



**ANNUAL REPORT**  
**2015**

# INTRODUCTION

In 2015, the Finnish Antidoping Agency FINADA prepared for organisational renewal in response to the agency's duties being extended. A new Convention was finalised in 2015 regarding the prevention of the manipulation of sports competitions, which calls for national cooperation between stakeholders in sports as well as cooperation between the authorities. A revised Convention on spectator violence was also finalised in 2015, calling for even more comprehensive measures at the national level. Antidoping activities are subject to the Council of Europe's Anti-Doping Convention and the UNESCO International Convention Against Doping in Sport.

The decision was made in Finland to establish a new organisation to deal with ethical issues in sports. The process began to turn FINADA into a general organisation advocating for ethical principles in Finnish sports. The rules and regulations of the new organisation were drafted in 2015. The implementation of the actual change was postponed to 2016. In late 2015, the Finnish Ministry of Education and Culture established the Advisory Board on Ethical Issues in Sports and a working committee under it to develop cooperation between the authorities in related areas. FINADA is represented both on the Advisory Board and its working committee.

In international cooperation, FINADA exercised influence over WADA affairs through the Council of Europe and INADO, as well as through WADA working groups. The issues highlighted during the year included WADA's finances and the focus areas of its operations. The revelations made by WADA's Independent Commission regarding corruption in

Russian athletics and the International Association of Athletics Federations' (IAAF) antidoping systems and the manipulation of test results are likely to have a significant impact on the future development of antidoping work. Criminal activities are being investigated by the police authorities. The consequences of negligence in antidoping functions will be determined in accordance with the World Anti-Doping Code.

In doping control, the year was dominated by the application of new rules and standards. WADA's new testing instructions emphasise the importance of targeting elite sports. The application of the new standard required the renewal of the entire testing system. FINADA achieved good success in this regard.

Antidoping programmes of national sports federations became a mandatory element of the regulations. In 2014, FINADA worked on developing the criteria and assessment system for the programmes in cooperation with sports federations. A pilot project regarding assessment was conducted late in the year and feedback was requested from the sports federations. An assessment project will be carried out in cooperation with the Finnish Ministry of Education and Culture in 2016.

Cooperation with stakeholders in sports (sports federations, the Olympic Committee, the Paralympic Committee, sports academies and sports institutes) developed favourably in 2015. FINADA was active in making cooperation initiatives in 2015 towards stakeholders in sports with regard to communications and antidoping education as well as testing, which opened up avenues for new kinds of cooperation between sports and antidoping work.

## FINADA IN FIGURES IN 2015

### TESTS BECAME MORE VERSATILE

Doping control in 2015

- 2,693 doping tests (2014: 3,020)
- 2,466 (2014: 2,770) doping tests under FINADA's national testing programme; of these, 1,048 (2014: 1,310) were in-competition and 1,418 (2014: 1,460) were out-of-competition tests
- in addition, 227 in-competition and out-of-competition tests carried out at the request of national and international federations or WADA

### SPREADING THE MESSAGE OF CLEAN SPORT

- 120 lectures with over 4,200 attendees
- Clean Win information stands at 15 sporting events with total spectator numbers in the thousands
- almost 50 newsletters, press releases and blog entries

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# ADMINISTRATION

## BOARD

FINADA's Board convened eight times during the year under review. The Chair of the Board was Pekka Ilmivalta, Senior Vice President, Communications and CSR, Veikkaus Oy, and the Vice-Chair was Hannu Tolonen, Senior Advisor, Ministry of Education and Culture. The composition of the Board is presented in Appendix 1.

The Board and FINADA's office staff held a joint planning meeting on 15-16 June 2015 at the Kisakallio Sports Institute in Lohja. The meeting discussed turning the FINADA organisation into the Finnish Center for Integrity in Sports and decided that the measures associated with the change would begin as soon as approval was received from Finnish Ministry of Education and Culture. The meeting also prepared an assessment of FINADA's operations and finances in the first half of the year and planned its operations and finances in 2016.

The Finnish Ministry of Education and Culture set up a working group to develop cooperation between the authorities in antidoping activities on 21 October 2014. The working group's memorandum was published in early 2015. The working group focused on the challenges presented by new investigative methods to FINADA as a private organisation, FINADA's legal position, and the amendment of the Finnish Criminal Code with respect to doping offences. The recommended measures concerned the development of cooperation between FINADA and the authorities through memorandums of understanding. The amendment of the Finnish Criminal Code with respect to doping offences was assigned for further

processing. Changing FINADA into a government agency through legislation did not receive support at this time, but the matter may be reconsidered in the future.

The focus of FINADA's Board's activities was on monitoring finances and operations. Doping control is a substantial part of FINADA's operations both from a quantitative and economic perspective, which is why the Board monitors it particularly closely. In addition, the Board established guidelines for the operations and finances in the coming years.

With respect to communication and antidoping education, the Board monitored the redesign of the FINADA website and the revision of materials, the development of the assessment system for antidoping programmes, the implementation of the quality system and the development of cooperation with sports academies and sports institutes.

## SUPERVISORY BOARD

Under Finnish antidoping codes and practices and FINADA's rules, the Supervisory Board's tasks are:

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



THE BOARD ESTABLISHED GUIDELINES FOR THE OPERATIONS AND FINANCES IN THE COMING YEARS.

The Chair of the Supervisory Board in 2015 was Markus Manninen, Master of Laws, Attorney at Law, and the Secretary was Katja Tukiainen, Master of Laws. The members of the Supervisory Board are listed in Appendix 1. The Supervisory Board convened nine times during the year.

In 2015, the Supervisory Board processed five doping violations, five petitions for revoking a lifetime of ineligibility and two complaints regarding therapeutic use exemptions.

### **THERAPEUTIC USE EXEMPTION COMMITTEE (TUEC)**

FINADA's Therapeutic Use Exemption Committee convened nine times in 2015. In addition, the Committee held four e-mail meetings. The Chair of the Committee was Doctor Katja Mjøsund. The composition of the Therapeutic Use Exemption Committee is presented in Appendix 1. For more information on therapeutic use exemptions, please refer to the section "Therapeutic use exemptions".

### **QUALITY MANAGEMENT**

Maintaining high quality throughout the entire doping control process is of key importance to FINADA's activities. The goal is to use the monitoring, assessment and development of operations to ensure process compliance and continuous improvement. DNV-GL Certification Oy/Ab carried out a period audit of FINADA's quality management system in February 2015 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 WADA's international standards.

In addition to the annual external audit by DNV-GL, FINADA carries out annual internal audits to ensure system compliance and functionality. The audits also serve as a tool for the continuous development of the system.

In 2015, FINADA carried out 11 internal audits, 10 of which were conducted during actual doping control situations and one at the FINADA office. The audit results indicate that doping control officers and the performance of testing are at a high level and meet the requirements of WADA's International Testing Standard.

### **OFFICE**

In 2015, FINADA's office employed 10 full-time employees and three part-time employees (medical and legal matters). The office staff is listed in Appendix 1.

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## DOPING CONTROL AND TESTING

### DOPING TESTING

In 2015, FINADA carried out 2,693 doping tests in Finland and abroad (2014: 3,020). Of the total number, 2,466 (2014: 2,770) were carried out under FINADA's national testing programme. Of these, 271 (2014: 81) were blood tests. In addition, FINADA took 264 blood samples under the national Athlete Biological Passport system. The number of tests declined slightly from the previous year.

FINADA carried out 227 (2014: 246) in-competition and out-of-competition tests at the request of other antidoping organisations and national and international federations, for a total of 21 different federations. Of these, 152 (2014: 202) were in-competition tests and 71 (2014: 44) were out-of-competition tests. International cooperation in testing activities is important for FINADA. FINADA achieved its target set in 2014 and executed all the international testing requests.

The number of in-competition tests carried out under the national testing programme was 1,048 (2014: 1,310) and the number of out-of-competition tests was 1,418 (2014: 1,460). Tests were carried out in 77 disciplines (2014: 78). The most tested disciplines in FINADA's testing programme were ice hockey with 215 (2014: 234), cross-country skiing with 178 (2014: 165), athletics with 166 (2014: 170), football with 157 (2014: 146) and powerlifting with 138 (2014: 158). The doping test statistics can be found in Appendix 2.

In 2015, FINADA took, as planned, 264 (2014: 276) 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.

FINADA 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. FINADA 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 FINADA's request.

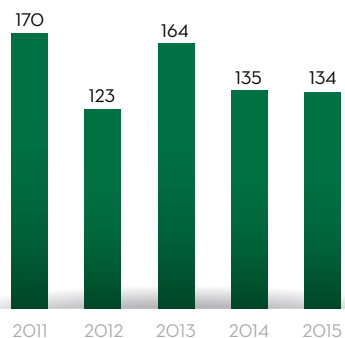
The reform of the World Anti-Doping Code included the drafting of the new International Standard for Testing and Investigations to regulate doping control, and the Standard was implemented at the beginning of 2015. In relation to the International Standard for Testing and Investigations, the World Anti-Doping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

taken by antidoping organisations and thereby improving the quality of testing. As a result of the document, more testing resources were allocated to special analyses, which meant that the total number of tests was lower than before.

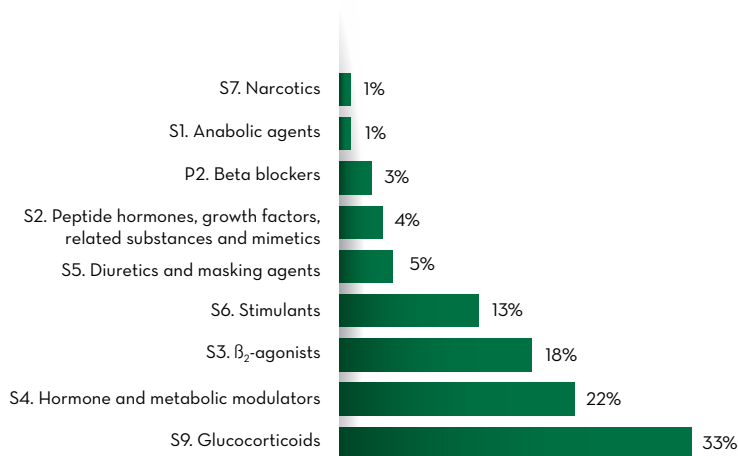
The testing pool system, i.e. the collection and monitoring of athletes' contact and whereabouts information, enables targeted out-of-competition testing and serves as a key tool for doping control management and implementation. Approximately 100 athletes from 15 disciplines were in FINADA's individual 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, FINADA collected information from



**FINADA ENGAGED IN REGULAR  
AND ACTIVE COOPERATION  
WITH SPORTS FEDERATIONS.**



**Chart 1.** Processed applications for a TUE in 2011-2015.



**Chart 2.** Proportions of the different groups of pharmacological substances of TUEs granted by FINADA's Therapeutic Use Exemption Committee.

first-tier teams in men's ice hockey and football.

In 2015, FINADA recorded a total of 26 failures to comply with whereabouts regulations for athletes in its Registered Testing Pool.

Of these, 15 involved failure to provide whereabouts and 11 were missed tests.

All but one of the recorded failures to comply with whereabouts regulations were the first for the athlete in question.

FINADA engaged in regular and active cooperation with sports federations. A total of 33 meetings were held with sports federations in 2015. FINADA also cooperated with federations and competition organisations with regard to the organisation of international competitions.

There were a total of 30 doping control officers trained and authorised by FINADA operating across Finland. The annual training seminar for doping control officers was held in Vantaa on 16-18 January 2015.

## THERAPEUTIC USE EXEMPTIONS

The aim of WADA's International Standard for Therapeutic Use Exemptions is to create a uniform

global practice for various organisations in granting exemptions for the therapeutic use of prohibited substances and methods. During the year, FINADA communicated the rules on therapeutic use exemptions to athletes and other stakeholders in cooperation with its antidoping education and communication functions.

WADA's new Standard for Therapeutic Use Exemptions entered into force on 1 January 2015. The most significant changes in the new Standard for Therapeutic Use Exemptions concerned mutual TUE recognition practices between antidoping organisations and the retrospective TUE application procedure for athletes not covered by discipline-specific level determination.

There were no significant changes to WADA's Prohibited Substances and Methods in Sports list at the beginning of 2015.

The number of TUE applications addressed to FINADA remained unchanged from the previous years. In 2015, FINADA processed a total of 134 TUE applications. Two of these were retrospective applications by athletes not covered by level determination. The applications concerned a total of 142 pharmacological substances. The substances for which the number of TUEs granted was the highest were glucocorticoids and hormone and metabolic modulators. The TUE statistics for 2015 are shown in Chart 1 and Chart 2. For more information on the activities of the Therapeutic Use Exemption Committee, please refer to the section "Administration".

## RESULTS MANAGEMENT

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

FINADA assesses all cases that a laboratory has indicated to be positive, and other suspected antidoping rule violations, before they are brought to the Supervisory Board. FINADA also reviews the athlete's potential therapeutic use exemptions. On the basis of FINADA's assessment and review, it is decided whether the case will be presented to the Supervisory Board as a potential antidoping rule violation. FINADA also informs the parties determined in the Finnish antidoping codes. In 2015, FINADA handled a total of 12 cases. Of these, five were antidoping rule violations. Five petitions for revoking a lifetime of ineligibility were processed, along with two complaints regarding therapeutic use exemptions. Antidoping rule violations for 2015 are listed in Appendix 2.

## ANTIDOPING EDUCATION

FINADA was active in organising education and training sessions on antidoping issues in cooperation with sports federations and organisations, sports-oriented educational institutions and sports academies. Sports clubs also commissioned training sessions. Education was primarily targeted at young athletes, top-ranked athletes and coaches. A total of 120 education or training events were organised in 2015, with a total audience of 4,200 (see Chart 3). The number of education and training events commissioned from FINADA increased by 28 per cent.

FINADA increased its cooperation with sports federations and developed their antidoping programmes. The criteria for antidoping programmes provided sports federations with clear instructions and guidelines for antidoping work. Education and training events commissioned by sports federations accounted for approximately half of the total (see Chart 4). A total of 28 sports federations commissioned antidoping education services. The year in education and training was also characterised by the diversity of education and training activities, the customisation of lectures to suit different target audiences and training for sports federations' training personnel. Education and training events are listed in Appendix 3.

FINADA 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. FINADA was active in participating in events in the network of sports academies and educational

institutes. A total of seven sports academies commissioned antidoping education services. Late in the year, FINADA began to work with the Finnish Olympic Committee to develop an operating model for improving the effectiveness of antidoping education in sports academies.

Antidoping programmes for sports institutes were published in cooperation with sports institutes (see the Communications section). FINADA's Education Manager was actively involved in this effort. A Trainer's Manual was produced for sports institutes' antidoping training personnel to support their training activities. The sports institutes were supported in arranging training and education events during the year.

Training days for trainers were organised in conjunction with the training seminar for doping control officers and assistants. A total of 14 trainers participated in the seminar. The theme of the seminar was the new Antidoping Code. The competence of trainers was also improved through one-on-one meetings. A total of 14 trainers ran antidoping training and education sessions across Finland.

The "Clean Win Antidoping Guide", the "Prohibited Substances and Methods in Sports" publication and WADA guides on antidoping codes were distributed to athletes at education and training events. PowerPoint presentation materials were updated to correspond to the new Code. Presentations are available for different target groups in three languages (Finnish, Swedish and English).

In its training and education activities, the Clean Win programme (see the Communications section) focused on participating in events by setting up Clean Win information stands. The events are listed in Appendix 4. The purpose of the information stands was to provide athletes and their support personnel, as well as spectators, with information on antidoping issues.

### QUALITY MANAGEMENT SYSTEM

FINADA developed its quality management system for education in 2015. Education and training events were managed via the Antidoping Passport system. FINADA collected regular feedback on training and education events by means of an assessment survey. An internal auditing system was established for antidoping education and training. The Education Manager audited three trainers during the year.

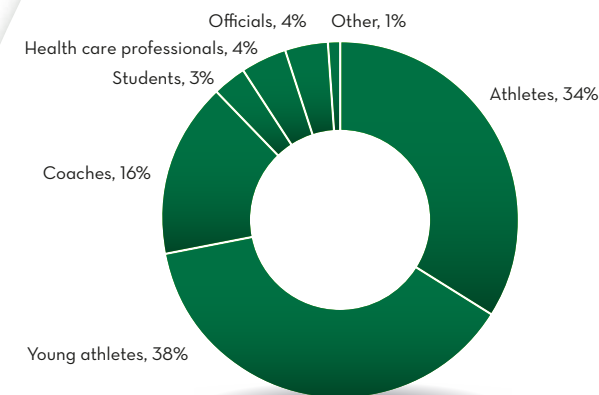


Chart 3. Target groups for training and education in 2015.

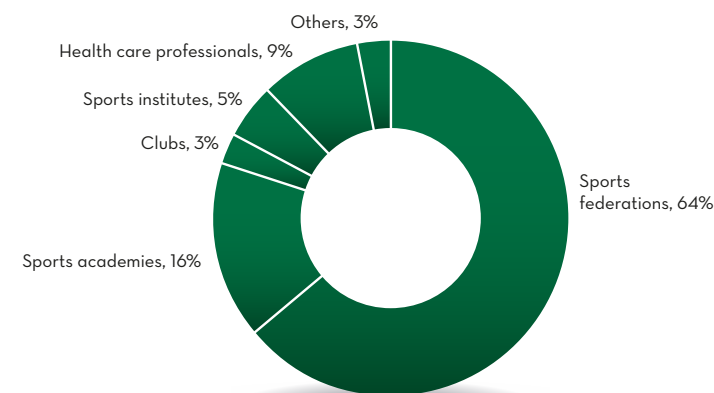


Chart 4. Parties that commissioned training and education in 2015.



## COMMUNICATION

In January 2015, the list of Prohibited Substances and Methods in Sports was published both on the FINADA 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.

FINADA 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.

FINADA organised two events for sports federations. In addition to topical matters, the events focused on sports federations' antidoping programmes and the upcoming organisational changes. The speakers at the events included FINADA's office staff as well as representatives of the Finnish Ministry of Education and Culture. The representatives of sports federations were active in participating in the events.

FINADA encouraged sports federations to draft and implement antidoping programmes. FINADA issued comments to more than 30 sports federations on their antidoping programmes pursuant to the 2015 Antidoping Code. At the end of the year, FINADA sent a survey to all sports federations to evaluate the initial status of their antidoping programmes and activities and to help the federations develop their programmes as well as their activities. The response rate was approximately 30 per cent. Commissioned by the Finnish Ministry of Education and Culture,

FINADA will carry out another round of evaluations in autumn 2016.

Sports institutes developed their own antidoping programmes. Nine out of the twelve institutes published their programmes in 2015. A two-day training event for antidoping trainers was arranged in the autumn for the persons responsible for antidoping activities at sports institutes. FINADA also agreed with sports institutes to arrange broader training related to the use of students to perform antidoping tasks at the 2016 Pre-World Championships event in Salpausselkä and the 2017 Nordic World Ski Championships in Lahti.

FINADA published more than 40 press releases in 2015. The press releases were published on the FINADA website. The press releases were also sent electronically to FINADA's network, sports federations, media outlets and other stakeholders.

FINADA created an Instagram account for the organisation. Goals and operating guidelines were set for the use of Instagram. The aim is to use Instagram to communicate the message of clean sport particularly to young athletes and sports fans. Young people were also encouraged to share their own Instagram photos related to fair play; for example, at events. The benefits of starting to use other social media channels were assessed.

### THE CLEAN WIN PROGRAMME

Started in 2008, the Clean Win programme promotes clean sport by encouraging open discussion on doping. FINADA wants to shine the spotlight on

ethical and fair athletes. This programme invites Finnish sports fans, sporting organisations, the friends and relatives of athletes and athletes themselves to get involved in fair play.

In 2015, the Clean Win information stand completed a tour of 15 events. The challenge campaign for international sporting events organised in Finland reached the Biathlon World Championships, the Strongman Champions League events for men and women, the Women's World Floorball Championships and the U20 World Junior Ice Hockey Championships. The tour calendar is in Appendix 4.



Prohibited Substances and Methods in Sports 2015



Antidoping programmes at sports institutes

## INTERNATIONAL ACTIVITIES

FINADA has an active role on the international stage, with representatives in several international antidoping organisations (see Appendix 5). FINADA's aim is to ensure that antidoping rules and activities are consistent and athletes have an equal right to clean sports in all parts of the world.

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

FINADA influenced WADA's operations in cooperation with other parties involved in antidoping work (the Council of Europe and iNADO). Investigative methods are leading to changes in doping control, which is evidenced by the problems related to Russia and the International Association of Athletics Federations (IAAF). This will also change the future focus areas of WADA's operations and financing.

Investigations and the implementation of the new Code were also prominent themes at the WADA annual symposium for antidoping organisations and international federations, held in Lausanne, Switzerland on 24-26 March 2015, and many other international conferences.

Finland is represented in WADA's TUE Expert Group and Laboratory Expert Group. FINADA also participated in WADA training events in 2015 regarding the position and procedures of independent doping panels (in the case of Finland, the Supervisory Board), the Athlete's Biological Passport and communication-related matters.

### INSTITUTE OF NATIONAL ANTI-DOPING ORGANISATIONS (iNADO)

Established in 2012, iNADO has operated under German legislation since 2014 and it is headquartered in Bonn, Germany. Lawyer Joseph de Pencier from Canada is iNADO's Chief Executive Officer. The number of iNADO members grew from 45 to 56 during the year. The iNADO general assembly was held in conjunction with the WADA Symposium on 23 March 2015 in Lausanne, Switzerland. FINADA Secretary General Pirjo Ruutu is a member of iNADO's Board of Directors.

In 2015, iNADO issued 11 newsletters to members and 10 bulletins regarding issues that are important to antidoping agencies, and organised seminars for the representatives of national antidoping agencies in conjunction with international events. Webinar training aimed at all employees of antidoping agencies proved very popular. iNADO acts as an advocate for its members. Furthermore, iNADO has official observer status in the Monitoring Group for the Council of Europe's Anti-Doping Convention, the Ad Hoc European Committee for the World Anti-Doping Agency (CAHAMA) and IADA. iNADO can also participate in WADA's meetings as an observer upon request.

iNADO arranged separate training for the directors and chief executives of antidoping agencies in conjunction with WADA meetings on 14-18 November 2015. A meeting of iNADO's Board of



FINADA HAS AN ACTIVE  
ROLE ON THE INTERNATIONAL  
STAGE.

Directors was organised at the same time, along with the opportunity to learn more about the activities of the United States Anti-Doping Agency USADA and participate in WADA meetings, which decided, among other things, that the Russian Anti-Doping Agency RUSADA would not be permitted to act as an antidoping organisation for the time being.

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

The UNESCO International Convention Against Doping entered into force in Finland and internationally on 1 February 2007. A Conference of Parties is convened every two years. From the perspective of WADA, it is important that governments are committed to supporting and developing its activities by signing the UNESCO International Convention Against Doping. By the end of 2015, a total of 181 countries had ratified the Convention. UNESCO continues to actively promote commitment to the Convention. The organisation also has a separate voluntary fund for educational antidoping projects. Finland is represented in the fund's Approval Committee.

FINADA participated, along with representatives of the Finnish government, in the Conference of Parties to the UNESCO International Convention Against Doping held on 29–30 October 2015. FINADA is a cooperation partner in a UNESCO-funded project aimed at Eastern Europe and taking place in 2016.

### **COUNCIL OF EUROPE (COE)**

In 2015, the Monitoring Group for the Council of Europe's Anti-Doping Convention focused on developing the Convention's monitoring system and improving cooperation at a European level in exercising influence in WADA affairs. As the focus of doping control has shifted to investigative methods, European influence largely revolved around assessing the focal areas and financing of WADA's operations. WADA is hoping to see increased funding from governments, but the economic climate in Europe is not favourable. One key objective is that the shift in the focus of operations will lead to more funding for the development and implementation of investigative methods.

In 2015, FINADA participated in meetings of the Council of Europe's Monitoring Group for the Anti-Doping Convention and the Coordination Group for WADA affairs (CAHAMA). FINADA Secretary General Pirjo Ruutu served as the Vice Chair of the Monitoring Group in 2015. FINADA also participated in the development of education and communications.

### **INTERNATIONAL ANTI-DOPING ARRANGEMENT (IADA)**

IADA is a governmental collaboration body of the world's leading antidoping countries and their national antidoping agencies. IADA is an intergovernmental alliance with strong involvement by national antidoping agencies and governments. The member countries are Australia, Canada, Finland, Denmark,

Japan, the Netherlands, New Zealand, Norway, Sweden and the United Kingdom. South Africa left the alliance in 2015. The aim of IADA and its member countries is to exercise active influence on WADA's decision making and the development and implementation of the WADA Code and Standards.

Norway currently chairs IADA and serves as the location for its Secretariat. IADA member countries signed a new alliance agreement for 2015–2018 at the beginning of 2015. The Secretariat organised an IADA meeting on 14–15 September 2015 in Copenhagen, Denmark, in conjunction with the meeting of WADA's Board of Directors. The meeting discussed projects of significance to antidoping organisations in various countries, such as the importance of doping control, communication and antidoping education in their operations, as well as data protection and the use of ADAMS. The IADA countries also want to promote the harmonisation of the national antidoping codes of various countries with the World Anti-Doping Code.

The country reports made it clear that several countries have allocated significantly increased resources to antidoping activities in order to implement the new Code.

### **NORDIC COOPERATION**

Nordic cooperation is significant for the development of FINADA's activities and the joint efforts in international lobbying. The annual Nordic meeting for 2015 was held in Helsinki, Finland, on 21–23 September 2015. On the first day, FINADA organised, in cooperation with WADA, training for Nordic colleagues

on investigative procedures in doping control. On the second day, the Secretary Generals' Meeting discussed organisational issues and decisions, such as the broader programmes on ethics and integrity in sport in preparation in Finland and Denmark, as well as funding, antidoping codes, doping control and research activities. A meeting of the Nordic Athlete Passport Management Unit (NAPMU) was held on the third day, along with a trainers' meeting. All participants were also offered the opportunity to participate in the Dopinglinkki congress organised on 24–25 September 2015. FINADA participated in the planning and implementation of the 5<sup>th</sup> Nordic Conference on Appearance and Performance Enhancing Drugs and Anti-Doping Work.

The operations of the joint Nordic unit specialising in the analysis of athletes' blood profiles (Nordic Athlete Passport Management Unit NAPMU) were developed further in 2015. The unit's operations are jointly funded by the Nordic countries. The unit is managed from Oslo, Norway. The operations of NAPMU became well-established in 2015. It has received a considerable amount of international attention, and development is underway to sell services to other countries. NAPMU already provided consulting services to certain parties outside of the member countries in 2015. NAPMU also organised a joint Nordic scientific meeting and Doping Control Coordinator training event on 3–4 September 2015 in Copenhagen, Denmark.

# RESEARCH

## RESEARCH

FINADA promotes antidoping research by organising negotiations, providing information on funding options and, where necessary, supporting the launch of various minor projects. In 2015, the representatives of FINADA and United Medix Laboratories Ltd attended two scientific conferences that discussed the development of biological passports for athletes.

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

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

FINADA cooperated with the University of Jyväskylä's Department of Health Sciences by commissioning a Master's Thesis in the field of sports medicine focused on the use of pharmacological substances and nutritional supplements by athletes in competitive sports in Finland. The thesis will be completed in 2016.

## ATHLETE SURVEY 2015

FINADA regularly asks athletes for feedback on doping tests it has carried out and on its operations in general. With the aim of improving the quality and

functionality of doping control and antidoping activities carried out by FINADA as well as uncovering any problematic areas.

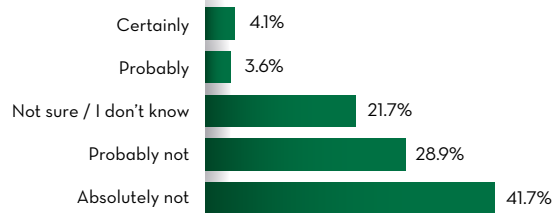
In 2015, FINADA surveyed athletes' views regarding doping tests on three different occasions in April, August and October. The survey population included all athletes who took doping tests during these months and the survey was available in both Finnish and English. The survey was conducted by sending a link to an electronic questionnaire to the athlete's e-mail address. All responses were processed anonymously. A total of 123 athletes completed the survey. The response rate was 22.5%, which is slightly lower than in the previous year.

Athletes were asked to assess the practical execution of doping tests (presentation of the notification of the doping test, information and instructions provided during the test, the sample sealing procedure, ease of use and reliability of doping test equipment, test premises, reliability of the doping test and general atmosphere during the test) as well as the behaviour of doping control officers (expertise, attitude, friendliness, trustworthiness and communications and language skills).

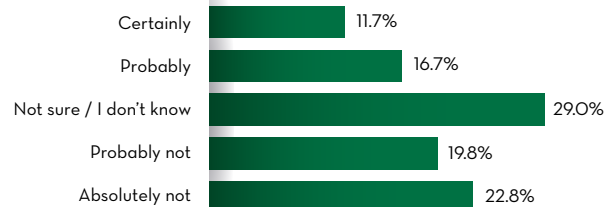
The responses to the 2015 athlete survey were very similar to those submitted in the previous years. A clear majority rated both doping control and the reliability of FINADA's operations as excellent. The majority of the athletes that responded to the survey also considered the atmosphere during the test and the actions and attitude of doping control officers as either excellent or good.



**ATHLETES CONSIDER FINADA TO  
BE RELIABLE, KNOWLEDGEABLE  
AND INDEPENDENT.**



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



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

The survey also included questions on where the athletes look for information on antidoping matters, or who they turn to for answers. Based on the responses, FINADA has a strong position among athletes as a source of antidoping information: Some 72.5 per cent of the respondents stated they look for information from FINADA, or ask questions from FINADA. Other sources of antidoping information mentioned were doctors (53.3%), other athletes (32.5%), coaches (31.7%) and sports federations (18.3%).

Athletes were also asked to assess the current state and future of antidoping work. Athletes' perceptions of the prevalence of the use of doping were surveyed by asking the respondents whether they thought the use of doping had influenced the results of one or more domestic and international sports competitions the athlete in question had personally participated in during the previous 12 months (see Charts 5 and 6). The responses indicate that athletes believe doping is a much larger phenomenon internationally than domestically.

Athletes were also requested to provide suggestions for improvement. FINADA has utilised the feedback in the training of doping control officers and the further development of testing activities. The feedback is also utilised in the development of FINADA's education and training activities as well as its communication materials.

#### TESTING POOL ATHLETE SURVEY 2015

FINADA conducted a separate feedback survey of athletes in the testing pool. The response rate was 33.3 per cent.

According to the testing pool athlete survey conducted in 2015, FINADA is the most popular source of antidoping information among athletes, followed by doctors and sports federations.

The survey indicated that athletes consider FINADA to be reliable, knowledgeable and independent. FINADA's overall score was 4.3 on a scale of 1-5, with 4 being fairly good and 5 being very good. The athletes also assessed FINADA's doping control team. The members of the doping control team received the highest scores for fairness, reliability and independence. The doping control officers received an overall score of 4.5, which is slightly higher than the score awarded to FINADA as a whole.

More than half of the respondents indicated that the amount of doping testing is appropriate. The athletes indicated that the testing pool system

is an effective method for improving the position of clean athletes in elite sports. The ADAMS system received an overall score of 4.1. Development suggestions from the athletes were particularly related to the ADAMS mobile app.

Athletes reported greater confidence in the cleanliness of Finnish sports than sports internationally. The respondents indicated that, in their sport, it is possible to reach the national top level without doping. The majority of the respondents indicated that it is even possible to reach the top of their own sport internationally without doping. The identified cases of antidoping violations were not found to have impacted negatively on the athletes' motivation to pursue their sport but they were seen to have affected sponsoring to some extent. The athletes' views of the future were characterised by uncertainty. Approximately three out of four respondents expected doping analysis to become more effective over the next 10 years and users to be more likely to get caught.

## DEVELOPMENT PROJECTS

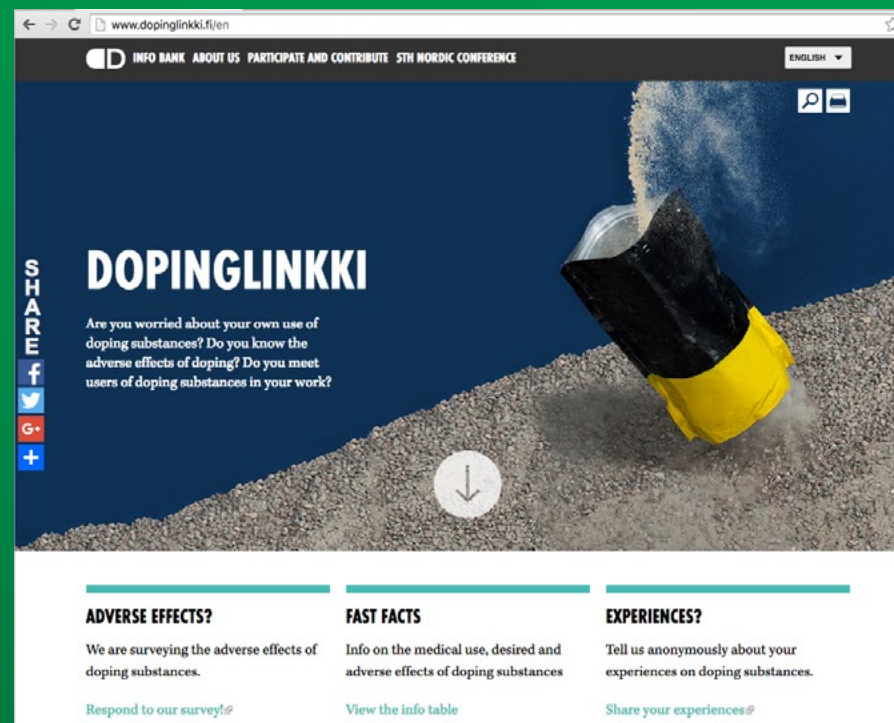
### RECREATIONAL ATHLETES' ANTIDOPING PROGRAMME

The Dopinglinkki online service provided by the A-Clinic Foundation is aimed at preventing the use of doping agents and the harmful psychological and physical effects resulting from their use outside of competitive and elite sports. Impartial and scientifically researched information on doping agents is distributed through the website's information, advisory services and training services. The service influences attitudes related to the use of doping agents and helps the users of doping agents, as well as their friends and family, and professionals from different fields who come across doping users in their work, recognise the harmful effects of doping agents. The advisory service for recreational athletes as well as health care and sports professionals is Finland's only expert service specialising in doping agents. FINADA participates in the steering and financing of the service and conducts joint communication, marketing and training events with Dopinglinkki.

In 2015, the Dopinglinkki website reached over 95,000 visitors, of whom 82% were new visitors. The number of visitors to the website increased by 83 per cent from the previous year. The proportion of mobile users grew to 55 per cent. At the same time, the number of questions submitted to the health guidance service fell by 62 per cent. The lower number of questions received can be partly

explained by the comprehensive information available on the website, with the most frequently asked questions already answered on the site. The management of the "Puhtaan liikunnan puolesta" (For Clean Sport) operating model intended for fitness centres was assigned fully to Dopinglinkki in 2015.

Dopinglinkki reached nearly 22,000 people in various events and education and training activities. In September, the 5<sup>th</sup> Nordic Conference on Appearance and Performance Enhancing Drugs and Anti-Doping Work, an international conference organised by Dopinglinkki, attracted more than 170 participants from Finland and abroad. The two-day conference featured presentations of the latest scientific studies as well as practical examples of antidoping work in recreational sport. This was the first time the event was organised in Finland. FINADA participated in the planning and implementation of the conference.



**IN 2015, THE DOPINGLINKKI WEBSITE REACHED OVER 95,000 VISITORS**

## FINANCES

### IMPORTANT EVENTS DURING AND AFTER THE FINANCIAL YEAR

The finances of the Finnish Antidoping Agency FINADA 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 2015, the Ministry of Education and Culture granted FINADA operational assistance at the amount of EUR 3,050,000. Of the total amount, EUR 80,000 was allocated to the recreational athletes' antidoping programme project. FINADA received project funding as follows:

Developing the antidoping work of sports federations in 2013-2015	EUR 40,000
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EPO research project	EUR 40,000
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Prohibited Substances and Methods application (communication)	EUR 30,000
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FINADA's accounts for 2015 show a surplus of EUR 168,154.51. FINADA's balance sheet total is EUR 729,155.05.



**THE MINISTRY OF EDUCATION AND CULTURE GRANTED FINADA OPERATIONAL ASSISTANCE AT THE AMOUNT OF EUR 3,050,000.**

## APPENDIX 1

## FINADA BODIES AND STAFF

## BOARD 2014-2015 (name and appointing organisation)

MEMBER	DEPUTY MEMBER	MEMBER	DEPUTY MEMBER
<p><b>Chair:</b> Master of Laws, Senior Vice President, Communications and CSR <b>Pekka Ilmivalta</b> Finnish Olympic Committee</p>	<p>Sports Director <b>Mika Kojonkoski</b> Finnish Olympic Committee</p>	<p>Senior Advisor <b>Hannu Tolonen</b> Ministry of Education and Culture</p>	<p>Master of Social Sciences, Secretary General <b>Minna Paajanen</b> Ministry of Education and Culture</p>
<p><b>Vice-Chair:</b> Master of Laws, Director <b>Tuula Lybeck</b> Ministry of Education and Culture 1 Jan. 2014-25 Nov. 2014</p>	<p>Master of Laws, Senior Advisor <b>Heidi Sulander</b> Ministry of Education and Culture Until 25 Nov. 2014</p>	<p>Professor, Chief Physician <b>Olli J. Heinonen</b> Ministry of Education and Culture</p>	<p>Master of Sport and Health Sciences, Senior Advisor <b>Mari Miettinen</b> Ministry of Education and Culture</p>
<p>Master of Laws, Counsellor for Cultural Affairs <b>Heidi Sulander</b> Ministry of Education and Culture 26 Nov. 2014-</p>	<p>Senior Secretary <b>Carita Meriläinen</b> Ministry of Education and Culture 26 Nov. 2014-26 Apr. 2015</p>	<p>Master of Laws, Senior Expert <b>Petri Heikkinen</b> VALO, Finnish Sport Confederation</p>	<p>Special Adviser <b>Nelli Kuokka</b> VALO, Finnish Sport Confederation</p>
	<p>Senior Secretary <b>Janina Lindqvist</b> Ministry of Education and Culture 27 Apr. 2015-</p>	<p>Docent in Psychiatric, Chief Physician <b>Olavi Airaksinen</b> Finnish Society for Sports Medicine</p>	<p>Docent, Director <b>Tommi Vasankari</b> Finnish Society for Sports Medicine</p>
		<p><b>Permanent Expert Member:</b> <b>Matti Keskinarkaus</b> Finnish Olympic Committee, Athletes' Commission</p>	



## APPENDIX 1

### PERVISORY BOARD 2015-2016

#### 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

---

Licentiate of Medicine

**Heikki Laapio**

Doctor of Medicine, Professor

**Heikki Tikkanen**

Doctor of Sport and Health Sciences, Licentiate of Medicine

**Esa Liimatainen**

**Deputy Member:**

Licentiate of Medicine

**Petri Kallio**

#### SPORTS SPECIALISTS

---

Doctor of Philosophy (Economics),

Head of Development

**Jan-Erik Krusberg**

Master of Arts

**Valentin Kononen**

Managing Director

**Maija Innanen**

**Secretary:**

Master of Laws

**Katja Tukiainen**

### THERAPEUTIC USE EXEMPTION COMMITTEE

**Chair:**

Doctor of Medicine, Specialist in Sports Medicine

**Katja Mjøsund**

**Vice-Chair:**

Doctor of Medical Science, Lecturer

**Pekka Rauhala**

Licentiate of Medicine, Specialist in Sports Medicine

**Harri Helajärvi**

Doctor of Medicine, Docent, Resident in Pediatrics,

Pediatric Endocrinologist

**Päivi Miettinen**

## APPENDIX 1

### TOIMISTO

Secretary General  
**Pirjo Ruutu**

Office Manager  
**Maarit Juvonen**

Information Manager  
**Susanna Sokka**

Education Manager  
**Samuli Rasila**

Doping Control Manager  
**Katja Huotari**

Quality Manager  
**Marjorit Nurmi**

Doping Control Coordinator  
**Anna Heinilä**  
on maternity and family leave  
as of 16 May 2015

Acting Doping Control  
Coordinator  
**Petri Koskela**  
as of 1 May 2015

Doping Control Coordinator  
**Janne Väre**

Secretary  
**Titta Villanen**  
on child-care leave

Secretary  
**Oona Väänänen**

Pharmacist  
**Anna Simula**  
on child-care leave until  
27 September 2015

Acting Pharmacist  
**Heli Michallik**  
18 August 2014–30  
September 2015

Medical Director (part-time)  
**Timo Seppälä**

Legal Consultant (part-time)  
**Jussi Leskinen**

Secretary of the Supervisory  
Board (part-time)  
**Katja Tukiainen**

## APPENDIX 2

## DOPING TEST STATISTICS 2015

Urine and blood tests conducted by the Finnish Antidoping Agency (FINADA) in 2015 under the national testing programme.

Alpine skiing	23	Nordic combined	21
American football	108	Orienteering	22
Athletics	166	Power bench press	33
Bandy	23	Powerlifting	138
Basketball	101	Rowing	24
Biathlon	45	Speed skating	38
Boxing	28	Swimming	57
Cross-country skiing	178	Triathlon	43
Cycling	59	Weightlifting	74
Disabled sports	32	Volleyball	94
Finnish baseball	29	Wrestling	63
Fitness	53		
Flatwater racing	31	<b>Total</b>	<b>2,073</b>
Floorball	105	Other team sports	295
Football	157	Other individual sports	98
Handball	91		
Ice hockey	215	<b>Grand total</b>	<b>2,466</b>
Judo	22		

**Other team sports:**

Aesthetic group gymnastics, beach volley, curling, futsal, ringette, rinkball, rugby, synchronised skating, ultimate, underwater rugby and water polo.

**Other individual sports:**

Aerobics (FISAF), archery, artistic gymnastics, auto racing (go-kart, rally), badminton, bowling, danc-esport, diving, equestrian sports, fencing,

figure skating, finswimming, freestyle, golf, heavy events, karate, kettlebell, kickboxing, masters athletics, military sports, mixed martial arts, modern pentathlon, moto racing (enduro, motocross, road racing, speedway, trial), mountain bike orienteering, rhythmic gymnastics, sailing, shooting, ski jumping, ski-orienteering, snowboarding, sport aerobics, squash, table tennis, taekwondo, taekwondo (ITF), tennis and whitewater canoeing.

**Summary**

In 2015, FINADA carried out 2,693 doping tests in Finland and abroad. A total of 2,466 tests were carried out under FINADA's national testing programme. A total of 264 of these tests were blood tests. In addition, FINADA took 264 blood samples as part of the national Athlete Biological Passport programme.

	FINADA	National federation	International federation/WADA	Tests, total
Out-of-competition tests	1,418	0	71	1,489
In-competition tests	1,048	4	152	1,204
<b>Tests, total</b>	<b>2,466</b>	<b>4</b>	<b>223</b>	<b>2,693</b>

**Antidoping rule violations**

There were four antidoping rule violations under FINADA's national testing programme.

Antidoping rule violations	Prohibited substance or other violation	Sanction
Fitness	other anabolic agents, hormone and metabolic modulators	4 years
Fitness	anabolic agents	4 years
Ice hockey	glucocorticoids	warning
Weightlifting	anabolic agents	4 years
Weightlifting	anabolic agents	4 years

## APPENDIX 3

## EDUCATION EVENTS IN 2015

Date	Place	Organised/commissioned by	Target group	Participants
10 Jan. 2015	Kisakallio	Finnish Shooting Sport Federation	Athletes	30
10 Jan. 2015	Kisakallio	Finnish Shooting Sport Federation	Young athletes	30
16 Jan. 2015	Vantaa	Kiekko-Vantaa A juniors	Young athletes	25
20 Jan. 2015	Vierumäki	Finnish Figure Skating Association	Athletes	12
20 Jan. 2015	Vierumäki	Finnish Figure Skating Association	Young athletes	18
24 Jan. 2015	Vierumäki	Finnish Orienteering Federation	Coaches	30
24 Jan. 2015	Kannonkoski	Finnish Rugby Federation	Athletes	30
25 Jan. 2015	Eerikkilä	American Football Association of Finland	Athletes	60
25 Jan. 2015	Eerikkilä	American Football Association of Finland	Athletes	60
31 Jan. 2015	Ypäjä	Equestrian Federation of Finland	Athletes	16
31 Jan. 2015	Pajulahti	Finnish Karate Federation	Athletes	69
31 Jan. 2015	Helsinki	HAC Cheerleading	Athletes	30
1 Feb. 2015	Turku	Finnish Orienteering Federation	Athletes	20
13 Feb. 2015	Tampere	Varala Sports Institute LAT	Students	21
15 Feb. 2015	Tampere	Coaches Association of Finland	Coaches	12
18 Feb. 2015	Ilmajoki	South Ostrobothnia Sports Academy	Young athletes	20
21 Feb. 2015	Pajulahti	Finnish Paralympic Federation	Young athletes	25
27 Feb. 2015	Tampere	Finnish Orienteering Federation	Athletes	11
28 Feb. 2015	Kisakallio	Finnish Gymnastics Federation	Athletes	60
5 March 2015	Kuortane	South Ostrobothnia Sports Academy	Young athletes	20
6 March 2015	Kisakallio	Kisakallio VAT	Coaches	16
7 March 2015	Kisakallio	Finnish Gymnastics Federation	Young athletes	55
9 March 2015	Seinäjoki	South Ostrobothnia Sports Academy	Young athletes	20
10 March 2015	Helsinki	Mäkelänrinne Upper Secondary School (sports-oriented)	Young athletes	25
11 March 2015	Helsinki	Finnish Handball Association	Other	2
14 March 2015	Ypäjä	Equestrian Federation of Finland	Athletes	20
14 March 2015	Pajulahti	Disabled sports	Athletes	25
14 March 2015	Pajulahti	Disabled sports	Coaches	25
14 March 2015	Kisakallio	Finnish Wheelchair Dance Federation	Athletes	30
14 March 2015	Kuusankoski	Finnish Divers' Federation	Athletes	14

## APPENDIX 3

21 March 2015	Kuortane	Finnish Athletics	Young athletes	30
23 March 2015	Helsinki	HEO Sport Medicine	Health care personnel	50
23 March 2015	Turku	Turku Region Academy of Sport	Young athletes	30
24 March 2015	Joroinen	Joroinen Upper Secondary School (sports-oriented)	Young athletes	80
24 March 2015	Helsinki	Finnish Swimming Association	Athletes	15
24 March 2015	Tampere	Sampo Upper Secondary School (sports-oriented)	Young athletes	30
31 March 2015	Kuortane	South Ostrobothnia Sports Academy	Young athletes	20
1 April 2015	Helsinki	Football Association of Finland	Coaches	20
4 April 2015	Ypäjä	Equestrian Federation of Finland	Athletes	20
4 April 2015	Pajulahti	Finnish Judo Association	Young athletes	30
10 April 2015	Vierumäki	Finnish Golf Union	Athletes	21
12 April 2015	Tampere	Superpesis (National Finnish Baseball League)	Officials	30
13 April 2015	Pajulahti	Pajulahti VAT	Coaches	12
14 April 2015	Tampere	Football Association of Finland	Coaches	20
14 April 2015	Vierumäki	Haaga-Helia University of Applied Sciences	Students	31
17 April 2015	Orimattila	Finnish Shooting Sport Federation	Young athletes	11
20 April 2015	Vantaa	Korson Kaiku	Athletes	10
22 April 2015	Kuortane	Kuortane VAT	Coaches	6
27 April 2015	Vuokatti	Olympic Committee	Young athletes	60
28 April 2015	Helsinki	Football Association of Finland	Coaches	20
4 May 2015	Jyväskylä	University of Jyväskylä	Students	80
5 May 2015	Helsinki	Mäkelänrinne Upper Secondary School (sports-oriented)	Young athletes	25
6 May 2015	Kuortane	Kuortane Sports Institute	Health care personnel	16
9 May 2015	Pajulahti	Badminton Finland	Coaches	6
19 May 2015	Kisakallio	Olympic Committee	Coaches	50
20 May 2015	Tampere	University of Tampere, Faculty of Medicine	Health care personnel	80
1 June 2015	Kisakeskus	Kisakeskus VAT	Coaches	8
3 June 2015	Vantaa	Finnish Swimming Association	Athletes	20
3 June 2015	Solvalla	Finnish Handball Association	Young athletes	40
3 June 2015	Solvalla	Finnish Handball Association	Young athletes	40
8 June 2015	Helsinki	American Football Association of Finland	Athletes	30
15 June 2015	Vuokatti	Teemu Selänne ice hockey camp	Young athletes	80
15 June 2015	Vuokatti	Teemu Selänne Ice Hockey Camp	Young athletes	80

## APPENDIX 3

17 June 2015	Rovaniemi	Aino-Kaisa Saarinen Camp	Young athletes	75
22 June 2015	Vuokatti	Finnish Ski Association	Young athletes	90
22 June 2015	Vuokatti	Finnish Ski Association	Athletes	40
24 June 2015	Vuokatti	Finnish Ski Association	Athletes	30
25 June 2015	Vuokatti	Finnish Ski Association	Coaches	5
25 June 2015	Vuokatti	Finnish Ski Association	Health care personnel	10
29 June 2015	Imatra	Lari Lehtonen Ski Tour	Young athletes	15
15 July 2015	Vuokatti	Finnish Ski Association	Athletes	20
18 July 2015	Lahti	IFBB Finland	Coaches	30
22 July 2015	Bosön, Sweden	Olympic Committee	Young athletes	75
27 July 2015	Pajulahti	Badminton Finland	Young athletes	45
27 July 2015	Pajulahti	Badminton Finland	Athletes	31
4 Aug. 2015	Santahamina	The sports school of the Finnish Defence Forces	Athletes	40
6 Aug. 2015	Rovaniemi	Lapland Sports Academy	Young athletes	95
6 Aug. 2015	Rovaniemi	Lapland Sports Academy	Officials	95
14 Aug. 2015	Vierumäki	Finnish Cheerleading Federation	Young athletes	120
14 Aug. 2015	Vierumäki	Finnish Cheerleading Federation	Young athletes	117
20 Aug. 2015	Helsinki	Mäkelänrinne Upper Secondary School (sports-oriented)	Young athletes	30
20 Aug. 2015	Helsinki	Mäkelänrinne Upper Secondary School (sports-oriented)	Young athletes	30
22 Aug. 2015	Lahti	IFBB Finland	Athletes	30
24 Aug. 2015	Tampere	Ilves A Juniors	Young athletes	33
29 Aug. 2015	Pajulahti	Finnish Skating Association	Athletes	30
1 Sep. 2015	Helsinki	Finnish Ice Hockey Association	Coaches	18
12 Sep. 2015	Pajulahti	Finnish Paralympic Federation	Coaches	20
20 Sep. 2015	Hyvinkää	Finnish Swimming Association	Officials	120
23 Sep. 2015	Helsinki	Olympic Committee	Athletes	40
26 Sep. 2015	Loimaa	Finnish Basketball Association	Athletes	20
26 Sep. 2015	Salo	Finnish Basketball Association	Athletes	20
26 Sep. 2015	Salo	Finnish Basketball Association	Athletes	20
27 Sep. 2015	Kouvola	Finnish Basketball Association	Athletes	20
28 Sep. 2015	Pajulahti	Olympic Committee	Young athletes	40
29 Sep. 2015	Helsinki	Finnish Basketball Association	Athletes	6
8 Oct. 2015	Helsinki	Mäkelänrinne Upper Secondary School (sports-oriented)	Young athletes	25

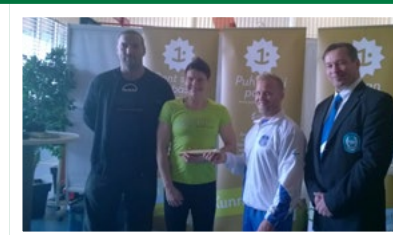
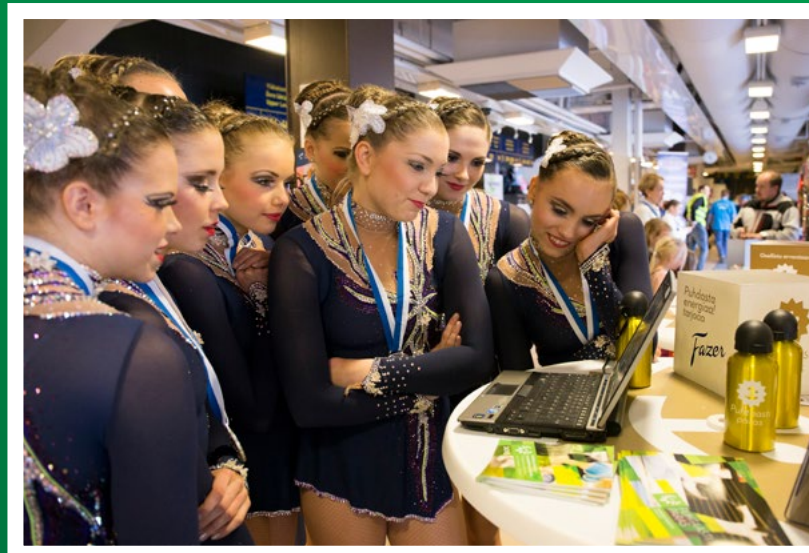
## APPENDIX 3

13 Oct. 2015	Tampere	Finnish Basketball Association	Athletes	20
19 Oct. 2015	Jyväskylä	University of Jyväskylä	Students	30
24 Oct. 2015	Kisakallio	Finnish Shooting Sport Federation	Athletes	20
27 Oct. 2015	Lahti	Päijät Häme Sports Academy	Young athletes	95
6 Nov. 2015	Helsinki	Arcada	Young athletes	30
6 Nov. 2015	Vuokatti	Finnish Biathlon Association	Young athletes	25
6 Nov. 2015	Vuokatti	Finnish Biathlon Association	Coaches	12
7 Nov. 2015	Pajulahti	Finnish Athletics	Young athletes	40
9 Nov. 2015	Turku	Sport Academy of Turku	Young athletes	50
13 Nov. 2015	Kuortane	Finnish Archery Association	Young athletes	25
14 Nov. 2015	Helsinki	Football Association of Finland	Health care personnel	25
14 Nov. 2015	Vantaa	Finnish Swimming Association	Officials	25
18 Nov. 2015	Kuopio	Sports Academy of Northern Savo	Young athletes	150
21 Nov. 2015	Oulu	IFBB Finland	Athletes	40
22 Nov. 2015	Helsinki	Finnish Swimming Association	Athletes	10
28 Nov. 2015	Kuortane	Finnish Bowling Federation	Coaches	8
28 Nov. 2015	Toholampi	Badminton Finland	Coaches	5
28 Nov. 2015	Solvalla	Finlands Svenska Orienteringsförbund	Athletes	34
5 Dec. 2015	Lahti	IFBB Finland	Athletes	40
5 Dec. 2015	Pajulahti	Finnish Athletics Federation	Young athletes	45
11 Dec. 2015	Pajulahti	Finnish Athletics	Young athletes	32
12 Dec. 2015	Helsinki	Finnish Swimming Association	Young athletes	20
16 Dec. 2015	Tampere	Tampere Saints	Athletes	35
17 Dec. 2015	Helsinki	Helmi Business & Travel College	Young athletes	25
			<b>120 lectures</b>	<b>4,208 participants</b>

## APPENDIX 4

# FINADA INFORMATION STANDS AT SPORTING EVENTS IN 2015

23-24 Jan.	Educa Fair	Helsinki
31 Jan.	Finnish National Championships in Badminton	Vantaa
7-8 March	World Biathlon Championships	Kontiolahti
17-18 April	Girls Euro U19 Qualifying Tournament	Pirkkola
25-26 April	Finnish National Judo Championships	Tikkurila
8-10 May	Finnish Gymnastics Championships	Espoo
4-5 June	Volleyball Power Cup	Vaasa
10-11 June	World Classic Powerlifting Championships	Salo
13 June	Finnish Championships in Triathlon	Himos
13-16 Aug.	Finnish Disc Golf Championships	Lahti
29-30 Aug.	Strongman/Strongwoman World Championships	Aulanko
24-25 Sep.	5 <sup>th</sup> Nordic Conference on Appearance and Performance Enhancing Drugs and Anti-Doping Work	Helsinki
4-5 Nov.	Scandinavian Congress of Medicine and Science in Sports	Helsinki
11-12 Nov.	Women's World Floorball Championships	Tampere
29 Dec.	IIHF World Junior Championships	Helsinki





## APPENDIX 5

# FINADA'S INTERNATIONAL REPRESENTATION AND PARTICIPATION IN 2015

## THE WORLD ANTI-DOPING AGENCY WADA

WADA Supervisory Board	Pirjo Ruutu
WADA cooperation meeting with international federations and national antidoping agencies	Pirjo Ruutu Katja Huotari Marjorit Nurmi
WADA TUE Expert Group	Katja Mjøsund
WADA Laboratory Expert Group	Tiia Kuuranne
WADA, CoE and iNADO training conference	Samuli Rasila Susanna Sokka
Legal conference	Markus Manninen
Athlete Biological Passport training	Marjorit Nurmi Antti Leinonen

## INSTITUTE OF NATIONAL ANTI-DOPING ORGANISATIONS INADO

Board of Directors and General Assembly	Pirjo Ruutu
Management training	Pirjo Ruutu
Training Symposium	Pirjo Ruutu Samuli Rasila Susanna Sokka

## UNESCO

General Assembly on UNESCO's International Convention against Doping in Sport	Pirjo Ruutu
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## COUNCIL OF EUROPE

Monitoring Group for the COE's Anti-Doping Convention	Pirjo Ruutu
Coordinating meeting for WADA issues	Pirjo Ruutu
Advisory Group on Education	Samuli Rasila Susanna Sokka

## INTERNATIONAL ANTI-DOPING ARRANGEMENT IADA

Steering Committee	Marjorit Nurmi
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## NORDIC COOPERATION

Secretary Generals' Meeting	Pirjo Ruutu Marjorit Nurmi Maarit Juvonen
Nordic Athlete Biological Passport analysis unit	Pirjo Ruutu Marjorit Nurmi
Scientific meeting and coordinator training	Testaustiimi Katja Huotari Marjorit Nurmi Petri Koskela Janne Väre Oona Väänänen
Training on investigative methods	Marjorit Nurmi Pirjo Ruutu Toimisto
Advisory Group on Education	Samuli Rasila Susanna Sokka
TUE Expert Meeting	Katja Mjøsund Päivi Miettinen

## OTHERS

European Athletic Association, delegate	Pekka Pitkälä Dopingtestaaja
INTERPOL cooperation seminar	Pirjo Ruutu
Nordic World Ski Championships 2017 training	Katja Huotari Marjorit Nurmi

## APPENDIX 6

# SUMMARY OF RESEARCH BY UNITED MEDIX LABORATORIES LTD.

## 1. SCIENTIFIC PUBLICATIONS

1. Kobayashi M, Pelander A, Ketola RA, Leinonen A, Kuuranne T. Targeting misuse of 2-amino-N-ethyl-1-phenylbutane in urine samples: in vitro-in vivo correlation of metabolic profiles and development of LC-TOF-MS method. *Drug Test Anal.* 2015 Feb;7(2):89-94.
2. Thevis M, Kuuranne T, Geyer H, Schänzer W. Annual banned-substance review: analytical approaches in human sports drug testing. *Drug Test Anal.* 2015 Jan;7(1):1-20.

## 2. RESEARCH GRANT APPLICATIONS

1. Direct analysis of testosterone esters in serum samples: alternative derivatization methods and modern detection methods for doping control; joint application with the Division of Pharmaceutical Chemistry at the University of Helsinki and the Hjelt Institute, WADA, negative funding decision.
2. Development and validation of LH assays for use in doping control; joint application with Helsinki University Hospital, WADA, preliminary funding approval.
3. Simultaneous identification and quantification of new abused drugs and metabolites in blood and urine samples without reference standards: Application to forensic toxicology and doping control, joint application with the Hjelt Institute at the University of Helsinki, yhteishakemus Helsingin yliopiston Hjelt-instituutin kanssa, Academy of Finland, funding decision pending.

## 3. RESEARCH PROJECTS

1. Research project: Heidi Hossi, Master's Thesis (pharmaceutical chemistry): Methodology development in liquid chromatographic-mass spectrometric screening analysis for the broad detection of drugs of abuse and pharmacological substances. University of Helsinki, Division of Pharmaceutical Chemistry

## 4. SCIENTIFIC PRESENTATIONS AND LECTURES

1. Kuuranne T. Alternative sample matrices in doping control.  
*Meeting/Conference: FINADA's training seminar for doping control officers 01/2015*
2. Kuuranne T. How to face the lack of reference material - In vitro -synthesis of metabolites?  
*Meeting/Conference: Antidoping Symposium, 06/2015, Oslo, Norway*
3. Kuuranne T. Development of standardized methods for the determination of hCG in urine.  
*Meeting/Conference: Cologne Workshop, 03/2015*
4. Leinonen A. Steroid profile: Valid vs Invalid Urine Samples.  
*Meeting/Conference: NAPMU-meeting, Copenhagen 09/2015*

## 5. POSTER PRESENTATIONS

1. Ristimaa J, Rautava K, Leinonen A, Evaluation of the athlete urinary steroid profiling data - first year experience.  
*Meeting/Conference: Cologne Workshop, 03/2015*

## 6. OTHER SCIENTIFIC ACTIVITY

1. Kuuranne T, Member of the organising committee, "5<sup>th</sup> Nordic Conference on Appearance and Performance Enhancing Drugs and Anti-Doping Work", Helsinki, 09/2015
2. Kuuranne T, Laboratory Expert Group member, WADA.
3. Kuuranne T, "Drug Testing and Analysis" publication, Wiley, associate editor.
4. Kuuranne T, docent, Pharmaceutical Chemistry, Faculty of Pharmacy, University of Helsinki.
5. Ristimaa J, Finnish Chromatographic Society, Member of the Board.



The Finnish Antidoping Agency FINADA  
Radiokatu 20  
FI-00240 Helsinki  
[info@antidoping.fi](mailto:info@antidoping.fi)  
[www.antidoping.fi](http://www.antidoping.fi)  
[#puhtaastiparas](https://twitter.com/puhtaastiparas)  
tel: + 358 9 3481 2020  
fax: +358 9 148 5195