



# ANNUAL REPORT

# 2017

The Finnish Center for Integrity in Sports FINCIS



## PREFACE

### CHANGE YOURSELF AND CHANGE THE WORLD

“The only thing that is constant is change” is a popular quote. It was also proven to be true with respect to the operations of FINCIS in 2017. **Pirjo Ruutu**, Secretary General at FINADA (Finnish Anti-Doping Agency) and Special Advisor at FINCIS, retired as expected in 2017. **Timo Seppälä**, who long served as Medical Director at FINADA and FINCIS and is often referred to as Mr Anti-Doping, also retired, but earlier than expected. I would like to take this opportunity to thank them both for their pioneering work in the promotion of clean sport. I also want to thank **Olli J. Heinonen**, who acted as interim Medical Director, and **Katja Mjøsund** and **Pekka Rauhala**, who assisted him in this task.

FINCIS strengthened its investigative competence. At the beginning of the year, **Jouko Ikonen** started as Chief Investigative Officer at FINCIS. He transferred to this position from the National Bureau of Investigation. This appointment was aimed at strengthening the activities relating to competition manipulation and spectator safety. The type of competence required by, among others, the World Anti-Doping Code, was acquired for anti-doping activities.

Besides the implementation of international conventions, the need to promote ethical conduct in sports also became more and more evident during the year. One example is the first report published under a series of FINCIS publications titled *Samalla viivalla – selvitys liikunnan ja urheilun tasa-arvosta ja yhdenvertaisuudesta* (“On the same line? – Equality and equal opportunities in sports and physical activity”) Last year also saw the launch of actions to investigate sexual harassment and discrimination in sports and physical activity.

Requiring and promoting compliance with the principles of good governance have played a strong role in FINCIS’s

*SUEK cooperated closely with the authorities, sports organisations and athletes.*

agenda both nationally and internationally. Matters that require concrete action include the “institutional conspiracy” of doping in Russia, compliance with the World Anti-Doping Code, taking account of the athletes’ opinions, the protection of whistleblowers, the promotion of equality and equal opportunities, the prevention of manipulation of sports competitions, and enhancing spectator safety at sports events. Education and training, communications and research offer the means to tackle these kinds of major issues.

One example is the FIS Nordic Ski World Championships 2017 in Lahti. FINCIS cooperated closely with the International Ski Federation (FIS) in the planning and implementation of doping testing, and thousands of people visited our information stand to meet the ambassador for the championships, cross country legend **Juha Mieto**, who was there to spread the clean sport message. Sports institutes’ students also volunteered at the championships as part of the anti-doping portion of their studies. Afterwards, FINCIS presented the Lahti Ski Museum with a “snowball” that contained



the signatures of all the medalists of the Lahti World Championships. Therefore, it is fair to say that Finnish anti-doping history was made at the World Championships 2017 in Lahti.

Another example of concrete global influencing that I would like to mention is the WADA TUE Symposium held in Helsinki, which was attended by more than 200 people from around the world. The symposium was a success, and we got a lot of praise about the way that the event was organised and other related arrangements.

In 2017, FINCIS also concluded a mutually beneficial cooperation agreement with Veikkaus, under which the gaming company will strengthen its activities relating to the manipulation of sports competitions and FINCIS will receive much needed supplementary funding. This is also an excellent example of doing things together, which is one of our values.

We also cooperated closely with the authorities, sports organisations and athletes. We definitely see athletes as part of the solution rather than the cause of the problem! Finally, I would like to mention our partners Dopinglink, who handle any and all issues relating to recreational athlete doping professionally and enthusiastically, and United Medix Laboratories, who enable the high quality and reliability of our doping testing activities.

At the beginning of 2017, we had just moved to our newly renovated offices, only to realise at the end of the year that preparations were underway for relocating to new premises. As I write this, we have been operating in our new premises for a couple of months in a building that houses 50 sports organisations that work TOGETHER under one roof.

**Harri Syväsalmi** · Secretary General

## FINCIS IN FIGURES

### DOPING TESTING IN 2017

# 3,370

**DOPING TESTS** (2016: 3,092)

# 2,716

**DOPING TESTS UNDER THE NATIONAL TESTING PROGRAMME** (2016: 2,774)

# 1,205

**IN-COMPETITION TESTS** (2016: 1,152)

# 1,511

**OUT-OF-COMPETITION TESTS** (2016: 1,622)

# 654

**IN-COMPETITION AND OUT-OF-COMPETITION TESTS** (2016: 318)

were carried out at the request of national and international sports federations or the World Anti-Doping Agency (WADA)

### SPREADING THE MESSAGE OF FAIR PLAY AND CLEAN SPORT

Nearly **130 LECTURES**, with a total of **4,400 ATTENDEES**. Clean Win information stands at **11 SPORTING EVENTS** with total spectator numbers in the **THOUSANDS**.

Some **30 NEWSLETTERS, PRESS RELEASES AND BLOG ENTRIES**.



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## ADMINISTRATION AND FINANCES

### BOARD

The Board of FINCIS convened eight times during the year. The Chair of the Board was **Pekka Ilmivalta**, Senior Vice President, CSR, Veikkaus Oy, and the Vice-Chair was **Hannu Tolonen**, Senior Advisor, Ministry of Education and Culture. (*Board, Appendix 1*)

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. The holistic integration of new areas of operations into all the functions was monitored particularly closely. The Board approved the FINCIS Ethical Rules for use in developing good governance internally at the office.

The final meeting of the Board's term of office was held on 18 December. **Pekka Ilmivalta's** sixth year as the Chair of the Board also ended on that day. The new Board was elected at the autumn meeting of FINCIS on 25 November. **Timo Laitinen**, Director General of State Treasury, was elected as the new Chair of the Board.

### SUPERVISORY BOARD

The Supervisory Board is an independent body that processes the case and decides whether the action of an athlete or another person falling within the scope of application of the antidoping code is to be regarded as an antidoping rule violation.

The Chair of the Supervisory Board in 2017 was **Markus Manninen**, Master of Laws, Attorney at Law, and the Secretary was **Katja Tukiainen**, Master of Laws. (*Supervisory Board, Appendix 1*)

The Supervisory Board processed three (3) cases based on oral arguments and four (4) cases based on written materi-

als during the year. In total, the Supervisory Board processed 11 cases in 2017, consisting of ten (10) doping violations and one petition for revoking a lifetime of ineligibility.

### THERAPEUTIC USE EXEMPTION COMMITTEE (TUEC)

The Therapeutic Use Exemption Committee convened 13 times in 2017. The Chair of the Committee was Doctor **Katja Mjøsund**. (*Therapeutic Use Exemption Committee, Appendix 1*) For more information on therapeutic use exemptions, please refer to the section "Therapeutic use exemptions".

### OFFICE

**Timo Seppälä**, who long served as Medical Director at FINADA and FINCIS, retired on a disability pension. After a long career as Secretary General at FINADA and Special Advisor at FINCIS, **Pirjo Ruutu** retired in August 2017. These retirements naturally presented a major change and challenges to the office as a whole. At the end of the year, Doctor of Medical Science **Pekka Rauhala** was elected as Medical Expert from among many eligible candidates. He starts in his new position at the beginning of 2018.

**Jouko Ikonen** started as Chief Investigative Officer on 1 January 2017. In addition to competition manipulation and spectator safety, he is in charge of investigative competence at FINCIS, as required by the World Anti-Doping Code. (*Office, Appendix 1*)

Cooperation with the authorities also continued 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 platform in the prevention of manipulation of sports competitions, with



*Timo Laitinen, Director General of State Treasury, was elected as the new Chair of the Board.*

FINCIS Secretary General serving as its Chair and the Chief Investigative Officer serving as the Secretary. Research Manager **Nina Laakso** is one of the Advisory Board's secretaries.

## QUALITY MANAGEMENT

FINCIS ensures the compliance of its processes, the satisfaction of its customers and stakeholders, and the continuous improvement of its operations through the monitoring, assessment and development of doping control and anti-doping education and training.

DNV-GL Certification Oy/Ab carried out a periodic certification audit of FINCIS/FINADA's quality management system in early 2017 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 audit carried out by DNV-GL, FINCIS implemented 16 internal audits. Fourteen (14) of these were implemented during practical doping testing and two (2) in connection with events relating to anti-doping education and training. The audit results indicate that doping testing and anti-doping education and training are at a high level and meet the requirements of WADA's International Standard for Testing and Investigations.

## FINANCES

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 2017, the Ministry of Education and Culture granted FINCIS financial support amounting to EUR 3,500,000. Of the total amount, EUR 95,000 was allocated to the recreational athletes' anti-doping project. The costs of the FIS Nordic Ski World Championships 2017 in Lahti are divided between four areas of operations and are covered by FINCIS's own operations. The cooperation agreement between FINCIS and Veikkaus was valued at EUR 150,000. In 2017, FINCIS had access to project funding as follows:

<b>Developing the anti-doping activities of sports federations</b>	<b>EUR 5,054</b>
<b>WADA TUE Symposium</b>	<b>EUR 57,500</b>
<b>Prohibited Substances mobile app</b>	<b>EUR 28,830</b>
<b>Acquisition of IRMS equipment</b>	<b>EUR 181,000</b>

FINCIS's accounts for 2017 show a deficit of EUR 117,048.32. FINCIS's balance sheet shows total equity of EUR 312,019.64.

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## ANTI-DOPING ACTIVITIES

Doping control aims to prevent the use of doping and detect anti-doping rule violations. FINCIS's doping testing is systematic, comprehensive and of a high quality. Anti-doping activities also cover medical matters, investigation methods and anti-doping programmes.

### DOPING TESTING

In 2017, FINCIS carried out 3,370 doping tests in Finland and abroad (2016: 3,092). Of the total number, 2,716 (2016: 2,774) were carried out under the national testing programme. Of these, 299 (2016: 282) were blood tests. In addition, FINCIS took 293 blood samples under the national Athlete Biological Passport system. The number of tests declined slightly from the previous year.

FINCIS carried out 654 (2016: 318) in-competition and out-of-competition tests at the request of other anti-doping organisations and national and international federations. Of these, 482 (2016: 203) were in-competition tests and 170 (2016: 115) were out-of-competition tests. FINCIS achieved its target set in 2017 and executed all the international testing requests.

The number of in-competition tests carried out under the national testing programme was 1,205 (2016: 1,152) and the number of out-of-competition tests was 1,511 (2016: 1,622). The most tested disciplines were athletics with 247, ice hockey with 208, cross-country skiing with 167, football with 157 and powerlifting with 156. (*Doping test statistics, Appendix 2*)

In 2017, FINCIS took, as planned, 293 (2016: 285) 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 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 20 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. 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.

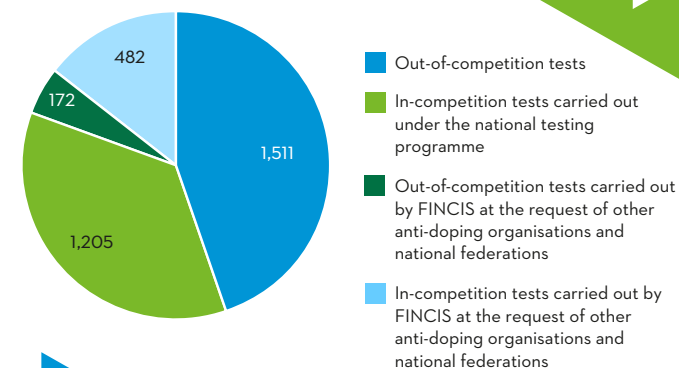
In 2017, FINCIS recorded a total of 40 failures to comply with whereabouts regulations for athletes in its Registered Testing Pool. Of these, 28 involved failure to provide whereabouts and 12 were missed tests.

FINCIS engaged in regular and active cooperation with sports federations. A total of 29 meetings were held with



*In 2017, FINCIS carried out 3,370 doping tests in Finland and abroad.*

**Chart 1.**  
Doping tests in Finland in 2017.



sports federations in 2017. FINCIS also cooperated with federations and competition organisations with regard to the organisation of international competitions.

There were a total of 29 doping control officers trained and authorised by FINCIS operating across Finland. The annual three-day training event for doping control officers and doping control assistants was organised in Tampere on 20-22 January 2017.

The year 2017 is especially remembered for several international competitions. FINCIS was involved in many events as an implementer of doping testing in accordance with the rules of international sports federations. Foreign athletes training in Finland were also tested actively at the request of international sports federations and national anti-doping organisations.

Two FINCIS trainers participated in the doping control officer training organised by WADA and UK Anti-Doping (UKAD) to the new officers of the Russian Anti-Doping Agency (RUSADA). A FINCIS trainer also provided further training for the doping control officers of Poland's anti-doping organisation.

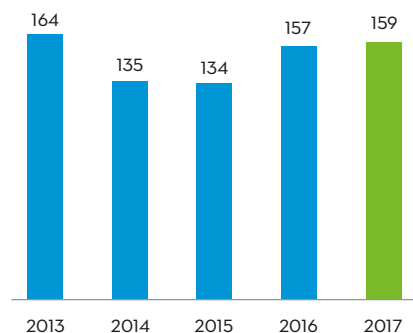
## ATHLETE SURVEY: ASSESSMENT OF DOPING TESTING

FINCIS implemented a survey among athletes to assess doping testing in Finland in March, July and November of 2017. The purpose of the survey was to collect feedback on doping tests and anti-doping work in general so that FINCIS can improve the quality and functionality of its activities.

The survey was responded to by 134 athletes. The response rate was 23.3. As a rule, the feedback on the doping tests implemented was very good. The highest scores were given to the friendliness and language and communication skills of testing staff, the reliability of the testing equipment and doping test, and the method used to seal the sample. The professionalism and cooperation skills of testing staff were

**Chart 2.**

Total number of TUE applications processed by FINCIS's Therapeutic Use Exemption Committee in 2013-2017.



also given a high score. The lack of comfort, tranquility or space in the testing facility was criticised by the athletes.

The testing experience as a whole was scored very high. Of the athletes who responded to the survey, 65 per cent gave it the highest possible score and 30 per cent gave it the second highest score. Thirteen per cent of the athletes who responded to the survey felt that doping testing interfered with their performance in the competition or during training.

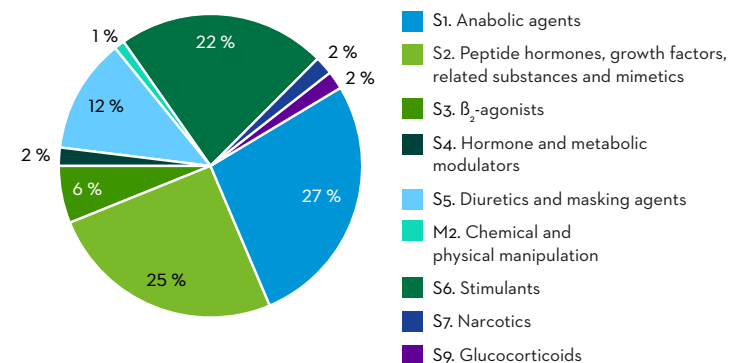
Compared to the results of the athlete survey of 2016, the 2017 survey results show that the respondents' views on the future of anti-doping work are slightly more favourable. The representatives of individual and team sports currently assess that the number of doping users has decreased.

## ATHLETE'S THERAPEUTIC USE EXEMPTION

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.

**Chart 3.**

Proportions of the different groups of pharmacological substances of TUEs granted by FINCIS Therapeutic Use Exemption Committee in 2017.



FINCIS communicated the rules on therapeutic use exemptions to athletes and other stakeholders. There were no significant changes to WADA's Prohibited List at the beginning of 2017.

The number of TUE applications addressed to FINCIS was almost the same as in the previous year. In 2017, the total number of processed applications for a TUE was 159, one of which was a retrospective application by an athlete not covered by level determination (*Chart 2*). The applications concerned a total of 170 pharmacological substances. The substances for which the number of TUEs granted was the highest were  $\beta_2$  agonists, glucocorticoids, and hormone and metabolic modulators (*Chart 3*).

## INVESTIGATIVE METHODS

The World Anti-Doping Code and the International Standard for Testing and Investigations emphasise the importance of intelligence and investigation activities alongside conventional doping control activities, such as doping testing.



Besides the normal written procedure, the investigative methods used by FINCIS in two cases included interviewing the athletes suspected of anti-doping rule violations before submitting the cases for consideration by the Supervisory Board.

FINCIS obtained the operative parts of judgements on doping offences from District Courts and reviewed them in order to identify any athletes or officials covered by doping control among the convicted parties. No such persons were identified.

The anti-doping cooperation from previous years between FINCIS and Customs continued unchanged.

FINCIS Chief Investigative Officer joined the WADA Anti-Doping Intelligence & Investigations Network and participated in the network's meeting held at Interpol Headquarters. The network's next meeting, hosted by FINCIS, will be held in Helsinki in spring 2018.

At the operative level, FINCIS investigated the origin of ampoules found at the competition sites of Nordic Ski World Championships in Lahti and Kontiolahti World Cup Biathlon, and the ampoules' potential connection to anti-doping rule violations. The investigations did not lead to further measures, however, international sports federations were informed of them.

At the national level, FINCIS sought to identify athletes and coaches suspected of being associated with doping use, which would give grounds to targeted doping tests and doping control measures.

## 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 Code. (*Anti-doping rule violations in 2017, Appendix 2*)

## ANTI-DOPING PROGRAMMES

FINCIS encouraged sports federations to draft and implement anti-doping programmes. FINCIS issued comments on the anti-doping programmes of 11 sports federations. A total of 15 sports federations completed their programmes during the year. During the year, preparations were carried out for the assessment of the sports federations' anti-doping programmes, which will be implemented during 2018.

Sports institutes continued their anti-doping activities. All of Finland's sports institutes now have an anti-doping programme and certificate. The expansion of agreements to cover potential reports on violations and handing over the institutes' accommodation data for use for doping control purposes, was discussed in the education and training provided to sports institutes' instructors.

Students from sports institutes served in anti-doping roles at the Nordic Ski World Championships 2017 in Lahti. The content of the two-year project comprised both theory and practice. The name of the study module was "Anti-doping activities in international championships".

*FINCIS encouraged sports federations to draft and implement anti-doping programmes.*

## PREVENTION OF COMPETITION MANIPULATION

Manipulation of sports competitions means deceitfully influencing the progress or result of a competition or game. FINCIS aims to make all operators in sports aware of the risk of competition manipulation and how to prevent it.

The working committee of the Finnish Advisory Board on Ethics in Sports acts as a national platform, in accordance with the Council of Europe Convention on the Manipulation of Sports Competitions. The Chair of the national platform is FINCIS Secretary General **Harri Syväsalmi**, while the platform's secretarial duties were transferred from the Ministry of Education and Culture to FINCIS Chief Investigative Officer **Jouko Ikonen**. The national platform has initiated the updating of the risk assessment on competition manipulation and the preparations for a national action plan against criminal manipulations of sports competitions in accordance with the above Convention and the KCOOS+ (Keep Crime Out Of Sport) guidelines.

As representatives of the national platform, the Secretary General and the Secretary played an active role in the international cooperation of corresponding entities under the unofficial Group of Copenhagen (GoC) network. The GoC convened three times during the year. The GoC also enabled FINCIS to play an active role in the prevention of manipulation of sports competitions through monitoring major sports events from the perspective of results and betting. Such major competitions include the EuroBasket Preliminary Round in Helsinki, the IAAF World Championships in London and the Ice Hockey World Championships in Germany and France.

At the national level, FINCIS cooperated with various sports federations and the Finnish Players' Union to investigate the abuse of players and unethical conduct.

In order to prevent the manipulation of football matches in particular, FINCIS participated in two international working groups: UEFA Working Group Against Match-Fixing and Interpol Match-Fixing Task Force. Both of these international working groups convened once during the year.

At the operative level, FINCIS participated in the investigation of six cases of criminal manipulations of sports competitions, of which two (football and esports) led to FINCIS filing a request for investigation to the police. Three of the cases (football) led to disciplinary actions by the sports federation. FINCIS monitored in total ten football matches on site, and one tennis tournament was monitored by FINCIS in cooperation with the Tennis Integrity Unit (TIU). FINCIS increased awareness among sports federations about the possibilities for assistance and guidance in conducting investigations in competition manipulation situations.

The prevention of manipulation of sports competitions by FINCIS was and is limited by its status as a non-profit organisation governed by private law. FINCIS is not eligible for access to information held by the authorities or enterprises with confidential customer registers. At the recommendation of the Advisory Board for Ethics in Sports, FINCIS started to look into the possibility of changing the organisation to be governed by public law so as to improve its access to information.

FINCIS Chief Investigative Officer provided education and training on manipulation of sports competitions at fourteen different events.

*FINCIS participated in the investigation of six cases of criminal manipulations of sports competitions.*



## SPECTATOR SAFETY

The goal of FINCIS is to create a unified front of the sports movement and the authorities, which will improve the fan culture and enhance spectator comfort, as well as prevent personal injuries and property damage among sports spectators.

FINCIS started to actively contribute to the promotion of spectator safety and comfort, taking on the role of coordinator in cooperation with the authorities and key operators in the field of sports. In this role, FINCIS convened two meetings of the cooperation team to discuss any relevant topical matters. The parties convened to the meetings included the Finnish Ice Hockey Association, the Finnish Basketball Association, the Finnish Volleyball Association, the Football Association of Finland, the Susijengi fan community, Veikkausliiga and the police. The attendees found the meetings to be useful, and it was decided to continue organising them in 2018 as well. The parties agreed to make showcasing and supporting a positive fan culture a priority. Fan communities that have been showing a good example include Susijengi in basketball and the fans of the Finnish national football team (Suomen Maajoukkueen Kannattajat ry).

Other topics of discussion included mapping the prerequisites for introducing a banning system for spectators and the potential role of FINCIS as the keeper of the related register. FINCIS also participated in the two-day seminar "Safety in football matches" organised by the Football Association of Finland, providing information on the safety-related tasks and role of FINCIS.

*FINCIS started to actively contribute to the promotion of spectator safety and comfort.*



## SUPPORT FUNCTIONS

FINCIS supports clean sport through a wide range of functions. Education provides resources for making ethical, fair and healthy choices. FINCIS promotes ethics in sports through extensive and multidisciplinary research, and by communicating effectively with various stakeholders.

### EDUCATION

FINCIS was active in organising education and training sessions in cooperation with sports federations and organisations, sports-oriented educational institutions and sports academies. The new content of the education included competition manipulation and spectator safety and comfort.

Education was primarily targeted at young athletes, top-ranked athletes, coaches and officials. A total of 130 education or training events were organised in 2017, with a total audience of 4,400. The amount of audience increased by approximately 35 per cent compared to the previous year (Chart 4).

Increasing cooperation with sports federations and developing their anti-doping programmes were the most important tasks in training and education activities. FINCIS met with sports federation representatives in sport federation meetings organised by doping control. Education and training events commissioned by sports federations accounted for more than half of the total (Chart 5). Anti-doping education and training events were commissioned by 42 federations. The year in education and training was also characterised by the diversity of education and training activities, the modification of lectures to suit the target audiences and the education for sports federations' training personnel. The training session for sports federations' training personnel was organised in March 2017.

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 participated regularly in events in the network of sports academies and educational institutes. A separate section was created for ethics in sports in the learning materials of sports-oriented upper secondary schools.

The sports institutes' anti-doping programmes enhanced the activities of sports institutes. Ethics in sports were a regular component of the institutes' courses as well as coach education. A training session was organised for sports institutes' instructors in Vuokatti in October 2017.

A three-year agreement was signed with the University of Jyväskylä Faculty of Sport and Health Sciences on a three-credit course on ethics in sports, conducted in English. The course was offered for the first time at the University of Jyväskylä in September 2017. In addition to the University of Jyväskylä, anti-doping education and training sessions were also offered at the University of Turku and University of Helsinki as part of medical studies.

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. The total number of people who provided the training sessions was 17, while 70 per cent of the training sessions were provided by the office's staff. A Clean Win online training course was created for use by sports federations and trainers. By the end of the year, the number of registered users was 600.

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).

Chart 4. Target groups for training and education in 2017.

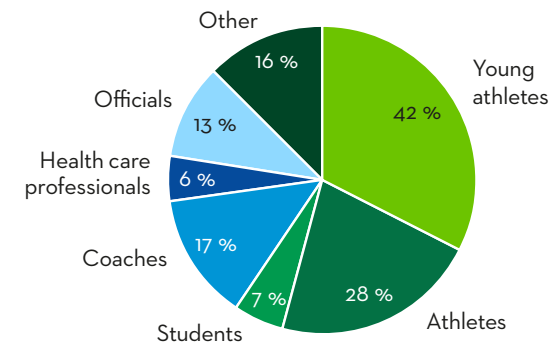
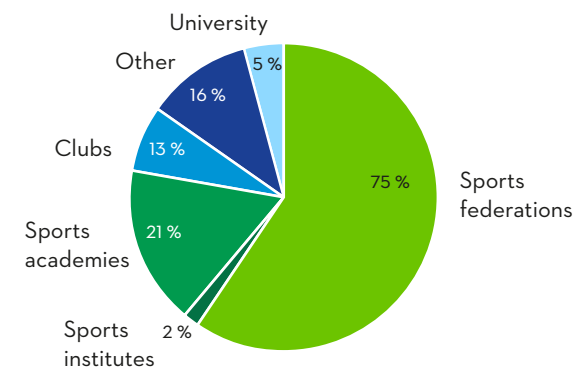


Chart 5. Parties that commissioned training and education in 2017



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. Two internal audits were conducted on training and education activities during the year.



A KAMU web portal and a mobile app were created.



FINCIS convened reporters to an International TUE Seminar, which was organised jointly with WADA.

ILMO



New entities included the ILMO whistleblowing service and Clean Win online training.

The quality of education and training activities was measured through the feedback collected about online training. According to the feedback, 97 per cent of the users found the online training good or very good. The overall score given to the course on ethics in sports offered at the University of Jyväskylä was 3.87 out of 5.

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

## COMMUNICATIONS

FINCIS prepared new communication guidelines during 2017 to support its strategy work. This renewal also covered visual design.

*The list of Prohibited Substances and Methods in Sports* was published in January 2017 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.

During the year, FINCIS prepared a more comprehensive list of *Prohibited Substances and Methods in Sports* together with the Pharmaceutical Information Centre. A KAMU web portal (<https://kamu.suek.fi/>, only in Finnish) and a mobile app were created. These have been available since the beginning of the year.

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. An event was organised for sports federations in June.

The main purpose of the event was to introduce new areas of operations.

Representatives of the media were convened twice during the year. FINCIS convened reporters to an International TUE Seminar, which was organised jointly with WADA. Representatives of the media were provided with an opportunity to interview international and national experts on therapeutic use exemptions, and the topic received a lot of publicity. The topic discussed when the representatives of the media were convened for the second time was the Athlete Biological Passport.

FINCIS published 30 press releases and blog entries in 2017. They were published on the FINCIS website. Press releases were also sent electronically to FINCIS's network, sports federations, media outlets and other stakeholders. FINCIS also distributed Swedish and English-language newsletters. The distribution list was updated to correspond to the new areas of operations.

The content of the FINCIS website was updated to correspond to the new organisation. Subpages were created for the new areas of operations, and the visual design and content of the website were renewed. New entities included the ILMO whistleblowing service and Clean Win online training. The Viestikapula (baton) blog available via the web service featured discussions on ethics in sports.

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 and Twitter. The use of Instagram is aimed at encouraging athletes and other operators to make public mentions of their doping tests and complete the Clean Win online training. The use of Twitter was aimed at compiling and distributing information. FINCIS's Chief Investigative Officer also opened his own Twitter account, which is intended for taking stronger positions than those published in the name of the organisation.



### Information stands

FINCIS wants to shine the spotlight on ethical and fair athletes and their support persons. Information stands are a way of distributing information and changing people's attitudes and perceptions of FINCIS. They invite Finnish sports fans, sporting organisations, the friends and relatives of athletes and athletes themselves to get involved in fair play.

In 2017, the information stand completed a tour of ten events. The challenge campaign for international sports events organised in Finland reached more than ten important international events in Finland and the Finnish championship weekend:

- The ISU World Junior Speed Skating Championships
- The FIS Nordic Ski World Championships
- The ISU World Figure Skating Championships
- The Finnish championship weekend
- IIHF youth training camp
- The International Junior Shotgun Cup
- Neste Rally Finland, Finnish round of FIA World Rally Championship
- Budjettiruuhu boat race
- World Junior Wrestling Championships

- The EuroBasket preliminary round
- Goalball European Championships

The information stand activities peaked at the FIS Nordic Ski World Championships. FINCIS and International Ski Federation FIS co-produced videos in which athletes expressed their views on fair play and clean sport. The videos were shown at competitions via information stands, billboards and social media channels. WADA also used the videos in the seminars it organised. FINCIS also arranged a common stand for athletes where they could express their views on fair play and clean sport. Visitors were given drink belts.

FINCIS had a clean sport information stand at the main square of the FIS Nordic Ski World Championships. Cross country legend **Juha Mieto** served as a Fair Play ambassador at the championships, and he attracted a lot of interest. The information stand's materials also included up-to-date doping test statistics on doping testing at the championships. Flag stickers of different countries were also handed out to spectators to encourage them to cheer on all athletes in the spirit of fair play. Medalists supported the clean sport message by signing a giant snowball that was donated to the Lahti Ski Museum in late 2017.

At the donation event, Olympic winner **Sami Jauhojärvi** shared his thoughts about what fair play and clean sport is to some 80 young athletes and their support persons.

## RESEARCH

Research at FINCIS strengthens ethics in sports by promoting research in the field in Finland. FINCIS Research Manager Nina Laakso started in her new position shortly before the beginning of the year under review (2017). Her tasks include developing, coordinating and bringing about socially relevant studies and reports together with other operators.

Research built a solid foundation for a new area of operation in 2017, which involved extensive examination of ethical issues relating to sports, planning of different level research topics for sector-specific studies and scientific research projects that last several years, production and dissemination of information, and creation of close-knit cooperation networks.

FINCIS's research activities included wide-ranging and effective cooperation with sports organisations, the Ministry of Education and Culture's sports and physical activity area or expertise, universities, research institutions, and other

communities. FINCIS established a research cooperation network, which includes the University of Jyväskylä, the Research Institute for Olympic Sports (KIHU), LIKES Research Centre for Physical Activity and Health, the Ministry of Education and Culture, and the National Sports Council. The research cooperation network convened three times during 2017. The meetings were coordinated by FINCIS.

The selection of topics for research was based on how current the phenomena were, while the information needs in the field of sports were also identified and responded to. FINCIS was also responsible for the versatile usability of research data and how it can be applied and conveyed to benefit the sports culture in general and support social decision making.

FINCIS Research Manager closely monitored the discussions in the national and international fields of operations and the publication of scientific data. FINCIS Research Manager participated in scientific events, such as the Finnish Conference on Sport Science in Jyväskylä and the European Association for Sports Management Conference.

FINCIS established its own series of publications for producing studies and reports on ethical issues in sports on a needs basis. It provides researched information as a basis for decision-making and dialogue in the society and thus aims at fostering an ethically sustainable sports culture. The first report published in the series reviewed as extensively as possible how equality and equal opportunities in sports and physical activity have been discussed and studied in Finland. Written by **Miika Kyllönen** (2017), *Samalla viivalla? Selvitys liikunnan ja urheilun tasa-arvosta ja yhdenvertaisuudesta Suomessa* (“On the same line? – Equality and equal opportunities in sports and physical activity”) is a one-stop literature review of the key observations of more than 200 reports and studies on this subject. FINCIS Research Manager served as the supervisor of the review work.

In the Ministry of Education and Culture’s call for applications for research funding, FINCIS took part in applying for funding for the three-year research project *PReact: Promot-*

*ing equal access and tackling discrimination of gender and sexual minorities in sport and physical education*. Funding was granted for the project and it will be launched in 2018. The researcher in charge of the project is Head of Research at the University of Jyväskylä’s Faculty of Sports and Health Science **Marja Kokkonen**, Doctor of Philosophy in Psychology, Master of Science in Sports.

The goal is to study the discrimination experienced and perceived by gender and sexual minorities and the meaning of gender in competitive and recreational sports and physical education. One part of the project focuses on sexual harassment and abuse in sports.

FINCIS’s contribution to the LIITU survey (*Lasten ja nuorten liikuntakäyttäytyminen Suomessa – “Exercise behaviour of children and young people in Finland”*) was three questions on ethics in sports. FINCIS Research Manager is responsible for writing about the survey results. The survey provides nationwide research data on Finnish children and young people of all population levels in the age groups 11, 13 and 15. LIITU is a trend monitoring study, which means that it provides long-term data on trends and identifies signals (if specified).

## INVESTIGATIVE FUNCTION

FINCIS strengthened its investigative function at the beginning of 2017 with the appointment of a new employee, Chief Investigative Officer **Jouko Ikonen**. The Chief Investigative Officer was tasked with creating practices for preventing the manipulation of sports competitions, which fulfil the requirements of the Council of Europe Convention on the Manipulation of Sports Competitions and are to be used at national level in particular. The requirements of the World Anti-Doping Code and the WADA International Standard for Testing and Investigations include the use of investigative methods when identifying and investigating anti-doping rule violations. The significance of FINCIS in the development and coordination of national func-

tions for promoting spectator safety and comfort grew.

FINCIS concluded a cooperation agreement with the police, aimed at fostering a favourable atmosphere among the contracting parties. The agreement ensured the conditions for effective prevention of manipulation of sports competitions, the investigation of doping-related offences and the improvement of spectator safety. The corresponding cooperation agreement with Customs was updated. FINCIS also concluded a cooperation agreement with the gaming company Veikkaus to enable the monitoring and analysis of betting.

The whistleblowing system was made more efficient and the ILMO whistleblowing service was developed to make it ready for introduction in the beginning of 2018. The ILMO whistleblowing service is for reporting violations of anti-doping rules, competition manipulation and safety violations to FINCIS. The descriptions of competition manipulation and spectator safety on the FINCIS website were updated. On social media, FINCIS’s Chief Investigative Officer created a Twitter account “SUEK tutkinta” (@Joukolkonen).

*The ILMO whistleblowing service is for reporting violations of anti-doping rules, competition manipulation and safety violations to FINCIS.*

## INTERNATIONAL ACTIVITIES

FINCIS has an active role on the international stage, with a representative in several international anti-doping organisations (*International representation, Appendix 3*). FINCIS also regularly acts as an organiser of international meetings and events. In 2017, FINCIS hosted the WADA TUE Symposium, which was attended by more than 200 people from around the world.

FINCIS aims to exercise influence in strengthening ethics and good governance in sports in general and especially with regards to matters relating to anti-doping, competition manipulation and spectator safety through national and international cooperation.

FINCIS actively participates in the activities of the international organisations and partner organisations listed below in support of the representatives of the Ministry of Culture and Education.

### THE WORLD ANTI-DOPING AGENCY (WADA)

The World Anti-Doping Agency (WADA) is the global leading organisation and overseeing body for anti-doping activities. FINCIS participated in the WADA annual symposium, which attracted 740 participants, who, among other topics, continued to discuss the situation in Russia, the monitoring of the compatibility and conformity of the World Anti-Doping Code, the means to take the athletes' opinions better into account, and the protection of whistleblowers.

FINCIS was represented in WADA's working group for national anti-doping agencies and TUE Expert Group. FINCIS also hosted and organised the WADA TUE Symposium in Helsinki.

FINCIS representatives provided training to the doping control officers and TUE Committee of the Russian Anti-Doping Agency (RUSADA) at the request of WADA and UK Anti-Doping (UKAD).

### THE UNITED NATIONS EDUCATIONAL, SCIENTIFIC AND CULTURAL ORGANISATION (UNESCO)

The governments that have ratified the UNESCO International Convention Against Doping in Sport have undertaken to comply with the principles of WADA's World Anti-Doping Code and support the operations of WADA. The governments are committed to arranging anti-doping activities in their respective countries.

Nearly 190 countries have ratified the above UNESCO Convention. FINCIS participated in the Conference of Parties to the International Convention against Doping in Sport, the main topic of which was the Parties' compliance with the provisions of the Convention.

### INTERNATIONAL ANTI-DOPING AGREEMENT (IADA)

The International Anti-Doping Agreement (IADA) promotes best anti-doping practices and experiences. IADA member countries make initiatives and influence WADA's activities. FINCIS participated in the coordinating meeting of IADA member countries together with representatives of the Ministry of Education and Culture.

### INSTITUTE OF NATIONAL ANTI-DOPING ORGANIZATIONS (INADO)

The Institute of National Anti-Doping Organizations (INADO) is the international cooperation group for national antidoping organisations (NADOs) and their personnel.



Nearly 190 countries  
have ratified the above  
UNESCO Convention.



*FINCIS participated actively in the meetings of the network of the world's leading anti-doping agencies.*

The number of iNADO members grew from 62 to 70 in 2017. The iNADO general assembly was held on 11 March 2017 in Lausanne. FINCIS is represented on iNADO's Board. iNADO also expressed strong views on the Russian doping issue in 2017.

For the first time ever, iNADO organised a joint symposium for athletes and sports executives. Finland was represented at the meeting by **Olli-Pekka Karjalainen** and **Harri Syväsalmi**.

### DIRECTORS OF NATIONAL ANTI-DOPING AGENCIES

FINCIS participated actively in the meetings of the network of the world's leading anti-doping agencies. The network's key topics of discussion included establishing a position on the "institutional conspiracy" of doping in Russia and finding a way to protect clean athletes and whistleblowers. The network issued several initiatives and statements on these matters to the International Olympic Committee (IOC) and the Global Sports Movement.

### COUNCIL OF EUROPE (COE)

The Anti-Doping Convention of the Council of Europe is an international agreement that promotes the national and international harmonisation of anti-doping activity.

FINCIS role in the Council of Europe included active participation in the meetings of the Coordination Group for WADA affairs (CAHAMA). In 2017, Finland served as the Vice Chair of the Monitoring Group for the Anti-Doping Convention and participated in the development of the area of expertise of education and communication. FINCIS also played an active role in the activities of the Council's unofficial Group of Copenhagen network against manipulation of sports competitions.

### NORDIC COOPERATION

Nordic cooperation is significant for all Nordic anti-doping organisations. FINCIS participated in the Nordic cooperation meeting.

The activities of the joint Nordic unit specialising in the analysis of athletes' blood and steroid profiles (Nordic Athlete Passport Management Unit NAPMU) is a particularly significant and concrete part of Nordic cooperation. Representative of NAPMU visited FINCIS for a week to provide training and discuss matters related to the unit's further development.

FINCIS Secretary General **Harri Syväsalmi** took a closer look at the activities of Anti-Doping Norge, and the Secretary General of Anti-Doping Norge **Anders Solheim** visited FINCIS for a comprehensive view of its operations.

# APPENDIX 1

## FINCIS BODIES AND STAFF

### BOARD 2017

Name and appointing organisation

CHAIR	DEPUTY MEMBER	MEMBERS	DEPUTY MEMBER
<b>Pekka Ilmivalta</b> Senior Vice President, CSR, Veikkaus Oy Finnish Olympic Committee	<b>Teemu Japissou</b> Secretary General Finnish Olympic Committee	Counsellor for Cultural Affairs <b>Heidi Sulander</b> Ministry of Education and Culture	Senior Secretary <b>Juho-Antti Jantunen</b> Ministry of Education and Culture
<b>VICE-CHAIR</b>	<b>DEPUTY MEMBER</b>	Chief Physician, Paavo Nurmi Centre <b>Olli J. Heinonen</b> Ministry of Education and Culture	Senior Advisor <b>Mari Miettinen</b> Ministry of Education and Culture
Senior Advisor <b>Hannu Tolonen</b> Ministry of Education and Culture	Counsellor of Government <b>Merja Leinonen</b> Ministry of Education and Culture	Senior Expert <b>Petri Heikkinen</b> VALO, Finnish Sport Confederation	Senior Expert <b>Nelli Kuokka</b> VALO, Finnish Sport Confederation
		Chief Physician, Kuopio University Hospital, <b>Olavi Airaksinen</b> Finnish Society for Sports Medicine	Director, UKK Institute <b>Tommi Vasankari</b> Finnish Society for Sports Medicine
		<b>PERMANENT EXPERT MEMBER</b>	
		<b>Matti Keskinarkaus</b> Finnish Olympic Committee, Athletes' Commission	

## SUPERVISORY BOARD 2017

### JURIST MEMBERS

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**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

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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

**Tuuli Merikoski**

Master of Laws

**Silja Kanerva**

**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**

Legal Director

**Petteri Lindblom**

Senior Specialist

**Pirjo Ruutu**

Retired as of 1 August 2017

Office Manager

**Maarit Juvonen**

Information Manager

**Susanna Sokka**

Education Manager

**Samuli Rasila**

Research Manager

**Nina Laakso**

Quality Manager

**Marjorit Elorinne**

Chief Investigative Officer

**Jouko Ikonen**

Doping Control Manager

**Katja Huotari**

Doping Control Coordinator

**Anna Rantanen**

on child-care leave

Acting Doping Control

Coordinator

**Petri Koskela**

Doping Control Coordinator

**Janne Väre**

Doping Control Assistant

**Oona Väänänen**

on child care leave as of  
20 September 2017

Acting Doping Control  
Assistant

**Marja Koponen**

as of 1 September 2017

Secretary

**Titta Villanen**

Pharmacist

**Anna Simula**

Medical Director (part-time)

**Timo Seppälä**

Retired as of 1 June 2017

Acting Medical Director  
(part-time)

**Olli J. Heinonen**

as of 1 February 2017

Legal Consultant (part-time)

**Jussi Leskinen**

Secretary of the Supervisory  
Board (part-time)

**Katja Tukiainen**

## APPENDIX 2

### DOPING TEST STATISTICS 2017

Urine and blood tests conducted by the Finnish Center for Integrity in Sports FINCIS/ the Finnish Anti-Doping Agency FINADA in 2017 under the national testing programme.

Alpine skiing	23	Orienteering	28
American football	108	Power bench press	40
Artistic gymnastics	55	Powerlifting	29
Athletics	71	Road bicycle racing	43
Basketball	157	Rowing	60
Biathlon	208	Speed skating	33
Boxing	96	Strength sports	22
Cross-country skiing	92	Swimming	32
Disabled sports	98	Triathlon	156
Finnish baseball	33	Weightlifting	38
Fitness	167	Volleyball	36
Flatwater racing	31	Wrestling	247
Floorball	65	<b>Total</b>	<b>2,252</b>
Football	71	Other individual sports	358
Handball	25	Other team sports	106
Ice hockey	54		
Mixed martial arts	33		
Nordic combined	101	<b>Grand total</b>	<b>2,716</b>

#### Other team sports:

aesthetic group gymnastics, bandy, beach volley, curling, futsal, rhythmic gymnastics, ringette, rugby, synchronised skating, synchronised swimming, underwater rugby and water polo

#### Other individual sports:

Aerobics (FISAF), archery, arm wrestling, badminton, bowling, canoe slalom, chin-up, cycling (BMX, mountain biking, track cycling), dancesport, darts, diving, enduro,

equestrian sports (jumping, eventing, dressage), fencing, figure skating, Finland's strongest, freestyle, golf, judo, karate, kettlebell, kickboxing, masters athletics, military sports, modern pentathlon, mountain bike orienteering, motocross, rally, rope climbing, sailing, shooting, ski jumping, ski orienteering, snowboarding, snowmobiling, sports aerobics, squash, table tennis, taekwondo (ITF), taekwondo (matches), tennis, Thai boxing and trial

#### Summary

In 2017, FINCIS/FINADA carried out 3,370 (3,092) doping tests in Finland and abroad. A total of 2,716 (2,774) tests were carried out under the FINCIS/FINADA national testing programme. A total of 299 (284) of these tests were blood tests. In addition, FINCIS/FINADA took 293 (285) blood samples as part of the national Athlete Biological Passport programme.

2017	FINCIS/ FINADA	National federation	International federation/WADA	Tests, total
Out-of-competition tests	1,511	0	170	1,681
In-competition tests	1,205	2	482	1,687
<b>Tests, total</b>	<b>2,716</b>	<b>2</b>	<b>652</b>	<b>3,370</b>

### Anti-doping rule violations

There were nine anti-doping rule violations under FINCIS/FINADA national testing programme.

Sport	Prohibited substance or other violation	Sanction
Arm wrestling	Hormone and metabolic modulators	4 years
Basketball	Stimulants $\beta_2$ -agonists	2 years
Cycling	Diuretics and masking agents	warning
Fitness	Avoiding doping control and failure to comply with the mission order	4 years
Fitness	Diuretics and masking agents Anabolic androgenic steroids	4 years
Fitness	Diuretics and masking agents Anabolic androgenic steroids	4 years
Floorball	Stimulants	2 months
Mixed martial arts	Hormone and metabolic modulators Diuretics and masking agents Stimulants	4 years
Shooting	$\beta_2$ -agonists	2 months

## APPENDIX 3

### FINCIS INTERNATIONAL REPRESENTATION IN 2017

#### WORLD ANTI-DOPING AGENCY WADA

WADA cooperation meeting with international federations and national anti-doping agencies	Harri Syväsalmi Marjorit Elorinne Katja Huotari
WADA working group for national anti-doping agencies	Harri Syväsalmi
WADA TUE Expert Group	Katja Mjøsund
WADA Glucocorticoids Working Group	Katja Mjøsund
WADA Anti-Doping Intelligence and Investigations Network	Jouko Ikonen

#### THE INSTITUTE OF NATIONAL ANTI-DOPING ORGANISATIONS INADO

Board	Petteri Lindblom
Symposium for athletes and sports executives	Olli-Pekka Karjalainen Harri Syväsalmi

#### DIRECTORS OF NATIONAL ANTI-DOPING AGENCIES

	Harri Syväsalmi
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#### UNESCO

Meeting of contracting countries	Harri Syväsalmi
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#### THE UNION OF EUROPEAN FOOTBALL ASSOCIATIONS UEFA

UEFA working group on match-fixing	Jouko Ikonen
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#### THE INTERNATIONAL CRIMINAL POLICE ORGANISATION

Interpol Match-Fixing Task Force	Jouko Ikonen
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#### THE COUNCIL OF EUROPE

Monitoring Group for the COE's Anti-Doping Convention	Pirjo Ruutu
Coordinating meeting for WADA issues (CAHAMA)	Harri Syväsalmi
Advisory Group on Education	Samuli Rasila Susanna Sokka
WADA working group on competition manipulation (Group of Copenhagen)	Harri Syväsalmi Jouko Ikonen

#### INTERNATIONAL ANTI-DOPING ARRANGEMENT IADA

Steering Committee	Harri Syväsalmi
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#### NORDIC COOPERATION

Cooperation meeting	Harri Syväsalmi Marjorit Elorinne Katja Huotari
Nordic Athlete Passport Management Unit	Harri Syväsalmi
Administration	Marjorit Elorinne
Expert Meeting on Therapeutic Use Exemptions	Pekka Rauhala Anna Simula

#### OTHERS

European Athletic Association, delegate	Pekka Pitkälä
Norwegian Ski Federation's investigation committee	Katja Mjøsund



The Finnish Center for Integrity in Sports FINCIS

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