

iNADO Community



First NADO & RADO Capability Register... your contribution is needed!

iNADO and Sport Integrity Australia (SIA) have been collaborating in the last months to develop a **NADO and RADO Capability Register**.

The aim of this Capability Register is to inform the iNADO membership of the skills and expertise of the group existing, and to help us all understand the collective capabilities of the iNADO members.

The register will also be a self-sustaining tool to identify which members can provide assistance within iNADO to ensure that members possess, or have access to, the capabilities to implement an effective anti-doping program.

This unique mapping is a great opportunity to learn more from you... and for you to learn from each other (!). It will create a baseline register of the members' capabilities to help us at iNADO report better to you on the developments, challenges and achievements of our member community, in line with our mission and [strategical plan 2020-2022](#) and objectives to "seek, share & promote best practises", "create, lead and grow a supportive, international member community".

Mapping NADOs and RADOs skillsets and resources but what for? Amongst other benefits members could receive from peer to peer exchange, specific purposes and interests we have identified are:

- build anti-doping capabilities, share expertise and specialist information,
- coordinate efforts and remove duplication,
- strengthen capacity and provide support to other NADO's at times of need or staff shortages, and
- raise awareness amongst members by mapping developments within the community

Which timelines can you expect?

- Currently: iNADO is currently collating information from different sources to create an individual pre-filled survey for each NADO and RADO. We want to make this essential exercise as easy as possible for you!
- Mid/End October 2020: Launch of the survey to all NADOs and RADOs members
- **Mid/End October - Mid November**: **NADOs and RADOs members will complete their individual surveys** and send it back completed to iNADO at info@inado.org.
- 16 November, iNADO Annual General Meeting: we will present some very 1st trends from responses already received and reports reviewed

- [Mid-December 2020](#): first summarized communication from iNADO about results
- [End of January 2021](#): structure compilation of information received from all respondents.

In the end, we want all members to own the benefits of the survey and self-sustain it over time, by having a direct report/feedback from the results. We will consider the best way to share information, if necessary anonymising details as per any organisation's wish, for all members and enable peer-to-peer and direct exchange.

We will send you more instructions on how to complete the survey at the time of the launch.

While we understand you are already busy with a full agenda, we believe the benefits will largely surpass the time and effort involved. The validity and significance of the results will increase if more members respond to the survey. We, therefore, hope all members will kindly support this initiative.

We would like to thank once again some of our members solicited during the development and prototyping phase, for their helpful feedback to build what we hope a be a valuable tool for all: ADAK- Kenya, Anti-Doping Bureau of Latvia, Anti-Doping Lithuania, AEPSAD, Play True Japan, Sports Integrity Australia, SAIDS, SEARADO, Sport Ireland, UKAD.

Thank you in advance for your kind collaboration!
iNADO and Sport Integrity Australia

Annual Reports 2019

As the year 2020 has entered the fourth quarter, more and more National Anti-Doping Organisations have published their annual reports. As the reports offer the opportunity to compare one organisation to others, we at iNADO believe annual reports are a useful tool to highlight new developments of an organisation and inform colleagues all over the world about the results. Following annual reports can always be a great possibility to learn.

- [Sports Integrity Australia](#)
- [Azerbaijan NADO](#)
- [NADA Belarus](#)
- [Bulgarian Anti-Doping Centre](#)
- [Anti-Doping Division Croatian Institute of Public Health](#)
- [Estonia Anti-Doping](#)
- [Sport Ireland](#)

- [Latvia](#)
- [Lithuanian Anti-Doping Agency](#)
- [Luxembourg Agency for the Fight Against Doping](#)
- [Anti-Doping Norge](#)
- [Polish Anti-Doping Agency](#)
- [NADA Romania](#)
- [NADO San Marino](#)

Education App of iNADO Members awarded

The work and effort of education departments in NADOs can often not be measured in numbers as testing departments can for example. It is therefore particularly encouraging if the performance in this area is rewarded from outside. The education app of two iNADO members, Drug Free Sport New Zealand and Sports Integrity Australia, developed in partnership and which sensitises athletes and their support personnel about health risks of using prohibited substances has received multiple



awards.

[Drug Free Sport New Zealand](#) (DFSNZ) and [Sports Integrity Australia](#) (SIA) received three awards for the "Health Effects of Doping" app they partnered to develop. The app received awards in three categories at the 2020 LearnX Summit and Awards Show held virtually on 17 September.

- Best Use of Technology in Learning.
- Best Augmented Reality Industry Specific Skills Training Project.
- Best Performance Support Project.

at the 2020 LearnX Summit and Awards Show held virtually on 17 September.

The education app was designed to teach athletes the primarily negative side effects that happen to their bodies when they use performance enhancing drugs. *"App users can create their own avatar who experiences all the health effects of certain substances. By using the phone's camera, users can peer inside their avatar to see how performance enhancing drugs change their organs and nervous system."* (SIA, 2020)

The app highlights the effects of steroids, stimulants, EPO, HGH, SARMs and opioids as substances that are used often statistically. Side effects that are covered in the app are for instance stroke, liver damage, tumours and anxiety.

But the app does not stop at teaching risks. After showing the negative and dangerous effects, the users receive information about *"some 'good' performance enhancers and hear about the benefits of being a Clean Freak. The app concludes with a quiz on everything users have learned."* (SIA, 2020)

iNADO Bulletin Board



New Episode of iNADO Live Chat

If you are already a listener of iNADO Live Chat you may have already enjoyed this month's episode with our guest Jens Sejer from Play the Game. If you have not yet listened to one or more of our podcast episodes you are for sure missing great discussions across various topics within the world of anti-doping!

Episode 06: "We have seen no major reform in any international sports federation without some kind of public scandal", Jens Seyer

"In this episode, Jens Sejer Andersen, founder of [Play the Game](#), the platform to promote ethics in sports, shares his perspective on the evolution of integrity in Sports Movement: the systemic challenges to monitor, investigate and sanction misbehaviours (corruption, doping scandals, match-fixing, etc.), the call for WADA to engage in an open critical dialogue and the need for external pressure to eliminate organized crime and unethical networks."

Vacancy at International Paralympic Committee

The International Paralympic Committee (IPC) is looking for a Classification Compliance Manager or Senior Manager. Given that

there are many similarities between the structures of the Anti-Doping and Classification Codes, there may be someone you know that would be interested. All necessary information can be found [here](#).

People

New General Manager of Anti-Doping Singapore

iNADO welcomes Merey Tan as the new General manager of Anti-Doping Singapore to our anti-doping community. Through her previous role at the National Youth Sports Institute in Singapore and as one of Singapore's senior Doping Control Officers Tan has vast experience in anti-doping.

Merey Tan has a wide academic background. She graduated from the National University of Singapore with a Bachelor in Computer Science and completed her education with a Master's degree from the Seoul National University in Global Sports Management.



New Chair for Drug Free Sport New Zealand

Tim Castle was appointed as the new chair for iNADO member Drug Free Sport New Zealand (DFSNZ) at the beginning of September by Manatū Taonga, the Ministry for Culture and Heritage. As a member of DFSNZ's board for five years and also a sport judge for the Court of Arbitration Castle he is an experienced lawyer specialising in international sports advocacy and arbitration, as well as alternative dispute and mediation.



Castle served as first vice president of the NZOC from 1995 to 1997 and continued to be a valuable board member for 13 years. He led the development of a new strategic plan in 1996 which was credited with helping the organisation receive record sponsorship through to Athens 2004 (inside the games, 2020).

Castle will hold the position as chair of DFSNZ until July 2021. His predecessor Warwick Gendall has stepped down after eight years.

Athletes Voice

Caster Semenya and the Search for a fair Solution

This is a guest contribution from former athlete Nikki Hamblin

Switzerland's Supreme Court has recently dismissed the appeal of middle-distance runner Caster Semenya, against the Court of Arbitration for Sport ruling last year that upheld the rules drafted by World Athletics. This rule sets a limit for female runners' naturally high testosterone levels, who compete in the 400, 800 and 1500m.



Caster Semenya has a condition that is one of 46 XY Differences of Sex Development (DSD) that elevates her natural testosterone level above the limit set by World Athletics. Consequently, Semenya will be ineligible to defend her Olympic title in the women's 800m, unless she takes medication to suppress her testosterone levels. Semenya reiterated her stance of not being willing to do so

following the outcome of the appeal.

As a 21-year-old athlete competing in the 800m at the 2009 Berlin World Championships where Semenya dominated the event, I would have said this was the right call, although unfair to Semenya.

There are many reasons why it is important to maintain a female category at in sport – for athletes, fans and society - and to have this category a line needs to be drawn. I'm just not convinced anymore that testosterone, as it is an imperfect scientific measure, taking into account no other factors is the best way to draw an absolute line between male and female categories. So, over the years my position has changed, Semenya, and women like her, were born as women, raised as women and identify as women and so therefore should be eligible to compete in the women's category.

The reality of the rule is awkward. Firstly, it only applies to certain events: the 400, 800 and 1500m. This is despite a study by World Athletics, upon which the rule was based, showing that women in the hammer throw and pole vault also benefit from higher testosterone levels. Yet these events are not regulated. If testosterone is how we will divide the male/female category then it should apply equally across all events, not just those with historical overrepresentation of women with DSDs on the podium.

Secondly, it is not clear how women will be identified or 'pulled out' for testing for a DSD. History has shown us that it is most likely to be based on physical appearance. This will cause significant harm, in practice or through speculation, to every woman whose appearance is 'too manly' or 'too muscly' or simply does not conform to someone else's notion of what a woman's body should be.

Thirdly, for women with a DSD to compete in the 400, 800 or 1500m they will have to undergo surgery or take medication to suppress their testosterone level. The World Medical Association has spoken out regarding this as it does not meet international medical ethics or human rights standards. Unnecessarily and unethically medicating asymptomatic athletes to enable them to compete seems to be contrary to the concept of pure sport and playing true.

I believe Semenya has one more option to appeal the ruling – The European Court of Human Rights – this would be a long process and unlikely to be resolved within the peak years of her running career. It would be for the future place of women like her in sport. It is yet to be seen whether she will proceed with this as who could blame her for wanting to move on, after all, it has been 11 years since her gender was very publicly questioned at the 2009 Berlin World Athletics Championships.

Whether you agree with the latest ruling or not, the courage and strength Caster Semenya has shown to stand up in front of the world and fight for her place in sport, often despite inhumane treatment and judgment, should only be respected. Differing viewpoints are part of life, but for our sport and ourselves we should always maintain our humanity and kindness.

Science

Athletes willingness to dope reduces after their Coaches get trained in need Supportive Communication Skills

In September 2020 an international research group led by Nikos Ntoumanis published a study titled "An intervention to optimise coach-created motivational climates and reduce athlete willingness to dope (CoachMADE): a three-country cluster randomised controlled trial" in the British Journal of Sports Medicine. The authors compared the effect of a "standard" anti-doping workshop for coaches to one providing supplementary information about motivationally supportive communication. Findings suggested that the additional training enhances the effectiveness of the workshop for both coaches and athletes.

The parameter of doping confrontation efficiency DCE describes the "extent to which coaches believe in their ability to effectively confront athletes regarding doping and offer appropriate solutions" (Boardley et al., 2019). Previous studies; (Boardley et al., 2019; Chan et al., 2016) have shown that coaches DCE is strongly linked to athlete's propensity to engage in doping or their susceptibility to inadvertent doping. In accordance with the self-determination theory, it is hypothesized that a need supportive communication strategy of coaches might increase their individual DCE and therefore facilitate changes in athletes' anti-doping-related attitudes.

To verify this claim, the study conducted a cluster randomized control trial delivered in Australia, the UK and Greece including 196 coaches. The coaches were randomly assigned to either a control group, being trained in standard anti-doping prevention knowledge and an intervention group receiving additional training in need supportive communication skills. Pre- and post-intervention testing as well as follow up testing (two months later) was performed with coaches but predominantly with their respective athletes. In addition to a large number of determined parameters, the athletes' willingness to take prohibited substances was of great interest.

Between group comparison showed a steeper decrease in willingness to dope alongside lower psychological need frustration in the intervention compared to the control group. Although athlete's perception of their coach's communication did not differ between groups, the authors suggested that psychological distress is reduced by the more need supportive communication of the coach which ultimately results in reduced doping probability. In addition, athletes trained by coaches of the intervention group displayed greater knowledge about anti-doping in follow up testing. With respect to the coaches, the intervention group reported a greater DCE, perceived effectiveness of need support and anti-doping team culture compared to the coaches in the control group.

Based on these findings, the authors concluded that additional communication skill training might be helpful to increase the effectiveness of preventive anti-doping work with coaches. In addition, given the fact, that most parameters returned to baseline level at follow up diagnostics more personnel should be included, and refreshing sessions should be implemented to achieve longer lasting effects.

This [study](#) and new approaches should be of interest to WADA and NADOs in relation to anti-doping education as it could be key to improving efficiency and success.

Practical Developments

Lessons learned from Covid-19: WADA forms Strategic Testing Expert Group

It is unlikely there is any sector of public life Covid-19 has not affected deeply within the last months. The anti-doping community has felt the effects and continues to do so. As a result, the World Anti-Doping Agency (WADA) has formed the new Strategic Testing Expert Group who will review the lessons learned from the pandemic in order to learn for future similar crises.

Anti-Doping Organisations (ADOs) have returned to their testing programmes over the summer months. In order to prepare and assist ADOs, in their ability to manage any future situation with a similar impact, WADA has established the 10-person Expert Group whose main task is, among other activities, collection and evaluation of feedback from ADOs on their testing programs during the Covid-19 pandemic.

One part of the review is a survey which WADA sent to ADOs at the beginning of September to seek the latest information on their testing program. The results will draw global picture of testing during a pandemic.

The survey tackles the following main areas:

- *The impact that COVID-19 has had on ADO programs;*
- *ADO views on the COVID-19 Guidance for Resuming Testing document issued by WADA on 6 May, which outlines how the anti-doping community can best operate testing programs in this challenging environment in line with globally recommended health and hygiene procedures and the International Standard for Testing and Investigations; and*
- *The impact that COVID-19 has had on sample shipment and analysis. (WADA, 2020)*

Besides being better prepared for similar situations, the survey outcomes may also include developing temporary rules or amendments to the applicable International Standards or the inclusion of specific procedures within an existing WADA Guideline or other guidance documents.

The Strategic Testing Expert Group is chaired by Matt Fedoruk from the United States Anti-Doping Agency and is made up of anti-doping professionals with a broad range of scientific, medical, legal and other relevant expertise, including an athlete representative. (WADA, 2020)

International Triathlon Union becomes World Triathlon

We would like to inform you that as of the 1 October, the International Triathlon Union (ITU) becomes World Triathlon.



This new identity has been developed to reinforce its place at the centre of the global triathlon community and to provide fresh impetus to its mission to continue to grow the sport of triathlon. The organisation is kindly asking for your acceptance of the change and for your institution to also start using [World Triathlon's](#) official new identity.

All emails, mailing addresses and telephone numbers will remain the same. If you have any further questions, please contact Leslie Buchanan, director of anti-doping at World Triathlon, directly: leslie.buchanan@triathlon.org.

Feature of the Month

#NonStopClean

We at iNADO like to thank all the participants of our social media campaign within the last weeks. Spread the word to be #NonStopClean.

- When it comes to fair sport and staying doping-free there is only one way: Staying #nonstopclean 💎💎! We want to su...
<https://t.co/Gy0noOQIRz> 9:00AM



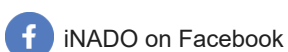
DOPING.nl
THE ANTI-DOPING KNOWLEDGE CENTER

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:

- [CAS Awards](#)
- [Decisions International Federations](#)
- [Decisions IOC](#)
- [Decisions NADOs](#)
- [Scientific Literature](#)

iNADO is the Institute of National Anti-Doping Organisations. It promotes best practices by NADOs and is their collective voice.



ERASMUS Projects



iNADO Partners



DOPING.nl
THE ANTI-DOPING KNOWLEDGE CENTER

