



Finnish Center for Integrity in Sports FINCIS

ANNUAL REPORT 2016

Dear friend of clean sports

You are holding in your hands the first annual report of the Finnish Center for Integrity in Sports FINCIS. The organisation was founded in 2016 by extending the duties of the Finnish Anti-Doping Agency FINADA. FINCIS carries out anti-doping activities, prevents manipulation of sports competitions and promotes spectator safety and comfort. FINCIS's first year was an exciting one.

From the beginning, we have strengthened the ethical foundation of sports in accordance with our values: fairness, trust and doing things together. During the year 2016, we built a solid foundation and strengthened the synergies between our different branches of operation. Now we can get our new branches started in earnest. The goal is to bring the new operations to the same high level as the ever-evolving anti-doping activities.

Co-operation, education and communication are FINCIS's defining modes of operation. We have a large network of contacts and we work in co-operation with the authorities. In this way, the sports world can work together to fight undesirable and even criminal phenomena.

We are pioneers also internationally. The idea of defending fair play on a large front is now being introduced to the world, and other organisations in the field of sports are considering expanding their activities in a manner similar to FINCIS. In this way, we can work together to defend clean sports. Fair play is, after all, in the interests of all of us who work in the field of sports.

Harri Syväsalmi · *Secretary General*



Introduction

FINCIS in figures in 2016

Tests became more versatile

Doping control in 2016

- **3,092** doping tests (2015: 2,693).
- **2,774** (2015: 2,466) doping tests under the national testing programme; of these, **1,152** (2015: 1,048) were in-competition and **1,622** (2015: 1,418) were out-of-competition tests.
- In addition, **318** in-competition and out-of-competition tests were carried out at the request of national and international federations or the World Anti-Doping Agency (WADA).

Spreading the message of clean sport

- Nearly **100** lectures with over **3,500** attendees.
- Clean Win information stands at **15** sporting events with total spectator numbers in the **thousands**.
- Almost **70** newsletters, press releases and blog entries.

Introducing the new organisation and its operations

- Almost **25** national and international lectures and presentations with nearly **1,000** attendees. Target groups included, among others, UNESCO, the Council of Europe, the European Union, the European Lotteries Association, the World Lottery Association and the National Sports Forum.

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Administration

Board and office

The Board of the Finnish Anti-Doping Agency FINADA convened once during the year under review before the Agency's extraordinary meeting held on 28 January, at which FINADA became the Finnish Center for Integrity in Sports FINCIS. The name "FINADA" will still be used as an auxiliary name of the organisation. FINCIS's Board convened seven times in 2016. The Chair of the Board was **Pekka Ilmivalta**, Senior Vice President, Communications and CSR, Veikkaus Oy, and the Vice-Chair was **Hannu Tolonen**, Senior Advisor, Ministry of Education and Culture. The composition of the Board is presented in *Appendix 1*.

The Board and FINCIS's office staff held a joint planning meeting on 6–7 June 2016 in Kirkkonummi. At the meeting, Minister **Lauri Tarasti** delivered opening remarks for a discussion on sports ethics.

The meeting discussed the strategic guidelines of FINCIS. The decision was made to begin working on the strategy immediately. A stakeholder survey was conducted to establish a foundation for the strategy. The new strategic guidelines were approved on 29 November 2016. During the year, discussions were also held on the division of responsibilities pertaining to ethical matters between FINCIS and other parties in the area of sports. FINCIS's responsibilities were defined as anti-doping activities, preventing the manipulation of sports competitions, promoting spectator comfort and safety, and strengthening the ethical foundation of sports.

Cooperation with the authorities was developed in partnership with the Finnish Advisory Board for

Ethics in Sport appointed by the Finnish Ministry of Education and Culture. The Advisory Board's working committee acts as the national action point for preventing the manipulation of sports competitions, with the Secretary General of FINCIS serving as the Chair.

The focus of the work of FINCIS's Board was on the approval of the strategic guidelines, monitoring the organisation's development and the general monitoring of finances and operations. Doping control was monitored particularly closely, as it is a substantial part of FINCIS's operations both from a quantitative and economic perspective.

In the area of communication and education, materials and webpages were updated to correspond to the needs of the new sectors of activity. Anti-doping programmes were assessed and the assessment system was developed by means of a pilot project to ensure that the anti-doping programmes correspond to the needs of sports federations even better. The quality system was applied to training activities and cooperation with sports academies and sports institutes was developed.

The Board initiated an open application process for the position of Secretary General. A total of 42 applications were received and the recruitment consultant interviewed seven candidates. Following the interviews, four candidates were invited to a personal assessment.

At its meeting on 27 April, the Board unanimously confirmed the appointment of **Harri Syväsalmi** as Secretary General starting from 1 June 2016.

The focus of the work of FINCIS's Board was on the approval of the strategic guidelines, monitoring the organisation's development and the general monitoring of finances and operations.

In June, measures were initiated to acquire additional premises on the sixth floor of the VALO building to meet the requirements of FINCIS' operations and additional personnel. The organisation moved to the expanded and renovated office at the turn of October–November.

In the autumn, FINCIS also initiated a recruitment process for additional staff with the help of a recruitment consultant. Legal Director **Petteri Lindblom** and Research Manager **Nina Laakso** joined the organisation on 1 December 2016, allowing FINCIS to fully engage in the work required by its new sectors of activity and further strengthen its anti-doping function.

Supervisory Board

Under Finnish anti-doping codes and practices, the Supervisory Board's tasks are:

- to determine whether a case constitutes a doping violation
- to issue a written statement on the consequences that should follow if the Supervisory Board finds that a case is a doping violation
- to resolve complaints made in response to decisions on therapeutic use exemptions and other administrative decisions; and
- to resolve other disputes arising from the interpretation and application of the anti-doping codes and practices.

The Chair of the Supervisory Board in 2016 was **Markus Manninen**, Master of Laws, Attorney at Law, and the Secretary was **Katja Tukiainen**, Master of Laws. The members of the Supervisory Board

are listed in *Appendix 1*. The Supervisory Board convened seven times during the year.

In 2016, the Supervisory Board processed 11 cases in total, consisting of eight doping violations, two petitions for revoking a lifetime of ineligibility and one complaint regarding therapeutic use exemptions.

Therapeutic Use Exemption Committee (TUEC)

The Therapeutic Use Exemption Committee convened nine times in 2016. In addition, the Committee held four e-mail meetings. The Chair of the Committee was Doctor **Katja Mjøsund**. The composition of the Therapeutic Use Exemption Committee is presented in *Appendix 1*. For more information on therapeutic use exemptions, please refer to the section "*Therapeutic use exemptions*".

Quality management

Maintaining high quality throughout the entire doping control process is of key importance to FINCIS's activities. The goal is to use the monitoring, assessment and development of operations to ensure process compliance and continuous improvement. DNV-GL Certification Oy/Ab carried out a recertification audit of FINCIS/ FINADA's quality management system in early 2016 and recertified the system. DNV-GL's auditor confirmed that the system fulfils the requirements of the ISO 9001:2008 quality management standard, the World Anti-Doping Code (WADC) and the international standards of the World Anti-Doping Agency (WADA).

In addition to the annual external audit of the office and doping control activities by DNV-GL, FINCIS carries out annual internal audits to ensure system compliance and functionality. The audits also serve as a tool for the continuous development of the system. In 2016, FINADA carried out 11 internal audits, nine of which were conducted during actual doping control situations and two at the office. The audit results indicate that doping control officers and the performance of testing are at a high level and meet the requirements of WADA's International Standard for Testing and Investigations. In addition, three internal audits were conducted on anti-doping education and training sessions.

FINCIS staff also received training on the internal auditing of the quality management system and changes to the ISO 9001:2015 standard.

Office

The work performed at the FINCIS office in 2016 corresponded to 10.62 person-work-months.

The majority of the office staff worked full-time (8 employees), while three people worked part-time. The new Secretary General took up his post on 1 June 2016.

The number of office staff was further increased in line with FINCIS's new responsibilities with the addition of two new recruits whose employment relationships began on 1 December 2016. The part-time employees worked in areas related to medical and legal matters. The office staff is listed in *Appendix 1*.



Doping control and testing

Doping testing

In 2016, FINCIS carried out 3,092 doping tests in Finland and abroad (2015: 2,693). Of the total number, 2,774 (2015: 2,466) were carried out under the national testing programme. Of these, 282 (2015: 264) were blood tests. In addition, FINCIS took 285 blood samples under the national Athlete Biological Passport system. The number of tests declined slightly from the previous year.

FINCIS carried out 318 (2015: 227) in-competition and out-of-competition tests at the request of other anti-doping organisations and national and international federations, for a total of 20 different organisations. Of these, 203 (2015: 156) were in-competition tests and 115 (2015: 71) were out-of-competition tests. International cooperation in testing activities is important for FINCIS. FINCIS achieved its target set in 2016 and executed all the international testing requests.

The number of in-competition tests carried out under the national testing programme was 1,152 (2015: 1,048) and the number of out-of-competition tests was 1,622 (2015: 1,418). The most tested disciplines were athletics with 259, ice hockey with 228, cross-country skiing with 174, football with 156 and powerlifting with 154. The doping test statistics can be found in *Appendix 2*.

In 2016, FINCIS took, as planned, 285 (2015: 264) blood samples for athletes' personal profiles in addition to actual doping control samples. The management of the profiles is carried out in cooperation with the other Nordic countries.

The coordinator of the Nordic Athlete Passports Management Unit (NAPMU) played a significant role in maintaining and developing the operations.

FINCIS continued to carry out the long-term freezing of samples, which began in 2011. Some of the doping samples will be stored for potential re-analysis. According to the Code that entered into force at the beginning of 2015, the samples can be stored for ten years.

The majority of the out-of-competition doping tests were carried out on a targeted basis, with the tested athlete named in advance. Targeted tests are carried out in individual and team sports, both in and out of competition. For in-competition tests, the majority of tested athletes were selected either on the basis of their placing in the competition or drawn randomly. In team sports, FINCIS carried out doping tests of individuals outside team practices for the first time. FINCIS implemented the national testing programme both in Finland and abroad. Finnish athletes were tested by Finnish doping control officers as well as foreign testing organisations at FINCIS's request.

The reform of the World Anti-Doping Code included the drafting of the new International Standard for Testing and Investigations to regulate doping control, and the Standard was implemented at the beginning of 2015. In relation to the International Standard for Testing and Investigations, WADA also published the Technical Document for Sport Specific Analysis in early 2015. The document is aimed at increasing the use of

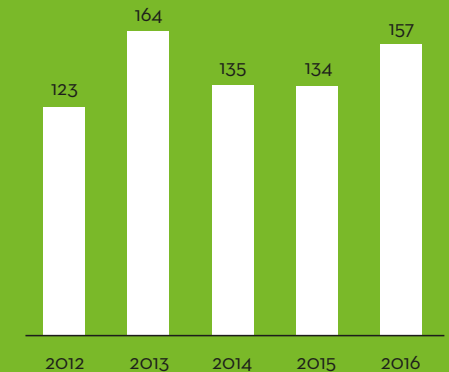
special analyses for samples taken by anti-doping organisations and thereby improving the quality of testing. As a result of the document, more testing resources were allocated to special analyses, which meant that the total number of tests in 2016 was lower than before, as was the case in 2015.

The testing pool system, i.e. the collection and monitoring of athletes' contact and whereabouts information, enables targeted out-of-competition testing and serves as an important tool for doping control management and implementation. Approximately 120 athletes from 38 disciplines were in FINCIS's individual sports testing pools. All of the athletes in the testing pool system used the ADAMS calendar system maintained by WADA. Due to the Olympic Games in Rio de Janeiro and related requirements by the International Olympic Committee, the pool also included athletes representing disciplines that are usually not part of the testing pool system. In addition to the individual testing pool, FINCIS collected information from first-tier teams in men's ice hockey and football throughout their respective seasons as well as first-tier teams in handball, basketball, floorball, volleyball and American football during the training season.

In 2016, FINCIS recorded a total of 33 failures to comply with whereabouts regulations for athletes in its Registered Testing Pool. Of these, 20 involved failure to provide whereabouts and 13 were missed tests.

FINCIS engaged in regular and active

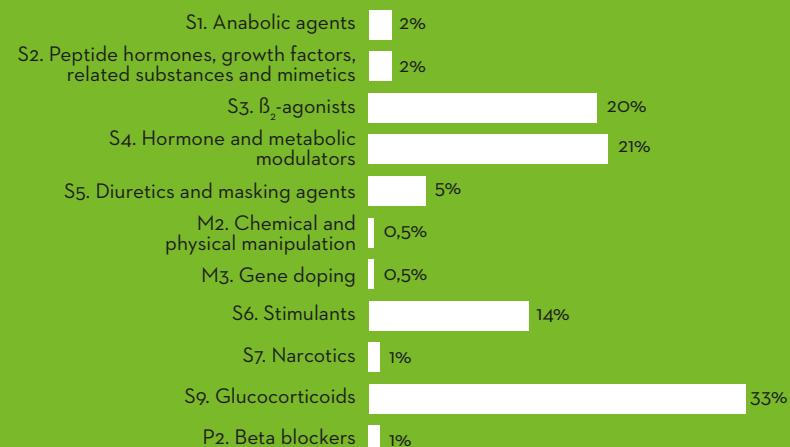
Chart 1. Total number of TUE applications processed by the Therapeutic Use Exemption Committee 2012–2016



In 2016, FINCIS carried out 3,092 doping tests in Finland and abroad.

In 2016, FINCIS handled a total of 11 anti-doping rule violations.

Chart 2. Proportions of the different groups of pharmacological substances of TUEs granted by FINCIS's Therapeutic Use Exemption Committee in 2016



cooperation with sports federations. A total of 28 meetings were held with sports federations in 2016. FINCIS also cooperated with federations and competition organisations with regard to the organisation of international competitions.

There were a total of 30 doping control officers trained and authorised by FINCIS operating across Finland. The annual training seminar for doping control officers was held in Vuokatti on 22-24 January 2016.

Therapeutic use exemptions

The aim of WADA's International Standard for Therapeutic Use Exemptions is to create a uniform global practice for granting exemptions for the therapeutic use of prohibited substances and methods. During the year, FINCIS communicated

the rules on therapeutic use exemptions to athletes and other stakeholders in cooperation with its anti-doping education and communication functions.

There were no significant changes to WADA's Prohibited List in 2016.

The number of TUE applications addressed to FINCIS increased slightly compared to the previous years. In 2016, the total number of processed applications for a TUE was 157, one of which was a retrospective application by an athlete not covered by level determination. The applications concerned a total of 175 pharmacological substances. The substances for which the number of TUEs granted was the highest were glucocorticoids, hormone and metabolic modulators and β_2 agonists. The TUE statistics for 2016 are shown in *Chart 1* and *Chart 2*. For more information on the activities of

the Therapeutic Use Exemption Committee, please refer to the section "Administration".

Results management

FINCIS is responsible for the results management of doping tests when the test has been carried out at FINCIS's request, authorised by FINCIS, or when FINCIS otherwise detects anti-doping rule violations pertaining to its jurisdiction.

FINCIS assesses all cases that a laboratory has analysed to be positive, and other suspected anti-doping rule violations, in the manner stipulated by Finland's Anti-Doping Code before they are brought to the Supervisory Board. On the basis of FINCIS's preliminary assessment and review, it is decided whether the case will be presented to the Supervisory Board as a potential anti-doping

rule violation. FINCIS also informs the parties determined in the Finnish anti-doping codes. In 2016, FINCIS handled a total of 11 cases. Of these, seven were cases of anti-doping rule violations (two cases are still pending). Three petitions for revoking a lifetime of ineligibility were submitted for a statement by the Supervisory Board, along with one complaint regarding therapeutic use exemptions. Anti-doping rule violations for 2016 are listed in *Appendix 2*.

Anti-Doping Education

FINCIS was active in organising education and training sessions on anti-doping issues in cooperation with sports federations and organisations, sports-oriented educational institutions and sports academies. Sports clubs also commissioned training sessions. Education was primarily targeted at young athletes, top-ranked athletes and coaches. A total of 93 education or training events were organised in 2016, with a total audience of 3,633 (see *Chart 3*).

Increasing cooperation with sports federations and developing their anti-doping programmes were the most important tasks in training and education activities. The criteria for anti-doping programmes provides sports federations with clear instructions for their anti-doping work. Education and training events commissioned by sports federations accounted for approximately half of the total (*Chart 4*). Anti-doping education and training events were commissioned by 40 federations. The year in education and training was also characterised by the diversity of education and training activities, the customisation of lectures to suit target audiences and training for sports federations' training personnel. Education and training events are listed in *Appendix 3*.

FINCIS was in regular contact with sports academies and educational institutions under sports academies directly as well as through the Finnish Olympic Committee's sports academy programme. FINCIS was active in participating in events in the network of sports academies and educational institutes. FINCIS and the Finnish Olympic Committee began developing an operating model

to enhance the activities of sports academies.

The sports institutes' anti-doping programmes enhanced the activities of sports institutes. Anti-doping matters were a regular component of the institutes' courses as well as coach education. Two training days were held for sports institutes' instructors: one in Tampere in February and another in Vantaa in November.

An agreement was signed with the University of Jyväskylä Faculty of Sport and Health Sciences on a three-credit course on sports ethics, conducted in English. The course was scheduled for autumn 2017. In addition to the University of Jyväskylä, anti-doping education and training sessions were also held at the University of Turku and University of Helsinki.

Some trainers received training in January in connection with the training seminar for doping control officers, while some participated in the training days organised for sports institutes' instructors. The competence of trainers was also improved through one-on-one meetings. At a national level, a total of 14 trainers ran anti-doping training and education sessions. FINCIS began developing Real Winner, an interactive training system for use by sports federations and trainers. The programme will be completed in spring 2017.

The "Clean Win Anti-Doping Guide", the "Prohibited Substances and Methods in Sports" publication and the WADA guide for athletes on anti-doping codes were distributed at education and training events. The PowerPoint slides used in education and training activities were updated

at the beginning of the year. Presentations are available for different target groups in three languages (Finnish, Swedish and English).

Training and education activities were incorporated into FINCIS's quality management system at the beginning of 2016. Education and training events were managed via the Anti-Doping Passport system. Three internal audits were conducted on training and education activities during the year.

In its training and education activities, the Clean Win programme (see *Communications*) focused on participating in events by setting up Clean Win information stands. The events are listed in *Appendix 4*. The purpose of FINCIS's information stands was to inspire athletes, their support personnel and spectators to promote fair play and provide information on anti-doping issues.

Clean Win information stand.

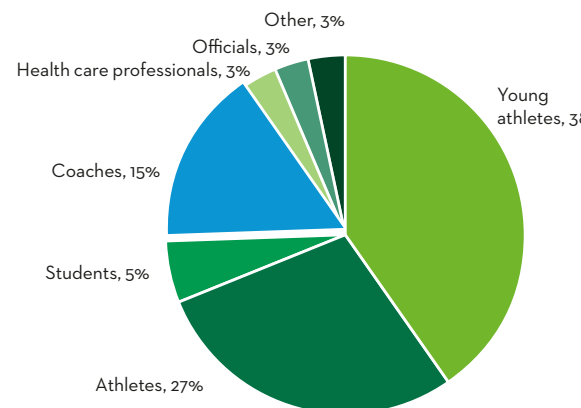


Chart 3. Target groups for training and education in 2016

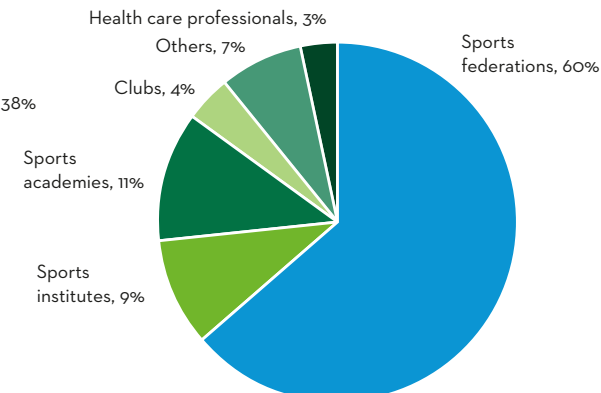


Chart 4. Parties that commissioned training and education in 2016

Communication

The communication function was actively involved in the development of FINCIS's strategy. New guidelines were prepared during the year and a visual identity and brand were developed for the new organisation, which have subsequently been featured in contexts such as the website, the new office and corporate gifts.

The list of Prohibited Substances and Methods in Sports was published in January 2016 both on the FINCIS website and in printed format. As in previous years, the printed publication was distributed to sports federations and sports-oriented educational institutions. Through cooperation with the Coaches Association of Finland, the publication was also distributed to the subscribers of Valmentaja magazine.

FINCIS published newsletters for sports federations and doping control officers four times during the year. Two newsletters for athletes in the testing pool were also published.

Two media events were organised for media representatives. The first of the two events was organised to announce the appointment of the Secretary General of FINCIS. The second was organised on the premises of United Medix Laboratories to give media representatives the opportunity to complement their photo archives and obtain information on doping control. Wheelchair sprinter **Henry Manni** and cross-country skier **Mona-Liisa Nousiainen** were on hand to provide the athlete's view.

FINCIS encouraged sports federations to draft and implement anti-doping programmes. FINCIS issued comments on the anti-doping programmes of 25 sports federations. A total of 15 sports

federations completed their programmes during the year. FINCIS also assessed all sports federations that responded to the initial survey on anti-doping programmes and activities conducted in late 2015. FINCIS delivered its assessments to INNOLINK, an independent assessment company, which will produce a synthesis report on the assessment. With the change of FINADA to FINCIS, there was discussion of expanding the sports federations' anti-doping programmes and the related criteria to ethical programmes that would cover all of FINCIS's areas of activity. The responsibilities of the various parties, such as the Finnish Olympic Committee, related to ethical programmes were also discussed.

Sports institutes continued their anti-doping activities. After three sports institutes completed their programmes during the year, all of Finland's sports institutes now have an anti-doping programme and certificate. Education and training events for trainers and instructors at sports institutes touched on the issue of expanding the programmes into ethical programmes in the future. Students from sports institutes served in anti-doping roles at the Lahti Ski Games and they were trained to serve in corresponding roles at the Lahti 2017 Nordic World Ski Championships.

FINCIS published nearly 70 press releases in 2016. The press releases were published on the FINCIS website. The press releases were also sent electronically to FINCIS's network, sports federations, media and other stakeholders. FINCIS distributed Finnish and English-language newsletters with a new visual design.

The content of the FINCIS website was updated to correspond to the new organisation. The website address was changed to www.suek.fi. Steps were also taken to prepare for a more extensive redesign project in 2017.

FINCIS encouraged athletes to make public mentions of their doping tests and express their views on clean sport in social media. FINCIS's focus on social media was on Instagram, a free platform for sharing images, to support visual communications on ethical sports.

The Clean Win Programme

Started in 2008, the Clean Win programme promotes clean sport by encouraging open discussion on doping. FINADA wants to shine the spotlight on ethical and fair athletes. This programme invites Finnish sports fans, sporting organisations, the friends and relatives of athletes and athletes themselves to get involved in fair play.

In 2016, the Clean Win information stand completed a tour of ten events. The number of events was lower than in previous years, as resources were focused on the planning of activities to be organised in 2017. The challenge campaign for international sporting events organised in Finland reached the Biathlon World Championships, the Strongman Champions League events for men and women, the Women's World Floorball Championships and the U20 World Junior Ice Hockey Championships. The Viestikapula (baton) blog featured discussions on ethics in sports. The tour calendar is in *Appendix 4*.



International activities

FINCIS has an active role on the international stage, with representatives in several international anti-doping organisations (*Appendix 5*). FINCIS aims to actively promote ethical and fair sports in cooperation with other international parties. FINCIS exercises influence in international activities to harmonise anti-doping rules and standards, to increase equality between athletes, to prevent the manipulation of sports competitions and increase spectator comfort and safety. FINCIS aims to be at the leading edge of international development in all levels of its operations.

FINCIS is a valued and sought-after partner in international cooperation. FINCIS participates in international projects to promote ethics in sport and trust between countries. Such projects include, for example, international training and consulting work as well as exercising influence to promote the realisation of ethical principles in the organisation of the Olympic Games and other international events and in the activities of its international peer organisations.

The World Anti-Doping Agency (WADA)

FINCIS influenced WADA's operations in cooperation with other parties involved in anti-doping work (the Council of Europe, CAHAMA and iNADO). Investigative methods led to changes in doping control, which was evidenced by the problems related to Russia and the International Association of Athletics Federations (IAAF). This also affected the focus areas of WADA's operations and financing.

The corruption revealed through the use of investigative methods and the misconduct in Russian activities were also a prominent theme at the WADA annual symposium for anti-doping organisations and international federations, held in Lausanne, Switzerland on 14-16 March 2016, and many other international conferences.

Finland was represented in WADA's TUE Expert Group and Laboratory Expert Group. FINCIS representatives also participated in WADA's regional development project as educators in 2016.

Institute of National Anti-Doping Organizations (iNADO)

The number of members in iNADO (Institute of National Anti-Doping Organizations) grew from 56 to 62 in 2016. The iNADO general assembly was held in conjunction with the WADA Symposium on 13 March 2016. FINCIS is represented on iNADO's Board.

In 2016, iNADO regularly distributed members' newsletters and bulletins on issues of importance to anti-doping agencies, and organised seminars for the representatives of national anti-doping agencies in conjunction with various international events. Webinar training aimed at all employees of anti-doping agencies have proved very popular. A total of six webinars were held in 2016. In addition, iNADO organised a conference in London on the Athlete's Biological Passport on 16-17 November and participated in arranging meetings of leading national anti-doping agencies.



FINCIS is a valued and sought-after partner in international cooperation.

iNADO acts as an advocate for its members. Furthermore, iNADO has official observer status in the Monitoring Group for the Council of Europe's Anti-Doping Convention, the Ad Hoc European Committee for the World Anti-Doping Agency (CAHAMA) and IADA. iNADO can also participate in WADA's meetings as an observer upon request. iNADO also expressed strong views on the Russian doping issue in 2016.

iNADO was established in early 2012. Starting from 2014, it has operated under German legislation and its headquarters are located in Bonn, Germany. Lawyer Joseph de Pencier from Canada is iNADO's Chief Executive Officer.

The United Nations Educational, Scientific and Cultural Organisation (UNESCO)

From the perspective of WADA, it is important that governments are committed to supporting and developing its activities by signing the UNESCO International Convention Against Doping. By the end of 2016, a total of 183 countries had ratified the Convention. UNESCO continues to actively promote commitment to the Convention. The organisation also has a separate voluntary fund for educational anti-doping projects. Finland is represented in the fund's Approval Committee.

FINCIS's operations were presented at the UNESCO conference and seminar held in South Korea. FINCIS was a partner in UNESCO-funded training for doping control officers in Eastern Europe. The training event took place in Georgia on 4-7 May.

The UNESCO International Convention Against Doping entered into force in Finland and internationally on 1 February 2007. A Conference of Parties is convened every two years.

Council of Europe (COE)

In 2016, the Monitoring Group for the Council of Europe's Anti-Doping Convention focused on developing the Convention's monitoring system and improving cooperation at a European level in exercising influence in WADA affairs. European influence was focused on assessing the focal areas and financing of WADA's operations. WADA's funding requirements increased significantly due to new investigative projects and the extensive use of doping observed in Russia, for example. A key objective of the Council of Europe is that the shift in the focus of WADA's operations will lead to more funding for the development and implementation of investigative methods.

In 2016, FINCIS participated in meetings of the Monitoring Group for the Anti-Doping Convention and the Coordination Group for WADA affairs (CAHAMA). Finland served as the Vice Chair of the Monitoring Group for the Anti-Doping Convention in 2016. In 2016, FINCIS's experts participated in the assessment of anti-doping systems and the development of education and communications.

International Anti-Doping Arrangement (IADA)

The International Anti-Doping Arrangement (IADA) is a governmental collaboration body of the world's leading high-quality anti-doping countries and

their national anti-doping agencies. IADA is an intergovernmental alliance with strong involvement by national anti-doping agencies. The member countries are Australia, Canada, Finland, Denmark, Japan, the Netherlands, New Zealand, Norway, Sweden and the United Kingdom.

The aim of IADA and its member countries is to exercise active influence on WADA's decision making and the development and implementation of the WADA Code and Standards.

In 2015-2016, Norway chaired IADA and served as the location for its Secretariat. The IADA agreement is in effect for the period 2015-2018. The Secretariat organised the IADA Symposium on 13-14 June 2016 in Oslo, Norway. WADA participated in the Symposium as an observer. The Symposium discussed changes in different countries that are significant to anti-doping organisations, such as the development, expansion and assessment of the operations of national anti-doping organisations, intergovernmental cooperation relating to WADA's operations, establishing an independent international testing unit, data protection and the use of ADAMS particularly with regard to athletes' therapeutic use exemptions. The IADA countries also want to promote the harmonisation of the national anti-doping codes and functions of various countries with the World Anti-Doping Code. A meeting of the Nordic Athlete Passport Management Unit (NAPMU) was held in connection with the Symposium.

The country reports made it clear that several countries have allocated significantly increased

resources to anti-doping activities, particularly to develop investigative methods.

Nordic cooperation

Nordic cooperation is significant for the development of FINCIS's activities and the joint efforts in international lobbying. The 2016 meeting was held in Reykjavik, Iceland on 15-16 September 2016. The meeting discussed organisational and financial issues, including the more extensive operating models in Finland and Denmark, the development of financing and investigative procedures, the application of the code, anti-doping work outside sports, as well as research and education.

A meeting of the joint Nordic unit specialising in the analysis of athletes' blood profiles (Nordic Athlete Passport Management Unit NAPMU) was also held in connection with the meeting. NAPMU's operations were developed further in 2016. The Nordic countries jointly finance the unit's operations. The unit is managed from Oslo. NAPMU's services are also sold to certain countries outside the Nordic region and to international sports federations.

Research

FINCIS strengthens ethics in sports by promoting research in the field in Finland. In 2016, FINCIS recruited a Research Manager tasked with developing and coordinating research and studies related to the ethical questions of sports together with different parties in the field of exercise and sports. In addition, one of the main focuses of our research activities is to transmit and adapt ethical operational models for the best interests of the parties in the field to promote more ethical sports.

FINCIS also promotes research in its areas of responsibility by organising negotiations, providing information on funding options and, where necessary, supporting the launch of various minor projects. In 2016, the representatives of FINCIS and United Medix Laboratories Ltd attended two scientific conferences that discussed the development of biological passports for athletes.

WADA allocates approximately USD 6,000,000 of its annual budget to international anti-doping research in biomedicine and approximately USD 200,000 to research in behavioural and social sciences.

United Medix Laboratories Ltd is responsible for WADA-funded research projects related to the analysis of doping agents in Finland. The focus of the laboratory's research has been on the development of analysis methods. A summary of the research carried out by United Medix Laboratories Ltd is provided in *Appendix 6*.

In 2016, FINCIS published a Master's Thesis on Sports and Exercise Medicine in cooperation

with the Department of Health Sciences at the University of Jyväskylä focused on medication and dietary supplement usage among Finnish competitive athletes. The researcher was Bachelor of Arts **Marja Koponen**. The results suggest that the use of medication and dietary supplements is common among Finnish competitive athletes. More information on the study is provided in *Appendix 6*.

Athlete survey

FINCIS regularly asks athletes for feedback on doping tests it has carried out and on its operations in general with the aim of improving the quality and functionality of doping control and anti-doping activities carried out by FINCIS as well as uncovering any problematic areas. FINCIS also uses the feedback in the development of its training and communication materials.

In 2016, FINCIS surveyed athletes' views regarding doping tests on three different occasions in February, June and October. The survey population included all athletes who took doping tests during these months and the survey was available in both Finnish and English. The survey was conducted by sending a link to an electronic questionnaire to the athlete's e-mail address. All responses were processed anonymously. A total of 159 athletes completed the survey. The response rate was 23.2.

The athletes were requested to assess the practical execution of the doping test and the behaviour of doping control officers.

The responses were similar to those submitted in the previous years. The majority rated both doping control and the reliability of FINCIS's operations as excellent. The majority of the athletes that responded to the survey also considered the atmosphere during the test and the actions and professionalism of doping control officers as either excellent or good. The results indicate that the language and communication skills of doping control officers have improved from previous years.

The survey also included questions on where the athletes look for information on anti-doping matters, or who they turn to for answers. Based on the responses, FINADA has a strong position among athletes as a source of anti-doping information, but the significance of sports federations as sources of anti-doping information for athletes has increased.

For the first time, the athletes who completed the survey were also asked about their participation in anti-doping education and training. Slightly less than half of the respondents had received training on anti-doping issues. The majority of such training had occurred in events organised by sports federations. Athletes were also asked to assess the current state and future of anti-doping work (see *Chart 5 and Chart 6*). The responses indicate that athletes believe doping is a much larger phenomenon internationally than domestically.

FINCIS regularly asks athletes for feedback on doping tests it has carried out and on its operations in general.

Chart 5. Assessment of the impact of doping on the results of domestic competitions over the previous 12 months

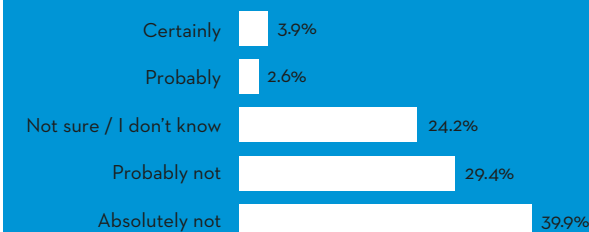
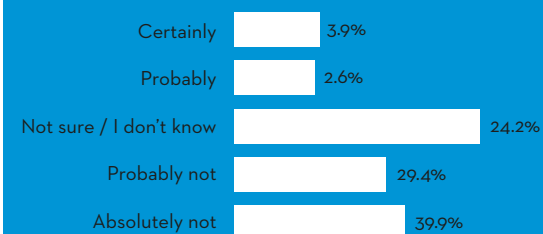


Chart 6. Assessment of the impact of doping on the results of international competitions over the previous 12 months



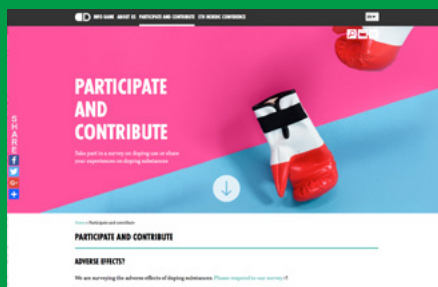
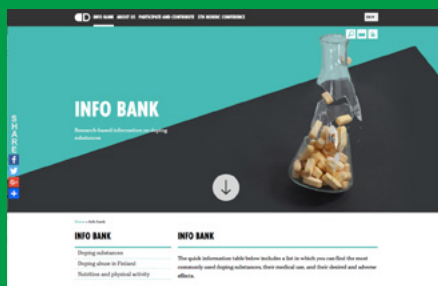
Development projects

Recreational athletes' anti-doping programme

Dopinglinkki is a service related to the use and prevention of doping outside of competitive and elite sports. The aim is to reduce the negative health impacts of doping use among recreational athletes. Impartial and scientifically researched information on doping agents is distributed through websites, social media, advisory service, training events and with the help of the For Clean Sport operating model aimed at fitness centres. The aim is to help the users of doping agents, their friends and family and professionals from different fields who come across doping users in their work recognise the harmful effects of doping agents and influence the attitudes related to the use of doping.

FINCIS participates in the steering and financing of the service and cooperates with Dopinglinkki in the areas of communication, marketing and training. In 2016, the Dopinglinkki website received more than 141,000 visitors. The number of visitors increased by 47 per cent from the previous year. Dopinglinkki reached nearly 28,000 people in various events and education and training activities. In the For Clean Sport operating model, an online training module for fitness centre personnel was introduced and also included in the training of authorised personal trainers (APT). A total of 256 fitness centres were participating in the operating model at the end of the year.

Dopinglinkki reached nearly 28,000 people in various events and education and training activities.



Finances

Important events during and after the financial year

The finances of FINCIS are based on the financial subvention and separate project financing by the Finnish Ministry of Education and Culture. No joining or membership fees apply to members. In 2016, the Ministry of Education and Culture granted FINCIS financial support amounting to EUR 3,350,000. Of the total amount, EUR 95,000 was allocated to the recreational athletes' anti-doping project. In 2016, FINCIS had access to project funding as follows:

Starting FINCIS's operations	EUR 50,000
Developing the anti-doping work of sports federations	EUR 12,042
EPO research project	EUR 13,341
Prohibited Substances mobile application	EUR 28,867

FINCIS's accounts for 2016 show a deficit of EUR 86,322.63. FINCIS's balance sheet shows total equity of EUR 429,067.96.

In 2016, the Ministry of Education and Culture granted FINCIS financial support amounting to EUR 3,350,000.

Appendix 1

FINCIS bodies and staff

Board 2016–2017 Name and appointing organisation

Members	Deputy Member	Members	Deputy Member
<p>Chair Senior Vice President, Communications and CSR, Veikkaus OY Pekka Ilmivalta Finnish Olympic Committee</p> <p>Vice-Chair Senior Advisor Hannu Tolonen Ministry of Education and Culture</p>	<p>Secretary General Teemu Japison Finnish Olympic Committee</p> <p>Secretary General Minna Paajanen until 11 October 2016 Ministry of Education and Culture</p> <p>Counsellor of Government, Legal Affairs Merja Leinonen, as of 29 November 2016</p>	<p>Counsellor for Cultural Affairs Heidi Sulander Ministry of Education and Culture</p> <p>Chief Physician, Paavo Nurmi Centre Olli J. Heinonen Ministry of Education and Culture</p> <p>Senior Expert Petri Heikkinen VALO, Finnish Sport Confederation</p> <p>Chief Physician, Kuopio University Hospital Olavi Airaksinen Finnish Society for Sports Medicine</p> <p>Permanent Expert Member: Matti Keskinarkaus Finnish Olympic Committee, Athletes' Commission</p>	<p>Senior Secretary Juho-Antti Jantunen Ministry of Education and Culture</p> <p>Senior Advisor Mari Miettinen Ministry of Education and Culture</p> <p>Special Adviser Nelli Kuokka VALO, Finnish Sport Confederation</p> <p>Director, UKK Institute Tommi Vasankari Finnish Society for Sports Medicine</p>

Appendix 1

Supervisory Board 2015-2016

Jurist Members

Chair:

Attorney at Law, Master of Laws and Master of Economics

Markus Manninen

First Vice-Chair:

Licentiate of Laws

Esa Schön

Second Vice-Chair:

Doctor of Laws, Professor of Sports Law

Olli Norros

Deputy Member:

Attorney at Law

Saara Raitala

Doctoral Members

Licentiate of Medicine

Heikki Laapio

Doctor of Medicine, Professor

Heikki Tikkanen

Doctor of Sport and Health Sciences, Licentiate of Medicine

Esa Liimatainen

Deputy Member:

Licentiate of Medicine

Petri Kallio

Sports Specialists

Doctor of Philosophy (Economics), Head of Development

Jan-Erik Krusberg

Master of Arts

Valentin Kononen

Managing Director

Maija Innanen

Secretary:

Master of Laws

Katja Tukiainen

Therapeutic Use Exemption Committee

Chair:

Doctor of Medicine, Specialist in Sports Medicine

Katja Mjøsund

Vice-Chair:

Doctor of Medical Science, Lecturer

Pekka Rauhala

Doctor of Medicine, Specialist in Sports Medicine

Harri Helajärvi

Doctor of Medicine, Docent, Resident in Pediatrics, Pediatric Endocrinologist

Päivi Miettinen

Office

Secretary General

Harri Syväsalmi

as of 1 June 2016

Secretary General

Pirjo Ruutu

until 1 June 2016,
Senior Counsellor since then

Legal Director

Petteri Lindblom

as of 1 December 2016

Office Manager

Maarit Juvonen

Information Manager

Susanna Sokka

Education Manager

Samuli Rasila

Research Manager

Nina Laakso

as of 1 December 2016

Doping Control

Manager

Katja Huotari

Quality Manager

Marjorit Nurmi

Doping Control Coordinator

Anna Heinilä

on child-care leave

Acting Doping Control

Coordinator

Petri Koskela

Doping Control Coordinator

Janne Väre

Secretary

Titta Villanen

Secretary

Oona Väänänen

Pharmacist

Anna Simula

Medical Director (part-time)

Timo Seppälä

on sick leave as of
19 September 2016

Legal Consultant (part-time)

Jussi Leskinen

Secretary of the Supervisory Board (part-time)

Katja Tukiainen

Appendix 2

Doping test statistics 2016

Urine and blood tests conducted by the Finnish Center for Integrity in Sports FINCIS/the Finnish Anti-Doping Agency FINADA in 2016 under the national testing programme.

Alpine skiing	28	Orienteering	41
American football	116	Powerlifting	154
Artistic gymnastics	29	Power press	34
Athletics	259	Road bicycle racing	29
Basketball	107	Rowing	35
Biathlon	49	Sailing	30
Boxing	30	Speed skating	57
Cross-country skiing	174	Swimming	58
Disabled sports	30	Triathlon	40
Finnish baseball	29	Volleyball	103
Fitness	78	Weightlifting	71
Flatwater racing	33	Wrestling	69
Floorball	124		
Football	156	Total	2,355
Handball	88	Other individual sports	306
Ice hockey	228	Other team sports	113
Judo	21		
Mixed martial arts	24	Grand total	2,774
Nordic combined	31		

Other team sports: Aesthetic group gymnastics, bandy, beach volley, curling, futsal, rhythmic gymnastics, ringette, rinkball, rugby, synchronised skating, ultimate, underwater rugby, water polo

Other individual sports: Aerobics (FISAF), archery, automobile sports (rally), badminton, bowling, chin-up, cycling (BMX, mountain biking, track cycling), dancesport, diving, equestrian sports (show jumping,

eventing, dressage), fencing, figure skating, free-style, golf, heavy events (pole dance, strongman, strongwoman), karate, kettlebell, kickboxing, masters athletics, military sports, modern pentathlon, motor sports (enduro, motocross), mountain bike orienteering, shooting, ski jumping, ski-orienteering, sled dog sports, snowboarding, sport aerobics, squash, table tennis, taekwondo (ITF, 1), taekwondo (ITF, 2), taekwondo (matches), tennis, thai boxing, water skiing,

Summary

In 2016, FINCIS/FINADA carried out 3,092 (2,693) doping tests in Finland and abroad. A total of 2,774 (2,466) tests were carried out under the FINCIS/FINADA national testing programme. A total of 282 (264) of these tests were blood tests. In addition, FINCIS/FINADA took 285 (264) blood samples as part of the national Athlete Biological Passport programme.

	FINCIS/ FINADA	National federation	International federation/WADA	Tests, total
Out-of-competition tests	1,622	0	115	1,737
In-competition tests	1,152	9	194	1,355
Tests, total	2,774	9	309	3,092

Anti-doping rule violations

There were eight anti-doping rule violations under FINADA's national testing programme and one case is still pending.

Anti-doping rule violations	Prohibited substance or other violation	Sanction
American football	stimulants and anabolic agents	4 years
Fitness	β_2 -agonists	warning
Fitness	β_2 -agonists	warning
Fitness	β_2 -agonists	2 months
Mixed martial arts	anabolic agents	4 years
Powerlifting	β_2 -agonists	2 years
Powerlifting	avoiding doping tests	4 years
Power press	anabolic agents	4 years

Appendix 3

Education events

Date	Place	Organised/commissioned by	Target group	Participants
30 Dec. 2016	Parainen	Finnish Swedish Ski Association	Young athletes	40
29 Dec. 2016	Varala	Finnish Judo Association	Young athletes	93
27 Dec. 2016	Ypäjä	Equestrian Federation of Finland, Häme region	Young athletes	8
27 Dec. 2016	Ypäjä	Equestrian Federation of Finland, Häme region	Young athletes	40
10 Dec. 2016	Pajulahti	Finnish Athletics	Young athletes	72
5 Dec. 2016	Turku	Sport Academy of Turku Region	Young athletes	30
4 Dec. 2016	Tampere	Tampere Saints	Athletes	25
3 Dec. 2016	Pajulahti	Finnish Tennis Association	Young athletes	19
3 Dec. 2016	Kisakallio	Finnish Gymnastics Federation	Young athletes	50
25 Nov. 2016	Kuortane	Finnish Archery Association	Athletes	18
25 Nov. 2016	Tahko	Cycling Union of Finland	Young athletes	17
20 Nov. 2016	Kuortane	Finnish Bowling Federation	Coaches	4
19 Nov. 2016	Kisakallio	Finnish Orienteering Federation	Coaches	100
18 Nov. 2016	Vaasa	Finnish Swimming Association	Coaches	40
18 Nov. 2016	Vaasa	Finnish Swimming Association	Athletes	10
14 Nov. 2016	Helsinki	Mäkelänrinne Upper Secondary School (sports-oriented)	Young athletes	36
14 Nov. 2016	Jyväskylä	University of Jyväskylä	Students	35
11 Nov. 2016	Pori	Route day for municipalities	Officials	20
7 Nov. 2016	Vantaa	Association of Sports Institutes of Finland	Other	15
5 Nov. 2016	Kuortane	Finland's Swedish Sports Confederation	Young athletes	240
4 Nov. 2016	Helsinki	Arcada	Students	15
30 Oct. 2016	Kauniainen	Simmis Grani	Young athletes	30
29 Oct. 2016	Tampere	Finnish Minigolf Federation	Athletes	35
18 Oct. 2016	Vierumäki	Finnish Ski Association	Athletes	15
18 Oct. 2016	Vuokatti	Finnish Orienteering Federation	Athletes	28
18 Oct. 2016	Vierumäki	Haaga-Helia	Students	15
16 Oct. 2016	Helsinki	Finnish Skating Association	Athletes	14
13 Oct. 2016	Kisakallio	Kisakallio Sports Institute	Young athletes	50

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13 Oct. 2016	Kisakallio	Kisakallio Sports Institute	Young athletes	50
13 Oct. 2016	Kisakallio	Kisakallio Sports Institute	Other	100
6 Oct. 2016	Kisakallio	Kisakallio Sports Institute	Young athletes	55
6 Oct. 2016	Kisakallio	Kisakallio Sports Institute	Young athletes	100
6 Oct. 2016	Kisakallio	Kisakallio Sports Institute	Other	100
29 Sep. 2016	Helsinki	Finnish Basketball Association	Athletes	35
27 Sep. 2016	Tampere	Finnish Basketball Association	Athletes	10
15 Sep. 2016	Helsinki	Mäkelänrinne Upper Secondary School (sports-oriented)	Young athletes	19
15 Sep. 2016	Helsinki	Mäkelänrinne Upper Secondary School (sports-oriented)	Young athletes	21
10 Sep. 2016	Turku	Finnish Rinkball and Ringette Federation	Coaches	23
4 Sep. 2016	Kuortane	Finnish Wrestling Federation	Coaches	100
4 Sep. 2016	Kouvola	Finnish Dance Sport Association	Athletes	40
4 Sep. 2016	Pajulahti	Finnish Tennis Association	Coaches	10
31 Aug. 2016	Helsinki	Finnish Handball Association	Athletes	25
27 Aug. 2016	Hämeenlinna	Finnish Kickboxing Federation	Athletes	100
1 Aug. 2016	Pajulahti	Badminton Finland	Young athletes	54
1 Aug. 2016	Pajulahti	Badminton Finland	Athletes	27
27 June 2016	Vuokatti	Finnish Ski Association	Young athletes	6
27 June 2016	Vuokatti	Finnish Ski Association	Athletes	8
27 June 2016	Vuokatti	Finnish Ski Association	Athletes	25
27 June 2016	Vuokatti	Finnish Ski Association	Young athletes	85
20 June 2016	Kisakallio	Finnish Gymnastics Federation	Young athletes	30
18 June 2016	Vierumäki	Finnish Fitness Sports Association	Athletes	65
16 June 2016	Kisakallio	Finnish Canoeing and Rowing Federation	Athletes	20
28 May 2016	Pajulahti	Finnish Skating Association	Athletes	31
28 May 2016	Tampere	Coaches Association of Finland	Coaches	190
13 May 2016	Helsinki	American Football Association of Finland	Athletes	25
7 May 2016	Jämi	Sleddog Sport Finland	Athletes	15
3 May 2016	Helsinki	Mäkelänrinne Upper Secondary School (sports-oriented)	Young athletes	30
28 April 2016	Jyväskylä	University of Jyväskylä	Students	45
25 April 2016	Turku	Sport Academy of Turku	Young athletes	40

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24 April 2016	Rovaniemi	Olympic Committee	Young athletes	70
23 April 2016	Tampere	Tampere Powerlifting Association	Young athletes	19
23 April 2016	Eerikkilä	Finnish Rugby Federation	Athletes	15
20 April 2016	Turku	University of Turku	Health care personnel	30
17 April 2016	Porvoo	Muaythai Association of Finland	Athletes	25
12 April 2016	Pajulahti	Triathlon Finland	Young athletes	15
11 April 2016	Helsinki	Football Association of Finland	Coaches	20
30 March 2016	Helsinki	Football Association of Finland	Coaches	20
22 March 2016	Helsinki	Football Association of Finland	Coaches	20
21 March 2016	Tampere	Sampo Upper Secondary School	Young athletes	87
19 March 2016	Vierumäki	Finnish Fitness Sports Association	Athletes	45
18 March 2016	Kuortane	Finnish Athletics	Coaches	20
16 March 2016	Helsinki	University of Helsinki	Health care personnel	60
12 March 2016	Vöyri	Finland's Swedish Sports Confederation	Coaches	15
12 March 2016	Vöyri	Finland's Swedish Sports Confederation	Young athletes	35
12 March 2016	Vierumäki	Finnish Weightlifting Federation	Coaches	20
27 Feb. 2016	Pajulahti	Paralympic Committee	Young athletes	15
16 Feb. 2016	Lahti	Association of Sports Institutes of Finland	Other	20
12 Feb. 2016	Helsinki	Equestrian Federation of Finland	Athletes	11
11 Feb. 2016	Vierumäki	Finnish Figure Skating Association	Athletes	16
9 Feb. 2016	Vierumäki	Olympic Committee	Young athletes	70
5 Feb. 2016	Varala	Association of Sports Institutes of Finland	Other	17
2 Feb. 2016	Kuortane	South Ostrobothnia Sports Academy	Young athletes	48
1 Feb. 2016	Ilmajoki	South Ostrobothnia Sports Academy	Young athletes	13
30 Jan. 2016	Solvalla	Finnish Boxing Association	Athletes	35
27 Jan. 2016	Lapua	South Ostrobothnia Sports Academy	Young athletes	20
25 Jan. 2016	Lohja	Luksia Vocational College	Health care personnel	15
25 Jan. 2016	Seinäjäjoki	South Ostrobothnia Sports Academy	Young athletes	25
24 Jan. 2016	Varala	Finnish Judo Association	Coaches	30
23 Jan. 2016	Varala	Finnish Judo Association	Athletes	30
22 Jan. 2016	Kisakallio	Finnish Orienteering Federation	Officials	7

Appendix 3

17 Jan. 2016	Pajulahti	Finnish Judo Association	Young athletes	53
16 Jan. 2016	Kisakallio	Precision sports	Coaches	20
12 Jan. 2016	Tampere	Häme Region Sports Federation	Officials	20
9 Jan. 2016	Pajulahti	Finnish Karate Federation	Young athletes	70

Appendix 4

Information stands at sporting events in 2016

29–31 Jan.	Educa fair	Helsinki
13–14 Feb.	Finnish National Championships week	Tampere
19–21 Feb.	Lahti Ski Games	Lahti
15–20 March	2016 IPC Biathlon WC	Vuokatti
27–28 May	Seminar on strength training for children and young people	Tampere
10–12 June	Youth Athletics Games	Espoo
11 Aug.	Paralympic Day	Helsinki
9–10 Sep.	Clean Strength event	Hämeenlinna
3–4 Oct.	National Sports Forum	Turku
9 Nov.	Scandinavian Congress of Medicine and Science in Sports	Helsinki



Appendix 5

FINCIS's international representation in 2016

The World Anti-Doping Agency WADA

WADA cooperation meeting with international federations and national anti-doping agencies	Pirjo Ruutu Katja Huotari
WADA TUE Expert Group	Katja Mjøsund
WADA Laboratory Expert Group	Tiia Kuuranne

Institute of National Anti-Doping Organisations iNADO

Board of Directors and General Assembly	Pirjo Ruutu
Conference	Pirjo Ruutu Katja Huotari
Biological Passport Conference	Marjorit Elorinne Katja Huotari
Directors of national anti-doping agencies	Harri Syväsalmi Marjorit Elorinne Petteri Lindblom Susanna Sokka

UNESCO

Conference on Integrity in Sport	Harri Syväsalmi
Regional education in Georgia	Marjorit Elorinne Kimmo Kunnari Marko Salminen

Council of Europe

Monitoring Group for the COE's Anti-Doping Convention	Pirjo Ruutu
Coordinating meeting for WADA issues	Pirjo Ruutu
Advisory Group on Education and regional education	Samuli Rasila Susanna Sokka
Anti-Doping Program Implementation Models seminar	Samuli Rasila
Assessment of anti-doping work in Bulgaria	Katja Huotari
Scientific working group	Marjorit Elorinne Tiia Kuuranne
Manipulation of sports competitions	Harri Syväsalmi

Appendix 5

International Anti-Doping Arrangement IADA

Steering Committee	Pirjo Ruutu
Nordic cooperation Cooperation meeting	Harri Syväsalmi Pirjo Ruutu Marjorit Elorinne
Nordic Athlete Passport Management Unit Administration	Pirjo Ruutu Marjorit Elorinne
Expert Meeting on Therapeutic Use Exemptions	Katja Mjøsund Anna Simula
Manipulation of sports competitions	Harri Syväsalmi

Others

European Athletic Association, delegate	Pekka Pitkälä
Tackling Doping in Sport seminar	Marjorit Elorinne
USADA Science Seminar	Marjorit Elorinne Tina Suominen
Keep Crime out of Sport seminar	Samuli Rasila
Peace and Sport conference	Harri Syväsalmi
Doping Control Officers at the Rio de Janeiro Olympics	Janne Väre Marko Salminen
European Lotteries and World Lottery Association	Harri Syväsalmi
Korean Anti-Doping Agency 10 th Anniversary	Harri Syväsalmi
ISC, Sports Integrity Conference	Harri Syväsalmi Susanna Sokka

Visits to the FINCIS office

Australia, New Zealand, Sweden, Switzerland, Japan

Appendix 6

United Medix Laboratories Research activities in 2016

1. Scientific publications

1. Thevis M, Kuuranne T, Walpurgis K, Geyer H, Schänzer W. Annual banned-substance review: analytical approaches in human sports drug testing. *Drug Test Anal.* 2016 Jan;8(1):7-29. doi: 10.1002/dta.1928.

2. Research projects

1. Erythropoietin (EPO) and its analogues – further development of electrophoresis-based doping control methods (funded by the Ministry of Education via FINCIS)

3. Scientific presentations and lectures

1. Kuuranne T. News from the laboratory: 1. WADA and laboratories
2. Long-term storage of samples. *Meeting/Conference: FINADA's training seminar for doping control officers 01/2016*
2. Suominen T. WADA-accredited laboratories and the rules governing them. *Meeting/Conference: FINCIS Open House, 11/2016*

4. Other scientific activity

1. Kuuranne T, Laboratory Expert Group member, WADA
2. Kuuranne T, "Drug Testing and Analysis" publication, Wiley, associate editor.
3. Kuuranne T, Pharmaceutical Chemistry, Faculty of Pharmacy, University of Helsinki, docent.
4. Ristimaa J, Finnish Chromatographic Society, Member of the Board.
5. Leinonen A, Nordic Expert Panel (NEP) for the steroid module of the Athlete Biological Passport (ABP), member.
6. Suominen, T, 15th Annual USADA Symposium on Anti-Doping Science, Bellevue, participant.

Koponen, M. 2016. Medication and Dietary Supplement use in Finnish competitive sports.

Department of Health Sciences, University of Jyväskylä (Sports and Exercise Medicine), Master's Thesis, 56 pp, 5 appendices.

Previous studies have shown that the use of medication and dietary supplement in competitive sports is common. Data has usually been collected by interviews and semi-structured questionnaires but also by using Doping Control Form questionnaires during the Olympic Games. In Finland, Doping Control Forms have not previously been used to study Finnish athletes' use of medication and dietary supplements. Therefore the purpose of this study was to investigate medication and dietary supplement usage in Finnish athletes during the year 2014. The data includes 679 Doping Control Forms completed in 2014 including team sport (n=349), endurance (n=90), and strength (n=240) athletes. All study subjects were assessed as part of the Finnish national doping test programme and their age varied between 15–46 years (mean-age 25.1y, SD 5.8). The data was analysed using the IBM SPSS Statistics (version 22.0) program. Process percentages were used for descriptive statistics and crosstabs, x2-test and analysis of variance were used for comparative analysis. In 2014, 62.2% (n=422) of Finnish athletes used some medication and 82.8% (n=562) some dietary supplement in the seven-day period leading up to the doping control. On average, one medication and four dietary supplement preparations were used. Less than 8% (n=52) of athletes didn't use any medication or dietary supplement prior to the doping control. Female athletes used more medication compared with men (p<.001). No statistically significant gender-difference was found in the use of dietary supplements. Endurance athletes used more medication than team sport (p<.001)

or strength (p=.015) athletes. Additionally, team sports athletes used less dietary supplements than strength (p<.001) or endurance athletes (p=.016). In competition doping tests (IC), 61.3 % (n=416) of athletes declared some use of medication and 84.3% (n=572) some use of dietary supplements. Conversely, in out of competition doping tests (OOC), 60.9% (n=413) of athletes declared some use of medication and 81.4% (n=552) some use of dietary supplements. There were no statistically significant differences in either the use of medication or nutritional supplement between IC and OOC tests. These results suggest that the use of medication and dietary supplements in Finnish athletes is high. Both prescription drugs and over the counter drugs are highly used. The type of sport affects to the use of medication and dietary supplements. Endurance athletes use more medication and team sport athletes use less dietary supplements compared to other athlete groups. Gender also seems to affect the medication use and female athletes were found to use more medication than male athletes. The higher use of medication in female athletes can't be explained by the use of contraceptive pills. Usually, male and female athletes use medication from same medication groups but female athletes use them more. Age might increase the use of medication and dietary supplement.



Finnish Center for Integrity in Sports FINCIS
Finnish Anti-Doping Agency FINADA

info@suek.fi
www.suek.fi
#puhtaastiparas

tel: +358 9 3481 2020
fax: +358 9 148 5195