

# Nanjing Seminar

## Antidoping



22 April 2018

## Anti-Doping Seminar Nanjing

Glossary

**WADC**            **WADA Code- the framework for all Anti-Doping activities**

### Anti-Doping Organisations

WADA            World Anti-Doping Agency.  
ADO            Anti-Doping Organisation  
NADO           National Anti-doping Organisation  
iNADO          Institute of National Anti-doping Organisations  
IF                International Federation  
NF                National Federation  
MEO            Major Event Organisation  
WSK            World Skate

### Anti-Doping Terms

TUE            Therapeutic Use Exemption – Permission to use a prohibited substance to treat medical illness

### Terms related to testing

DCO            Coping control officer – controls the sampling process  
DCF            Doping Control Form  
DCS            Doping Control Station  
Chaperone     Athlete escort between notification for control and providing the sample  
TA               Test Authority  
RMA            Results Management Authority  
AAF            Atypical Analytical Finding  
ADRV          Anti-doping Rule Violation  
APB            Athlete Biological Passport

WADA is world wide agency under which all signatories to the WADA Code operate. WADA is responsible for setting the strategy and policy and for monitoring compliance of anti-doping organisations. Anti-doping Organisations are responsible for anti-doping operations. NADOs are responsible for National athletes. International Federations are responsible for International athletes and events

### Antidoping Rule Violations (ADRVs)

<b>ATHLETES ONLY</b>	<b>ATHLETES AND SUPPORT PERSONNEL</b>
Presence of a prohibited substance, its metabolites or markers	Tampering or attempting to tamper with testing process
Use or attempted use of a prohibited substance or method	Trafficking or attempted trafficking of a prohibited substance
Possession of a prohibited substance	Administration or attempted administration of a prohibited substance

Refusing or evading a test	Complicity
Whereabouts violation	Prohibited Association

You don't have to have a positive test to have an Anti-Doping Rule Violation. There are 10 possible ADRVs. Only one depends on a positive test. 5 apply to athletes and 5 apply to athletes are others including all support staff, coaches, and medical staff. It is therefore very important that the athlete and his team are familiar with anti-doping rules and develop a doping free culture.

The attitude of the coach, is very influential in an athlete's decision to dope. Most doping programmes need the knowledge and skills of medical personnel for success.

### The Prohibited List

Prohibited at All Times		In Competition Only
Non Approved Substances	Manipulation of blood and blood components	Stimulants
Anabolic Agents	Chemical or Physical Manipulation	Cannabinoids (THC) except Cannabidiol (CBD)
Peptide hormones, growth factors and related substances	Gene Doping	Narcotics
Beta 2 Agonists		Glucocorticoids
Hormone and metabolic modulators		
Diuretics and other masking agents		

There are some substances that are permitted up to a defined threshold level

Examples are pseudoephedrine a component of some cold and flu medications

Ephedrine

Cannabinoids (THC)

Salbutamol and other permitted asthma relievers

### Cannabinoids & Cannabidiol

In the 2018 prohibited list cannabidiol or cannabis oil is permitted. Cannabidiol is not considered a mind altering component of cannabis. Cannabinoids (THC), the psychoactive component of cannabis are permitted to a level of 150ng/ml. The 150ng/ml is designed to catch athletes who are using in competition and is considerably higher than the level allowed for most industrial testing. Prior to 2013 the cut off level was 15ng/ml. While I can't tell you the period of abstinence to return a level of less than 150ng/ml in urine I can say that since the change the number of positive tests for cannabinoids has decreased dramatically. The lab does not report levels less than 150ng/ml

It is very difficult to judge when the level will be less than 150ng/ml as cannabinoids are absorbed onto fat tissue and slowly released from there over a time, so strong advice of WSK is to avoid using cannabinoids.

The amount absorbed onto fat and its release depends on

- Pattern of use – what, how much, how long and how often
- Individual body pattern – fat composition, bodies processing efficiency, activity
- Anything that breaks down fat cells will increase cannabis levels in urine e.g. dieting and weight loss, exercise
- It is possible to be within the permitted level one day and not the next

## **When Cannabinoids are Legalised**

Regardless of the legality of cannabinoids in your country WADA rules and prohibited list applies to sport. There are many legal substances that are prohibited in sport e.g. Insulin which is essential for the survival of all type 1 diabetics. If marijuana is being used to treat illness then a TUE may be available. (see later for information). Preparations used are often a mixture of cannabidiol (CBD permitted) and cannabinoids (THC prohibited in competition above 150ng/ml). International standards for TUE apply. If you have a TUE for medical use of any prohibited substance we will always check with the laboratory if the level found in any positive test is appropriate for the stated dose.

## **How to Check Your Substances**

First check the prohibited list and then go to <http://www.globaldro.com/>. If you live in Canada, USA, Australia, Switzerland or Japan click on your flag. Enter the details of the sport and the preparation. The ingredients of the preparation are written on the packaging under the trade name of the preparation, be sure to check them all. If you live in another country you will be directed to your NADO. You can still check using the [www.globaldro.com](http://www.globaldro.com) site if you enter the names of all the ingredients of the preparation. It is important you enter all the ingredients exactly as they appear on the packaging. Remember the ingredients of preparations with the same name can vary from country to country

## **Asthma Medications**

There are many asthma relievers on the market but only 3 are permitted by inhalation for sport. These are

Salbutamol up to 1600 mcg in 24 hours in dosage of not more than 800mcg in 8 hours

Formoterol up to 54 mcg in 24 hours

Salmeterol up to 200 mcg in 24 hours

If you need to use bigger dosage or a different preparation that is not permitted you need to apply for a TUE

Some prohibited asthma relievers are being heavily promoted to doctors by drug companies. Be sure to check that any preparation you are prescribed is permitted for sport.

## **Nutritional Supplements**

Our strong advice is don't risk taking supplements. Evidence is they either don't work or they contain a prohibited substance that we know is performance enhancing.

The contents of supplements are not regulated. Many have ingredients that are prohibited for sport that do not appear on the label, or are on the label under a different name. You need to check every listed ingredient individually on the internet. Supplement use is risky especially if bought on the internet. Remember athletes take responsibility for substances found in their body. There are several of sites which provide an analysis of supplements for prohibited substances and an assessment of supplement "safety". All though there is never 100% guarantee reference to those sites reduces the risk. Some examples are

[www.informed-sport.com](http://www.informed-sport.com)

Supplements411

NSF – [www.nsf-erdmathis.com](http://www.nsf-erdmathis.com) site has partnered with iNADO and provides an app

[www.ausport.gov.au/ais/nutrition/supplements/a-z](http://www.ausport.gov.au/ais/nutrition/supplements/a-z) factsheets

## **Therapeutic Use Exemption (TUE)**

We all know that athletes can develop medical conditions that require the use of substances that are prohibited in sport either in competition, out of competition or both. Some substances are prohibited at all times and some are prohibited in competition only. Please refer to the current WADA prohibited list.

This document is to let you know that there is a system where by athletes can get permission to use prohibited medications to treat their condition but that certain criteria apply.

### **Common examples are**

- ADHD requiring use of stimulant medication
- Rheumatoid arthritis and inflammatory bowel conditions requiring the use of corticosteroids
- Diabetes requiring the use of insulin
- Asthma requiring the use of beta agonists in increased dosage or substances other than the permitted medications

### **The main criteria for granting a TUE are:**

- The athlete would experience significant impairment to their health without the use of the prohibited substance or method
- The therapeutic use of the prohibited substance or method would produce no additional enhancement of performance
- There is no reasonable therapeutic alternative to using the otherwise prohibited substance or method.
- The need for the substance or method is not as the result of using a prohibited substance or method

## **Which Athletes Need a TUE approved in advance for WORLD SKATE competition**

- Athletes on WORLD SKATE Registered Testing Pool (RTP)
- Athletes competing at WORLD SKATE World Championship

Before applying for a TUE, the first step is to ensure that there is no suitable alternative medication that is permitted. This is particularly true of the asthma relievers – please check WADA prohibited list under Beta agonists.

Then check whether you need a pre-approved TUE – all athletes competing in WORLD SKATE World Championship are defined by WORLD SKATE as International athletes and therefore require a TUE pre-approved by WORLD SKATE.

Athletes competing at National level should consult with their NADO about whether they require a pre-approved TUE.

WORLD SKATE will accept a TUE issued by a National Anti-Doping Organisation (NADO) provided it has been approved in accordance with the International Standards for TUE and that the medical file is available for review on request by WORLD SKATE.

### **How to apply for a TUE from WORLD SKATE .**

If you are an International athlete download the TUE application form from the WORLD SKATE webpage under the about us, sports medicine tab, TUE and fill it in with your doctor as directed on the form.

### **If you are a National level athlete contact your NADO.**

You will need to supply the following documentation

- Diagnosis
- Clinical history of the condition
- Confirmation of the diagnosis by the treating doctor supported by evidence e.g. pathology reports
- Confirmation that there is no alternative medication that is not prohibited
- Confirmation that the treatment used is effective and justified
- Confirmation that the medication does not unfairly enhance performance

The information then goes to the WORLD SKATE TUE committee for assessment and approval or rejection as appropriate. This takes a minimum of 30 days so please don't allow athletes to bring a brief note from a doctor stating that they are taking prohibited medication to the championship and expecting a TUE to be issued.

## **What if the application is rejected?**

The athlete may appeal against rejection to WADA. WADA or the athlete's NADO may appeal against approval by WORLD SKATE if the International Standards for TUE have not been applied.

## **Retroactive TUEs**

All athletes are subject to testing anytime, anywhere. If an athlete who is taking a prohibited substance to treat a medical condition and who is not required to have a pre-approved TUE is tested, then they can apply for a retroactive TUE to either the NADO for National level athletes, or WORLD SKATE for International level athletes (those who have competed at a WORLD SKATE World Championship). All the conditions above apply so it is wise for all athletes who take prohibited substances for medical reasons to have a comprehensive medical file prepared. Retroactive TUEs do not apply to athletes who test positive during a World Championship.

## **Emergency TUE**

Emergency TUEs can be issued for athletes who require urgent treatment with a prohibited substance or method provided it is a true emergency or urgent medical situation and well documented. This should be an unusual occurrence. In normal circumstances athletes, should wait for approval of the TUE before starting treatment with a prohibited medication or methods.

## **Further Information**

Further information, the current prohibited list, the International standards for TUE, and guidelines for physicians can be downloaded from the WADA webpage [www.wada-ama.org](http://www.wada-ama.org)

## **Testing Process**

### **Selection Process**

There are 3 methods of selection, target testing, placement in an event, random selection by ballot. Target testing is by risk assessment and is the preferred method of selection. You may be selected even if you have withdrawn from an event, been disqualified or retired.

### **Notification**

- An athlete selected for doping control is approached by a chaperone, notified of his selection, asked to sign the form and notified of his rights
- He must stay with chaperone at all times
- He must present to the doping control station immediately

- The Doping Control Officer (DCO) may give permission for the athlete to attend awards ceremonies, press conferences, other events etc but must be accompanied by the chaperone at all times

### **Athlete Rights**

- The athlete is entitled to have one representative and an interpreter if needed
- The representative may not observe passage of the sample
- If the athlete is a minor there is an observer to watch the chaperone but not the passage of the sample

### **The Test**

- When ready to provide a sample the athlete chooses one of a number of sealed collection beakers
- He goes to the toilet area with the DCO or chaperone of the same gender
- He washes his hands and pulls his sleeves up to the elbows, top to upper chest level and bottoms to knees.
- The chaperone observes the sample leaving the body into the collection vessel
- The athlete returns to the sample office with the DCO or chaperone
- The athlete selects a sample kit and checks all the numbers match
- The athlete opens the sample jars and pours at least 30 mls into the B sample and at least 60 mls into the A sample.
- The athlete seals the bottles, put into the transport package having again checked the numbers match
- No one except the athlete touches the sample and collection bottle
- The exception to this is the DCO may help tighten the screws on the sample jars once they are closed

### **The Forms**

- Time of notification is recorded and signed by the athlete and the chaperone
- Time of arrival at the doping control station is recorded
- Athlete details are added to the form.
- Sample numbers, volume, specific gravity (sg) time of sealing the sample jars are recorded
- Always declare all preparation taken in the last 7 days including TUE meds, over the counter medications and supplements
- The laboratory receives sample numbers but not any indication of athlete identity
- Athlete and DCO check the completed forms & sign them

Copies of the form are provided to the athlete and the anti-doping organization

### **Partial Samples**

- The minimum volume of urine required is 90 mls
- If less is provided then the amount is sealed as a partial sample and number recorded



- When the athlete provides at least 90 mls the first sample is added to the 2<sup>nd</sup> sample in the collection beaker and mixed. The sample is then treated as usual

### **Dilute Samples**

- The minimum specific gravity of a sample is 1.005
- An athlete providing a sample of less than this is asked to provide another sample
- In this situation athlete should avoid drinking too much fluid and also providing a second sample within an hour
- As many samples as necessary are collected until a sample of SG >1.005 is collected
- All samples are sent to the lab – usually only the first and the last are analysed in the first instance

### **Results Management**

#### **Positive Test**

- The lab will notify the results management authority (usually World Skate)
- World Skate will check for valid TUE and that all processes have been followed
- World Skate will notify the athlete of Anti-doping rule violated, consequences, provisionally suspend the athlete and offer B sample analysis
- The athlete may choose to waive B sample analysis, in which case the ADRV is considered to be proven
- Athlete and his representative may attend B sample analysis which is at the lab that analysed the A sample
- If the B sample analysis confirms A sample finding then an ADRV is proven
- The athlete is then offered a fair hearing to decide the sanction and is entitled to have legal representation at his own expense.
- All these steps have quite short time lines which the athlete must comply with

### **The Hearing Is to hear the case and set the Sanction**

Athletes can present the case for reduction of sanction for

- Unintentional use of a specified substance in a contaminated product
- No fault or negligence
- No significant fault or negligence
- Substantial assistance

### **Registered Testing Pool**

- Is a group of elite athletes selected for no notice out of competition testing
- Athlete are notified when they are included on the registered testing pool and when they are removed
- To have an effective out of competition testing programme we need to know where the athletes are 24/7
- Athletes must file whereabouts to ADAMS

### **Whereabouts and filing failures**

- RTP must file whereabouts for 3 months to ADAMS before the beginning of each quarter and update regularly when circumstances change

- RTP athletes must file overnight accommodation, training and competition schedules and whereabouts of regular activities
- They must provide a one hour testing slot between 6.00am and 11.00 pm when they can guarantee to be contacted for testing
- Athletes can be tested out with this testing slot

### **A filing failure applies**

- if whereabouts are not filed on time
- If there is a missed test outside the 1 hour testing slot

A missed test applies if

- There is a missed test in the 1 hour testing slot

A combination of 3 missed tests and/or filing failures in a 12 month period results in a sanction of between 12 and 24 months

### **Education**

WSK require that athletes and support personnel provide a certificate of completion of education to nominate for a WSK event.

WADA and most NADOs offer e-learning programmes. The ASADA the Australian NADO has an excellent set of e-learning programmes and WADA offer ALPHA via the ADeL

[www.asada.gov.au](http://www.asada.gov.au)

#### **WADA – [www.wada-ama.org](http://www.wada-ama.org)**

- Click on what we do and then education

There are elearning resources such as Adel which include the ALPHA programme and programmes for support personnel

#### **Your National Anti-doping organisation (NADO) webpage**

There is a lot of educational material on the rollersports webpage

#### **World Skate [www.rollersports.org](http://www.rollersports.org),**

- click on “about us” Sports Medicine and then education

### **Consequences of Doping**

- Banned from all sport and sporting activities – not just rollersports
- Loss of reputation and credibility including with friends, family and other athletes
- Loss of sponsorship, and income from sport eg coaching
- Serious health consequences
- Compromises “clean athletes”
- Injurious to society, culture generally and sport
- If we don’t have clean sport we don’t have anything

### **Where to From Here?**

- It is most important that we work together to support the clean athlete
- The last thing World Skate and the athletes want is a ADRV from a mistake
- I am always available to answer questions [antidoping@worldskate.org](mailto:antidoping@worldskate.org)
- I hope you take advantage of the learning programs to be more informed and to have some fun

## **Some Videos**

Doping Control Process

- [https://www.youtube.com/watch?v=\\_p849msht\\_A](https://www.youtube.com/watch?v=_p849msht_A)

Some tips from athletes

- <https://www.youtube.com/watch?v=pkLugC1B9tw>

Athletes talk about supplements

- <https://www.youtube.com/watch?v=hR4zHEmRfjY>

***These links take you to other videos that are well worth watching***