

# play true

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AN OFFICIAL PUBLICATION OF THE WORLD ANTI-DOPING AGENCY

## The World Anti-Doping Code

# A Guide

# play true

AN OFFICIAL PUBLICATION OF THE WORLD ANTI-DOPING AGENCY

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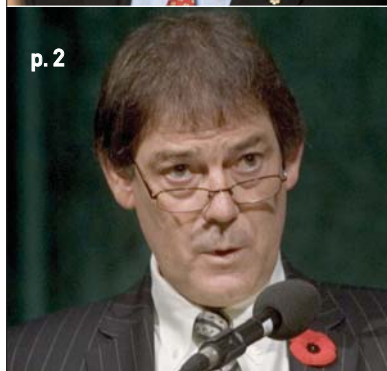
STACY SPLETZER (OUTREACH)

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# Staying the Course

No sport nor country is immune to the threat of doping. The recent rash of high-profile doping cases and investigations underscores this fact. Which leads to the question asked of me a lot these days—whether the exposure of elite-level and organized doping is

success. Sport can perform testing, sanction cheaters, educate athletes and their entourage about the dangers and consequences of doping, and collect important information on doping risks and trends. Governments meanwhile can

the cheats expose themselves to a negative public response.

Negative public perception may be well founded in some cases (why, for example, does it take so long for certain cheaters to be caught?). Nevertheless, those

**The combined activities of sports and public authorities in relation to these cases send the powerful message that when government and sport coordinate efforts, the fight against doping gains efficiency.**

a sign that the net is closing on the cheaters, or whether the sports and countries touched by the scandals suffer from a tainted public perception.

"Yes," I say to both.

Yes, the net is closing. The combined activities of sports and public authorities in relation to these cases send the powerful message that when government and sport coordinate efforts, the fight against doping gains efficiency. This harmonized and collaborative approach between these two forces in the fight against doping is the fundamental rationale behind the World Anti-Doping Code (Code).

The Code recognizes that each party brings to the table a unique set of resources that, when combined, ensure greater

engage law enforcement to bring forth evidence of anti-doping rule violations, take measures against trafficking, and take many other supportive actions.

Of late, with the combined efforts of sport and government, we have definitely gained ground. While I cannot say that we are ahead of the game, because the nature of the business we are in is that there will always be a certain element of catch-up, I can safely assert that the net is tightening.

And, yes. Sports and nations suffer in the public eye when the ugly under-belly of doping is exposed. It's been a year of betrayal for all who love sport to have witnessed the disgraceful downfall of stars to positive doping tests. At the same time, sports and nations who work hard and are successful at rooting out

successfully fighting doping and rooting out cheats should be congratulated for their courage in doing the right thing no matter the consequences. Those who continue to fight the good fight should be lauded and encouraged not to lose sight of the finish line. If anti-dopers stay the course, then the athletes who dope will finally get the message that there is no place in sport for them and that they will eventually be caught. And perhaps even more importantly, the young clean athletes who might be considering doping will be given another strong reason not to start.

Sports and nations firmly committed to anti-doping, in word and in deed, are building a legacy for all of sport and society. And that is how you earn public trust. ■





David Howman  
WADA Director General

# Building on Experience

This issue of Play True centers on the World Anti-Doping Code (Code).

We are taking the opportunity, as we approach the close of the Code's third year since coming into force, to outline for our readers some of the key tenets and aspects to the Code that have made it a highly effective tool in the harmonized fight against doping in sport. We also shed light on certain areas that may be less well understood by some, such as the fact that the Code

consultation process that was used with stakeholders for the Code's initial development and stresses practical and constructive solutions for enhancing anti-doping programs worldwide. This process, to include three phases of comments and drafts, will culminate at the World Conference on Doping in Sport in November 2007.

I have been very pleased so far by the feedback received from stakeholders. We are especially

**This Code review is modeled on the extensive consultation process that was used with stakeholders for the initial development of the Code and stresses practical and constructive solutions for enhancing anti-doping programs worldwide.**

provides flexibility for sanctions, finding a balance between "strict liability" and special circumstances.

Our goal too is to educate stakeholders about the Code Review and Consultation that is currently underway. As the custodian of the Code, WADA launched in April a consultation with stakeholders for a fine-tuning of the Code. This Code review is modeled on the extensive

appreciative of those who take the initiative to not only highlight areas where fine-tuning could occur, but also provide concrete, solution-focused recommendations about how to address these areas in a practical way.

This is the kind of cooperation we encourage and which will enable us to collectively protect the integrity of sport and the health of athletes worldwide. ■



January 1, 2007, marks the three-year anniversary of the World Anti-Doping Code's (Code) coming into force. At the same time, the World Anti-Doping Agency (WADA) is conducting a consultation with stakeholders for a review of the Code with the intent to fine-tune the core document that serves as the foundation for the global fight against doping in sport. Play True takes this opportunity to provide a closer look at the Code, from its genesis to the principles it champions, and considers the next phase in the evolution of global efforts for clean sport.

**A** uniform approach to ridding sport of doping, coordinated on a global scale through a partnership between Sport and Government, is the only effective strategy to help stem the scourge of doping, protect the health of athletes, and preserve the spirit of sport. This was the consensus of Sport and Government in 1999, in response to

the 1998 Tour de France doping scandal that rocked the world of sports. It was then that WADA was established as the international body to marshal the global fight against doping in sport, and this was followed by the creation of the Code.

The Code is the core document that provides the framework for harmonized anti-doping policies, rules, and regulations within sport organizations

and among public authorities. This harmonization works to address the problems that arose from disjointed and uncoordinated anti-doping efforts, such as, among others, a scarcity and splintering of resources necessary to conduct research and testing, a lack of knowledge about specific substances and procedures being used and to what degree, and an uneven approach to penalties for athletes found guilty of doping.

**A Guide to the**



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# Global Anti-Doping Organization Chart

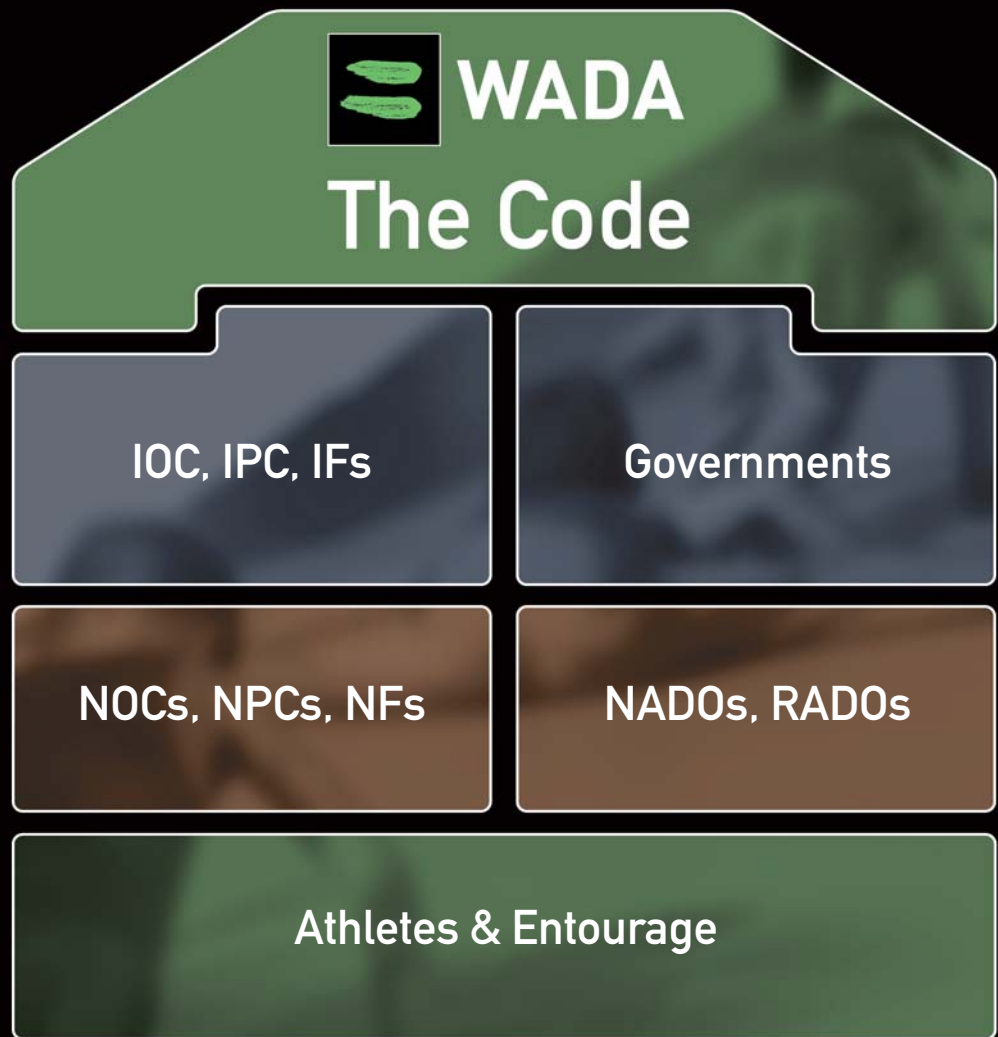
One of the primary achievements of the World Anti-Doping Code was the organization of roles and responsibilities of the many entities involved in the anti-doping process.



CAS



Labs



*Continued from page 3.*

The goal of harmonization is for all athletes and members of the athlete entourage to benefit from the same anti-doping procedures and protections, no matter the sport, the nationality, or the country where tested, so that athletes worldwide may participate in competition that is safe and fair.

The Code represents a unique and unprecedented harmonious outcome of Sport and Government

combining forces to jointly and unanimously address a critical problem that continues to threaten public health and the integrity of sport.

### **From the Beginning: a Joint Commitment**

The commitment of Government and Sport to ridding sport of the scourge of doping was evident in the early stages of the Code's development,



## WADA & THE CODE

The World Anti-Doping Agency (WADA) is the international, independent monitoring watchdog of the global fight against doping in sport and the custodian of the World Anti-Doping Code (Code). WADA oversees and works in cooperation with a network of stakeholders, each of which has its own specific set of roles and responsibilities.

WADA monitors sport and government activity in relation to the Code and the International Standards; sponsors research; accredits anti-doping labs; annually publishes the list of prohibited substances; promotes anti-doping outreach and education; and contracts with stakeholders to help them fulfil their responsibility of out-of-competition testing.

## IOC, IPC, IFs

The International Olympic Committee (IOC) and the International Paralympic Committee (IPC) are responsible for the testing process during the Olympics and Paralympics respectively, using the Code, as well as sanctioning those who commit anti-doping rules violations during the Games. The IOC, on behalf of the sports movement, provides half of WADA's budget.

To be fully in line with the Code, International Sports Federations (IFs), as well as all other sports organizations, must undertake three steps: Code acceptance, implementation, and compliance. Code acceptance means that the IF agrees to the tenets of the Code. Implementation means that, following Code acceptance, the IF has amended its rules and policies to include the Code's mandatory articles and principles. Finally, Code compliance means that the IF has amended its rules and policies and is enforcing them in accordance with the Code. Activities required of IFs by the Code include conducting testing at their competitions as well as having out-of-competition testing programs; and sanctioning those who commit anti-doping rules violations according to the Code.

## GOVERNMENTS

Government responsibilities in anti-doping are many. They facilitate doping controls and support national testing programs; encourage the establishment of "best practice" in the labelling, marketing and distribution of products which might contain doping prohibited substances; withhold financial support from those who engage in or support doping; take measures against manufacturing and trafficking; encourage the establishment of codes of conduct for professions relating to sport and anti-doping; and fund anti-doping education and research.

Many governments cannot be legally bound by a non-governmental document such as the Code. Governments accordingly have undertaken a two-prong process to align their domestic policies with the Code: signing the Copenhagen Declaration as public demonstration of their political commitment to the Code; and ratifying the UNESCO International Convention against Doping in Sport which allows the practical implementation of the Code into domestic policy.

## NOCs, NPCs, NFs

IOC and IPC rules require that National Olympic Committees (NOCs) and National Paralympic Committees (NPCs), respectively, agree to implement the Code. In addition, according to the Code, IFs' rules should include the requirement that their NFs be Code-compliant, and that these rules are enforced.

## NADOs, RADOs

National Anti-Doping Organizations (NADOs) are responsible for testing national athletes in- and out-of-competition, as well as athletes from other countries competing within that nation's borders; adjudicating anti-doping rules violations; and anti-doping education. Currently, approximately 40 countries have their own NADOs. WADA is working with stakeholders in areas of the world where there exists limited or no anti-doping controls and education to pool resources and develop Regional Anti-Doping Organizations (RADOs), so that all nations will be engaged in anti-doping programs and education by 2010.

## ATHLETES & ENTOURAGE

Athletes may be part of the registered testing pool of an anti-doping organization (ADO): NADO, IF, and/or NF. It is the athletes' responsibility to provide whereabouts information to the ADO(s) so that they may be tested out-of-competition with no advance notice. Members of the athlete entourage (coaches, trainers, doctors, etc.) are also responsible for complying with the Code.

## LABS

There are currently 33 laboratories worldwide that are able to analyze doping control tests under the Code. These labs must achieve and maintain accreditation from WADA according to the criteria established in the International Standard for Laboratories and its related technical documents; the labs must also meet the standards established for the production of valid test results and evidentiary data.

## CAS

The Court of Arbitration for Sport (CAS) is an institution independent of any sports organization which provides for services in order to facilitate the settlement of sport-related disputes through arbitration or mediation by means of procedural rules adapted to the specific needs of the sports world. CAS is often referred to as "sport's supreme court." WADA has a right of appeal to CAS for doping cases under the jurisdiction of organizations that have implemented the Code.

including, as part of an international consultative process, the submission, consideration, and inclusion of many official comments. During this extensive consultation which began in 2001, WADA solicited comments from its stakeholders throughout the drafting process and incorporated relevant suggestions into the document. The process was so thorough and extensive that more than 120 versions of the draft Code were

developed prior to the final draft version. (See *"The Making of the Code,"* p. 9.)

More than 1,000 delegates of sports organizations and governments approved the Code at the Second World Conference on Doping in Sport in Copenhagen, Denmark, in March 2003, and the Code entered into force on January 1st, 2004.

# The Code & Sanctions

The World Anti-Doping Code's (Code) approach towards anti-doping rule violations and sanctions provides a reasonable balance between effective anti-doping enforcement for the benefit of all clean athletes and fairness in the exceptional circumstance where a prohibited substance entered an athlete's system through no fault or negligence on the athlete's part.

## Strict Liability

The Code formalizes the rule of strict liability for anti-doping violations involving the presence of a prohibited substance. Under this principle, an anti-doping rule violation occurs whenever a prohibited substance is found in an athlete's bodily specimen, and the burden of proof is upon the athlete to show how the substance entered his or her body if the athlete wants to establish that he or she bears no (or no significant) fault or negligence. The violation occurs whether or not the athlete intentionally or unintentionally used a banned substance or was

negligent or otherwise at fault. The normative sanction for a first doping violation, as established in Article 10 of the Code, is two years. A second violation calls for a lifetime sanction.

## Flexibility to Meet the Situation

While these are the normative sanctions for serious doping offences, the Code provides flexibility to lessen or enhance the bans based on various matters including: the type of anti-doping violation, the circumstances of the individual case (level or absence of fault or negligence), the substance in case of the detection of a prohibited substance, and repetition of an anti-doping rule violation.

If an athlete establishes that he or she bears no fault or negligence for the anti-doping violation, the period of ineligibility shall be eliminated; if he or she establishes that he or she bears no significant fault or negligence, then the period of ineligibility may be reduced, but not to more than one half of the

minimum period of ineligibility otherwise applicable.

Further, in the case of a doping violation involving a "Specified Substance" (substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents), such violation may result in a reduced sanction provided that the athlete can establish that the use of such a specified substance was not intended to enhance sport performance.

This flexibility for applying sanctions to meet the circumstances is included in the Code and applicable to all sports that have adopted it.

## Non-Analytical Rule Violations by Athletes

Failing a doping control test is not the only way an athlete can violate the anti-doping rules. The Code lists the following "non-analytical" violations: use

*Continued from page 6.*

## Formalized Rules and Respective Responsibilities

Two significant advances made by the Code in the global war on doping are the formalization of certain rules and the clarification of stakeholder responsibilities, thus bringing harmonization for the first time to a system where previously rules had varied, and in some cases did not exist.

For example, for the first time, the universal criteria were set for considering whether a substance or method may be banned from use, now needing to meet two of three criteria to be considered: enhances performance, poses a threat to athlete health, and violates the spirit of sport. The Code also establishes the strict liability principle as the basis for determining anti-doping rule violations by athletes with positive doping results. In addition, it sets the

standard for minimum and maximum sanctions while providing flexibility for the consideration of the circumstances of the cases. At the same time, the Code opens the door for the sanctioning of "non-analytical positives" meaning that evidence other than a positive doping test may be sufficient to sanction those found to have violated anti-doping rules. In the adjudication of doping cases, the Code formalizes WADA's right of appeal to the Court of Arbitration for Sport (CAS) on rulings by anti-doping organizations operating under the Code. (*See "The Code & Sanctions," above.*)

The Code works in conjunction with four International Standards and the Models of Best Practice to form the World Anti-Doping Program. The International Standards, which are required for compliance with the Code, formalize for the first

or attempted use of a prohibited substance or a prohibited method; refusing, or failing without compelling justification, to submit to sample collection after notification, as authorized in applicable anti-doping rules or otherwise evading sample collection; violation of applicable requirements regarding athlete availability for out-of-competition testing, including failure to provide whereabouts information and missed tests which are declared based on reasonable rules; tampering, or attempting to tamper, with any part of doping control; possession of prohibited substances and methods; and trafficking in any prohibited substance or prohibited method.

#### Rule Violations Committed by Athlete Support Personnel

Athlete support personnel found to have administered or attempted administration of a banned substance or method may also be sanctioned under the Code. In fact, anti-doping rule violations committed by the

athlete entourage and which are actionable under the Code encompass any type of complicit behaviour which leads to an anti-doping rule violation or its attempt and includes assisting, encouraging, aiding, abetting and covering up doping activities.

#### WADA's Role in Relation to Sanctions

In working with Sport, WADA's role is to ensure that Sports' rules are consistent with the Code and that Sport enforces these rules as such. Further, WADA has the duty to review sanctions and to seek appeal to the Court of Arbitration for Sport (CAS) when decisions are not Code compliant.

WADA therefore is not involved in the disciplinary process until after the results management and sanctioning of the athlete is completed by the relevant national anti-doping agency or sports federation. This includes any internal appeal or review of a national decision by its International Federation (IF).

WADA's duty is to assess the sanctioning process followed by the anti-doping organization after the completion of the process. Should WADA have any concerns about the process or the result, WADA may exercise its right of appeal to CAS.

For example, in 2005, WADA reviewed 221 anti-doping decisions. A large number of these decisions (162) were found to be Code compliant and reveal that IFs are generally successful in implementing the principles of the Code and ensuring compliance. Of the 59 cases that were not Code compliant, there were 44 that could not be appealed—primarily because of National Federations whose own rules are not compliant with their IFs' rules and the Code. The remaining 15 decisions were appealed to CAS, either directly by WADA (8), or by the IF with WADA's support (7). All of WADA's appeals to CAS have been fully successful or partially successful. =

time different technical and operational areas within anti-doping. They include the Prohibited List, International Standard for Therapeutic Use Exemptions (TUE), International Standard for Laboratories, and International Standard for Testing. The International Standard for TUEs, for example, establishes the requirement of signatories to put in place a process that allows athletes with documented medical conditions to request a TUE, which, if granted, allows the use of banned substances for good and proper medical reasons. (See *"World Anti-Doping Program," page 11.*)

While the Code includes articles that are mandatory relating, for example, to sanctions and hearings, other articles, such as those dealing with consequences to teams or how many missed tests qualify as a rule violation, leave some latitude to signatories.

#### Code Adoption: Universal Acceptance

More than 570 organizations have adopted the Code. These signatories—encompassing International Federations of Olympic sports, the International Olympic Committee, the International Paralympic Committee, National Olympic Committees, National Paralympic Committees, major Games organizers, and many other sports organizations—must ensure that their own rules and policies are in compliance with the mandatory articles and other principles of the Code.

Many governments, on the otherhand, cannot be legally bound by a non-governmental document such as the Code. Governments have accordingly drafted, pursuant to the Code, an International Convention under the auspices of UNESCO, the

# The Making of the Code

The World Anti-Doping Code (Code) was presented to stakeholders at the World Conference on Doping in Sport in 2003 and implemented prior to the Olympic Games in Athens in 2004.

The making of the Code was a challenging and complex task involving the development and integration of several standards and core activities, such as the list of banned substances, accreditation of laboratories, and testing of doping control samples.

The drafting represented an unprecedented and extensive consultation process involving all categories of stakeholders and experts. Stakeholders were informed about important milestones and activities and all had the opportunity to provide feedback, which was incorporated into each succeeding draft of the Code. The process focused on progress and achievements according to agreed objectives and timelines.

The initiative took an inclusive approach, relying on and consulting with all stakeholders in the development and coordination of a comprehensive and global anti-doping strategy, to be called the World Anti-Doping Program (WADP). This WADP consists of three levels: the Code, the four International Standards (Prohibited List, Therapeutic Use Exemptions, Testing, and Laboratories), and Models of Best Practices. The Code and International Standards (levels one and two) are mandatory for those participating in the WADP. (See "World Anti-Doping Program," p.11.)

## Structure

As a very first step, the structure of the WADP and the outline of the Code, which had been endorsed by the WADA Executive Committee in November 2001, were circulated for review and comment to all stakeholders in late 2001.

## Backbone of the Code

Following this initial phase, experts in anti-doping issues were consulted to develop and draft the backbone of the Code, which consisted of core

elements such as the rationale for anti-doping; the definition of doping; anti-doping rules violations; proof of doping; the prohibited list; and sanctions and appeals. Consultative meetings with governments, International Olympic Committee (IOC), International Paralympic Committee (IPC), international federations, national anti-doping organizations, and national Olympic committees were conducted in early 2002, providing important input into the drafting process of specific articles of the Code.

From February to April, the Code Project Team, an international group of experts, consulted relevant WADA working committees in addition to receiving feedback and comments from WADA's broader stakeholder group.

## First complete draft

The first complete draft of the Code was developed in May and June 2002 and presented for endorsement to the WADA Foundation Board at its meeting in June. The Code was then circulated to more than 1,000 recipients for their review and feedback. Stakeholders were given three months to respond.

During the months of July and August, the Code Project Team held consultative meetings with many stakeholders, including the IOC, the IPC, the IOC Athletes' Commission, several governments, and almost all of the Olympic International Federations (IF). WADA again received more official comments on the first version of the Code, representing a valuable and important contribution for substantial improvements.

## Second draft of the Code and first version of the International Standards

Based on official comments and input received in the consultative meetings, the second version of the Code was prepared in late September 2002. The WADA Executive Committee endorsed the second version for circulation and review by all stakeholders in its meeting on October 1 and the Code was distributed to more than 1,000 recipients in early October.

In addition, working groups developed the four mandatory International Standards which were circulated for comment in mid-November 2002.

## Third draft of the Code and second version of the International Standards

Stakeholders submitted comments in response to the second draft of the Code. Consultations with key stakeholders intensified and focused on key issues still to be resolved. The third and final version of the Code was made available in February 2003 together with the second version of the International Standards. These versions were presented at the World Conference on Doping in Sport in Copenhagen (Denmark), March 3–5, 2003.

On March 3, 2003, nearly 1,200 people gathered in Copenhagen to accept the Code. Participants included representatives from 101 nationalities, the 35 international Olympic federations, and 80 governments.

On the final day of the Conference, the WADA Foundation Board unanimously adopted the Code. A Conference Resolution accepting the Code as the basis for the fight against doping in sport was also unanimously accepted by Conference delegates. To show their support for the document, Governments joined in drafting a Declaration that was signed by 51 country representatives on the spot. Through the Declaration, governments demonstrated their support for WADA and the Code and pledged to formally accept the document through an international convention.

The IOC accepted the Code in July 2003 and amended the Olympic Charter to reflect the words that IOC President Jacques Rogge delivered at the Conference: there shall be no place in the Olympic Games for sports that do not accept the Code.

By year's end, the majority of IFs had accepted the Code, with the promise to implement its rules before the Olympic Games in Athens in 2004.

The Code and its International Standards went into effect on January 1, 2004.

Continued from page 8.

United Nations body responsible for education, science, and culture, to allow their formal acceptance of WADA and the Code. The UNESCO-led International Convention against Doping in Sport was unanimously adopted by the 33rd UNESCO General Conference in Paris in October 2005. Governments are now working to ratify the Convention according to their respective constitutional jurisdictions to align domestic policy with the tenets of the Code. There are currently 17 ratifications: Australia, Canada, Cook Islands, Denmark, Iceland, Jamaica, Latvia, Lithuania, Mauritius, Monaco, Nauru, New Zealand, Nigeria, Norway, Seychelles, Sweden, and United Kingdom of Great Britain.

### WADA & the Code: a Monitoring Watchdog

The Code assigns WADA the duty of monitoring all three aspects of stakeholder Code activities—from acceptance to implementation to compliance. WADA therefore facilitates and monitors Government and Sport anti-

doping efforts, taking necessary measures to ensure the integrity of the universally accepted set of rules.

This includes working with Governments in their signing of the Copenhagen Declaration, the public demonstration of a Government's commitment to adopt the principles of the Code through an international convention, and their ratification of the UNESCO Convention.

In working with Sport, WADA's role is to ensure Sport rules are consistent with the Code and that Sport enforces these rules as such. WADA closely monitors doping cases and, for rulings given under the jurisdiction of Code signatories and which are not Code compliant, WADA may exercise its right of appeal to CAS. (See *"The Code & Sanctions,"* p. 7.)

WADA also has powers of intervention in ensuring that TUEs are consistently granted. WADA's role in the TUE process is two-pronged: the Agency reserves the

The Code may be downloaded from [www.wada-ama.org](http://www.wada-ama.org)

# Code Review & Consultation

Article 23.6 of the Code assigns WADA the responsibility of overseeing the evolution and improvement of the Code, inviting all athletes, governments, and Code signatories to participate to ensure a consultative process.

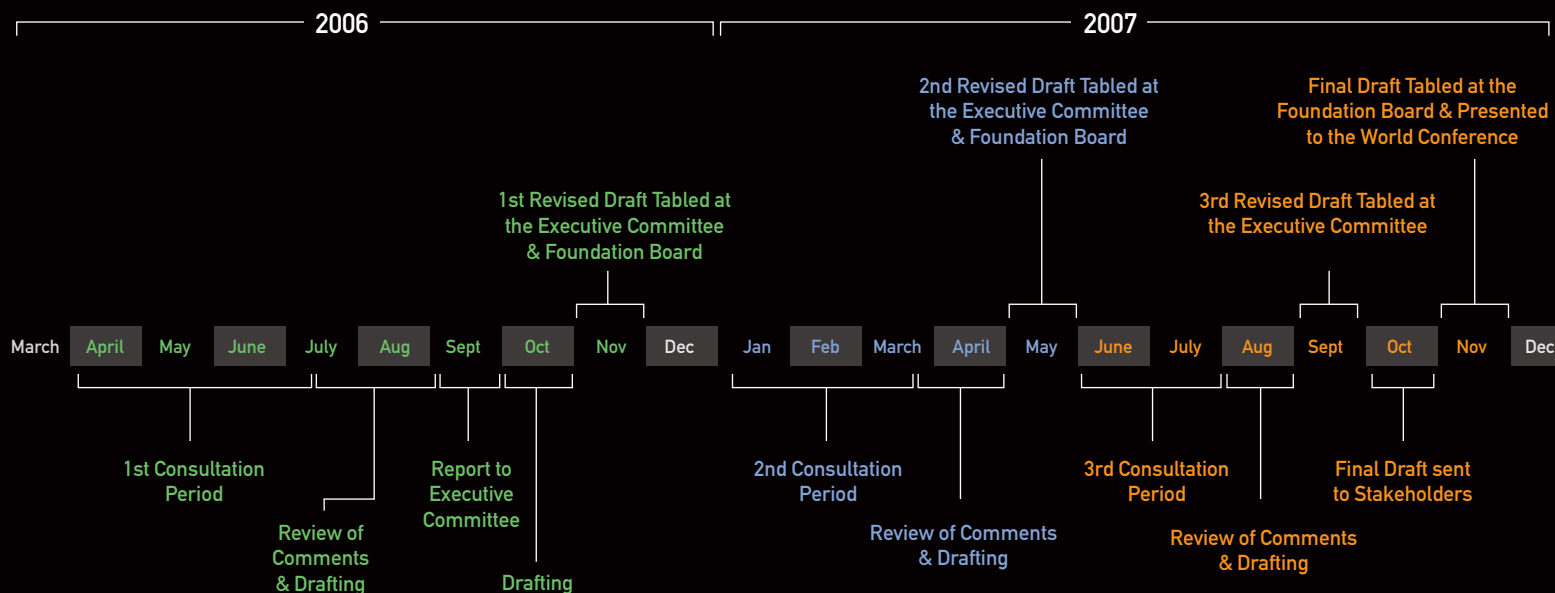
Now that WADA and stakeholders have had several years experience working with the Code, WADA is holding a Code review and consultation. The review and consultation is modeled on the process used in the Code's initial creation (see *"Making of the Code,"* p.9.) and stresses practical and constructive input from stakeholders for enhancing anti-doping programs worldwide.

Consultation, held in three phases, will culminate with the approval of the revised Code at the Third World Conference on Doping in Sport, to take place in Madrid (Spain), 15–17 November 2007.

The first consultation period was held from April to July, 2006. Feedback from the first period was consolidated and presented to the WADA Executive Committee at its September 2006 meeting. A drafting period ensues in order to have a first revised draft available for stakeholder review at the time of WADA's Executive Committee and Foundation Board November 2006 meetings.

Two more consultation periods will be held in 2007 prior to the final draft being tabled at the WADA Foundation Board meeting in November 2007. Throughout the entire process, the Code review team will hold consultative meetings with stakeholders to facilitate understanding and the integration of comments.

This extensive consultation is expected to result in an even stronger, more robust tool to ensure that all athletes benefit from the same anti-doping procedures and protections, no matter the sport, the nationality, or the country where tested, so that, in the end, athletes may participate in competition that is safe and fair.



right to monitor and review any TUE granted by a federation or anti-doping agency; and athletes who request a TUE and are denied may ask WADA to review that decision. If WADA determines that the denial of a TUE does not comply with the International Standard, the Agency may reverse the decision.

**Review & Consultation: Evolution of the Code**

Since coming into force on January 1, 2004, the Code has proven to be a very powerful and effective tool in the harmonization of anti-doping worldwide. This has been demonstrated by the overwhelming support of Governments and Sports in adopting the Code, in addition to the growing body of CAS jurisprudence supporting the Code's tenets.

As outlined in Article 23.6, the Code was always intended to serve as a living document, evolving to meet needs. And now, in year three of the practical implementation of the Code, it is an appropriate time to build on the experience gained to date and to further advance anti-doping efforts. To this end, WADA and the anti-doping community have initiated a Code consultation process for a practical review of the Code's provisions with the intent to fine-tune them and enhance anti-doping programs.

The Code consultation process is similar to that used in its initial development, providing all stakeholders with the opportunity to contribute constructively to its practical improvement. The process, initiated in April 2006, involves three stages of consultation, and will conclude at the World Conference taking place in Madrid, Spain, 15–17 November 2007. (See "Code Review & Consultation," page 10.)

The consultation process is managed by an expert project management team which is overseen by WADA's Executive Committee, the Agency's ultimate policy-making body. The Executive Committee and Foundation Board will review comments from stakeholders from each of the three consultation periods and, in November 2007, the Foundation Board will be responsible for consideration and approval of the final revision.

All stakeholders are urged to consider their experiences in providing suggestions for any amendments. In view of the relatively successful harmonious operation to date, stakeholders are encouraged to look carefully at the areas which will benefit from change, additions or omissions, and reflect on the benefits to the global community of athletes arising from any suggested alteration. ■

The Code may be downloaded from www.wada-ama.org.

# The World Anti-Doping Program

Harmonization is achieved through the World Anti-Doping Program which consists of three levels.



THE WORLD ANTI-DOPING CODE

**Level 1: The World Anti-Doping Code**

The Code provides the framework for anti-doping policies, rules, and regulations within sport and among public authorities. It is mandatory.



THE PROHIBITED LIST

THERAPEUTIC USE EXEMPTIONS

TESTING

LABORATORIES

**Level 2: International Standards**

The International Standards harmonize different technical and operational areas of anti-doping. They are mandatory.



MODEL RULES: NATIONAL ANTI-DOPING ORGANIZATIONS

MODEL RULES: INTERNATIONAL FEDERATIONS

MODEL RULES: NATIONAL OLYMPIC COMMITTEES

**Level 3: Models of Best Practice**

Models of Best Practice, including model rules, guidelines, and sample forms, facilitate stakeholder implementation of the Code. They are recommended but not mandatory.

# International Experts Tackle the Trafficking of Doping Substances

On June 14–15, 2006, experts from around the globe convened in Paris (France) for a conference co-hosted by the French Ministry for Youth, Sport and Voluntary Sector and the Council of Europe to explore issues relating to the fight against trafficking of doping substances.

WADA Executive Committee member and French Minister for Youth, Sport and Voluntary Sector Jean-François Lamour emphasized

supply, most notably by cracking down on the trafficking of banned substances and methods.

David Howman, WADA director general, pointed out that there is a provision in the World Anti-Doping Code that creates a sanction for trafficking. Acknowledging that it is difficult if not impossible for sport to investigate and enforce against trafficking, Howman stressed the great need for assistance from governments and

substances by participating, encouraging, and joining ventures” especially in working with Interpol, the world’s largest international police organization that facilitates cross-border police cooperation and assists organizations, authorities and services whose mission is to prevent or combat international crime.

Interpol’s Secretary General Ronald Noble gave his backing

**“WADA is uniquely placed, as a hybrid body of sport and government, and as such ready and able to advance the front against trafficking of doping substances by participating, encouraging, and joining ventures...”** *David Howman*

the seriousness of the issue. He explained that an effective war on doping in sport is fought on three fronts that are inherently linked: improving prevention by educating athletes at a very young age about the dangers and consequences of doping; increasing the number and quality of tests, both in- and out-of-competition; and eliminating

enforcement agencies to step in, and recommended that WADA facilitate the sharing and exchange of information among sport and public authorities: “WADA is uniquely placed, as a hybrid body of sport and government, and as such ready and able to advance the front against trafficking of doping

to coordinated efforts. Noble recommended that the trafficking of doping substances become a higher priority for international law enforcement. Linking the investigation of isolated national cases will help to expose more nefarious and potent international trafficking networks. ■

## IAAF Hosts International Symposium on Anti-Doping

The International Association of Athletics Federations (IAAF) held a symposium on anti-doping from September 30–October 2, 2006 in Lausanne (Switzerland) to discuss current challenges in the fight against doping in sport and to generate ideas for the upcoming World Conference on Doping in Sport, to be hosted by WADA in Madrid (Spain) in November 2007.

WADA was represented at the IAAF symposium by Director General David Howman, Science Director Dr. Olivier Rabin, Medical Director Dr. Alain Garnier, and Standards and Harmonization Director Rune Andersen.

For more information, visit the IAAF Web site at [www.iaaf.org](http://www.iaaf.org).

# Daughter of the Nile

Three-time Olympian Rania Elwani grew up with a love for sport and a focus on education. Now fully retired from competitive swimming and finishing her medical residency in gynaecology and obstetrics, twenty-eight year old Rania continues to find balance with her professional career and her voluntary role as an athlete leader in the world of sport. As a member of the International Olympic Committee (IOC) and the IOC Athlete Commission, as well as WADA's Foundation Board and Athlete Committee, she has the ideal platform to help ensure that the future generation of athletes is healthy, happy, and competing on a level playing field.

## How did you become involved in sport?

In my family, becoming involved in sport was a bit inevitable. My whole family was oriented towards sports, believing it is an important part of life in addition to academics (unlike most Egyptian families at the time who focused solely on education). We were members of a club which involves 19 different sports. For us, there was no question about whether we would play a sport. The question was which one.

My grandfather played soccer. My father played soccer and volleyball, was the captain of the Egyptian volleyball team, and is now president of the African Volleyball Confederation and the Egyptian Volleyball Federation, and vice president of the International Volleyball Federation (FIVB). My two uncles also played volleyball; my three cousins played tennis; my other cousin swam. And my brother,

who is now a mechanical engineer, swam for the Egyptian national team, was an African champion as a member of the Egyptian relay team, and still holds Egypt's record in the 200 freestyle.

## Did you ever experience any challenges as a female playing sport in the Middle East?

No, not in Egypt. In my club now we have about 4,000 swimmers, more of them females than males. The challenges came to me as they did to any other athlete. It was the lack of professional sports organization in Egypt. That's why most of us succeeded when we left the country for a better training atmosphere.

## Why swimming?

For me, it was a decision taken when I was eight. I played tennis and swam from age five. But at 8, I entered my first competition which involved swimming across a 25



meter pool. I was so far ahead, and I also thought that winning involved swimming across the pool and getting out of the water as quickly as possible. So I did that, and they were all still swimming. I got my first medal in swimming that day, and that's when I decided that playing tennis and sweating in the sun wasn't my thing!

I continued swimming in the Ahly club for years and ranked first in every competition in Egypt. When I went to Zimbabwe for the first junior African Games in 1988, I received five gold medals.

Then I started going with my club to competitions in Geneva, Switzerland, and Darmstad, Germany, where I started getting real competition. At first I placed fourth, fifth or sometimes not at all. But after going a couple of times, I started winning.

At 12 I became the fastest swimmer in Egypt and the youngest member of the national team. My first competition with the national team was the African Championships in Tunisia, where I won six silver and four bronze medals. Then a year later in 1991, when the All Africa Games were hosted in Cairo, I received five gold, three silver, and two bronze medals. Three of the



gold were given to me after Sinda Gharbi, a Tunisian swimmer, tested positive, and I had been second to her on the podium. I guess I can say that I had an early start with anti-doping measures.

Because this was an at-home competition, and we had so many spectators, I became very popular in my country, with nicknames such as "the Golden Fish," "the fruit of Egyptian swimming," and "daughter of the Nile."

#### Where did you go to university and what did you study?

When it came time for college, I was offered many scholarships to swim in the United States. I chose Alabama at first because I liked the coach. After two years at Alabama, I decided to go to Southern Methodist University (SMU) because its team was ranked second in the National Collegiate Athletic Association

school in Egypt. But I decided to still go to the U.S. and study something closely related. So I studied biology and psychology and was graduated with a bachelor degree in 1999. I then returned to Egypt to finish medical school and training. I am currently doing my residency in gynaecology and obstetrics.

#### Tell us about your Olympic career and your fondest memories of being an Olympian.

I participated in three Olympic Games: Barcelona 1992 (I was 14), Atlanta 1996, and Sydney 2000. I was a semi-finalist in the 50 and 100 freestyle when I was 22. I still hold the Egyptian open records for the 50, 100, 200, and 400 freestyle, the 50 and 100 backstroke, and the 100 fly.

I have two great memories from the Olympics. The first was in Sydney in 2000 when I stood in the semi-final in

time at the Athens Olympics in 2004. I was standing on the podium behind President Rogge after being elected by my fellow athletes to be their representative. I was very happy and proud.

#### Today you seem to have a mission to give back. What role do you see yourself playing in the Olympic Movement both today and into the future?

I would like to continue to be the athletes' link into what changes or affects their world of sport. I would like to be a useful tool in the fight against doping, as well as fighting for any other cause that might bring benefit to the athletes of today and tomorrow.

As I mentioned earlier, I had an early encounter with anti-doping, and from that day I have always believed that if that athlete had not been caught, then my life would have been much different. I really feel for clean athletes, and I hope we can always prevent them from losing their right to clean sport.

#### What gives you the greatest pleasure as an athlete ambassador?

It's when you know you've done something that helps the athletes, even if it is as simple as making sure they get good sleep and good meals during the Olympics. Caring is what matters, and trying our best



“I would like to continue to be the athletes’ link into what changes or affects their world of sport. I would like to be a useful tool in the fight against doping, as well as fighting for any other cause that might bring benefit to the athletes of today and tomorrow.”

(NCAA). I had two great years at SMU, including a runner-up finish in the 100 yard freestyle, a championship win for the 200 free relay, and an NCAA record.

Prior to going to school in the U.S., I had been accepted into medical

the 100 freestyle as the first Egyptian or Arab woman to stand there. Knowing that I had done my absolute best to be there, regardless of how I swam, was in itself my reward.

The second moment was again standing among athletes, but this

is what matters, but it's also rewarding to know that athletes appreciate it. As members of WADA's Athlete Committee we each contribute in our own way. For me, I like to see athletes healthy and happy, and to do what I can to make their competitions drug-free. ■



## World Association of Anti-Doping Scientists



Prof. Francesco Botrè is the director of the WADA-accredited laboratory in Rome, Italy, which was responsible for doping control analysis at the 2006 Winter Olympic Games in Turin. He is also the president of the World Association of Anti-Doping Scientists (WAADS), a group of experts that he presents in this interview.

### When, why and by whom was WAADS created?

Over the years doping control programs have steadily increased and in tandem with this, so too have the number of International Olympic Committee (IOC) and subsequently World Anti-Doping Agency (WADA) accredited laboratories. In 2000 the appropriateness of a laboratory association came to the fore. Founding members were a group of senior laboratory directors: Prof. David Cowan (London, UK), Prof. Frans Delbeke (Ghent, Belgium), Prof. Ray Kazlauskas (Sydney, Australia), Prof. Wilhelm Schaenzer (Cologne, Germany), Prof. Larry Bowers (former Director of the IOC accredited laboratory in Indianapolis, now at the U.S. Anti-Doping Agency), and Prof. Laurent Rivier (former Director of the Lausanne laboratory).

### What are WAADS' objectives?

They are clearly expressed by the WAADS Constitution:

- Maintain excellence in the science and practice of anti-doping programs in the interest of all athletes.
- Facilitate harmonization of modern scientific methodology for effective anti-doping control.
- Provide reliable information concerning the scientific aspects of anti-doping programs in the public interest.
- Foster good will and cooperation among members.

### Who can be a WAADS member?

WAADS members include three categories: affiliates, scientists, and fellows. Affiliate members have to demonstrate a scientific interest in combating non-physiological performance enhancement and a commitment to the objectives and Code of Conduct and Ethics of the association. Among others, laboratory experience in testing techniques and methods, publications in peer reviewed scientific journals, and professional and ethical reputation are considered when an application for membership is submitted. Scientist

members have to meet the criteria for affiliate members, but in addition have to demonstrate at least three years experience in the science or practice of athletic drug testing, and to be employed in a laboratory accredited by WADA (or equivalent). Fellows membership is restricted to technical or scientific directors of laboratories accredited by WADA (or equivalent). In addition, the WAADS Membership Committee may also grant honorary memberships, to recognize those who have contributed significantly to the science of fighting non-physiological performance enhancement in sport.

WAADS is today formed by 56 members, of which 26 are fellows.

### What are WAADS' chief activities?

In line with the objectives of the association, WAADS has been working to match the aims of its Constitution. This means sponsorship of scientific meetings, development of a proficiency-testing program for members to assist in promulgating of ISO and other

accreditation, and promoting consistency of laboratory performance. Indeed, the association favors the establishment of performance standards rather than the adoption of standard methods as a means of achieving harmonization of results.

The association also wishes to lend its expertise to assist in the further development of anti-doping programs. WAADS is working to facilitate the sharing of intelligence about trends and changes in substance use among athletes, new methods to detect substance use, and other information of importance to members.

**When were you elected WAADS president? What are your main objectives during your mandate?**

First let me say that it was a great privilege for me to be elected as President of WAADS, and that I am trying to do my best to honour this position.

I was designated as President-elect on the occasion of the 2005 assembly; I then served for one year as President-elect and finally I became President

I also welcome any effort to ensure, from all sides, a more complete exchange of information among all the different bodies involved in the anti-doping fight. In this context, interaction with WADA is critical and the contacts have recently increased and will continue to do so, becoming stronger in the near future.

**How did your Olympic Games (Turin, 2006) experience benefit your work?**

The Olympic experience was a key step for our laboratory in Rome, as it is, I believe, for any scientist involved in the fight against doping. I also think that, whatever your experience, it is never enough if you have to run an Olympic anti-doping laboratory for the first time. It is a metaphor for life: once you have learned how to deal with it, it might be too late...

In my opinion you cannot successfully prepare your lab for the Olympics without asking for the advice of someone who has already done it. I had many fruitful contacts, in the last two years, with other WADA-accredited laboratories all of them involved with similar "adventures" in the near past.

I also see WAADS as a strong scientific body that can give critical support on those occasions: there was indeed a "WAADS counselling team" in Turin. It proved very useful on many occasions.

**What, in your view, is the biggest challenge for anti-doping science today and in the future?**

I think anti-doping Science has accelerated faster than doping "science" (the use of the upper/lower case is not casual) in the last few years. But—no need to deny—cheaters are still ahead of us. The reason is simple: we follow the rules; they don't. This means that we publish our results, wait for the feedback of the scientific community, share our results, evaluate whether our methods are "fit for purpose," verify whether or not our results would stand safely in court; and the cheaters don't. They try over and over, until they find something that "works." This is always the same in any "Cops and Robbers" game: our delay is nothing but the distance between honesty and dishonesty. Nonetheless, it is always just a matter of time before we discover them.

**"I think anti-doping Science has accelerated faster than doping 'science'."**

on June 7th this year. My two-year term will finish in 2008.

As said before, science is both the substrate and the main objective of WAADS. Most of my activities are focused on the improvement, in a non-commercial environment, of the scientific aspects of our work. It is well known that the standards imposed by WADA on its accredited laboratories are very demanding, but nonetheless our work is aimed not only at complying with those requirements, but also, at the same time, keeping on pace with the new doping challenges.

We shared our experiences and finally the directors and/or other key scientists of those labs were present in Turin, working for "our" lab. A total of nearly 40 foreign experts, including 5 laboratory directors, coming from 13 WADA accredited laboratories integrated and strengthened our organogram, that was also complemented by local personnel specifically selected and trained for the period of the Olympic and Paralympic Games. This was quite a unique set up, but I can say it worked perfectly.

We will continue to strive to reduce the gap, to make the distance between Cops and Robbers as narrow as possible. Of course we want more cheaters to be caught but, at the same time, and this is indeed a very key point of our activity, that no innocent athlete will ever be accused of doping. This may require longer times for the development of new methods, but will ensure that the results supplied by the accredited laboratories will be as solid as scientifically possible. ■

*For more information, visit the WAADS Web site at [www.waads.org](http://www.waads.org).*

# Athlete Committee Brings Fresh Ideas to Enhance Anti-Doping

Following its meeting in Moscow on 24–25 April 2006, the World Anti-Doping Agency (WADA) Athlete Committee offered recommendations for ways to strengthen the fight against doping in sport.

Chaired by Vyacheslav Fetisov, Head of the Federal Agency for Physical Culture and Sport (Russian Federation), the Committee consists of 13 elite international athletes especially concerned about the prevalence of doping in sport. In working with WADA and providing input on

anti-doping programs and initiatives, WADA Athlete Committee members represent the voice of clean athletes and work to help level the playing field for athletes worldwide.

Committee members put forward several ideas to help advance the fight against doping in sport. They suggested that players in the American professional leagues should advocate that their unions adopt the World Anti-Doping Code (Code). Noting that clean athletes have nothing to hide, Committee members believe that there is no reason not to adopt and comply

with the Code. Committee members also believe that financial penalties should be considered for those who offend against anti-doping rules, including penalties on those responsible for teams, federations, or organizations in which doping cheats participate. It was also suggested that, as a further deterrent to doping, the Court of Arbitration for Sport (CAS) should consider increasing its powers to allow clean athletes to claim damages or lost prize money from doped competitors. ■

# WADA Takes Athlete Outreach Program to the Central American and Caribbean Games

The Central American and Caribbean Games (CAC) is the largest multi-sport, multi-national event held in the region. Taking place once every four years, it was hosted this year by Cartagena (Colombia) on July 14–30, 2006. With more than 5,250 athletes from 32 countries, the event provided another ideal backdrop for the World Anti-Doping Agency (WADA) to reach out to the athletes and raise awareness about

anti-doping issues. With a team of six—including Diego Torres, WADA's Latin American office director, Neil Murrell of Barbados, Andre Collins of Trinidad and Tobago, Dr Sonia Johnson of Grenada, Aura Amaya of El Salvador, and WADA Athlete Outreach Manager Stacy Spletzer—WADA once again was able to speak to hundreds of athletes and officials as part of the WADA Athlete Outreach Program. ■

Athletes enjoy all aspects of the Athlete Outreach Program including signing a pledge to doping free sport and playing the anti-doping quiz. Photo bottom left: The CAC Outreach team from left to right: Aura Amaya (El Salvador); Andre Collins (Trinidad & Tobago); Stacy Spletzer (WADA); Diego Torres (WADA); Neil Murrell (Barbados), Dr. Sonia Johnson (Grenada).



# Stakeholders Implement Athlete Outreach as WADA Model Gains Momentum

WADA's Athlete Outreach Model is experiencing great popularity. This program, which gives WADA stakeholders the means for developing and implementing their own outreach programs adapted to their sport or country, has already been adopted by more than ten organizations since the Model's launch in early 2006.

These organizations include the European Football Union (UEFA), UK Sport, the International Paralympic Committee (IPC), the International Automobile Federation (FIA), the

International Rugby Board (IRB), the International Association of Athletics (IAAF), the Swedish Sports Confederation, as well as the national anti-doping agencies of New Zealand, Japan, and the Seychelles.

WADA developed the Athlete Outreach Model so that more athletes, in more sports and in more countries worldwide, have access to information about the dangers and consequences of doping in sport.

For more information, visit the Athlete Outreach section of WADA's Web site at [www.wada-ama.org](http://www.wada-ama.org).

## WADA Hosts High Profile Guests

Over the past several months, WADA has had the opportunity to welcome to its headquarters in Montreal (Canada) several distinguished guests, including International Olympic Committee (IOC) President Jacques Rogge, who met with WADA President Richard Pound and the Agency's management team in July to discuss the Agency's progress in the fight against doping in sport.

In May, another great in the world of sport, Johann Olav Koss, multiple Olympic champion in speed skating and former WADA Foundation Board member, spoke to the WADA staff about his experience as the President and Executive Director of Right to Play. Right to Play is an international humanitarian organization using sport and play as a development tool for children and youth in poor regions of the world. For more information, visit Right to Play online at [www.righttoplay.com](http://www.righttoplay.com).

## Four New RADOs Launched

Several new Regional Anti-Doping Organizations (RADOs) have been launched or created over the past several months. The goal of RADOs, whose creation is facilitated by WADA, is to combine resources in regions where there currently exists little or no anti-doping activities to establish anti-doping programs that can be shared across borders. (For an in-depth look at RADOs, please consult Play True, issue 2-2006.)

In Africa Zone VI, ten countries are coordinating efforts to create a RADO based in Mozambique where the government has offered to support the office and support staff. Silvestre Nicaningo of Mozambique has been selected to manage the RADO. A RADO for Southeast Asia has also

been launched. It will be headquartered in Bangkok (Thailand), thanks to the assistance of the Thailand government and National Olympic Committee. In Central Asia, seven countries are developing a RADO whose seat will be identified in October. Brazil, through the support of its government and National Olympic Committee, has offered to host a RADO for Central America.

As for the same model applied to International Sport Federations (IFs), a project team involving seven IFs was formed to establish and further develop an anti-doping development program. The goal is to pool resources in order to develop an efficient and economic program that will help IFs comply with the World Anti-Doping Code.

## New Organizations Adopt ADAMS

Stakeholders are continuing to adopt ADAMS, the web-based database management system developed by WADA to help stakeholders worldwide coordinate their anti-doping activities.

Several WADA-accredited anti-doping laboratories and more than a dozen anti-doping organizations, including International Federations (IFs) and National Anti-Doping Organizations, have

adopted the system. In addition, the 2006 Paralympic Games were the first major games to use ADAMS to manage the event's anti-doping activities.

The goal is for all accredited laboratories to report their adverse analytical findings via ADAMS prior to the close of 2006, and for all IFs and their primary partners to implement the system by the close of 2007.

## WADA's European Regional Office Finds a New Home

WADA's European Regional Office, based in Lausanne (Switzerland), is moving to a new location. Currently located in the center of town, in mid-November the office will move to the new International House of Sport, situated close to International Olympic Committee headquarters where several International Federations (IFs) and other sports organizations have already taken up residence.

Four WADA staff members work out of the European Regional Office: Jean-Pierre Moser, director of the office as well as director of relations with IFs; Dr. Alain Garnier, WADA's medical director; Nicole Frey who assists Dr. Garnier in the monitoring of Therapeutic Use Exemptions; and Sibylle Villard, assistant for the European office.

**WADA PROGRAM CALENDAR. FOR THE MOST CURRENT UPDATES, VISIT [WWW.WADA-AMA.ORG](http://WWW.WADA-AMA.ORG)****LEGAL SYMPOSIUM**

WADA, in collaboration with the U.S. Anti-Doping Agency and the U.S. Olympic Committee, is co-organizing an experts meeting on the topic of anti-doping investigations, jurisdictions and powers. **November 13–14, 2006.** *Colorado Springs, USA.*

**TUE SYMPOSIUM**

WADA, in collaboration with the German Anti-Doping Agency, is co-organizing a specialized doctors meeting on the topic of the granting of therapeutic use exemptions (TUEs) to athletes with documented medical conditions. Participants will be the chairs of International Federations' and National Anti-Doping Organizations' Therapeutic Use Exemption Committees. **December 13, 2006.** *Bonn, Germany.*

**ATHLETE OUTREACH**

WADA's Athlete Outreach program raises awareness and encourages doping-free sport through direct interaction with athletes at major sporting events worldwide. WADA will take its Outreach Program to the Asian Games. **December 1–15, 2006.** *Doha, Qatar.*

**INDEPENDENT OBSERVERS**

The Independent Observer (IO) program helps enhance athlete and public confidence at major events by randomly monitoring, auditing and reporting on all phases of the doping control and results management processes. The IO program will be present at the Asian Games. **December 1–15, 2006.** *Doha, Qatar.*

**ANTI-DOPING PROGRAM DEVELOPMENT**

WADA works with stakeholders to facilitate the establishment of strong anti-doping programs in sports and regions throughout the world. The following are meetings of various development programs, including those of Regional Anti-Doping Organizations (RADOs).

September 7–10	Gulf States RADO Board Meeting and Doping Control Officer Training	Kuwait
September 13–14	Caribbean RADO Board Meeting and Official Opening	Barbados
October 10–13	African Zone VI RADO Board Meeting and Doping Control Officer Training	Lesotho
October 17–18	West Africa (French) RADO Project Team Meeting	Dakar, Senegal
November 4–5	Central Asia RADO Board Meeting	Ulan Bator, Mongolia
November 30	South East Asia RADO Board Meeting	Doha, Qatar

**ADAMS TRAINING**

ADAMS (Anti-Doping Administration and Management System) is the web-based database management system that coordinates anti-doping activities worldwide. WADA hosts training sessions for stakeholders adopting the ADAMS system. For registration or information, please contact your WADA regional office.

September 11–12	Vienna, Austria
September 14–15	Lausanne, Switzerland
September 18–19	Rio de Janeiro, Brazil
December 1–15	Doha, Qatar