



INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS

iNADO Update #2022-04 - 4 April 2022



iNADO Workshop & Annual General Assembly

We are happy to share some preliminary information with the public on our upcoming Workshop and General Assembly.

Registration is open for the iNADO Workshop:

New Possibilities to use Anti-Doping Capacity

June 10, 2022

University of Lausanne, Switzerland.

The workshop will include topics on:

- Functionality of ADAMS and suggestions to improve
- Recreational athletes: education vs. testing
- Analysis of samples for scientific purposes with athletes' consent
- Impact of contamination cases
- Collaboration with pharma and food industries

Find more detailed information for the **iNADO Workshop** [here](#).

We are also pleased to invite our Members, to register for the 2022 iNADO Annual General Assembly. Please save the date in your calendar.

iNADO Annual General Assembly

June 9, 2022

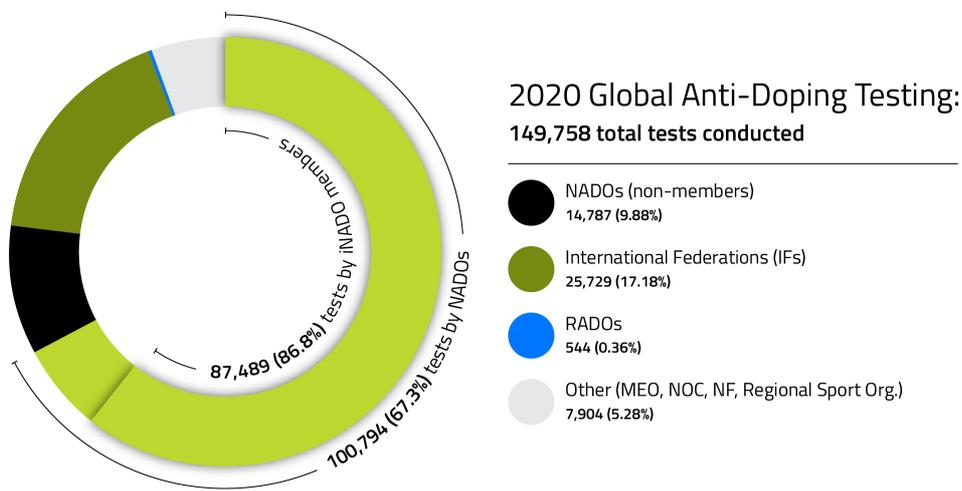
University of Lausanne, Switzerland

We are preparing the agenda and supporting documents which will be circulated in the coming weeks.

Register for the iNADO Workshop & AGA

2020 Testing Numbers by NADOs

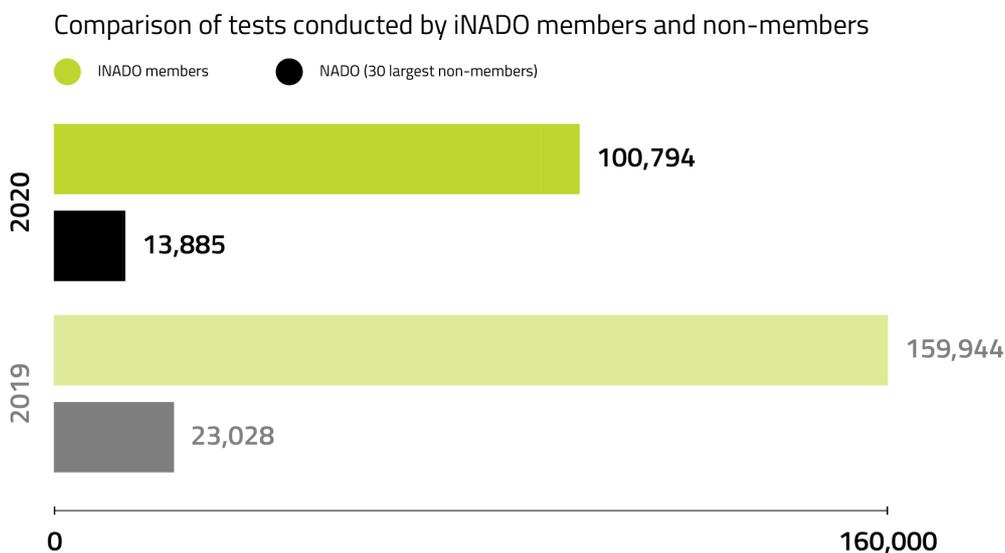
In 2020 National Anti-Doping Organizations carried out 77% of global testing (115,580 out of 149,760 samples) and *iNADO members were responsible for 87% of testing by NADOs* (100,790 out of 115,580). These are the numbers reported in the last WADA Testing Figures Report. International Federations completed 25,730 samples, i.e., 17% of overall testing.



Comparing the total number of testing samples per NADO between 2020 and 2019, in the majority of iNADO member countries we see a drastic decrease of numbers, in average -36%.

However, the decrease of each member NADO varies at the continental level; Americas -65%, Africa -57%, Asia and Oceania -45, Europe -27%.

Despite the massive negative impact of Covid-19 with many iNADO member countries in all continents seeing a decrease of -50% or larger compared to 2019, a small number of members (in Eastern Europe and Asia) were able to increase testing in 2020 despite the pandemic. Similarly, with only a handful of exceptions, the volume of testing numbers of non-iNADO members shrunk in average around 40%.



A detailed list of testing numbers by NADO 2020 vs. 2019 is available in our [library](#).

Prosecutor talks about Operation "Aderlass"; lessons learned, deterrence and naivety

This is the first major doping case that has been prosecuted in Germany by law enforcement (not by a National Anti-Doping Organization). Kai Gräber, senior public prosecutor responsible for the case in Germany talks about the key

aspects, and the tools that the anti-doping law provides, as well as the importance of leniency to effectively fight an area as isolated as organized doping.

In the following you will read a translation of an article about Operation 'Aderlass' from the German newspaper Augsburgener Allgemeine from March 1, 2022.

BY ANDREAS KORNES

A few days ago, the last verdict in Operation 'Aderlass' was pronounced in Sonthofen. Is that the end of the chapter?

Kai Gräber: As far as the German prosecution and processing of Operation 'Aderlass' is concerned, this was the last trial. It was about a Slovenian national who partly procured and maintained the equipment for Dr. Schmidt. He was guilty of aiding and abetting Schmidt's actions.

Operation 'Aderlass' caused a stir in the international sports world. What kind of effort was put into it on your part?

Gräber: On the day of action in February 2019, five German prosecutors, one Austrian prosecutor, 65 German officials and about 100 Austrian officials were on duty. That was already a major impact at several properties in Seefeld and Erfurt. In the end, the file inventory amounted to twelve moving boxes with 92 file binders ...

... all of which you read or even wrote?

Gräber: Well, I didn't write them all, but I read them. For example, there are numerous expert opinions. The cell phone analysis was also very extensive.

How many people were indicted?

Gräber: A total of 52 defendants were identified as part of Operation 'Aderlass'. Of the 52, 22 athletes had engaged in blood doping with Dr. Schmidt. The other 30 were accused of other charges. Among them were four trainers and two other doctors. Some of the cases were time-barred.

Dr. Schmidt and his four supporters were charged in Munich and the Slovenian citizen in Sonthofen (Austria). There was an agreement with the Austrian authorities that the athletes would be prosecuted in Austria.

Do you still remember the moment when you first had contact with these investigations?

Gräber: Yes, of course. It was about the feature on ARD (public German broadcasting network), the interview with Johannes Dürr. Out of interest, we said we'd take a look at that. I still remember that we watched the report here in the room of the head of the chief prosecutor. What Dürr said was already enough to initiate proceedings against unknown persons. In that situation, however, there was no way of knowing how big the thing would really be.

In the end, the verdict was against the main defendant, Dr. Schmidt, who was sentenced to four years and ten months in prison. Were you satisfied with that?

Gräber: It was a few months below my request, but the court did a really good job. It has clarified the facts and it's a

verdict I can live with – also with regard to the other people involved.

What lessons have you learned from ‘Aderlass’ for future anti-doping investigations?

Gräber: The most important lesson was that even in the case of crimes committed a long time ago, it is worthwhile to go in with the whole battery. That one should try to really exploit the criminal procedural possibilities that the law gives. That was the case here. It was also a matter of luck, of course, that criminal transactions were recorded relatively quickly on the surveillance measures. In this business, if it works, it works, even for several years. Otherwise, it was a lesson in how outstanding international cooperation can be. With the Austrians, it was exemplary. Many measures in Seefeld had to be carried out through legal assistance. If the Austrians had not been so motivated, it would never have worked so well. In some cases, we had implemented German decisions in Austria within a few minutes.

Operation ‘Aderlass’ was reported in great detail in public, including, of course, the sentences. How do you assess the deterrent effect?

Gräber: I do think that it has a deterrent effect. After all, it was the first trial of this magnitude nationwide. The fact that a doctor with no criminal record is given four years and ten months off the cuff, with a low six-figure sum as forfeiture of value and a professional ban on top - that certainly makes an impression. The population, athletes and officials have seen what is possible. Of course, it will be difficult to keep up in the future. There will be people who will look for new methods to circumvent regulations and possibly act even more conspiratorially. But it was still a clear signal - also that the anti-doping law works.

Because prosecutors can investigate better than the sport itself can?

Gräber: If you want to investigate successfully in this area, it is hardly possible without state prosecution authorities. The sport itself is not in a position to do that. But we must not be too naive either. It is surely wrong to rejoice now and say that the scene has been dealt a blow and everyone will stop doping.

Last year, the anti-doping law was expanded to include a leniency program. Is that already having an impact on your work?

Gräber: Of course, I can't tell you right now whether there are already more leniency witnesses. I'm sure you'll understand that. But the leniency program was, of course, my wish from the very beginning. That, too, is a question of the signal effect. You have to offer people an incentive to provide information in an area that is strongly characterized by isolation. And also by the fear of being ostracized from the scene within the few years in which you can earn money.

Do you have the impression that the notorious wall of silence has started to crack?

Gräber: It has started to crack. No craters have been punched into the wall yet, but people see there is now the possibility of coming forward to meet them. In sports law, leniency has also been implemented to some extent. Cooperation pays off for the athlete. Of course, he will have to weigh things up, as the risks cannot be dismissed out of hand. But my door is always open.

But how do you have to imagine it? The confessed athlete calls you and then it starts ...?

Gräber: It doesn't get down to the nitty-gritty right from the start. You have to have conversations, you have to get to know each other. A basis of trust has to be created. You have to clarify what the athlete can say and what the public prosecutor can do for him. And, of course, that would be kept confidential to begin with. So, it's not like they sit down in the chair and spill the beans right away.

How close is the cooperation with the National Anti-Doping Agency?

Gräber: We have a very good connection with the NADA. We have regular meetings. The anti-doping law gives us the opportunity to inspect each other's files.

You shouldered the bulk of the work on the part of the public prosecutor's office. Are you glad that Operation 'Aderlass' has now been completed?

Gräber: For me, that's part of the job. It was certainly an outstanding case that cost me a lot of time and work over two years. But as Head of the Department of Organized Crime here in Munich, there is enough exciting stuff. Nevertheless, it was an important experience. It's hard to say whether something like this will happen again. I would definitely be up for the task if it did, but I have enough other things to do.

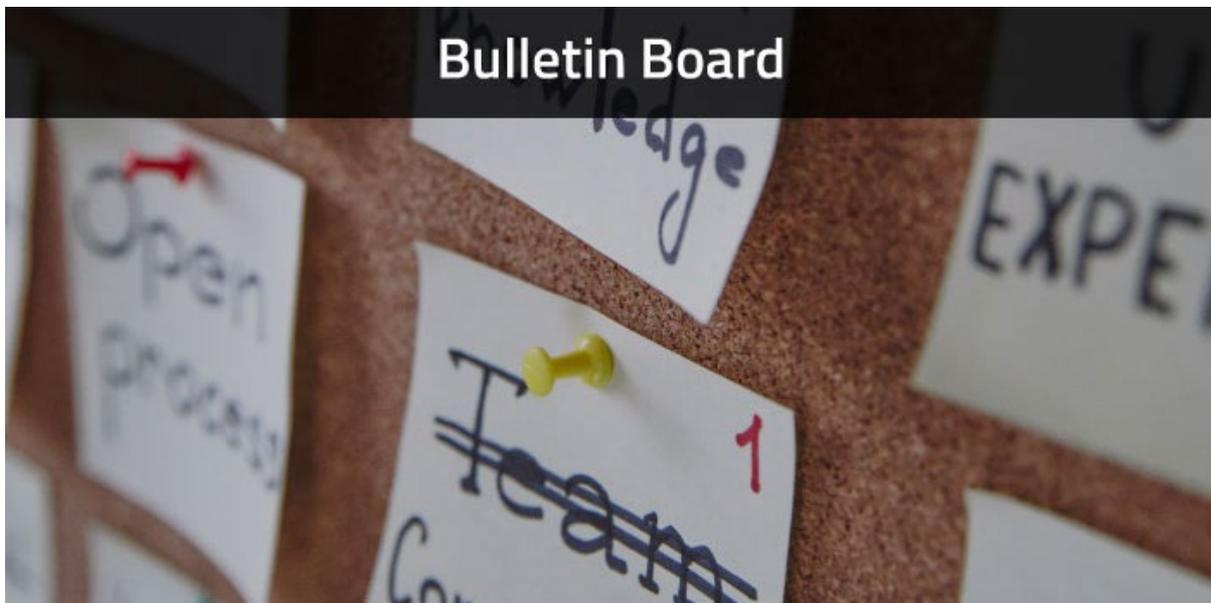
Read the article in original language [here](#).

Larry D. Bowers Award for Excellence in Anti-Doping Science

The deadline to nominations for the Larry D. Bowers Award of the [US Anti-Doping Agency](#) has been extended to June 1, 2022. Individuals, who have contributed to the advancement of anti-doping science over the course of their career can be nominated for the award.

In order to recognize and award the achievements of scientists who have made an impact on anti-doping approaches and best practices, the US Anti-Doping Agency launched the Annual Larry D. Bowers Award for Excellence in Anti-Doping Science in 2016.

The award is open to any scientist who meets the above criteria, including academic researchers and scientists who work in World Anti-Doping Agency-accredited laboratories or other settings. Find more information on the criteria and documents to be submitted [here](#).



Bulletin Board

iNADO Webinar

The Institute of National Anti-Doping Organizations is pleased to invite incumbent staff at Member Organizations to our webinar led by Christian Spies (IT & Animal Controls at PWC) and Volker Laakmann (Managing Director at PWC) to:

**"PWC Initiatives to reduce Environmental Impact in Anti-Doping" on
April 28, Thursday, 2022 - 12:00pm (CEST)**

Protecting the climate and efforts to reduce the environmental impact that individuals, companies, and communities have on the earth is one of the most pressing and global issues of our time. Strategies to reduce the impact range in scale from small to large, but every effort counts.

In this webinar you will learn about different initiatives that PWC is implementing to reduce environmental impact in anti-doping, including:

- Reduction of travel
- Reusable materials
- Mobile DCF
- Estimation of environmental footprint

Presenters:

Mr. Volker Laakmann, Managing Director at PWC GmbH

Mr. Christian Spies, Manager IT & Animal Controls at PWC GmbH

[Register for the webinar](#)

Summary of iNADO Member-only Webinar:

"New Ways of Working for N/RADOs, learning from a pandemic"

On March 23, in a members-only webinar Shahera Shalabi, Senior Human Resources Manager at the United States Anti-Doping Agency (USADA), presented on new ways of working as a result of the global pandemic.

As noted by Jorge Leyva, CEO of iNADO in the webinar introduction, the pandemic has had an incredible impact on the way we work within every context, including anti-doping. As presented by Shalabi, the game has changed and the traditional working model for many of us is unlikely to return. This was confirmed by a poll conducted with audience members of the webinar, with 85% stating either people will be able to work fully from home if desired or people will be able to work from home but only on some days.

Shalabi highlighted that in any model going forward it is important to find a balance, as there will be no one-size-fits all magic bullet solution to new ways of working. Research has shown there were many positives for employees from remote working at the height of the pandemic, such as fewer distractions and interruptions, reduced commuting stress and better health. On the other hand, there were also negatives, such as feelings of burnout and isolation, digital exhaustion, and barriers to communication between different teams within an organization. Importantly, there were generational and length of term differences in remote working experiences. This may be specifically relevant in anti-doping as it is a specialist area, resulting in a longer and a more complex onboarding process for new employees, which could be more challenging remotely.

In any future working model, the wellbeing of each employee should be prioritized, and the organization should ensure means of effective and efficient communication and opportunities for collaboration. These considerations are taken into account in the future USADA working model that will be implemented from May 2022 onwards, which includes flexible working options for employees.

The webinar recording is available in the [iNADO Library](#).

iNADO YouTube Channel



We are happy to announce that in a Youtube channel we have prepared a new compilation of anti-doping videos.

With these playlists we intend to provide a common ground and platform for all relevant content in the Anti-Doping World. Our goal is to have all this information accessible for everybody in one place. We have gathered around 100

videos from 16 channels and have categorized them by topic into several playlists to give you a good overview.

The majority of the videos are in English only a few are in Dutch and Slovenian but carry English subtitles. The videos primarily serve an educational purpose and to raise awareness for athletes, coaches and professionals in the anti-doping field. The playlists will steadily be updated, so please take a look at the [iNADO channel](#) and subscribe to never miss a new clip.

PCC's First Round of Research Call has ended

The first funding round of the research call of [Partnership for Clean Competition](#) has ended. They received more than a dozen pre-applications from 9 countries across 5 continents.

The Partnership for Clean Competition offers funding to scientists all over the world who contribute to research that impacts anti-doping.

Some research topics, that are aligned with PCC's strategy:

- Developing methods of cost-effective testing to detect and deter the use of banned and illegal substances.
- Developing testing protocols to detect designer substances used for doping purposes.
- Improving existing analytical methods to detect particular drugs, ex. GH, IGF-1, EPO, hCG.
- Developing analytical methods to detect performance-enhancing drugs not currently detectable.
- Longitudinal urinary excretion patterns, metabolism and dose-concentration.
- Critical reviews to support interpretation of laboratory data.

The next pre-application deadline is [July 1](#).

Master of "Doping Studies and Analysis of Anti-Doping Policies"

The University of Paris Nanterre is opening the registration for its master program.

The UNESCO Chair in "Doping studies and analysis of anti-doping policies—for the protection of the health of all athletes" will, from September 2022, again be offering a Master's on these issues. The two-year program will take in Paris (5 months in the first year and 5 months in the second year), the rest of the training will be dedicated to carrying out tutored research on the student's national territory with remote methodological support. It will be possible to follow the whole Master's program online.

By enrolling for this Master's, one will:

- acquire skills to grasp the political and social aspects of the anti-doping fight;
- produce studies on the local and international realities of doping and anti-doping

strategies;

- obtain a Master's degree from a major French university with solid experience in the Social Sciences;
- be able to contribute to sports and anti-doping institutions.

Registration is open from April 7, 2022. Register [here](#) and find more information about the program [here](#).



**Erratum from March Newsletter:
Una May, New Chief Executive Officer of Sport Ireland**

Dr Una May is the Chief Executive Officer of [Sport Ireland](#). Sport Ireland is the authority tasked with the development of sport in Ireland. This includes participation in sport, anti-doping, ethics, coaching and the development of the Sport Ireland Campus.



Una was appointed CEO in January 2022, and has worked with Sport Ireland (previously the Irish Sports Council) since 1998. Prior to her appointment as CEO, Una was Director of Participation and Ethics. She also held the role of Director of Anti-Doping, leading the creation of a world class, globally recognised Anti-Doping Programme.

Una has a PhD in Exercise Physiology (1996) and a BSc (Hons) in Sports Science (1991) from John Moores University, Liverpool and has represented Ireland in both orienteering and mountain running. Una is passionate about the power of sport and physical activity to improve lives and communities.

She also represents Sport Ireland on the Sports Leadership Group which was established to drive the implementation of the Government's National Sports Policy. Una is part of the implementation Group for Ireland's National Physical Activity Plan, which aims to increase physical activity levels across the whole population.

In the last newsletter we mistakenly copied the biography of a different CEO.

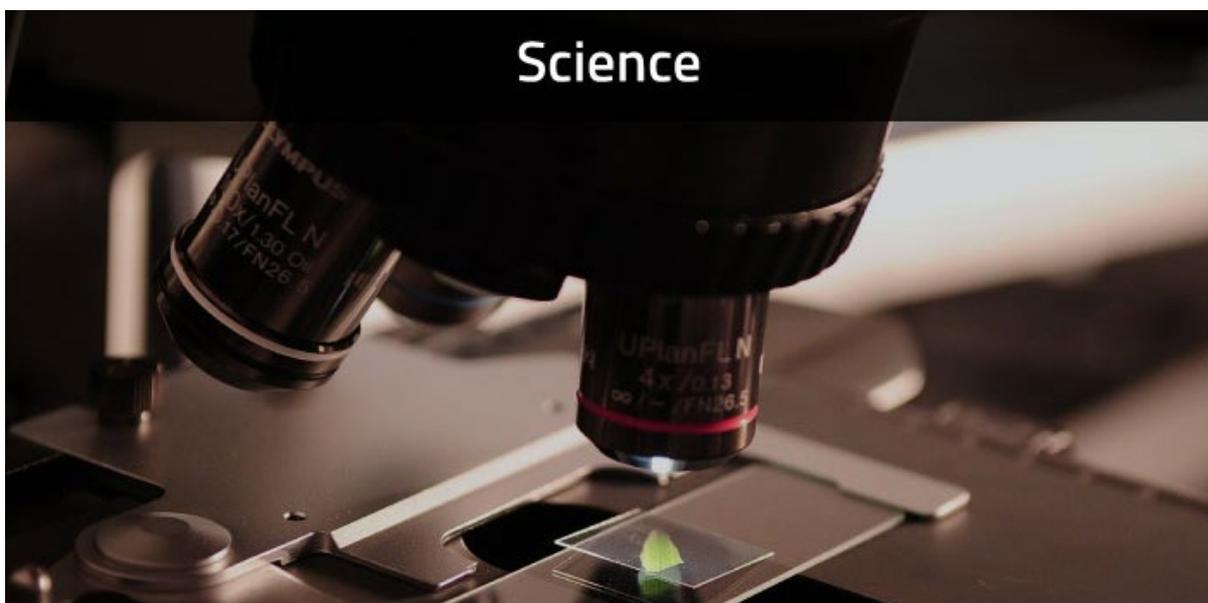
Ștefan Rohnean (ANAD)



After the stepping down of Christian Balaj, the [Romanian Anti-Doping Agency](#) has elected its new President, Ștefan Rohnean. Ștefan has previously been the general manager of sport facilities and held executive director positions at various companies.

"With regard to the main object of the Agency's activity, namely the prevention and fight against doping in sport, I will continue the zero-tolerance line for doping. No act that contravenes the World Anti-Doping Code, and all the applicable rules will be hidden, no such act will not be overlooked" - Ștefan Rohnean

iNADO welcomes Ștefan to the international NADO community and wishes him success.



Social Environment and Education impact Athletes' Willingness to Support Anti-Doping Policies

Research published in the [Psychology of Sport and Exercise](#) confirms that the social environment and education impact athletes' willingness to support anti-doping policies and increases the legitimacy of the authority implementing those anti-doping policies.

The researchers, from 12 different academic and anti-doping organisations, implemented a self-reported survey with

measures of perceived anti-doping legitimacy, social support via expected obedience, perceived trustworthiness and social cognitive variables associated with anti-doping support. The survey was completed by 1328 competitive athletes from Germany, Greece, Italy, Russia, Serbia and the UK.

Results showed that athletes who live in countries with a comprehensive anti-doping education program which had an emphasis on individual development and competency with a focus on sport and personal integrity, were more supportive of anti-doping policies than athletes who had received basic information-type anti-doping education. Furthermore, athletes who had received anti-doping education reported significantly higher levels of perceived legitimacy, trustworthiness and obedience.

In conclusion, interventions targeting legitimacy beliefs and social cognitive variables can be effective in promoting anti-doping policy support in competitive athletes. These interventions should expand beyond anti-doping policy legitimacy and target the specific beliefs that are pertinent to policy support in different countries.



Practical Development in Anti-Doping

Researchers learn New Fundamentals of Beta-2 agonists

A project funded by [Partnership for Clean Competition](#) on Beta-2 agonists reveals new fundamentals of how prohibited substances behave in a mass spectrometry environment (an analytical chemistry instrument that “weighs” molecules and their fragments).

Findings may provide groundwork for better detection, including the ability to differentiate between therapeutic use and athlete abuse.

Beta-2 agonists are substances that stimulate beta-2 adrenoceptors, mimicking the effects of adrenaline and noradrenaline. In this way, beta-2 agonists cause the bronchial muscles to relax and dilate the airways so that more oxygen can reach the lungs. Beta-2 agonists are prohibited under the WADA Prohibited List at all times. However, they are therapeutically used to treat asthma and other respiratory ailments. There are exceptions for use, for instance Salbutamol has accepted detection limits rather than a complete ban.

Salbutamol is administered therapeutically as a racemic mixture, a mixture that contains a 50/50 balance of an active and an inactive version of the substance.

The current practice in anti-doping is to only look at the total content. That means if an athlete takes a dose that is solely made up of the active version and without any inactive, he or she could take a “double dose” without surpassing the threshold for detection.

Dr. Amanda Patrick from Mississippi State University who led the research team believes that understanding how beta-2 agonists behave in a mass spectrometer could be essential for future advances in detecting abuse of these substances.

UKAD share Findings on Research into Athlete Support Teams

This month [UK Anti-Doping](#) (UKAD) shared the findings from a commissioned research project gleaning insight and understand from UK-based Athlete Support Personnel (ASP) behaviors, understanding and influence on clean sport.

A range of ASP from the UK contributed to the research either through a survey or as part of focus groups, which were designed to identify what ASP understand about their role in clean sport, how confident they feel about delivering clean sport education, and to gather thoughts and recommendations for future educational support for this influential group.

The key findings demonstrated that ASP felt committed to clean sport and a professional duty to protect the health and wellbeing of their athletes. There was a consensus among ASP that clean sport education should become a mandatory element of their development, embedded into their training as practitioners. ASP recognised that opportunities to engage in discussion with fellow practitioners would offer great insight and be an effective means of raising confidence across support teams, whilst also ensuring consistency of messaging.

In response to these findings, UKAD will work to strengthen its approach to educational programs for ASP. The full report can be read [here](#).

WADA's Anti-Doping and Education Platform marks Anniversary

The Anti-Doping Education and Learning Platform ([ADEL](#)) was launched in January 2021. ADEL provides education and learning opportunities for the anti-doping community worldwide, including: athletes, coaches, parents, medical professionals and more. Additionally, on ADEL, anti-doping practitioners are able to find learning opportunities to help them carry out their roles; and, resources to support development of their anti-doping programs.

For the anniversary, WADA shares the "[ADEL One Year On](#)" report on the performance of ADEL over the last 12

months, as well as measures planned to improve the e-learning platform further in 2022 and beyond.



Global Issues in Different Sport Disciplines

In the latest edition of [Sport Integrity Matters](#) by [Sport Integrity Australia](#) a comprehensive map can be found (p. 24-25) that covers recent cases of anti-doping, safeguarding and integrity problems separated by countries and sport disciplines ranging from athletics, tennis, and cricket to transgender sports. Find more about the article [here](#).



New at the Anti-Doping Knowledge Center

The ADKC is continuously collecting useful information and documented experiences in the field of anti-doping that can be found with the following links:

- [Decisions International Federations](#)
- [Decisions IOC](#)
- [Decisions NADOs](#)
- [All Case Law](#)

- [Scientific Literature](#)
- [CAS awards](#)



© 2022 iNADO
Institute of National Anti-Doping Organisations (iNADO) e.V.
Heussallee 28
53113 Bonn, Germany
info@inado.org