NOC*NSF, the NOC*NSF Athletes Committee and the Ministry of Health, Welfare and Sport.

Working group on the development of training programmes

Doping Authority Netherlands chairs one of WADA's working groups on the development of training programmes (Global Learning & Development Framework). The training programmes are for people working in the field of anti-doping. The work began in October 2020.

NADO Advisory Group

The CEO of Doping Authority Netherlands was reappointed to this WADA committee, which discusses issues linked to the position of National Anti-Doping Organisations in relation to WADA and the World Anti-Doping Program. The advisory group met twice (via teleconferencing).

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 establish a more detailed picture of the knowledge currently available about the prevalence of doping and how this knowledge can best be

increased in the future. In 2020, some pilot studies were conducted and work continued on a range of scientific publications on the subject.

COUNCIL OF EUROPE

The pandemic meant that there were fewer meetings than usual. We attended two 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.

The work of CAHAMA in 2020 focused in particular on the WADA governance structure.

Advisory Groups

In the context of the 'Expert Group on Education' of the Council of Europe, Doping Authority Netherlands attended an online meeting on 19 November. Doping Authority Netherlands gave two presentations at this meeting, one on international cooperation in education and one on the Erasmus+ project RESPECT.

A working group emerged from the 'Expert Group on Education' in 2019. This 'Drafting Group' is providing WADA with support for the further development of education. Doping Authority Netherlands attended video meetings on 9 March, 26 March, 6 April, 11 May, 15 June, 20 July, 14 September and 14 December.

It also attended a meeting of the Expert Group on Science of the Council of Europe on 23-24 January (Dresden, Germany), and a webinar meeting of the same group on 8 June.

Institute for National Anti-Doping Organizations (iNADO)

The iNADO key objectives are: to support and strengthen the work of national anti-doping organisations, and to represent their members in the international domain.

Doping Authority Netherlands is a very active member of iNADO. In addition, the CEO is also the Vice-Chair of the Board of Directors of the institute and he deputises for the Chair of the Board of Directors in his absence. The full board met four times in 2020, and there were various meetings in smaller groups to discuss specific subjects.

Doping Authority Netherlands also participated in (and contributed to) a range of iNADO activities that went ahead despite the impact that the corona pandemic also had on iNADO's work.

ICIC2020

From 15 to 17 January 2020, Doping Authority Netherlands organised, after the first edition in January 2014, the second International Conference on the Implementation of the revised World Anti-Doping Code, ICIC2020 for short. The reason for organising this conference was the revision of the World Anti-Doping Code decided on in November 2019. After a series of

consultations lasting almost two years in all, a large number of changes to the Code were made at the World Conference in Katowice, Poland, in November 2019, and two new international standards were adopted. The amendments took effect on 1 January 2021.

These regulations are complex and extensive and revising them raised numerous practical questions for anti-doping organisations. The aim of ICIC2020 was to seek answers to those questions. Over 160 anti-doping professionals and elite athletes from around forty countries met at Castle Vaalsbroek in Vaals. In ten plenary sessions and 21 parallel sessions, all kinds of implementation issues were discussed. A range of topics were discussed from the new requirements for educational programmes to the new requirements for training and evaluating doping control officers.



Participants at ICIC2020

Chapter 10 People & organisation

Advisory Board

Doping Authority Netherlands has an Advisory Board that consisted of five persons in 2020 (see Annex 2 for the members of the Board). The Board met on five occasions. In addition to discussing and commenting on the work of Doping Authority Netherlands on the basis of progress reports and other documents, the Board's task is to make recommendations to the CEO of Doping Authority Netherlands. The Board issued five advisory reports in 2020. These were sent for information purposes to the Ministry of Health, Welfare and Sport accompanied by an assessment from the CEO.

Personnel: office

During the year under review, Doping Authority Netherlands had four departments (Education, Enforcement & Investigations, Legal Affairs and Support). Together with the CEO, the four heads of department constitute the Office Board (Bestuursstafel). At year-end 2020, the office organisation comprised 24 people and 21.5 FTEs. For an overview, the reader is referred to Annex 3.

Doping Control Officials (DCOs)

In addition to the office staff, there were fifteen part-time doping control officials at year-end 2020 (nine men and six women, see Annex 3), who were appointed under 'minimum hours' contracts. The number of hours covered by these contracts was increased in some cases in 2020. The contracts now account for 2.0 FTEs.

Absenteeism

The absenteeism percentage was lower in 2020 than in 2019: staff were absent on 5.7% of working days (2019: 7.6%). This percentage was still significantly affected by the aftermath of an accident outside office hours in 2018. If that incident is left out of consideration, the absenteeism rate was 3.7%.

COVID-19 has not only taken its toll professionally; it has also affected the workforce of Doping Authority Netherlands. The 3.7% absenteeism rate mentioned above included 2.8% as a result of COVID-19. There were six infections in 2020, all of which originated outside the office, resulting in a total of 74 days of sick leave. In one case, the illness resulted in long-term complications and this colleague was not yet able to fully resume work on 31 December 2020. In total, 20 home quarantine periods were required totalling 154 working days. One doping control official was granted temporary unpaid leave at his own request because that official preferred not to work in these circumstances. Finally, several family members and loved ones have been affected.

COMPANY EMERGENCY SERVICES (BHV)

Doping Authority Netherlands has three in-house emergency response workers to maximise the probability of enough support being available when it is needed. There were no significant incidents in 2020. A refresher course was followed with the other tenants in the office building.

Therapeutic Use Exemption Committee (TUE committee)

One of the provisions in the doping regulations relates to the procedure for the use of prohibited medication. Doping Authority Netherlands has, for the Dutch sports associations, a committee known as the Therapeutic Use Exemption Committee (TUE committee), which consists of independent doctors. There is also a TUE Appeals Committee made up of other doctors with an independent status.

In 2020, Hans Vorsteveld passed away. Hans had been a member of the TUE committee since its inception in 2004.

Compliance with Doping Sanctions Committee (CND) and Appeals Committee for Compliance with Doping Sanctions (BND)

The World Anti-Doping Code requires Doping Authority Netherlands 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. In 2017, an Appeals Committee for Compliance with Doping Sanctions was added. Appeals against decisions by the CND may be submitted to the BND.

No cases were submitted to the CND in 2020. The BND made a decision in one case.

Consultations with the Ministry

As an independent administrative body, Doping Authority Netherlands participates in various specialist consultations. For a relatively small organisation such as Doping Authority Netherlands, it is impossible to attend all meetings but the contacts that are established are useful in all organisational matters. Consultations relate to business operations, human resources, absenteeism prevention, sustainability, information security, general security, privacy and integrity.

Quality assurance

Doping Authority Netherlands is a government organisation covered by the National Code of Conduct for Integrity. The prevention of fraudulent activity is a constant focus of attention and a standing component of the annual performance interviews. No infringements of the Code of Conduct were observed in 2020.

Doping Authority Netherlands also has a Complaints Procedure in addition to the regular procedures that those concerned can initiate under the General Administrative Law Act (Awb). This procedure can be found on the corporate website. It was not used in 2020.

Informal complaints, mistakes, areas for improvement and data leaks are a standard item on the agenda during the fortnightly meetings of the Office Board, and the discussion is noted in the minutes of these meetings.

Archives Act

In order to meet all the requirements of the Archives Act, a selection list was drawn up in collaboration with the Dutch National Archives in 2020.

Annex 1 - Financial overview

Balance sheet as at 31 December 2020

(After result appropriation)

Balance sheet as at 31 December 2020

Assets	2020		2019	
	€		€	
<i>Fixed assets</i>				
Tangible fixed assets	125,148		118,158	
<i>Current assets</i>				
Receivables	175,547		423,260	
Cash at bank and in hand	976,811		420,087	
	1,152,358		843,347	
Total assets		1,277,506		961,505
Liabilities				
<i>Net equity</i>				
Equalisation reserve	132,270		128,412	
Earmarked funds for doping controls	173,473		173,473	
Special-purpose reserve for Ministry of Health, Welfare and Sport	35,000		105,000	
	340,743		406,885	
<i>Provisions</i>	21,640		26,838	
<i>Current liabilities</i>				
Creditors	120,491		167,164	
Staff expenses	134,606		82,912	
Other accounts payable	660,026		277,706	
	915,123		527,782	

Total liabilities

1,277,506

961,505

Income statement for 2020

	Actual 2020		Budget 2020		Actual 2019	
	€	€	€	€	€	€
Income		3,621,185		4,351,350		4,276,773
Activity and project expenses						
Total expenses	1,160,009		2,120,450		1,542,344	
Organisation expenses						
Staff expenses	1,843,675		1,655,400		1,866,679	
Other staff expenses	93,711		55,000		67,766	
Depreciation/amorti sation	20,032		41,700		768	
Housing expenses	117,638		101,500		81,528	
Office expenses	178,860		205,300		141,483	
Car expenses	9,243		12,000		10,437	
General expenses	263,199		160,000		158,705	
Total operating expenses		3,686,367		4,351,350		3,869,710
<i>Balance of income and charges</i>		<u>(65,182)</u>		<u>0</u>		<u>407,063</u>
Financial income and charges -/-	16	960			178	
Result		<u>(66,142)</u>		<u>0</u>		<u>406,885</u>

Result appropriation

	2020	2019
	€	€
Equalisation reserve	3,858	128,412
Earmarked funds for doping controls	0	173,473
Special-purpose reserve for Ministry of Health, Welfare and Sport	(70,000)	105,000
	(66,142)	406,885

Annex 2 - Members of Advisory Board and Committees (as at 31-12-2020)

Advisory Board

Harro Knijff; chair, legal affairs and audit position
Marc Benninga; medical affairs
Hans van der Pas; financial affairs
Saskia Sterk; laboratory matters
Hinkelien Schreuder; athletes' interests

Therapeutic Use Exemption Committee (TUE committee)

Marjon van Eijsden-Besseling
Edwin Goedhart
Leo Heere (chair)
Ed Hendriks (chair)
Jan Hoogsteen
Ivo van Outheusden
Harry Koene
Hans Jurgen Mager
Huib Plemper

TUE appeals committee

Babette Pluim (chair)
Marieke Becker
Françoise Broekhof

Compliance with Doping Sanctions Committee (CND)

Dolf Segaar (chair)
Diederik van Omme
Dennis Koolaard

Appeals Committee for Compliance with Doping Sanctions (BND)

Jan Loorbach (chair)
Jan Gerritse
Ella Adriaanse

Annex 3 - Personnel (as at 31-12-2020)

Office

Board

Herman Ram chief executive officer

Legal Affairs department

Steven Teitler head of department
Arthur van der Hoeff legal officer/deputy head of department
Gina-Lynn Tewari legal assistant

Enforcement & Investigations department

Koen Terlouw head of department
Jeroen Brakels account manager/deputy head of department
Jack Jongejan intelligence officer
Karlijn Roijakkers data specialist
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
Robert Ficker doping controls officer with specialist tasks

Education 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 educator
Willem Koert science officer

Support department

Olivier de Hon head of department/COO
Frans Stoele information/documentation policy officer & TUE secretary/deputy head of department
Astrid van der Goot management assistant
Astrid Krijgsman administrative officer
Rien Tuk documentalist

Doping control officials

Dick Beverdam	doping control official (investigative)
Fienie Verhagen	doping control official (investigative)
Frits Rietveld	doping control official (investigative)
Geeta Ramdajal	doping control official (medical)
Gonnie Monsieus	doping control official (medical)
Jaap Stomphorst	doping control official (medical)
Jan Nijmeijer	doping control official (medical)
Jeannet Beijen	doping control official (medical)
Johan Bouman	doping control official (medical)
Just van der Kroef	doping control official (medical)
Karin van Rooij	doping control official (investigative)
Ronald Poulissen	doping control official (investigative)
Sytske Visser	doping control official (medical)
Ton Verhagen	doping control official (medical)
Victor Niemeijer	doping control official (medical)

Annex 4 - Overview of presentations and scientific publications

Oral presentations

- Duiven E. 'Stakeholder support'. Council of Europe - Advisory Group on Education, online, 19 November 2020
- Duiven E. 'RESPECT / RESPECT-P'. Council of Europe - Advisory Group on Education, online, 19 November 2020
- Hon O. de 'The effectiveness of anti-doping policies', International Conference on the Implementation of the revised World Anti-Doping Code (ICIC2020), Vaals, 18 January 2020
- Hon O. de 'Doping: van stichting naar zbo'. Kennisdag DOCFactory, Rijswijk, 20 February 2020
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Annex 5 - Secondary positions (as at 31-12-2020)

The secondary positions of the members of the Office Board are listed below.

Herman Ram

- Chair of the Objections and Appeals Committee, Executive MBA Sportmanagement Wagner Group, Groningen
- Member of International Advisory Board, Master of Arts in Sport Ethics and Integrity (Maisi), Cardiff (UK)
- Vice-President Board of Directors, Institute of National Anti-Doping Organisations iNADO, Bonn
- 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 Sport & Integrity Steering Group, NOC*NSF, Arnhem

Olivier de Hon

- Olympic Stadium tour guide (volunteer)
- Member of WADA Prevalence Expert Group

Erik Duiven

- Advisor to the anabolic steroids polyclinic at the Spaarne Gasthuis hospital in Haarlem
- Advisor to the British nutritional supplements testing system, Informed Sport, of the LGC company
- Member Council of Europe Anti-Doping Conventions Advisory Group on Education Drafting Group
- Chair WADA Technical Working Group for the development of a Global Learning & Development Framework
- Member of the WADA Education Standing Committee

Annex 6 - Abbreviations

AAS	Androgenic Anabolic Steroids
ABP	Athlete Biological Passport
ADAMS	Anti-Doping Administration and Management System
ADKC	Anti-Doping Knowledge Centre
ANP	Algemeen Nederlands Persbureau
GDPR	General Data Protection Regulation
AP	Dutch Personal Data Authority
APMU	Athlete Passport Management Unit
AWB	Dutch General Administrative Law Act
BHV	Company emergency services
BND	Appeals Committee for Compliance with Doping Sanctions
BNL	Badminton Netherlands
BSBN	Bob and Sledge Association Netherlands
CAHAMA	The Ad Hoc European Committee for the World Anti-Doping Agency
CAS	Court of Arbitration for Sport
CND	Compliance with Doping Sanctions Committee
COO	Chief Operating Officer
CTO	Centre for Elite Sports and Education
DCO	Doping control official

ESA	Erythropoiesis Stimulating Agents
FIOD	Fiscal Intelligence and Investigation Department
FOG	Federation of Eastern Martial Arts
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
ICIC	International Conference on the Implementation of the revised World Anti-Doping Code
IF	International Federation
IGJ	Dutch Health Care and Youth Inspectorate
iNADO	Institute for National Anti-Doping Organisations
IOC	International Olympic Committee
ISL	International Standard for Laboratories
ISR	Institute for Sports Law
ISTI	International Standard for Testing & Investigations
JBN	Judo Association Netherlands
KBN	Karate-Do Association Netherlands
KLVO	Royal Dutch Association for Physical Education
KNAF	Knac National Autosport Federation

KNAS	Royal Dutch General Fencing Association
KNAU	Royal Dutch Athletics Union
KNBB	Royal Dutch Billiards Federation
KNBSB	Royal Dutch Baseball and Softball Association
KNGU	Royal Dutch Gymnastics Union
KNHB	Royal Dutch Hockey Association
KNHS	Royal Dutch Equestrian Sports Federation
KNKF	Royal Dutch Strength Sport and Fitness Association
KNKV	Royal Dutch Korfbal Association
KNLTB	Royal Dutch Lawn Tennis Association
KNRB	Royal Netherlands Rowing Association
KNSB	Royal Netherlands Skating Association
KNVB	Royal Dutch Football Association
KNWU	Royal Dutch Cycling Union
KNWV	Royal Dutch Water Sports Association
KNZB	Royal Dutch Swimming Association
NABD	National Association for Bikers with a Disability
NADA	Nationale Anti-Doping Agentur (Germany)
NADO	National Anti-Doping Organisation
NBB	Dutch Basketball Association
NBB	Dutch Boxing Association

NCB	Dutch Curling Association
NDB	Dutch Darts Association
NDR	Dutch National Doping Regulations
NeVoBo	Dutch Volleyball Association
NGB	Dutch Weightlifting Association
NHB	Dutch Archery Association
NHV	Dutch Handball Association
NK	Dutch Championships
NOC*NSF	National Olympic Committee*Dutch Sports Confederation
NTB	Dutch Triathlon Association
NTTB	Dutch Table Tennis Association
NVWA	Dutch Food and Commodities Authority
NVWA-IOD	Dutch Food and Commodities Authority – Intelligence and Investigations Service
NZVT	Dutch Safeguards System for Dietary Supplements in Elite Sport
OM	Dutch Public Prosecutor's Office
RESPECT	Research Embedded Strategic Plan for Anti-Doping Education: Clean Sport Alliance Initiative for Tackling Doping
RIVM	National Institute of Public Health and Environmental Protection
RTO	Regional Elite Sports Organisation
RTP	Registered testing pool
CoE	Council of Europe

SARMs	Selective Androgen Receptor Modulators
SBN	Dutch Squash Association
SFN	Dutch Skateboard Federation
TBN	Dutch Taekwondo Association
TDSSA	Technical Document Sport Specific Analysis
USADA	United States Anti-Doping Agency
VWS	Ministry of Health, Welfare and Sport
WADA	World Anti-Doping Agency
WADC	World Anti-Doping Code
WOB	Dutch Government Information (Public Access) Act
WUAB	Anti-Doping Policy Implementation Act
ZBO	Independent governing body

Annex 7 – Result management

1. As soon as a *possible* violation of the National Doping Regulations has been identified, the first step is an internal assessment. The Code refers to this as an 'initial review'. This initial review looks at the facts and circumstances of the case as known to Doping Authority Netherlands and assesses them in the light of the doping regulations (in particular those relating to evidence) and International Standards such as the WADA Prohibited List, the International Standard for Testing and Investigations (ISTI) and the International Standard for Laboratories (ISL). The first step is to determine whether there may have been any procedural errors (for example with regard to conducting the doping control, including the way the sample has been collected, and the analysis or analyses of the athlete's sample by the WADA-accredited laboratory). The next step is to look at the nature and impact of any procedural errors and to determine whether they have any consequences for the possibility of initiating proceedings for an anti-doping rule violation.

Another important and mandatory component of the initial review is to determine whether the athlete in question has a therapeutic use exemption (permission to use a prohibited substance on medical grounds). If that is the case, and if it is relevant to a positive result, that positive result will no longer be valid unless the athlete has not complied with the conditions of the exemption. This component is also included in the 'initial review'. A check is also made on whether the athlete is in the Registered Testing Pool. This is because, if an athlete is not in that group, the regulations provide for the option of applying for a therapeutic use exemption retroactively in the case of a positive result.

The 'initial review' is the first step in results management. A relevant factor for the legal activities of Doping Authority Netherlands is that results management includes the option of making a settlement proposal to athletes and coaches.

2. Accepting a *settlement proposal* implies that a person accused of an anti-doping rule violation admits to that violation and accepts the consequences (in other words, a sanction that will usually be a period of ineligibility and the invalidation of competition results). The consequence of signing a settlement proposal is that the substantive disciplinary proceedings will be terminated immediately, without prejudice to the right of WADA and the relevant international federation to appeal against the settlement proposal. A settlement proposal will only be made after extensive consultations with the athlete/support person (and his/her legal representative and/or confidential advisor) and after Doping Authority Netherlands has verified the statements (for example by comparing the stated time of doping with the values reported by the laboratory for the prohibited substance that has been used). Before making a settlement proposal, the Legal Affairs department always consults WADA (among other things by drafting a 'case summary') with the aim of ensuring that WADA will not later contest the settlement proposal pursuant to its right to appeal. There are also consultations relating to settlement proposals with the association (with respect to initiating proceedings), the Institute for Sports Law (ISR) in situations where proceedings have been initiated, and with the relevant international federation.

3. Another important component of results management that requires the attention of Legal Affairs is the imposition of a *provisional suspension*. A provisional suspension is not a *disciplinary* measure such as a period of ineligibility imposed by a disciplinary body but a measure imposed by (or on behalf of) the board of a sports association. In doping cases, it is a measure that, in certain cases, has to be imposed on the athlete *immediately* after notification is given of the positive result. This is because the Dutch National Doping Regulations stipulate that, in the case of positive results relating to non-specific substances (in other words, the more serious substances on the WADA prohibited list), the athlete *must* be subjected to a provisional suspension immediately.

The obligation to impose provisional suspensions must be supervised. On the one hand, the imposition of provisional suspensions by sports federations in doping cases has to be supervised because this is an obligation under the World Anti-

Doping Code. On the other hand, it is in the interests of the *athlete* that this suspension should actually be imposed as quickly as possible because any period of ineligibility will begin on the day the provisional suspension is imposed. In other words, if the provisional suspension were not to be imposed or to be imposed too late, a period of ineligibility pursuant to an anti-doping rule violation would begin later and therefore end later. The timely imposition of a provisional suspension is therefore not only in the interests of proper procedure but also in the interests of the athlete. Finally: if it is unclear whether, and if so when, a provisional suspension has been imposed, a disciplinary body cannot determine in its decision the starting date of a period of ineligibility. Given the above, Doping Authority Netherlands considers it important to supervise the correct and timely imposition of provisional suspensions in doping cases.

4. Results management ends when a *charge* of an anti-doping rule violation is filed with the ISR or with the disciplinary committee of the sports association. Disciplinary proceedings begin when a charge is filed although the possibility remains open that a settlement proposal can still be made during the course of those proceedings. As a rule, the association or the prosecutor⁸ formally files a charge. Doping Authority Netherlands makes the substantive decision of whether proceedings should be initiated in a particular case.

Doping Authority Netherlands is also competent under the regulations to file a charge but it only avails itself of that competence in exceptional cases involving the following situations: (i) the association has failed to file a charge, (ii) the case is not pursuant to a doping control but to an investigation conducted by Doping Authority Netherlands itself and/or (iii) the case is so complex or unusual that the association cannot reasonably be expected to file the charge itself.

5. The filing of the charge is followed by a substantive statement of defence, where appropriate in combination with a scientific contribution. Doping Authority Netherlands is entitled to state written **arguments** in response to a statement of defence. By submitting written arguments, Doping Authority Netherlands can state its views on the case and discuss the relevant provisions from the Dutch National Doping Regulations, the defence of the athlete or other persons, facts and circumstances of the case, and the relevant case law.⁹ Doping Authority Netherlands submitted written arguments in three of the five doping cases heard in 2020, and additional written arguments in a number of cases (for example in response to additional statements of defence or questions from the disciplinary body). Doping Authority Netherlands did not submit written arguments only in those cases in which the athlete accepted a proposed sanction. Doping Authority Netherlands applies the 'four eyes' principle to all written arguments: all legal documents are reviewed and checked by a colleague/legal colleague.

In many cases, athletes' defence arguments result in discussions and/or consultation with WADA and the WADA-accredited laboratory that analysed the sample. It also regularly happens that there are discussions with the athlete in question about how the prohibited substance may have entered the athlete's body. That is because it is possible for an athlete to ingest a prohibited substance without being aware of doing so. Cases of this kind primarily involve dietary supplements.

6. The *disciplinary hearing* follows after the submission of the written arguments unless the athlete or the person in question has stated that he or she waives the right to a hearing. Doping Authority Netherlands is entitled to be present at the oral hearing of a doping case. Doping Authority Netherlands was present at the hearing in all doping cases heard orally by disciplinary bodies in 2020, including appeals.

7. After the written *decision* of the competent disciplinary body has been received, Doping Authority Netherlands reviews it in order to determine whether the decision meets the requirements of the National Doping Regulations and the Code. This is done pursuant to the duty imposed on Doping Authority Netherlands in the National Doping Regulations to *monitor and supervise* the

⁸ In the case of the associations who use the services of the prosecutor of the ISR.

⁹ The option pursuant to the regulations of submitting written arguments is based on the system adopted by the Advocate General in final appeal proceedings.

correct application of, and compliance with, those regulations and the World Anti-Doping Code, as well as, where necessary, to correct and intervene in this respect (for example by using its right to appeal). In this context, Doping Authority Netherlands not only looks at whether to use its right of appeal but also at whether any areas for improvement arise from a decision, for example with respect to the ISR, training for disciplinary judges, the sports association(s), NOC*NSF and Doping Authority Netherlands itself.

8. Furthermore, WADA *monitors* all positive control results through the global ADAMS clearing house and, in this context, Doping Authority Netherlands is required to report all results in doping cases to WADA.

All the steps listed above will be completed in each doping case, unless there is an agreement about a settlement, in which case the disciplinary proceedings will not be initiated or will be terminated sooner.

9. Finally, there is *international coordination and cooperation* with international federations and WADA in the context of the investigation and management of doping cases (whether actual or potential).

10. The legal activities described here are conducted in the context of the doping control process, which is defined by the WUAB as the process of determining a possible violation of doping regulations (and therefore not only the Dutch National Doping Regulations). There are also legal activities that are conducted *for the purposes* of the doping control process, without actually being part of that process, or that are conducted after the completion of the doping control process. An example of the first category is informing athletes that a period of ineligibility has been imposed upon a member of their support staff (trainer, coach, doctor, etc.). That is because, in cases of this kind, athletes are not permitted to work with that person. Doing so constitutes an anti-doping rule violation. An example of the latter legal activity is *a failure by an athlete or other person to comply* with the conditions of a period of ineligibility imposed pursuant to a violation of the National Doping Regulations. If an ineligible athlete participates in an unauthorised activity and/or capacity during the period of ineligibility imposed on him or her, a new period of ineligibility will be imposed that is equal to the original period of ineligibility. This new period of exclusion may be reduced depending on the degree of fault of the person concerned and the other circumstances of the case. The determination of whether the athlete has failed to comply with the ineligibility sanction, and whether the athlete concerned qualifies for any reduction in the new period of ineligibility, will be made by Doping Authority Netherlands. This decision may be appealed under the provisions of the Dutch National Doping Regulations.