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ISSUE 3 - 2008

AN OFFICIAL PUBLICATION OF THE WORLD ANTI-DOPING AGENCY

Levelling the Playing Field

Newly-revised, a firmer and more practical World Anti-Doping Code promises to strengthen the fight against doping and bring all athletes one step closer to fairer competition.

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AN OFFICIAL PUBLICATION OF THE WORLD ANTI-DOPING AGENCY

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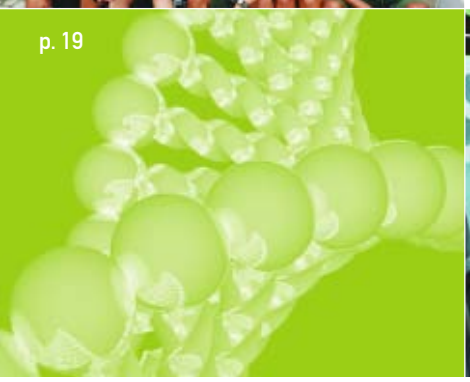

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An Ongoing Mission

This issue of *Play True* provides a round-up of the enhanced anti-doping rules that are to come into force on January 1, 2009, under the revised World Anti-Doping Code and its related International Standards. The revision of the rules is a major achievement for the global anti-doping community and marks a new phase in getting tough on doping.

We have come a long way since the Code's beginnings. In fact, it was just over four years ago, on the eve of the Athens Games, that all Olympic sports federations had adopted the Code. At that moment in time, the Code was agreed to and adopted, but it still remained to be seen how it would be implemented, and what the ultimate outcome would be for sport.

We can now look back over the past four years with a certain degree of satisfaction. The spate of doping cases and investigations in the lead-up to the Beijing Olympic Games are just one indication that the worldwide fight against doping in sport has made a giant leap forward. It is also an indication that the Code is a fair and effective means for rooting out doping.

As a result of the Code, for which WADA is the mandated custodian and monitor, progress in several key areas has been made.

More sports have started developing no notice out-of-competition testing programs, as required under the Code, and which are clearly the most effective of testing strategies.

Governments have become more and more involved on many different levels, including supporting robust national testing programs. Many of the positive doping cases uncovered in the lead-up to the Beijing Games are the result of nations stepping up their testing efforts to ensure that the athletes they sent to the Olympics were clean.

Testing tactics themselves have become smarter, more targeted with the experience of the past four years. Yes, one might boast that increasing the numbers of in-competition tests means that more athletes can be tested and therefore raises the likelihood of catching cheats. It certainly acts as a compelling deterrent and is a message of strong commitment for event organizers. But the real progress lies in using intelligence in targeting the tests out of competition.

The spate of doping cases and investigations in the lead-up to the Beijing Olympic Games are just one indication that the worldwide fight against doping in sport has made a giant leap forward. It is also an indication that the Code is a fair and effective means for rooting out doping.

We continue to close the gap on rogue science. It is a constant race, but by partnering with the pharmaceutical industry we are now able to detect some drugs even prior to their coming to market. Just one example is that of CERA, the EPO drug developed by Roche. Our ability to detect CERA during the Tour de France, a drug perceived by some doping athletes to be undetectable, was the result of a four-year collaboration with Roche to ensure that we had a detection method to find abusers at the ready as soon as the drug became available for good and proper medical care.

WADA's introduction of the strategy involving investigations and cooperation with law enforcement has helped to put the squeeze on the manufacture and trafficking of illegal doping substances. We are now finalizing our partnership with Interpol and look forward to joint initiatives.

And there has been a great deal of education of athletes and officials about their responsibilities under the Code, so that now there really is no excuse for doping.

The Code has provided the framework for these advances to occur. No doubt, without the Code, sport would be in an abysmal state today. And now, we are poised to take the next step by implementing the improvements we have agreed upon to ensure that the coming years result in even greater success at combating doping and protecting clean and safe competition.

Stressing Compliance

As custodian of the World Anti-Doping Code, two of WADA's over-arching priorities relate to maintaining the integrity of the Code and ensuring the proper evolution of the Code.

We maintain the integrity of the Code through assisting and monitoring stakeholders' compliance, and we ensure the proper evolution of the Code through the extensive and thorough consultation and review of the Code and its associated International Standards on a periodic basis.

Our work in these two areas ensures a worldwide harmonization of anti-doping programs which gives athletes confidence in the integrity of the anti-doping system and the fairness of competition. The key objective in such harmony is for all athletes to benefit from strong and fair anti-doping policies and protections, that are the same for all, no matter the sport, the nationality or the country where tested.

On the compliance side, for some time now we have also been actively preparing for the initial compliance report which will be submitted to WADA's Foundation Board in November, as required by Code Article 23.4. (This report will address compliance with the 2003 Code; the first compliance report for the 2009 revised Code will occur in 2010.)

In all that we do, it is our hope and aim that, by working together with our stakeholders, we will be able to help everyone achieve Code compliance, and that everyone is declared compliant in November.

The process we initiated for compliance reporting (outlined within these pages) was designed to be easy for stakeholders and involved a user-friendly online self-reporting mechanism. At the same time, WADA's standards and compliance staff have been actively assisting stakeholders who have wanted further assistance with their reporting, in addition to providing guidance on addressing compliance shortfalls.

I would like to point out that under this compliance project, both International Sports Federations and National Anti-Doping Organizations are covered.

What this means is that both sport and government are subject to compliance monitoring through WADA's Code compliance report, because within countries that have National Anti-Doping Organizations (NADOs), the primary resource of funding of the NADO is usually the national government.

Compliance is also being addressed through the Regional Anti-Doping Organization (RADO) project initiated by WADA several years ago, again engaging government finances but in addition gaining support from National Olympic Committees.

The RADO program fosters the establishment of RADOs in areas of the world where resources are limited, and therefore a joining of resources among countries maximizes their impact in combating doping. Under this model, a number of countries band together to create a RADO responsible for testing and education in the region. Since WADA launched this program in 2005, more than 120 new countries have been engaged in anti-doping programs.

These programs are established at the outset with Code-compliant rules and are guided to maintain Code compliance in their practices.

The compliance report is a critical element in worldwide anti-doping. It is a report card of sorts on how the anti-doping and sport community are doing. This is the first time it will have been issued, so there will certainly be room for improvement. However, we are confident that the class is working towards achieving high marks on behalf of clean and safe sport worldwide, and by the time our second report is due in 2010 there can be no excuses for not achieving them.

In all that we do, it is our hope and aim that, by working together with our stakeholders, we will be able to help everyone achieve Code compliance, and that everyone is declared compliant in November.

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Ensuring a Level Playing Field

Revisions to World Anti-Doping Code and related International Standards come into force on January 1, 2009. More firm and practical, these amended rules promise to strengthen the fight against doping in sport for years to come and further consolidate the growing movement among established and emerging athletes to ensure fairer competition for all.

The revised World Anti-Doping Code (2009 Code) and its International Standards will mark an important new phase in the fight against doping in sport. Revisions to the Code and the International Standards are the culmination of a two-year consultation process, and promise to provide global anti-doping stakeholders with more tailored and effective tools in their ongoing efforts to confront the dopers who undermine the spirit of sport.

The Code is the core document that provides the framework for harmonized anti-doping policies, rules and regulations within sport organizations and among public authorities. Since it came into force on January 1, 2004, the Code has proven to be a very powerful and effective tool in the harmonization of anti-doping efforts worldwide. This has been demonstrated by the overwhelming support of governments and sports in adopting the Code, in addition to the growing body of jurisprudence from the Court of Arbitration for Sport (CAS) in supporting the Code's tenets.

A Constructive Harmonization

The adoption of the original Code (2003 Code) led to several significant advances in the global fight against doping in sport, including the formalization of certain rules as well as the clarification of stakeholder responsibilities. This brought about harmonization to a system where previously rules had varied, and in some cases did not exist.

Consequently, for the first time, universal criteria were set for considering whether a substance or method may be banned from use. Furthermore, the Code formalized the acceptance of the principle of strict liability for anti-doping rule violations involving the presence of a prohibited substance. The Code also formalized and allowed for the acceptance of a statute of limitations stipulating that all actions for an anti-doping rule violation must be initiated within eight years from the date in which the violation occurred.

Additionally, the Code set normative sanctions while offering flexibility to lessen or enhance bans based on circumstances of a case. It also allowed for the sanctioning of "non-analytical" rule violations, meaning that a sanction can be applied in cases where there is evidence that an anti-doping rule violation occurred but where there is no positive doping control test, such as witnessing activity or a law enforcement agency uncovering information. The Code lists the following possible violations that are not linked to the use of a prohibited substance or to its presence in a sample: using or attempting to use a prohibited substance or method; refusing, or failing without compelling justification, to submit to sample collection after

notification, or otherwise evading sample collection; violating applicable requirements regarding athlete availability for out-of-competition testing, including failure to provide whereabouts information and missed tests which are declared based on reasonable rules; tampering, or attempting to tamper, with any part of control; possession of prohibited substances and methods; and trafficking in any prohibited substance or prohibited method.

The Code also provided WADA with the right to appeal to CAS on rulings by anti-doping organizations operating under the Code—a right that WADA regularly exercises in order to ensure that sanctions for anti-doping rule violations are in accordance with the Code.

A Living Document

The Code was always intended to serve as a living document, evolving to meet the needs of an effective anti-doping program. To this end, and with the goal of enhancing anti-doping programs, WADA initiated a consultation process in 2006 for the practical review and fine-tuning of the Code's provisions. Throughout the revision process, WADA encouraged comments and suggestions that would benefit the global community of athletes, from both its stakeholders and all those who want clean and fair sport.

After an open and transparent consultation process that included three phases and the publication of several preliminary drafts, the revised Code was unanimously adopted by WADA's Foundation Board and endorsed by the 1,500 delegates present on November 17, 2007, the final day of the Third World Conference on Doping in Sport, hosted in Madrid (Spain).

Although the key principles and elements of the 2003 Code will remain in place, several important changes are reflected in the 2009 Code. Two general themes, >>

namely firmness and fairness, have emerged from these changes, both targeted at strengthening the fight against doping in sport.

WADA's stakeholders are required to implement the revisions to the Code by January 1, 2009.

Major changes

Greater Flexibility

Revisions to the Code introduce a greater flexibility in the application of sanctions in general. While this flexibility provides for enhanced sanctions, reduced sanctions are possible in particular where the athlete can establish that the substance involved was not intended to enhance performance (Article 10.5).

Increased Sanctions

The revised Code provides for an increase of sanctions in doping cases involving aggravating circumstances. These circumstances can include, but are not limited to, being part of a large doping scheme, an athlete having used multiple prohibited substances or a prohibited substance on multiple occasions, or an athlete engaging in deceptive or obstructing conduct to avoid the detection or adjudication of an anti-doping rule violation (Article 10.6). Aggravating circumstances also include situations in which a normal individual would be likely to benefit from the performance-enhancing effects of the anti-doping rule violation(s) beyond the otherwise applicable period of ineligibility.

While the original Code allowed for a four-year ban for a first serious anti-doping rule violation only in cases of trafficking or administration of a prohibited substance or method, the revised Code thus broadens the spectrum of anti-doping rule violations that can lead to a four-year ban for a first serious doping offence.

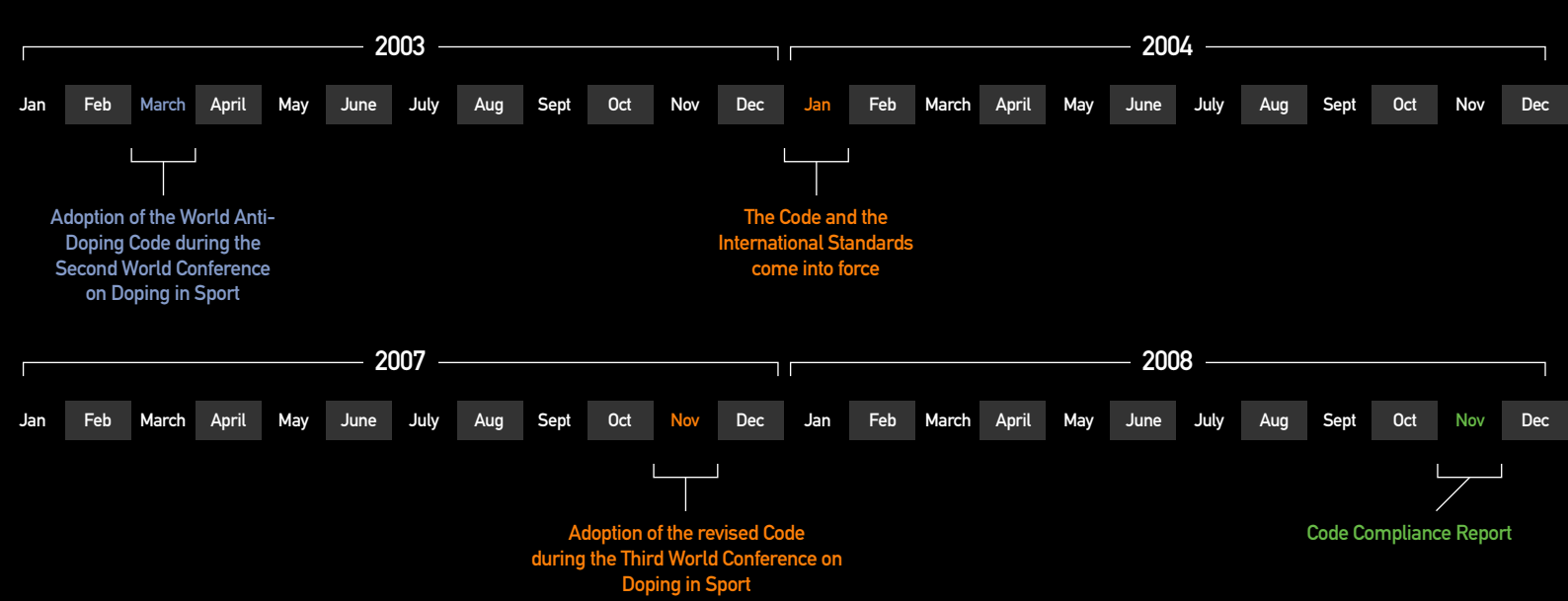
It further clarifies the range of sanctions that can be applied in the case of a second infraction, based on the type of violation, as outlined in Article 10.7.

Specified Substances

Given the mentioned flexibility, the definition of "specified substances" will change when the revised Code comes into force (Articles 4.2.2 and 10.4).

While all prohibited methods, the classes of anabolic agents and hormones, as well as stimulants, hormone antagonists and modulators so identified in the 2009 Prohibited List maintain their status, the remainder of prohibited substances will now be considered as specified substances for the purpose of more flexible sanctions. This means that where athletes can clearly establish how a specified substance entered their body or came into their possession, and that such substance was not intended to enhance sport performance, the

The Code: A Journey through the Years



sanction may be reduced as low as a reprimand and no period of ineligibility.

At the same time, the use of non-specified substances should be more likely to result in a standard two-year ban for a first anti-doping rule violation, or to a ban of up to four years in cases of aggravating circumstances under the revised Code.

Specified substances, as defined in the revised Code, are not necessarily less serious agents for purposes of doping than other prohibited substances. For that reason, an athlete who does not meet the reduction criteria could receive up to a four-year period of ineligibility in case of aggravating circumstances. However, there is a greater likelihood that specified substances, as opposed to non-specified substances, could be susceptible to a credible, non-doping explanation.

Greater Harmonization

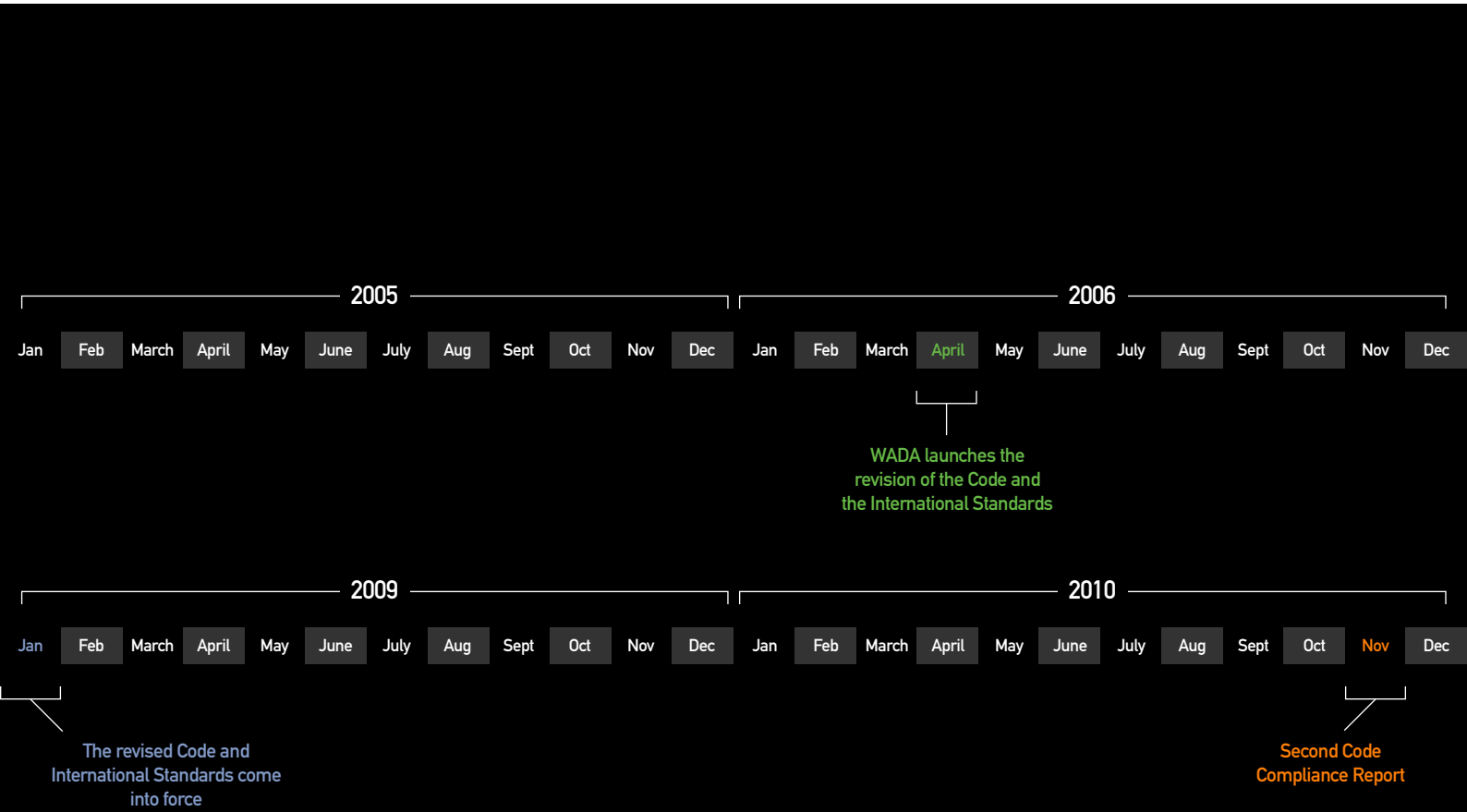
Changes to the Code bring greater harmonization in areas where stakeholders had initially wanted flexibility and were given such latitude in the original Code.

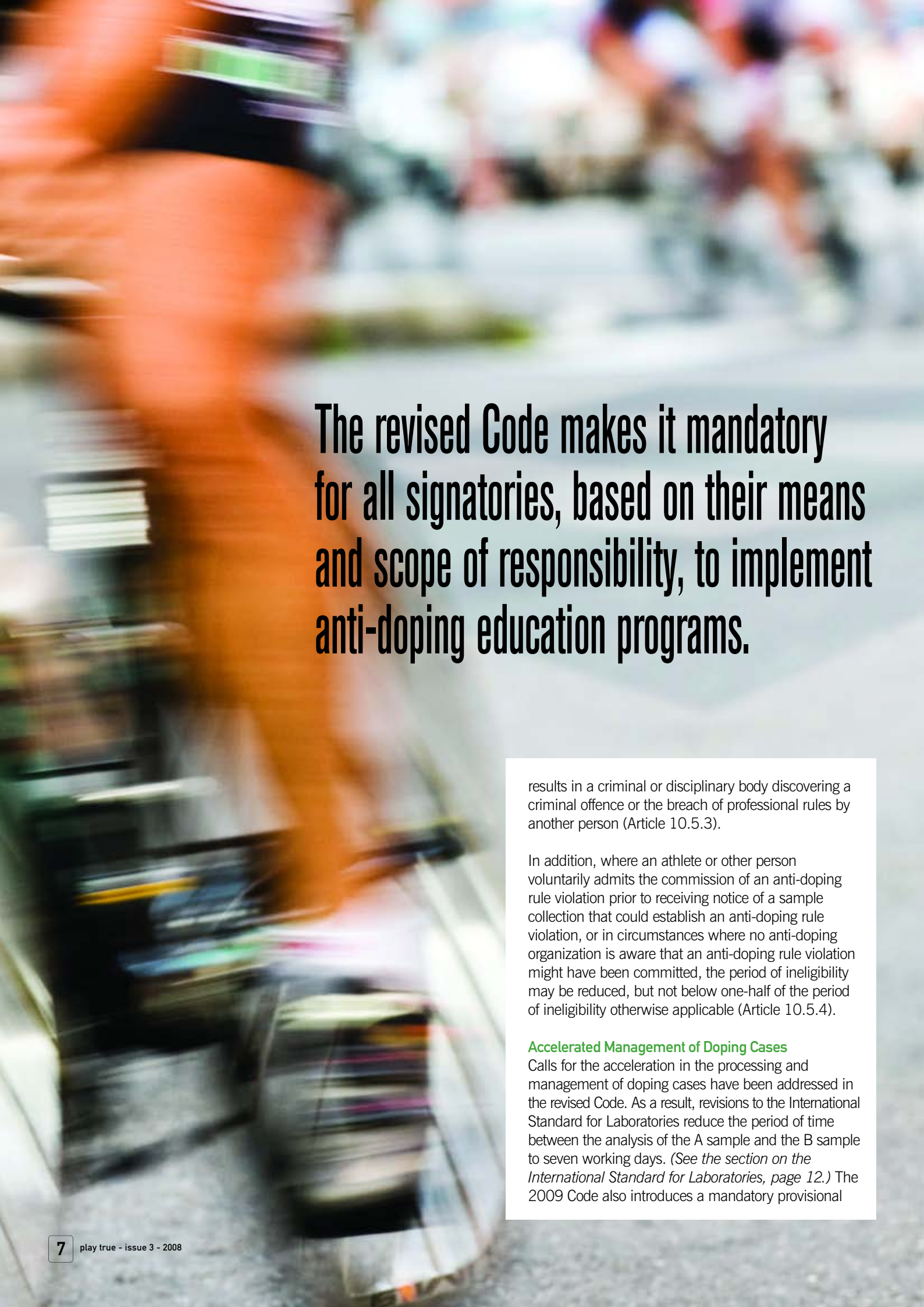
For example, while the 2003 Code left it up to the anti-doping organization to determine the number of missed tests that should lead to an anti-doping rule violation, this rule was harmonized and made mandatory as part of the Code review. The 2009 Code now provides that any combination of three missed tests and/or failures by an athlete to provide accurate whereabouts information within an 18-month period shall constitute an anti-doping rule violation (Article 2.4). *(See the section on the International Standard for Testing, pages 10-11.)*

There is also greater harmonization in the application of sanctions for this type of infraction. While the original Code allowed for sanctions ranging from three months to two years, the revised Code sets the period of ineligibility at a minimum of one year to a maximum of two years, based on the athlete's degree of fault (Article 10.3.3). The goal in reducing the amount of flexibility in this area is to reinforce consistency while allowing the panels judging the cases to take into account all the circumstances of the individual cases.

Incentives to Come Forward

Incentives to come forward have also been strengthened. The potential extent of the suspension of an ineligibility period (one-half of the otherwise applicable ineligibility period in the current Code) was enhanced to three-quarters of the otherwise applicable ineligibility period in the revised Code, for substantial assistance to an anti-doping organization, criminal authority or professional disciplinary body which results in the anti-doping organization discovering or establishing an anti-doping rule violation by another person or which >>





The revised Code makes it mandatory for all signatories, based on their means and scope of responsibility, to implement anti-doping education programs.

results in a criminal or disciplinary body discovering a criminal offence or the breach of professional rules by another person (Article 10.5.3).

In addition, where an athlete or other person voluntarily admits the commission of an anti-doping rule violation prior to receiving notice of a sample collection that could establish an anti-doping rule violation, or in circumstances where no anti-doping organization is aware that an anti-doping rule violation might have been committed, the period of ineligibility may be reduced, but not below one-half of the period of ineligibility otherwise applicable (Article 10.5.4).

Accelerated Management of Doping Cases

Calls for the acceleration in the processing and management of doping cases have been addressed in the revised Code. As a result, revisions to the International Standard for Laboratories reduce the period of time between the analysis of the A sample and the B sample to seven working days. *(See the section on the International Standard for Laboratories, page 12.)* The 2009 Code also introduces a mandatory provisional

suspension following an A sample adverse analytical finding for a prohibited substance other than a specified substance. Anti-doping organizations can decide to impose a provisional suspension following an adverse analytical finding for a specified substance or other anti-doping rule violation (Article 7.5).

Atypical Findings

As provided for in the Prohibited List and the revised International Standard for Laboratories, the amended Code introduces the concept of "atypical findings" (Article 7.3). Laboratories are directed to report the presence of a prohibited substance, which may also be produced endogenously, as an atypical finding, which is subject to further investigation. Upon receipt of an A sample atypical finding where a review by the anti-doping organization responsible for the results management does not reveal an applicable therapeutic use exemption or that a departure is the cause for the atypical finding, the anti-doping organization will conduct the required investigation. Upon completion of the investigation, the athlete and other anti-doping organizations (including WADA) will be notified whether or not the atypical finding will be brought forward as an adverse analytical finding.

WADA's Right of Appeal

The revised Code also clarifies WADA's right to appeal directly to CAS any case in which an anti-doping organization fails to render a decision with respect to whether an anti-doping rule violation was committed within a reasonable deadline, as if the anti-doping organization had rendered a decision finding no anti-doping rule violation (Article 13.3).

Financial Sanctions

The 2009 Code does not preclude anti-doping organizations from providing, in their own rules, for financial sanctions against cheaters, in addition to the period of ineligibility or other sanction imposed (10.12). This being said, no financial sanction shall justify a reduction in a period of ineligibility or other sanction normally outlined in the Code. Furthermore, as a condition of regaining eligibility after being found to have committed an anti-doping rule violation, the athlete must first repay all prize money forfeited.

Right to Comment on Erroneous Information

Whereas the original Code did not authorize anti-doping organizations and WADA accredited laboratories to comment publicly on a case, except for describing the process and science in a general way, the amended Code allows them to react to public comments attributed to an athlete, athlete representatives or to other concerned individuals (Article 14.2.5). This new clause allows anti-doping organizations and WADA accredited laboratories to correct erroneous or false information being circulated in the public domain concerning a pending case.

Mandatory Education Programs

The 2009 Code makes it mandatory for all signatories, based on their means and scope of responsibility, to implement anti-doping education programs (Article 18.1).

UNESCO Convention

The revised Code stipulates that, in accordance with the UNESCO International Convention against Doping in Sport, the International Olympic Committee will only accept bids for the Olympic Games from countries where the government has ratified, accepted, approved or acceded to the UNESCO Convention and where the National Olympic Committee (NOC), National Paralympic Committee (NPC) and National Anti-Doping Organization (NADO) are in compliance with the Code (Article 20.1.8).

Starting on January 1, 2010, International Federations and Major Games Organizers will do everything possible to only award World Championships or major games to countries where the government has ratified, accepted, approved or acceded to the UNESCO Convention and where the NOC, NPC and NADO are in compliance with the Code (Articles 20.3.10 and 20.6.6).

International Standards:

Key Changes

Concurrent to the Code review process started in 2006, WADA launched a process for updating the International Standards, which first came into force in 2004 along with the Code. The purpose of the Standards is to harmonize different technical aspects in the fight against doping, including testing, the List of Prohibited Substances and Methods (revised annually), laboratory activities, and Therapeutic Use Exemptions (TUEs).

WADA also created a new International Standard (the International Standard for the Protection of Privacy and Personal Information) in order to ensure that anti-doping organizations protect personal information provided by athletes and their support personnel as part of the anti-doping process in an appropriate fashion.

The International Standards are mandatory for Code signatories. The revised or new Standards will come into force at the same time as the revised Code (2009 Code) on January 1, 2009.

International Standard for Testing

The International Standard for Testing (IST) provides structure and guidance for the planning of effective testing, and the maintenance of the integrity and identity of samples, from athlete notification to the delivery of samples to the laboratory for analysis.

The revision of the IST was done over four phases of consultation, with the final version being approved by WADA's Executive Committee on May 10, 2008.

The revised IST (2009 IST) includes new clauses addressing establishing a registered testing pool (RTP) and the management of athlete whereabouts information, which is essential to no-notice out-of-competition testing. The 2009 Code and the 2009 IST include greater harmonization in areas where stakeholders had initially indicated a desire for flexibility, which was in fact part of the initial Code.

The IST review process identified a pressing need to create a standard set of whereabouts requirements, applicable to all sports, and setting out definitively: (1) what whereabouts information must be filed; (2) what constitutes a missed test; and (3) when and how Anti-Doping Organizations (ADOs) should recognize missed tests declared under the rules of other ADOs. Provisions were made for these requirements in the 2009 Code and therefore reflected in the 2009 IST, outlining: (1) how many filing failures/missed tests, committed over what period, would constitute an anti-doping rule violation under Article 2.4; and (2) what sanctions should be applied for such violations. *(See the section on Greater Harmonization, page 6.)*

Whereabouts Information and Missed Tests

The feedback received from stakeholders on the IST regarding whereabouts matters ranged from: (1) requiring athletes to provide whereabouts and be available for testing 24 hours a day, seven days a week (so that an athlete could in theory be held liable for a missed test if he or she could not be found at any time); to (2) specifying particular times of the day for testing during which, if the athlete is not available, the ADO may declare a missed test.

The solution found in the revised IST requires athletes who are included in an ADO's RTP to: (1) provide whereabouts, and be subject to testing 24 hours a day, seven days a week, 365 days a year; (2) provide residential, training and competition information, as well as an overview of regular activities, and plans for travel; (3) submit quarterly whereabouts information, and regular updates; and (4) specify one hour each day (between 6 a.m. and 11 p.m.) during which they can be located at a specified location for testing. This does not limit the time in which an athlete may be tested; he or she may still be tested at any time, 24 hours a day. But, to mitigate the difficulty in accounting for one's whereabouts 24 hours a day one quarter in advance, the athlete's exposure to the risk of a missed test is limited to the 60-minute time-slot each day.

As well, the potential for declaring filing failures under Article 2.4 (Whereabouts information), Articles 2.3 (Evading sample collection) and 2.5 (Tampering with any part of the doping control, including providing fraudulent information to an ADO) of the revised Code can be used to pursue athletes seeking to evade the system outside the 60-minute time-slot.

Registered Testing Pool

Only those athletes identified in their ADO's RTP are subject to whereabouts provisions set out in the revised IST. Provisions regarding whereabouts responsibilities and missed test accountability identified in the IST apply only to those athletes who are at highest risk for out-of-competition doping. International Federations (IFs) are afforded discretion as to who should be subject to these provisions based on a risk assessment they have made in their sport. National Anti-Doping Organizations >>

(NADOs) are afforded discretion to create a RTP that will support an effective out-of-competition testing program at the national level.

Mutual Recognition

Under the amended IST, Code signatories must inform WADA and other relevant ADOs of missed tests and whereabouts failures they have declared against athletes, preferably through ADAMS (the Anti-Doping Administration & Management System developed by WADA). The other ADOs with jurisdiction over the athlete must recognize those decisions. If they fail to do so, WADA can intervene by way of appeal.

Team Sports

A number of team sports suggested that there are inherent differences between team sports and individual sports that would allow a modified whereabouts requirement for team sports.

In order to recognize these characteristics, the 2009 IST has now included a special section (11.5) which confirms that: (1) RTPs in team sports can be defined by reference to teams (so that it is some or all of the players on a particular team or teams who are in the RTP); (2) much of the whereabouts information filed for players on those teams will be collective "team activity" information; and (3) it is therefore likely that those filings will be made by team officials on a collective basis rather than by players on an individual basis.

However, to maintain equal treatment for all athletes, players in team sports are not exempt from the standard whereabouts requirements set out above. As is the case for an athlete in an individual sport, an athlete in a team sport will be notified of a missed test if he or she is not where the team official said he or she would be during the 60-minute time-slot. The liability ultimately resides with the athlete and therefore will not be excused of his or her responsibilities by blaming the team for filing inaccurate information about his or her whereabouts.

Volume of Urine Required

While the original IST required that at least 75 mL of urine be collected for each doping control sample (pouring 50 mL in the A sample bottle, and 25 mL in the B sample bottle), the minimum volume required became 90 mL in the revised IST (pouring 60 mL in the A sample bottle, and 30 mL in the B sample bottle).

The increase in volume required specifically responds to requests made by laboratories to ensure that enough urine is available to analyze for the growing number of prohibited substances and where longitudinal follow-up requires a greater volume.

Prohibited List

WADA's List of Prohibited Substances and Methods (List) specifies which substances and methods are banned in- and out-of-competition, as well as an addendum providing for the banning of alcohol and beta-blockers in specific sports. The List is revised, and updated on an annual basis by WADA, following an extensive consultation process, and is approved by the WADA Executive Committee during its September meeting.

The 2009 List was approved by the Executive Committee on September 20, 2008, and published a few days later. It will come into force on January 1, 2009. The 2009 List offers a number of changes compared to the 2008 List, including modifications in relation to specified substances in order to align the 2009 List with the more flexible sanctions set forth in the revised Code.

As a result, while all prohibited methods, the classes of anabolic agents and hormones, as well as stimulants and hormone antagonists and modulators so identified on the 2009 Prohibited List maintain their status, the remainder of prohibited substances will now be considered as specified substances for the purpose of more flexible sanctions. This means that where athletes can clearly establish how a specified substance entered their body or came into their possession, and that such substance was not intended to enhance sport performance, the sanction may be reduced as low as a reprimand and no period of ineligibility. At the same time, the use of non-specified substances will be more likely to result in a standard two-year ban for a first anti-doping rule violation, or to a ban of up to four years in cases of aggravating circumstances under the revised Code.

In order to determine which stimulants (prohibited in-competition only) should be classified as specified or non-specified in the 2009 List, the international experts serving on WADA's scientific committees carefully considered various parameters, including : (1) the potential of these stimulants to enhance performance in sport; (2) their risk to health; (3) their general use in medicinal products; (4) their legitimate market availability; (5) their illicit use; (6) their legal/controlled status in various countries; (7) their history and potential of abuse in sport; (8) their potential of addiction; (9) the likelihood of approval for therapeutic use; (10) their pharmacology, and other scientific elements; as well as (11) the likelihood of a non-doping explanation.

As a result of this process and of the broad consultation traditionally carried out as part of the annual preparation of the List, stimulants identified as non-specified

substances in the 2009 List (and therefore subject to a two-year sanction in the absence of aggravating or attenuating circumstances) include for example amphetamine, cocaine, bromantan and modafinil.

Other noteworthy changes to the 2009 List compared to the 2008 List include the removal of alpha reductase inhibitors, a class of masking agents which used to be banned in- and out-of-competition. These substances have been rendered ineffective as masking agents of steroids through close consideration of steroid profiles by WADA accredited anti-doping laboratories.

As part of the development by WADA of the Athlete Passport concept—the objective of which is to monitor an athlete's biological parameters over time in order to detect abnormal variations that could indicate potential doping—and following research and advances in anti-doping science, WADA accredited laboratories are now able and required to systematically and closely consider steroid profiles in urine as part of the doping control process, which allows them to circumvent the masking agent properties of alpha reductase inhibitors.

International Standard for Laboratories

The purpose of the International Standard for Laboratories (ISL) is to ensure the production of valid test results and evidentiary data and to achieve uniform and harmonized results and reporting from WADA accredited laboratories.

The ISL underwent a revision process with a new version coming into force on January 1, 2008. Changes included the requirement that the B sample analysis take place no later than seven working days after reporting the A sample results in order to expedite the results management procedure. In addition, the quality of the laboratories' routine analyses is now taken into account in the annual reaccreditation procedure managed by WADA, thereby enhancing the evaluation process carried out throughout the year by WADA.

A new version of the Standard (2009 ISL) was approved by the Executive Committee during its September 20, 2008 meeting and will come into force on January 1, 2009. This revised Standard includes several technical amendments which serve to harmonize the ISL with provisions of the 2009 Code.

A notable change from previous versions of the ISL to the 2009 ISL is the abandonment of the clause that required different analysts to perform the A and B sample confirmation. WADA's experts considered that the current WADA accreditation requirements, which conform to international standards for quality, ensure the necessary levels of technical competence and professional ethics to guarantee the integrity of the samples, the validity of the procedures and their analytical results.

International Standard for Therapeutic Use Exemptions

The main purpose of the International Standard for Therapeutic Use Exemptions (ISTUE) is to ensure that the process of granting Therapeutic Use Exemptions (TUEs) is harmonized across sports and countries.

Athletes, like all others, may have illnesses or conditions that require the use of particular medications. If the required medication includes a substance that happens to fall under the WADA Prohibited List, then a TUE may give that athlete the authorization to take the needed medication.

The ISTUE states that all IFs and NADOs must have a process in place whereby athletes with documented medical conditions can request a TUE, and have such request appropriately dealt with by a panel of independent physicians. IFs and NADOs are responsible for granting or declining such applications.

The ISTUE underwent several phases of consultation, with the final revised version approved by the Executive Committee at its September 2008 meeting in order to harmonize its provisions with the revised Code and the 2009 Prohibited List.

Generally speaking, feedback received indicated that the principles and the philosophy of the TUE procedure are well accepted and considered useful. The revisions only concern the Abbreviated TUE process (as opposed to the Standard TUE), primarily due to the administrative workload it generates for ADOs. The revised ISTUE (2009 ISTUE) addresses these concerns by eliminating the concept of the Abbreviated TUE.

Asthma (inhaled Beta-2 agonists and inhaled Glucocorticosteroids)

The revised ISTUE, which takes into consideration stakeholder feedback and current medical perspectives, such as the International Olympic Committee Consensus on Asthma issued in February 2008 (calling for strict control of use of these drugs by athletes), is based on the premise that, for the process to be manageable while at the same time deterrent enough for elite athletes, different requirements can be requested of athletes depending on their level of competition (international or national). All athletes needing to use inhaled Beta-2 agonists and inhaled Glucorticosteroids for asthma >>

must have a medical file and must declare use of these substances in ADAMS and on the doping control form.

For international-level athletes:

- Athletes who are part of an international registered testing pool (IRTP) need an approved Standard TUE for asthma prior to using the substance.
- For athletes who are not part of an IRTP but are taking part in an international event, it is at the discretion of the IF either to deliver a TUE prior to the event or to provide a retroactive TUE in case of an adverse analytical finding (AAF). The granting of a retroactive TUE must comply with the criteria set forth in the revised ISTUE, particularly with regards to the athlete having an existing and current medical file.

For national-level athletes:

- It is at the discretion of the NADO either to approve the TUE or to provide a retroactive TUE in case of an AAF.

In either case, all athletes may request a TUE if they wish to do so.

Non-Inhaled, Non-Systemic Glucocorticosteroids (GCS)

In the case of non-inhaled, non-systemic GCS, the athlete must provide a minimum declaration that includes the diagnosis, the substance taken, and contact information of the medical doctor who administered the treatment. It is at the discretion of the ADO to ask for more than this minimum declaration. For topical use of GCS, neither a TUE nor a declaration is requested.

International Standard for the Protection of Privacy and Personal Information

The 2009 Code calls for an additional International Standard: the International Standard for the Protection of Privacy and Personal Information (ISPPPI).

When performing obligations under the Code, ADOs may collect, store, process, or disclose personal information relating to athletes and third parties. The purpose of the ISPPPI is to ensure that all relevant parties involved in anti-doping in sport apply minimum suitable privacy protection in relation to the collection and use of personal data, such as information relating to whereabouts, doping control, and TUEs.

WADA led an extensive consultation process among legal experts, international organizations and the commissions on privacy protection from different countries in the development of this Standard.

The ISPPPI, approved by the Executive Committee on September 20, 2008, formalizes ADO obligations to comply with applicable data protection and privacy laws with respect to their handling of such information. It also serves to ensure that athletes and non-athletes are fully informed of, and where necessary, agree to the handling of their personal information in connection with anti-doping activities arising under the Code.

2009 Code and International Standards on WADA Web site

The 2009 World Anti-Doping Code and its revised International Standards can be consulted under the "2009 Code Implementation" section of WADA's Web site: www.wada-ama.org.

Code Compliance:

First Official Report in November

As custodian of the World Anti-Doping Code, two of WADA's over-arching priorities relate to maintaining the integrity of the Code and ensuring its proper evolution.

The integrity of the Code is maintained by assisting with and monitoring stakeholders' compliance. WADA ensures that the Code evolves by engaging in extensive consultation and thorough review of the Code and its associated International Standards on a periodic basis.

The key objective in such harmony is for all athletes to benefit from rules that allow a more effective fight against doping, and that are the same for all, no matter the sport, the nationality or the country where tested, all while rigorously respecting athletes' rights.

While WADA is assisting stakeholders to ensure they implement the revisions to the Code by January 1, 2009, WADA has also been actively preparing for the initial compliance report which will be submitted to the Agency's Foundation Board in November of this year, as required by Code Article 23.4. (This report will address compliance with the 2003 Code. The first compliance report for the 2009 revised Code will occur in 2010.)

One has to remember that the International Olympic Committee (IOC) amended its Charter following the approval of the Code in 2003 so that adoption and implementation of the Code by the Olympic Movement is mandatory and that the IOC has the power of excluding non-compliant sports from the Olympic program.

The Athens Games were the first under the Code—with all Olympic sports having accepted it prior to those Games. Since then, WADA has been working with its stakeholders to ensure that the Code is implemented into their rules and that they are enforcing these rules in accordance with it.

The Code Belongs to Stakeholders

The Code belongs to WADA stakeholders and the Agency's role is to assist them in respecting it.

WADA has therefore drafted Model Rules to facilitate the implementation of the Code by its stakeholders. The Agency also reviews signatory anti-doping rules to ensure that they are Code compliant and, where this is not the case, offers assistance to remedy the situation. Another strategy implemented by WADA to assist stakeholders is the Agency's work in helping to establish Code-compliant anti-doping organizations through Regional Anti-Doping Organizations (RADOs) around the globe.

It is the Agency's aim that, by working directly with its stakeholders in these and other ways, WADA is able to help everyone achieve compliance with the 2003 Code and that everyone is declared compliant in November 2008.

Compliance Report Process and Implications

WADA initiated the reporting process two years ago by developing an online reporting tool for stakeholders to provide their compliance information. WADA provided its Executive Committee and Foundation Board with several interim reports, starting in September 2006.

A first official report will be considered by the WADA Foundation Board at its meeting in November 2008. The Code states that stakeholders who have jurisdiction to impose sanctions on those who are deemed non-compliant, such as the IOC, may do so. The Code also states that the imposition of sanctions by such ruling bodies (not WADA) for non-compliance may be appealed to the Court of Arbitration for Sport.

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Beijing 2008

As with previous Games, WADA played an active role during the Beijing Olympic and Paralympic Games. While the International Olympic Committee (IOC) and International Paralympic Committee (IPC) shouldered the anti-doping duties during their respective Games, WADA programs in Beijing included participating in the pre-Games testing team and operating Independent Observer and Athlete Outreach Programs.

The IOC was responsible for **doping controls** at the Olympic Games, and worked with the Organizing Committee (BOCOG) to conduct testing at Olympic venues. However, members of WADA's management worked with the IOC to help carry out an intensive pre-Games testing program. Under the WADA-managed out-of-competition testing program, athletes were also tested during the period of the Olympic Games outside of Olympic venues, for example in cases where athletes stayed outside of the official Olympic sites or who arrived at the Games late or left early. WADA also worked in direct collaboration with the IPC to ensure that an effective pre-Games testing program was conducted for the Paralympic Games.

To help enhance athlete and public confidence in anti-doping activities, WADA's **Independent Observer** (IO) teams randomly monitored all phases of the doping control and results management processes of the Olympic and Paralympic Games. Individuals serving on WADA IO teams are experts in fields pertinent to anti-doping and are recruited from around the globe. Reports from the Olympic and Paralympic Games, which include a summary of IO observations and recommendations, are available on WADA's Web site (www.wada-ama.org).

Interacting with athletes during the Olympic and Paralympic Games is another essential activity in the fight against doping in sport. WADA's **Athlete Outreach Program** was present at the Athlete's Village during both Games. Several thousand athletes and their entourage visited WADA's Outreach Center, situated next to the athletes' dining hall, to play WADA's Anti-Doping Quiz. This interactive and unique computer game, available in 19 languages, allows participants to test their anti-doping knowledge. WADA had an >>

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de sensibilisation
des sportifs

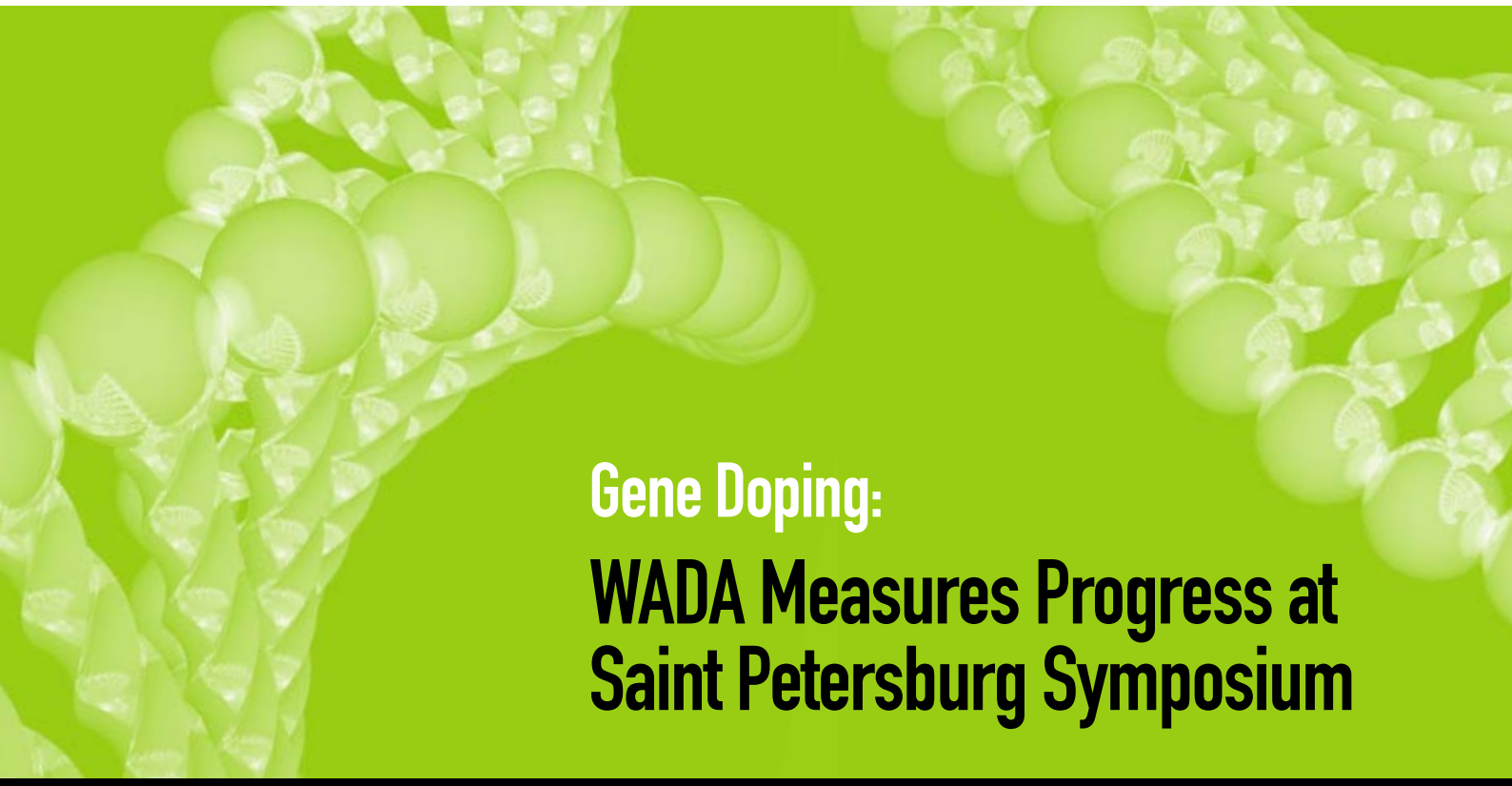
international and diverse team of anti-doping experts on hand to speak with athletes and answer any questions they had about the dangers and consequences of doping.

During the Beijing Games, participants who scored at least nine-out-of-ten on the Quiz were awarded a symbolic gift, which added to the popularity of the program. The Asian-inspired, black and green Play True hat and Lenovo sponsored USB key, containing anti-doping information, quickly became popular in the Athlete's Village.

During the Games, WADA's **Executive Team** met with many of the Agency's stakeholders. In particular, WADA's President, the Hon. John Fahey, addressed the Session of the IOC and, together with WADA's Director General David Howman, spoke to the Commonwealth Sports Ministers meeting.

Finally, as was the case during the 2006 Winter Paralympic Games in Turin, the IPC used **ADAMS**—the Anti-Doping Administration and Management System developed by WADA—to manage all testing activities prior to and during the Beijing Paralympic Games. *(See the article on ADAMS, page 33.)* While WADA and other anti-doping organizations used ADAMS to coordinate whereabouts information and to facilitate out-of-competition testing prior to the Olympic Games, those responsible for testing during the Paralympic Games used ADAMS to coordinate all pre- and during-Games testing activities as well as for on-site results management. The WADA accredited laboratory in Beijing also used ADAMS to report test results during the Paralympic Games.

For more information concerning WADA's role at the Beijing Games, please consult Issue 2 - 2008 of *Play True*, available on WADA's Web site.



Gene Doping:
WADA Measures Progress at Saint Petersburg Symposium

Gene doping represents a threat to the integrity of sport and the health of athletes. As the international organization responsible for promoting, coordinating and monitoring the global fight against doping in sport in all its forms, WADA is devoting significant resources and attention to identifying ways to detect and deter gene doping.

WADA held its Third Gene Doping Symposium on June 10 and 11, 2008, in Saint Petersburg, with the support of the Russian sport authorities.

The Saint Petersburg Symposium, which followed those held in Banbury, United States, in 2002 and in Stockholm, Sweden, in 2005, gathered more than 60 participants from 16 countries and included experts in gene transfer, scientists from the field of anti-doping, representatives from sports and public authorities, and ethicists.

This follow-up meeting allowed for an update on advances in gene transfer therapies and in the development of detection methods for its potential misuse in sport. Furthermore, participants discussed the boundaries between therapy and enhancement from technical and ethical perspectives, as well as law enforcement issues and legal frameworks relating to gene doping.

In particular, participants called for a greater awareness of and strengthened action against the

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potential abuse of gene transfer in sport. They also called for a greater interaction among the sport community, professional scientific organizations, licensing agencies and clinical research oversight bodies, resulting in an increasing awareness of the potential illicit use of gene transfer techniques for enhancement purposes, as well as the development of appropriate sanction mechanisms for illegal or unethical application of gene transfer in sport.

"Most experts do not think that gene transfer is being misused by athletes yet, but we know that there is a growing level of interest in the sports world in the potential for gene doping, and that scientists working on potential genetic cures for muscle diseases or blood disorders are being approached by sports figures to inquire about the use of genes to enhance performance in sport," said WADA's Vice President Prof. Arne Ljungqvist. "We need to make sure that athletes know the dangers associated with these technologies, and, for those who may choose to ignore them and cheat, that they will be caught."

Participants agreed on a number of **key conclusions and recommendations**:

Dangers Associated with Gene Transfer

Gene therapy is a reality, albeit an imperfect one. The tools of gene transfer have proven to be effective in a number of clinical studies, including the treatment of, among other diseases, severe combined immunodeficiency diseases (SCID), several forms of cancer, genetic forms of retinal degeneration and blindness. Nevertheless, serious conceptual and technical problems continue to produce severe and unanticipated setbacks, including death and the induction of leukemia in some patients.

WADA's Research Program

The vigorous research program instituted and funded by WADA has led to significant progress towards a better understanding of the genetic and physiological effects of doping as well as identifying scientifically rigorous methods for more effective detection of pharmacological and gene-based doping. Scientific progress made through WADA supported research projects, which were summarized at the conference, suggests that new detection methods are likely to emerge and will help to prevent tainting sport by gene doping.

The WADA research program should continue to stimulate efforts in the development of detection methods for gene doping from both academic and private institutions. WADA will also continue to interact with academic and private sectors, and professional scientific and medical organizations to monitor developments >>

WADA's Athlete Committee Chairman Vyacheslav Fetisov

in genetic enhancement technologies in order to serve as a catalyst for public and scientific awareness, and public discussion of the potential benefits and dangers of gene-based doping.

Broader Societal Issues

Many forms of medicinal and surgical techniques used for the enhancement of normal human traits are an accepted and growing practice for physical and mood modification. The financial and personal rewards associated with improved performance indicate that sport will be one of the areas in which gene-based enhancement is likely to first arise. The world of sport therefore serves as a very effective setting in which to examine broad societal issues of personal enhance-ment and the unclear boundary between treatment and enhancement.

Legal and Ethical Safeguards

In addition to its traditional activities with governments, WADA is actively developing relationships with international police and anti-crime organizations to ensure that national and international laws penalize uncontrolled or illegal possession, commercialization and trafficking of prohibited substances and methods, including reagents for genetic manipulation. In most countries, and consistent with the Helsinki Declaration, all genetic manipulations in human subjects and patients require extensive regulation and oversight at institutional, local and national levels. Illicit application of gene transfer technology in sport is unlikely to comply with such standards. It is therefore important that procedures are identified in order to develop legal and ethical safeguards to deter and to counter such uses of genetic technology.

WADA is committed to the safe use of genetic technology and that all activities comply with international ethical standards of human experi-mentation. The Agency will therefore intensify its interactions with govern-mental authorities, law enforcement, policy agencies and licensing authorities to ensure that any departure from the accepted oversight and approval procedures constitutes professional misconduct and that suitable sanctions are devised.

Commercialization of Genetic Science

The commercialization of and worldwide market for genetic science are affecting the accessibility of materials and methods of potential use in genetic doping by sport figures. In order to identify the emergence of future doping agents or methods, WADA should facilitate interactions with public and commercial authorities. Furthermore, WADA should mobilize governments, sport authorities, and the private, scientific and medical sectors to answer the need to regulate the promotion and dissemination of genetic enhance-ment technologies in the global marketplace. Finally, anti-doping organizations should provide athletes, coaches and physicians with objective, reliable information enabling them to critically assess claims made on the Internet, and elsewhere, regarding the "power of genetics" to enhance athletic performance.

WADA's Vice President Prof. Arne Ljungqvist

WADA's Director General David Howman

"Issues associated with gene transfer are multiple and complex," said WADA's Director General David Howman. "By gathering top experts in various fields related to genetic enhancement, this fruitful symposium helped address them and further advance strategies to detect potential misuse of these technologies. WADA will continue to devote significant resources and attention to this specific area, to protect the integrity of sport and the health of athletes."

"This symposium was very encouraging," added Prof. Theodore Friedmann, Head of WADA's Gene Doping Panel (a group of international experts that advises WADA on gene therapy, the methods for detecting doping, and the research projects funded by WADA in this area). "While detection methods are early in their development, I have no doubt that the ongoing work will catalyze public discussion and awareness in this field and that WADA will continue to be the leading agency in the application of modern molecular genetics and DNA technology to the development of improved methods for detection."

Additional information regarding gene doping and the Saint Petersburg Symposium, the presentations and official Symposium Declaration can be consulted from the Science and Medicine section of WADA's Web site: www.wada-ama.org.

Dr. Thomas Murray:

Significant Uncertainties

Thomas H. Murray, PhD, is President of The Hastings Center (USA), the world's first research institution devoted to bioethics. Dr. Murray chairs WADA's Ethical Issues Review Panel and was formerly the Director of the Center for Biomedical Ethics in the School of Medicine at Case Western Reserve University in Cleveland, USA. He is the author of many publications and has been part of many panels of experts on issues relating to ethics, bioethics, science, and doping in sport. A key presenter and moderator at WADA's Third Gene Doping Symposium, Dr. Murray shares some thoughts on the ethical issues associated with the topic of gene doping in this interview with *Play True*.

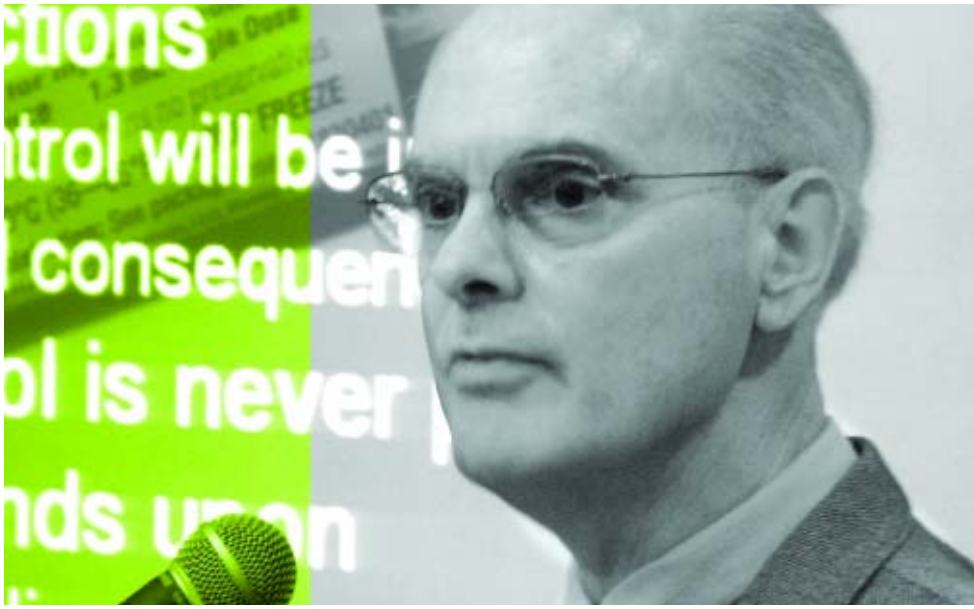
Play True: What key ethical issues does the potential misuse of gene transfer raise?

Thomas Murray: First of all, the scope of the risks that some athletes may want to take by undergoing genetic modifications, and the level of danger involved, would be greater than with "traditional" doping. The technology of gene transfer for therapeutic purposes is not fully mastered yet. There is a much greater level of uncertainty involved. Secondly, there is a risk of launching an arms race with such a potential abuse of technology. This would be contrary to all that sport is about and a profoundly mistaken approach. The glory of sport is learning what we can do with the natural talents we have, perfecting them through human excellence, persistent effort and dedication, and not with artificial enhancement and engineering.

But how can we determine what is acceptable or not?

We need to go back again to a key question: What is sport about? What contributes to its beauty and its value? What gives sport its meaning? I don't want my children or grandchildren to have to go through genetic enhancement to compete on a level playing field.

Sport is not a competition between surgeons or engineers. It is a competition in which athletes show their abilities based on the body they have. Athletes of course try to perfect their talent, and they can do it through a variety of authorized means including continuous progress of sport science in the development of training methods and other techniques. Talent can be perfected through what I call a virtuous circle: take your natural talents and make the most of it.



Should this message be further emphasized?

I think the message is definitely out there. The fact that WADA has taken the lead by organizing three symposia on gene doping and continuing to provide objective and balanced information is encouraging. But I also think that people need to take a deep breath and realize that gene doping is not for tomorrow. There is more hype than reality at the moment. Gene transfer techniques are still very immature, and the first therapeutic successes date from just a few years ago. Discussions on gene doping should be encouraged but kept away from scary movie scenarios and remain based on reality, which is that gene transfer is still a very experimental technique.

Dr. Thomas Murray published an article in *Play True* Issue 3 · 2007 on "Ethics, Enhancement and Sport" supporting the fight against doping. All issues of *Play True* can be found on WADA's Web site: www.wada-ama.org.

Dr. Mark Frankel:

Averting Social Injustice

Mark Frankel, PhD, has been a Director of the Scientific Freedom, Responsibility and Law Program at the American Association for the Advancement of Science (AAAS) since 1990. He develops and manages the AAAS's activities related to professional ethics, science and society, and science and law. As part of the AAAS's contribution to WADA's Third Symposium on Gene Doping, Dr. Frankel gave a presentation on the commercialization of gene doping in sport (available on WADA's Web site). *Play True* met up with him in Saint Petersburg to solicit his thoughts on the potential implications of genetic enhancement on sport and on society in general.

Play True: Why did the AAAS decide to partner with WADA for the Saint Petersburg Gene Doping Symposium?

Mark Frankel: The AAAS represents all the sciences in terms of membership. We are really interested in increasing public understanding of science and responding to and anticipating public policy issues. Genetic enhancement raises some very interesting policy issues. It seems to me that the field of enhancement is very broad and that you need to focus on one area. Sport is a field that is quite appropriate for discussing enhancement and its implications. WADA has been a pioneer in this discussion and the AAAS saw this symposium as a great opportunity.

I think enhancement in general has a lot of appeal to people. Living longer, jumping higher, enhancing the mind. These perspectives have appeal to human beings, and the question is: How are our societies going to deal with these issues? Sport is an excellent kind of microcosm of how enhancement plays out in the real world, because we are further here than we are in any other social endeavours.

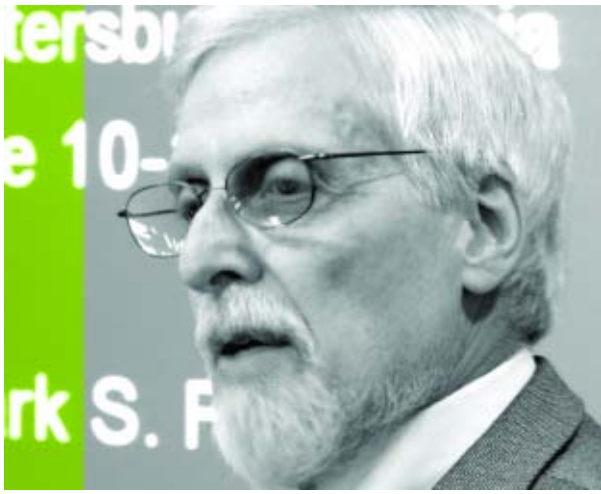
What are the most significant potential implications of genetic enhancement on society?

The biggest issue of genetic enhancement, whether it relates to sport or not, is the risks associated in terms of health for the individual, but also in terms of social injustice. Another issue is: What are the social values that we want to promote if we embrace enhancement? How do we want our society to incorporate any type of enhancement into what it values and how it operates? Those are some of the big social issues and all of them have some relevance to sport.

But how can we determine what is acceptable or not in a society that already accepts a number of enhancements (plastic surgery, etc.)? And where do we draw the line in sport between therapy and enhancement?

This issue is a critical one and one that has to be the focus of a lot of public discussion. I don't have a simple answer for that. But the question is a very interesting one: What is the process by which any country considers where the line has to be drawn? Traditionally, we have in place democratic processes in many of our countries, whereby we try to do the best we can. Science and technology are always a critical and complex area in terms of where we draw the line. We need to continue to bring to the dialogue a variety of stakeholders, from physicians to consumers, judges, policy-makers, members of the sports community. This needs to be an ongoing dialogue. But at some point we will either have to make a conscious decision about where we draw the line or the marketplace is going to make this decision for us. We have seen this in the United States on a number of issues where the government has been reluctant to establish policies for whatever reasons and the market has taken over and basically led the evolution of the technology and how it is applied.

With respect to sport, anybody interested in this issue needs to think very carefully about it and remember that enhancement is inconsistent with the spirit and ethics of sport. Every social enterprise has an ethics, whether it is banking, law, accounting, etc. Sport itself has a very strong ethical foundation. Sport needs to continue to make a case that enhancement is inconsistent with its ethics.



In this regard, WADA has an important role to play to facilitate and catalyze the discussion, and educate those involved in sport about this issue. AAAS could bring its own experience of dealing with policy issues and how we can move from a discussion involving groups of different disciplines and backgrounds, to a process generating outcomes such as strong recommendations aimed at various audiences, including professional, commercial and not-for-profit organizations.

A True Champion
Frank Fredericks

How do you define a champion? Google the name Frank Fredericks, simply Frankie to his friends and family, and you will gain a greater insight into the meaning of this word. One of the greatest sprinters of all time, this 41-year-old Namibian won two silver medals (100m and 200m) at the 1992 Barcelona Olympic Games and 1996 Atlanta Olympic Games respectively. After a distinguished career he retired after competing at the 2004 Athens Olympic Games.

Elected during the 2008 Olympic Games to serve as the President of the International Olympic Committee (IOC) Athlete Commission, Frank also serves on the IOC Executive Board and is in charge of taking the voice of the athlete to the core of the IOC's decision-making body.

Frank is the ideal person to be that voice having served as a competitive athlete, athlete ambassador and now athlete leader. *Play True* recently interviewed him.

Play True: What was the best bit of advice you received while growing up?

Frank Fredericks: Stay in school and get your education. Education is the key that would open the doors to a bright and successful future.

Frank or Frankie?

I have no preference but my mother calls me Frankie. In Afrikaans, Frankie is a younger version of Frank. In my mother's eyes, I will always be her little boy and thus Frankie.

Who was your role model and why?

My mother was a single parent. She taught me to strive for the best and to recognize the beautiful things around me and in others.

Do you have a favourite sporting memory?

I have a lot, but if I have to mention one, it will be the experience at the Olympic Games in Barcelona. Starting with carrying the flag for Namibia at our first Olympic Games and the two Olympic silver medals (100 and 200m) won in Barcelona in 1992. They were the first Olympic medals for me but above all for my country, Namibia, newly independent.

You were elected to the IOC Athletes' Commission in 2004 and to the Chairmanship of the Commission at the 2008 Olympic Games. What will be your primary objective in this leadership role?

I will rely on my fellow athletes for guidance to ensure that the voice of the athletes stays up-to-date and active in the IOC and that we remain constant in the fact that the Olympic Games are for athletes.

All together, we will continue to support and strengthen the IOC's fight against doping by promoting its zero-tolerance philosophy, because it is athletes who cheat but also athletes who are cheated on.

Another topic I would like to push is the promotion of education throughout an athlete's entire sporting career.

What role do you believe both current and retired athletes should play in the anti-doping movement?

Who better to speak out and act on that topic than the athletes themselves? It is the athletes who cheat and it is the athletes who are cheated on by unfair competitors. As athletes we have to take an active role in the fight against doping, which will be a priority under my leadership.

As an athlete ambassador and role model around the world, but especially in Africa, what programs or initiatives could best enhance anti-doping awareness?

When I finished my sporting career, I decided to go through the African continent to share my experience with younger people. Since 1999, through the Frank Fredericks Foundation, we have been trying to make a difference to help young Namibian athletes achieve their goals in life, teaching them at the same time how to do sport while respecting themselves and the others—their rivals, coaches, referees, etc.

In our modern society, to get kids aware of the dangers of doping, we have to find the right mix between traditional and modern means, i.e. using school books or comics; radio or television programs, music, etc. and, at the same time, organizing interactive lectures from athletes, coaches and doctors. Communication is the key point.

Track and Field (athletics) has suffered recently due to high-profile athletes testing positive or being

proven to have cheated in their event. What are your feelings related to this and the future of track and field?

I am happy to see that the testing is working and we need to continue to be one step ahead of the cheats. Despite track and field's image suffering, they should not stop testing and testing and testing.

Both in-competition and out-of-competition testing is necessary for elite athletes who want to compete on a level playing field. Do you have any insight or words of wisdom about doping control to give to athletes competing today?

If you have nothing to hide, just fill out your whereabouts and let the authorities know where you are. We have a responsibility to young people to let them know that taking part in sport is a wonderful life experience.

WADA was created in 1999 and has made significant progress over the past few years. How do you see the growth of WADA in the short and long term as it relates to cleaning up sport?

As I said earlier, we will always be committed to a policy of zero tolerance regarding doping. Since 1999, a lot of work has been done in this respect by WADA and the IOC to create an environment of clean sport for generations.

I think that about 99.9 per cent of athletes are clean, so we have to make sure that we keep the playing field level. I am very happy with the many tests that were performed before and during the Beijing Games. We are telling the cheats there won't be a possibility to cheat anymore. It is the integrity—and the very future—of sport which is at stake.

The IOC and WADA are putting increasing emphasis on youth and a future generation of champions. What words of advice would you give young athletes, aiming to compete at the top of their sport, about training, hard work and competitive values?

Always respect yourself and others. Forget about drugs, steroids, growth hormones and all that rubbish. An athlete's route to success is littered with sacrifices. There will be many highs and lows along the way.

The Guide
Athletes and Medallists
Doping Control

MULA/TAMAT

play true

Malaysia Adopts WADA's Athlete Outreach Model

Submitted by the Anti-Doping Agency of Malaysia

Malaysia is deeply committed to the fight against doping in sport and wants to play a strong role in the world anti-doping movement to take the battle against doping to the next level. Efforts are currently being made to improve Malaysia's anti-doping strategy which is consistent with their zero tolerance for doping in sport.

In May 2007, Malaysia launched its national anti-doping agency, calling it Anti-Doping Agency of Malaysia (ADAMAS). The mission of ADAMAS is **PURE PERFORMANCE** with a goal to make sure all athletes practice clean sport.

Malaysia and ADAMAS both recognize the importance of education. Recent educational activities include conducting seminars and programs on anti-doping in sport to every athlete competing at major sporting events including the Olympic, Paralympic, Asian and Southeast Asian Games.

ADAMAS adopted WADA's Athlete Outreach Model and successfully completed its first program at the Malaysian National Games from May 31 to June 9, 2008. Considered their "mini-Olympics," the National Games are held every other year and involve over 6,000 young, up and coming athletes.

With a mobile unit that allowed both flexibility and a targeted reach within every sport, the ADAMAS team was able to set up its Outreach Program at over ten venues, with a variety of anti-doping resources translated in both English and Malay.

"We believe that two way interaction is always better than one and for that reason the outreach program at our National Games was very successful," said Nazima Kassim, Sports Officer with ADAMAS. "We plan to run the program again in the future using WADA's Anti-Doping Quiz in Malay and will continue to meet as many athletes and personnel as possible in promoting clean sport."

The Play True Generation
at the Commonwealth Youth Games

The Play True Generation is WADA's latest education program which encourages young athletes, their coaches and support personnel to be leaders in promoting and ensuring clean sport.

It is a generation who believes that clean sport is one of the fairest and most powerful tools for positive change and growth. It embraces fair play and respect.

WADA launched the program during the Third Commonwealth Youth Games, held October 12–18, 2008, in Pune, India. During the Games, athletes visiting the Play True Generation Center in the Athlete Village demonstrated their commitment to the ideals of the Play True Generation by taking the youth edition of WADA's Anti-Doping Quiz, by completing a survey and by pledging to Play True. Athletes also had the opportunity to play the "Mario & Sonic at the Olympic Games" video game, provided by WADA's partner digital media and content company ISM.

WADA's Director General David Howman welcomed ISM's partnership: "ISM knows how to make learning captivating and fun. We have an important mandate and by working with a company like ISM we are confident that today's and tomorrow's leaders will want to join the Play True Generation."

In addition to WADA personnel, the Play True Generation Center was staffed by Regional Anti-Doping Organization (RADO) Administrators from Commonwealth countries. The RADO Administrators, Neil Murrell (Caribbean), Valerie Onyango (Africa Zone V), Natanya Potoi (Oceania) and Joel Libombo (Africa Zone VI), whose offices are funded by the Commonwealth Secretariat, were present to share their expertise with the hundreds of athletes, coaches and sport officials who passed through the Center.

The Commonwealth Secretariat's support to the anti-doping activities in East Africa, Southern Africa, the Caribbean and Oceania is primarily focused on the education and information side of anti-doping. Following the Games, the goal of each of the RADO Administrators is to promote and deliver sustainable programs for youth in their respective regions.

The success of and lessons learned during this first Play True Generation event will be a springboard for preparations for the first Youth Olympic Games, to be held in Singapore in August 2010.

play true Generation

UNESCO Convention Nears 100 Ratifications

The International Convention against Doping in Sport is setting records of its own as it continues at full pace toward rapid ratification. Unanimously adopted at the 2005 UNESCO General Conference and coming into force in February 2007, the treaty has now been ratified by more than half of UNESCO's 193 Member States–the fastest pace thus far for any UNESCO Convention.

The UNESCO Convention–the first universal treaty against doping in sport–is the practical instrument by which governments formalize their commitment to the fight against doping. Given that many governments cannot be bound by a non-governmental document such as the World Anti-Doping Code (the document harmonizing anti-doping rules in all sports and all countries), the Convention permits governments to align their domestic policies with the Code, thus harmonizing the rules governing anti-doping in sport and public legislation.

WADA is in regular contact with UNESCO and those governments that have yet to ratify the Convention in order to facilitate and encourage its rapid ratification.

In addition, the revised Code, which was unanimously endorsed by delegates from sport and government at the Third World Conference on Doping in Sport in November 2007, states that, starting in 2009, the International Olympic Committee will only accept bids for the Olympic Games from countries where the government has ratified the Convention and where the National Olympic Committee (NOC), National Paralympic Committee (NPC) and National Anti-Doping Organization (NADO) are in compliance with the Code. Furthermore, the revised Code calls on International Federations and Major Games Organizers, starting on January 1, 2010, to do everything possible to only award World Championships and Major Games to countries where the government has ratified the Convention and where the NOC, NPC and NADO are in compliance with the Code. *(See also the highlight of key changes to the Code page 3.)*

UNESCO Publishes Handbook for Fund for the Elimination of Doping

UNESCO has published a handbook outlining the application process for and management of the Fund for the Elimination of Doping in Sport. The Fund is dedicated to assisting governments with the implementation of effective anti-doping programs in accordance with the International Convention against Doping in Sport

State Parties that have ratified the Convention can apply to use the Fund—made up of contributions from Member States, private or public bodies and individuals, as well as revenue from fundraising activities, to establish anti-doping preventative education programs—for assistance with policy advice to enable the development of legislation and regulations for the purposes of complying with the Convention, and for mentoring and capacity development activities.

The Handbook, available in six languages, can be downloaded from UNESCO's Web site: www.unesco.org/en/antidoping.

WADA President Confers with Top Sport and Government Officials

In the past few months, WADA's President, the Hon. John Fahey, held fruitful meetings with a number of top sport and government officials from around the world to discuss issues of common interest.

In June, Mr. Fahey and WADA's Director General David Howman visited the President of the International Olympic Committee (IOC) Jacques Rogge and the new President of the International Court of Arbitration for Sport Mino Auletta in Lausanne.

They subsequently traveled to Brussels to meet with Jan Figel, the member of the European Commission responsible for education, training, culture and youth, and by extension sport.

Lastly, they traveled to Paris for individual discussions with the UNESCO Director General Koïchiro Matsuura, the Chairman of the Russian State Committee for Physical Culture and Sport Vyacheslav Fetisov (also a WADA Board member and the Chairperson of the Conference of Parties to the UNESCO International Convention against Doping in Sport), and the French State Secretary for Sport and WADA Board member Bernard Laporte.

During the Beijing Olympic Games, Mr. Fahey also met with sport and government officials from around the world. He addressed the Session of the IOC and the Commonwealth Sports Ministers meeting held in Beijing.

The meetings and presentations included discussions of general doping issues, advances in the fight against doping in sport, cooperation between sports and public authorities, management of doping cases, the UNESCO Convention, and updates on WADA's investigations strategy, including cooperation with Interpol.

The Hon. John Fahey and Jan Figel

1948 Olympic Champion Shows Support to WADA

André Laperrière, a Montrealer and member of the 1948 Canadian Olympic ice hockey team, gave WADA a replica of the shirt he and his teammates were wearing when they won gold at the Winter Olympic Games in Saint-Moritz, Switzerland, to show his support for the fight against doping in sport.

During a ceremony at WADA's Montreal headquarters in October, Mr. Laperrière presented the jersey to WADA and stressed the importance of the Agency's role in protecting the integrity of sport and the health of young athletes. "I am very pleased to give my jersey to WADA to show my support to your wonderful mission," said Mr. Laperrière. "The use of doping substances by athletes is not only unfair to other competitors, but also very risky to their health."

RADO Development Continues

Regional Anti-Doping Organizations (RADOs) continue to develop in each of their 15 respective regions of the world, fulfilling different responsibilities for each of the 122 countries involved. RADO activities range from the coordination of sample collection, to the management of results, appeals, approval of therapeutic use exemptions, to the dissemination of education/information materials, as well as assisting member countries with the establishment of anti-doping regulations compliant with the World Anti-Doping Code.

The Commonwealth Secretariat continues to support the employment of four RADO Administrators and to provide an education grant to each of these four regions (East Africa, Southern Africa, the Caribbean, and Oceania). In addition, WADA recently signed an agreement with the Conférence des Ministres de la Jeunesse et des Sports des États et Gouvernements ayant le français en partage (CONFEJES) whereby CONJEJES has agreed to provide financial support in assisting French-speaking countries involved with the RADOs.

New Corporate Video Outlines WADA's Mission, Global Responsibilities

In the lead-up to the Beijing Olympic and Paralympic Games, WADA developed a new corporate video outlining the Agency's mission and its global responsibilities in thefight against doping in sport.

This two-minute video is available in English and French in WADA's online media center at www.wada-ama.org.

More and More Organizations Use ADAMS

WADA's Web-based Anti-Doping Administration & Management System (ADAMS) continues to progress well.

As of mid-September 2008, 85 anti-doping organizations were using ADAMS, including 50 International Federations and 35 National Anti-Doping Organizations.

During the third quarter of 2008, 20 WADA accredited laboratories used ADAMS for reporting Proficiency Test (PT) results. The remaining accredited laboratories will be using ADAMS to report their PT results starting on October 1, 2008.

Individual athlete statistics show that close to 98,000 athlete profiles have been logged. The number of athletes holding their own accounts for reporting whereabouts and therapeutic use exemptions (TUEs) is over 15,000, with nearly 8,000 TUEs being submitted via ADAMS.

The Olympic Council of Asia used ADAMS at their Asian Beach Games, held in Bali from October 18-26, 2008.

Revisions to the International Standard for Testing will be incorporated in the next release of ADAMS, which will be operational on January 1, 2009.

WADA Calendar

WADA Program Calendar. For the most current updates, visit www.wada-ama.org

EDUCATION SEMINAR

WADA's Education Seminars raise understanding about anti-doping efforts, disseminate general information about anti-doping in sport and offer guidance and practical tools for initiating or enhancing anti-doping education programs among WADA stakeholders throughout the world. For more information, contact info@wada-ama.org.

October 22–23	Costa Rica

ANTI-DOPING PROGRAM DEVELOPMENT

WADA works with stakeholders to facilitate the establishment of strong anti-doping programs in sports and regions throughout the world. The following are meetings of various development programs, including those of Regional Anti-Doping Organizations (RADOs).

October 21	Central America & Colombia RADO Board Meeting	Costa Rica
October 21–23	Eastern Europe RADO Board Meeting, TUE and Results Management Training	Baku, Azerbaijan
November 6–8	West Asia RADO Board Meeting, TUE and Results Management Training	Amman, Jordan
November 10–12	Gulf States & Yemen RADO Board Meeting and Results Management Training	Doha, Qatar
November 11–14	Africa Zone IV RADO Board Meeting and DCO Training	Gabon
November 16–17	Africa Zone I RADO Board Meeting	Morocco

MEDIA SYMPOSIUM

WADA's Media Symposium is an opportunity for interested journalists to receive updates about the Agency's work and mission, as well as the advances and the challenges in the fight against doping in sport in general. For more information, contact media@wada-ama.org.

February 24, 2009	Lausanne, Switzerland

ADAMS TRAINING

ADAMS (Anti-Doping Administration & Management System) is the Web-based database management system that coordinates anti-doping activities worldwide. WADA hosts training sessions for stakeholders adopting the ADAMS system.

At the present time, no group training sessions are scheduled. If there is sufficient demand and one is scheduled, it will be posted in the "ADAMS" section of WADA's Web site. Individual one-on-one remote online sessions on specific modules are offered regularly. To schedule a session, contact adams@wada-ama.org.