



Anti-Doping conference

RU
2016

Amsterdam, June 15, 2016



MR JOSEPH DE PENCIAER

*iNADO, Institute of National Anti-Doping
Organisations*



The Effectiveness of International Anti-Doping Policy and Cooperation: Mid-Term Report Card





The Curriculum

Science

Intergovernmental Commitments

Harmonised Rules

Scope of the Rules

Consequences of Non-Compliance

ADO - ADO Cooperation

ADO - Public Authority Cooperation

Technology

Impacting the Public Debate

Athlete Satisfaction



2016



Science **A**

- World leading
- If it always seems playing catch-up, that's because our scientists play by rules (including ethical norms) while dopers don't give a damn
- However, for developing ADOs can be overwhelming
- Like the rest of anti-doping, cash-starved



Intergovernmental Commitments C+

- Out of date
- Compliance monitoring unfocussed and with little impact
- Honoured in the breach more than the observance?
- Day-to-day impact doubtful
- Public authorities often ineffective in WADA governance



Harmonised Rules A-

- World Anti-Doping Code, International Standards, mandatory Technical Documents, Guidelines, Models of Best Practice, WADA Notices, ...
- Legislation for controlling medications and substances (although inconsistent depending on what constitutes the practice of medicine (i.e., meldonium, ADHD medication))
- But enforcing the legislation?
- Professional malpractice
- Nutritional supplements (lack of government oversight of the world wide web)



Scope of the Rules **B**

- Each new version of the Code gets better (but longer and no less complex)
- Obvious gaps:
 - Failure to cooperate with investigations not itself an ADRV
 - Abuse of doping control officials not itself an ADRV
- Need to protect and reward those who report wrongdoing



Consequences of Non-Compliance C

- Rules compliance: well-established
- Operational compliance: work in progress
- Collateral damage: clean athletes when programmes / labs suspended
- Needs better tools especially genuine commitment from sport organisations to exclude dopers (and in some cases their sports or countries) from competition

ADO-ADO Cooperation **B+**

- “It’s getting better all the time...”
- A community of practitioners (we all do the same work) driven by
 - Dedicated mandate
 - Commitment to clean sport
 - Increasing trust and mutual respect
 - Economics
- But (N)ADOs need good governance standards and better oversight (WADA? iNADO? ISO?)



ADO-Public Authority Cooperation **B-**

- Sincere NADO willingness
- Huge variation by country and by legal status of (N)ADO -- extraordinarily difficult for IFs
- Public authority ignorance (“it’s just about elite sport”)
- Public authority disinterest (other priorities)



Technology C-

- More and more mobile apps / social media use
- ADAMS use not yet universal
- After many years of discussion ADAMS still lacks interface for other systems, some of which pre-date it by almost a decade
- Legal impediments
- Failure to use existing technologies (i.e., paperless doping control)



Impacting the Public Debate C+

- Great material (Spirit of Sport)
- Many effective spokespeople
- No over-all ADO strategy
- Working relationships with media inconsistent
- Lack of coherent response to latest revelations or public / media skepticism
- Sponsors of sport are on the sidelines



Athlete Satisfaction C

- Athletes support the independent NADOs which protect them
- Athletes becoming more involved in ADO governance and policy making
- Investigate, investigate, investigate
- Protect and reward athletes who report wrongdoing – celebrate them, do not punish them
- Recover and redistribute prize money – and public funding



Anti-Doping's Mid-Term Report Card | Overall Grade **B**

- Tackles new challenges seriously/eagerly and with a positive attitude
- Keep showing initiative and creativity
- Must not be afraid to participate in class
- Sometimes has challenges balancing tasks and finding the most efficient way forward
- Needs more parental attention and support.



Anti-Doping conference

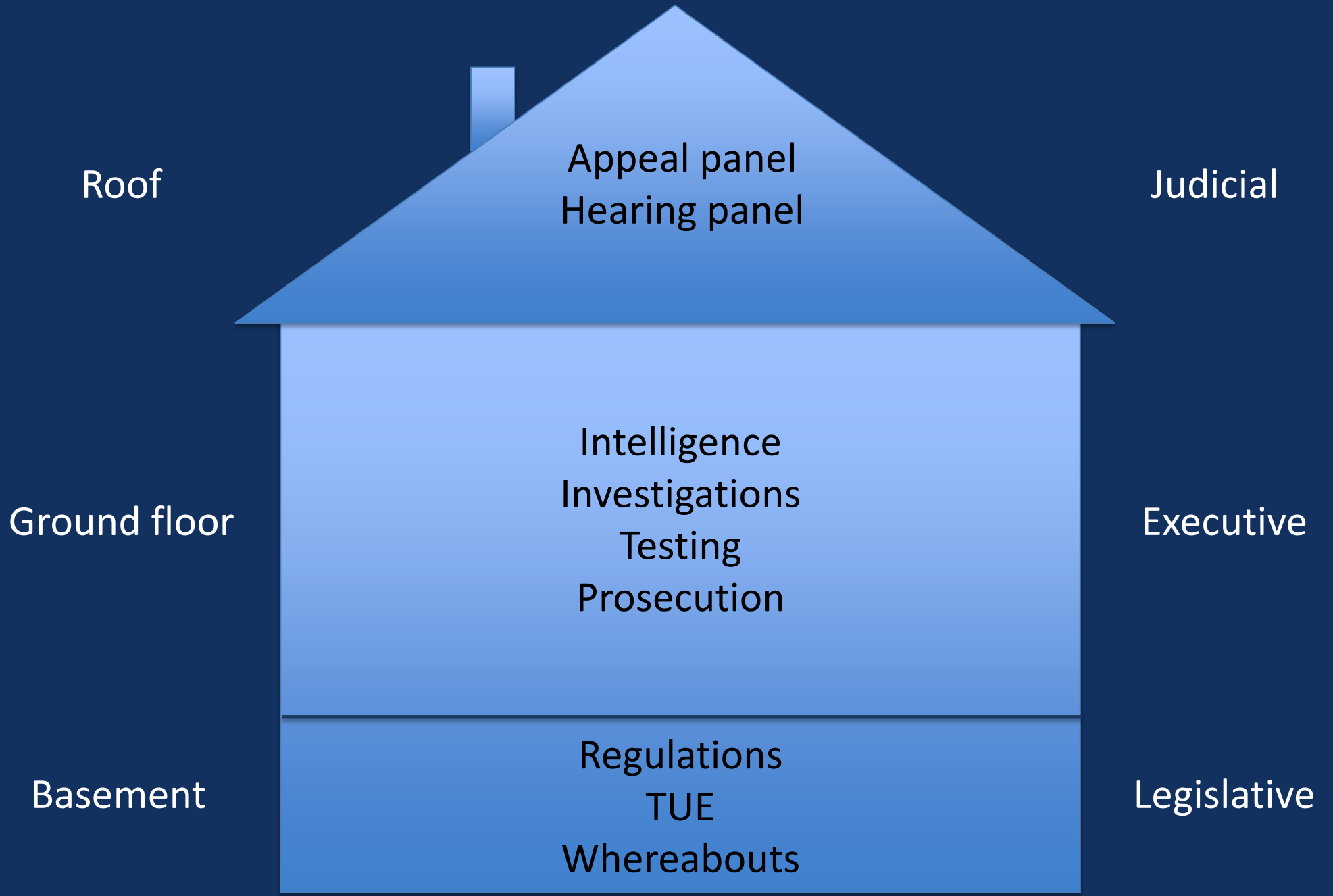
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MR ANDERS SOLHEIM

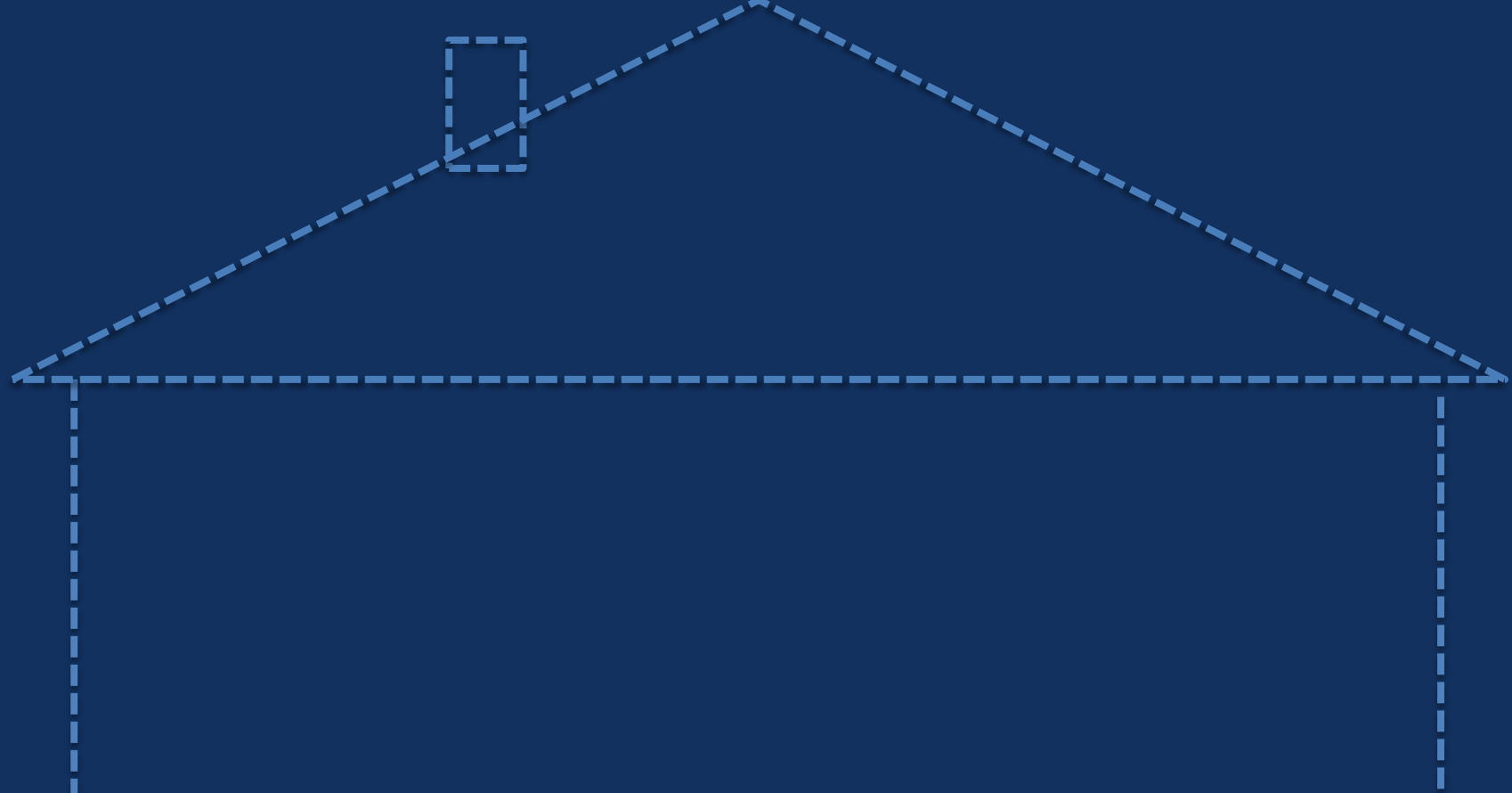
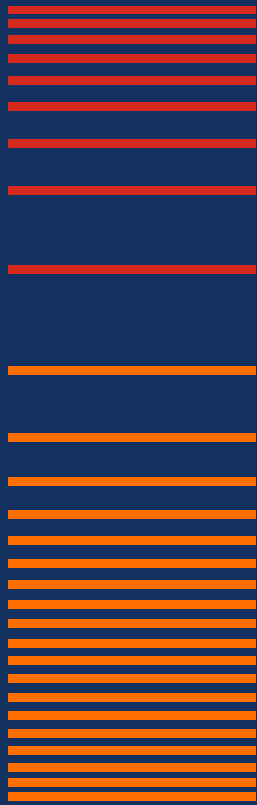
*Chair of the Monitoring Group,
Council of Europe Anti-Doping Convention*





An operational independent house

- Independence from sports and government
 - . No conflict of interest
 - . Mandate
- Properly funded
- Appointment of Board members
 - . No conflict of interest
 - . Knowledge, competence and capacity
- CEO and Management
- DCOs, BCOs and Assistants
- Investigators
- Prosecutors
- APMU (biological passports)



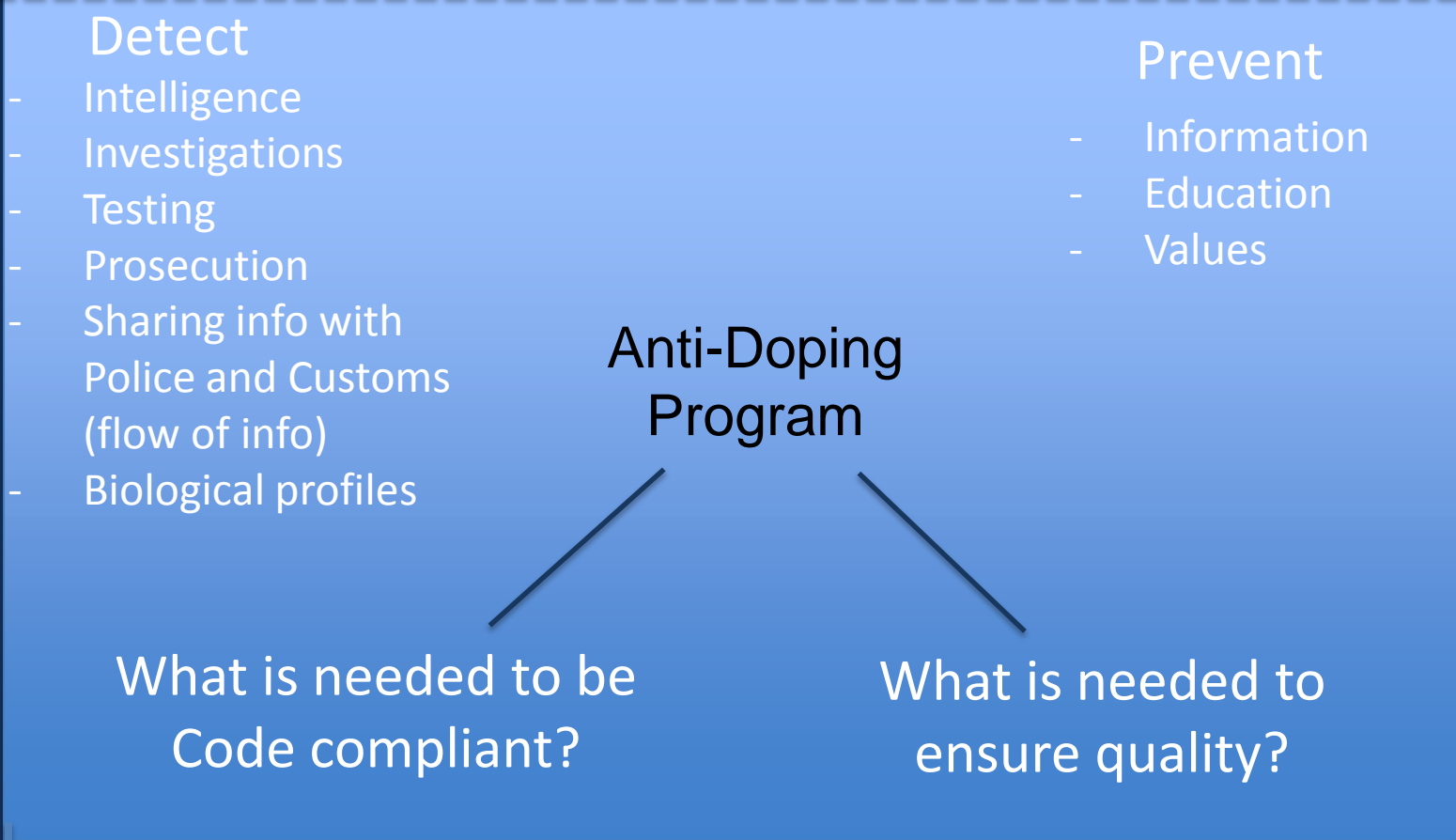
Basement

- In place since Athens Olympics 2004
- Reviewed with effect on 1.1.2009 and 1.1.2015
- Monitored by WADA (Code Review Committee).
- Code, standards, Technical Documents.
- Implemented at national level and by IFs.

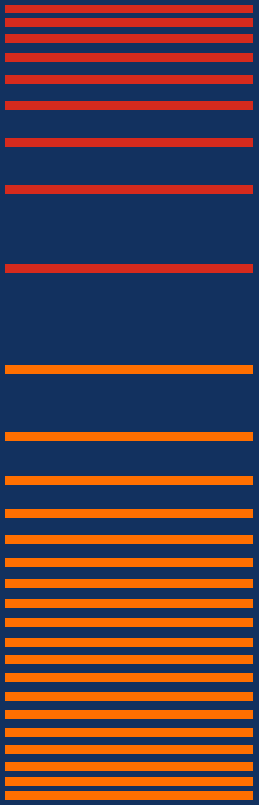
Legislative



Ground floor



Executive



Roof

Appeal panel
Hearing panel

Judicial

- Independent and impartial members
- Right to give a binding and timely decision
- One hearing and appeal body per country
- Consider a unique «sports court»?
. Alternative to arbitration?



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MR BART COUMANS

*Dutch NADO,
member of WADA Education Committee*



The role of prevention and ethics in anti-doping



Why prevention?

- Legislation and rules are not enough
- Knowledge is a protective factor
- Ethics is a deterrent




Objective of prevention

No *unintentional* and *intentional* doping use
and no other anti-doping rule violations.



SAY NO!
TO DOPING

In partnership with  WADA

Talking about rights

- Every athlete has a right to clean sport.
- Every athlete has a right to information and education.





Athletes completely at fault?

“Four out of ten athletes who committed an anti-doping rule violation received a suspension that was lower than the two year period of ineligibility that used to be standard pursuant to the 2009 Code. This is an indication that juridical panels in many instances are not convinced that the athletes concerned were completely at fault, that mitigating circumstances were applicable, or that full responsibility of the suspected violation should not be held against them.”

De Hon & Bottenburg. True dopers or negligent athletes? An analysis of Anti-Doping Rule Violations reported to the World Anti-Doping Agency 2010-2012. PhD-thesis, to be published



Always intentionally?

“This gives a strong indication that a large proportion of the athletes who committed anti-doping rule violations may have done this unintentionally. Anti-doping professionals should strive to improve this situation in various ways.”



Major risks for athletes

- Consumption of supplements with prohibited substances
- Use of prohibited substances without a TUE
- Use of prohibited recreational drugs
- Mistakes during the doping control procedure

Dangers are nearby !

Prevention + Enforcement

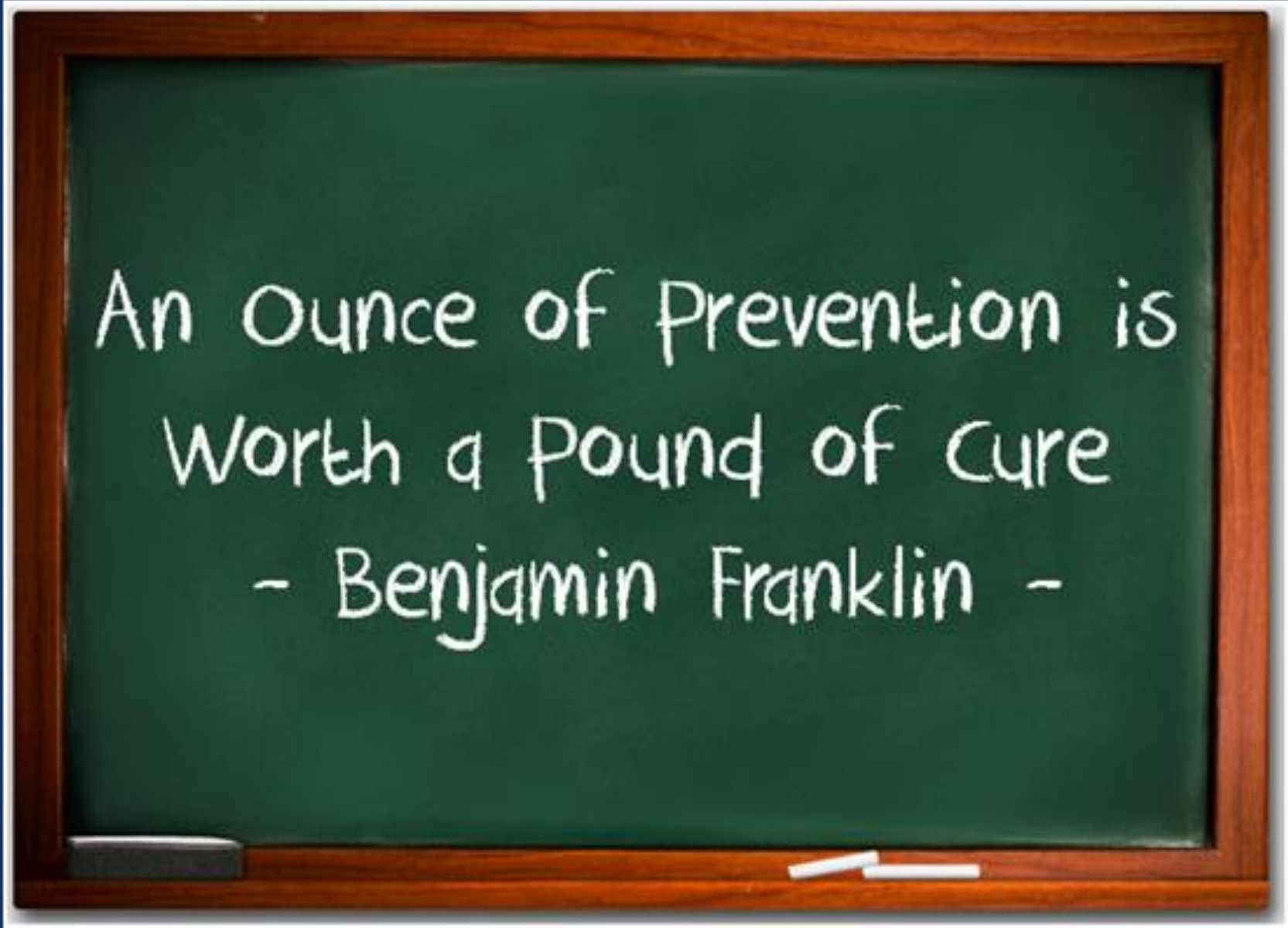


- Awareness
- Information
- Education
- Other measures



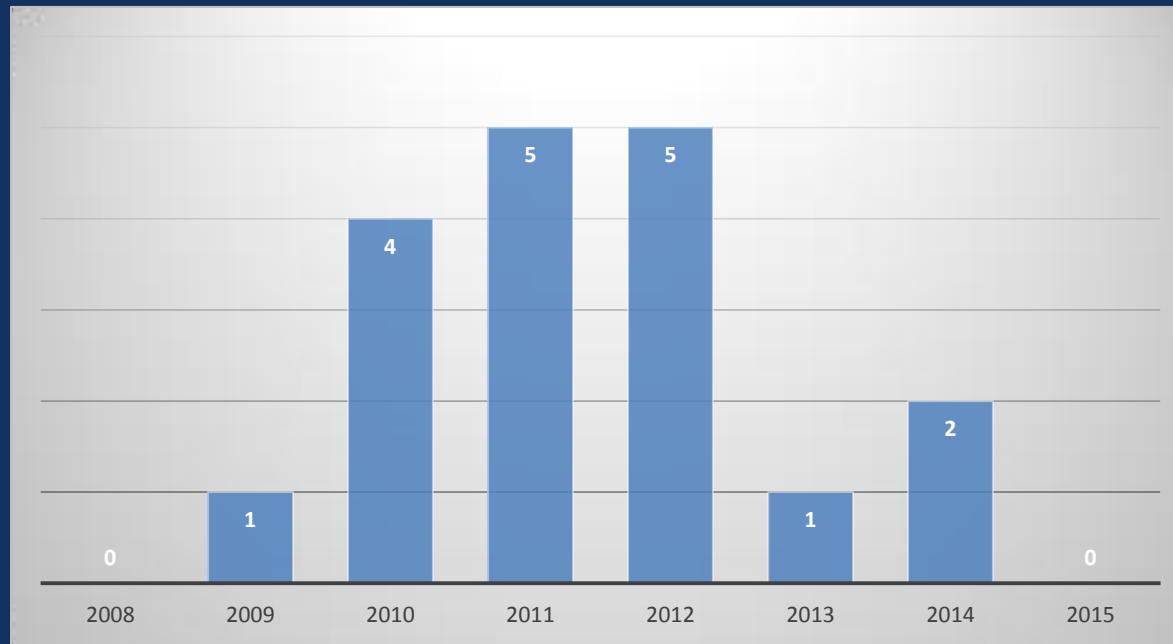
- Urine controls
- Blood controls
- Athlete Biological Passport
- Intelligence & Investigation





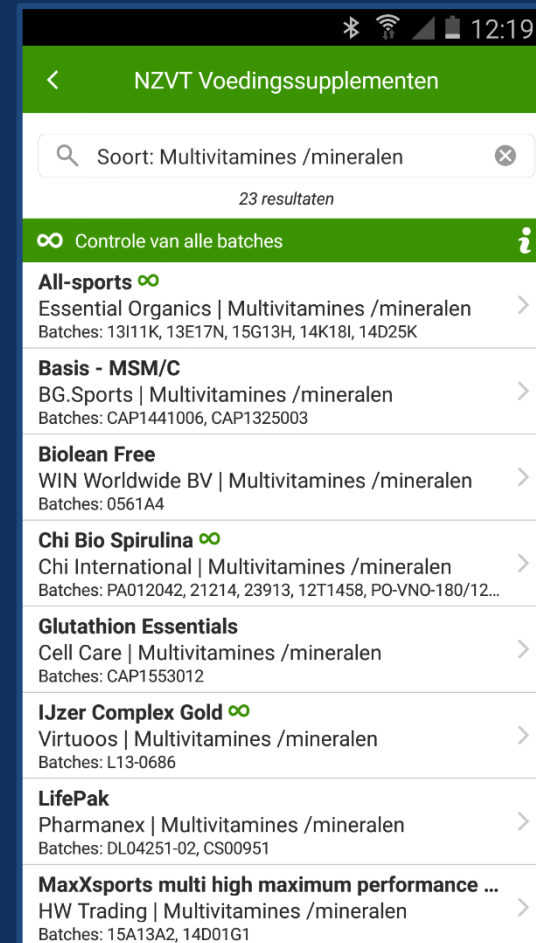
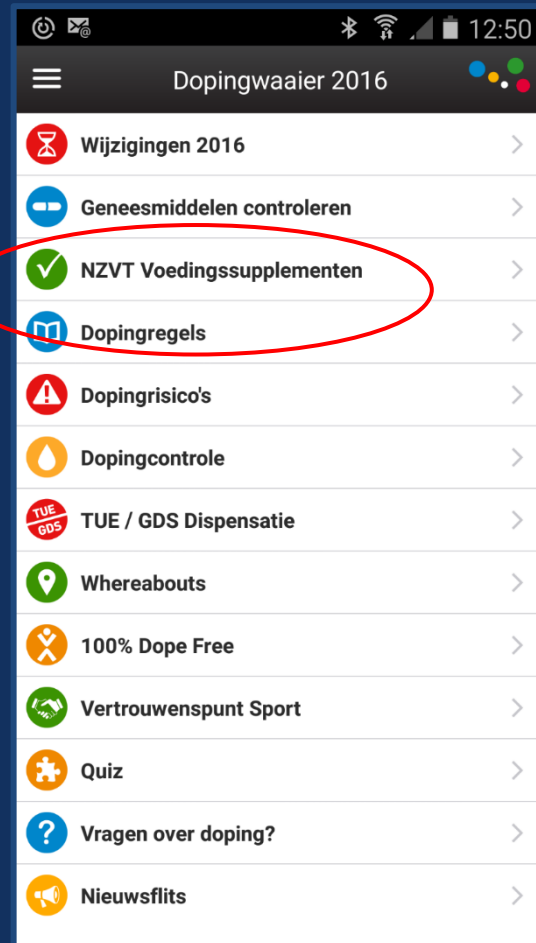
An Ounce of prevention is
Worth a Pound of Cure
- Benjamin Franklin -

Number of DMAA cases (NL)



Legally prohibited in supplements since August 2012

Supplement Security System





Information: technology helps

- Websites
- Social media
- Apps
- E-learning



Keep challenging

A recent survey among Dutch elite athletes shows:

- 83% use supplements
- 93% knows that supplements can be contaminated with prohibited substances
- Nonetheless, 19% use supplements that are not tested
- 7% use a system not recognized by Dopingautoriteit



Improving structures

- Talent → Elite Athlete (8 years)
- Not only sport technical program
- Also: learn 'elite athlete behavior' towards:
 - ✓ Nutrition
 - ✓ Mental & Physical preparation
 - ✓ Lifestyle
 - ✓ And....Clean Sport !
- NSF's are essential for implementation (obligation?!)



8 categories

1. Doping free sport culture
2. Regulations and organizations
3. Prohibited List
4. Medications & TUE's
5. Supplements, Recreational drugs & Meat
6. Doping control procedure
7. Anti-doping rule violations & Hearings
8. Whereabouts

Clean Sports Education



Bronze

Silver

Gold



More than information !

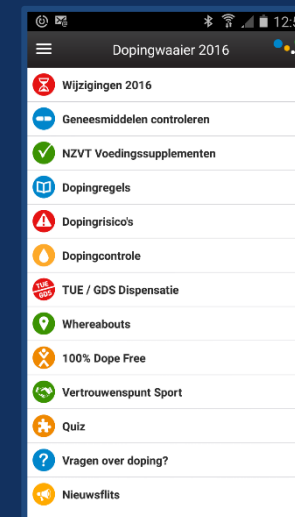
Gold: Attitude & Behavior



Silver: Skills



Bronze: Awareness & Knowledge



Education is a challenge

- Effective interventions ?
- Risk & Protective factors
- Person and Environment





male gender

low perceived threat of detection

nutritional supplement use

career transitions

stress

pro-doping attitude

dissatisfaction
with one's
appearance

Person

injury

personal morality

perfectionism

low self-efficacy beliefs

ego orientation

fear of failure

sensation seeking

high trait anxiety

strong athletic identity

belief everyone's doping



medicalisation of society

sport cultures & sub-cultures

legal framework

threat of detection

motivational climate

reward system

media

Environment

social norms

sport demands

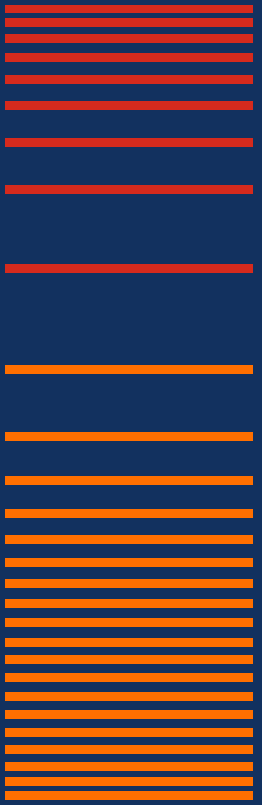
coach climate

contact with dopers

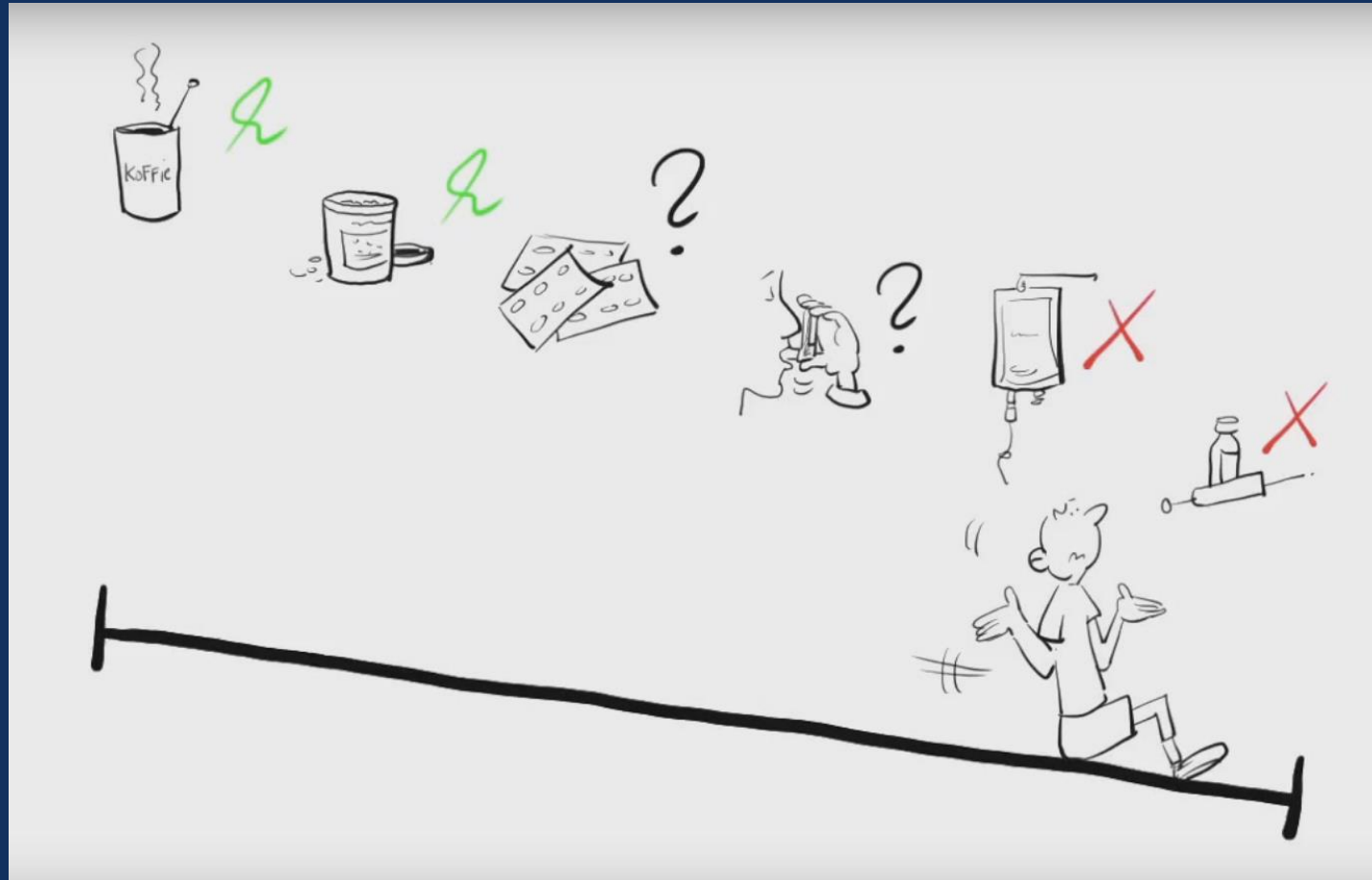
Social pressure from significant social agents (e.g., parents, coaches, peers)

drug availability

**Athletes don't start with
the intention to dope**



Sliding scale



Riding for a clean sport 2014-2015



Financed by



Objective: To promote a clean cycling culture

Not to dope or to dope?

No moral training

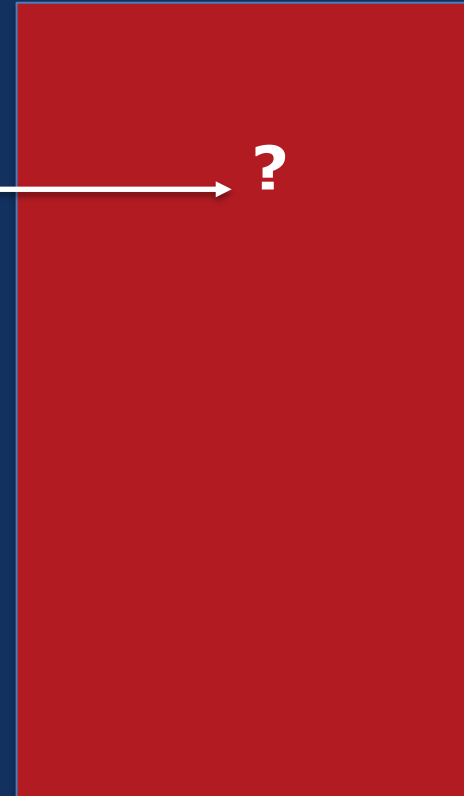


?

After moral training



?



New culture: instantly ?

Culture change ?



**Next Thursday
3.30 PM !**

New culture: a long way to go



Some decades ago



Nowadays

“Een **schone sport** betekent voor ons
dat we het **maximale uit onszelf halen**
zonder doping te gebruiken en met **keihard trainen**”

#gewoonschoon*



NU
2016

Atletiek,
gewoon schoon*





Thanks for your attention !

b.coumans@dopingautoriteit.nl



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COFFEE BREAK

Be back at 16.00