

play true

ISSUE 1 - 2008

AN OFFICIAL PUBLICATION OF THE WORLD ANTI-DOPING AGENCY

A Greater Resolve, a Stronger Code

Actions taken at the Third World Conference on Doping in Sport strengthen the World Anti-Doping Code and reinforce the links uniting the global anti-doping movement.

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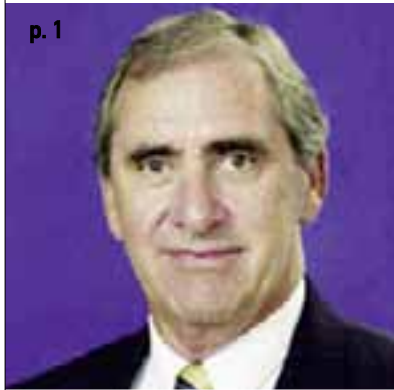
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Forging Ahead on Firm Footing and with Fresh Resolve

It is my pleasure to introduce this year's inaugural issue of *Play True*, in which we recap the major achievements of the Third World Conference on Doping in Sport, hosted last November in Madrid, and outline what they mean for an even stronger, more robust fight against doping in sport.

First, let me acknowledge the tremendous progress that has been achieved on the global front in the fight against doping in sport since Governments and the Sport Movement joined efforts in 1999

to clean sport, can be confident that we are moving in the right direction.

In fact, as I see it, we are even more focused and better equipped than ever before given two significant outcomes from the World Conference.

First, through the "Madrid Resolution," members of the World Conference recognized the "excellent work" of WADA and bolstered their commitment to it and the fight against doping in sport. The World Conference,

combined with the cumulative progress since 1999, put us in good stead for confronting the harsh reality of doping and the challenges on the horizon.

The harsh reality is that doping threatens public health. Doping is not limited to elite-level sport. Its tentacles spread to youth around the world and therefore must be addressed from a public health perspective. Already the governments of the world have acknowledged this through the Copenhagen Declaration, their

"The anti-doping movement's foundations are firm and the network is well-established. Now, with stakeholders committed to bolstering their efforts and with a strengthened Code to marshal that commitment, collectively we are on the right path."

and established WADA. The success in laying the foundation and building the framework for an international collaborative campaign against doping is a result of the commitment of all stakeholders. I am inspired by the achievements and rapid progress since 1999, and delighted to be entrusted with the opportunity to serve as a driving force in the anti-doping movement's next phase.

We begin this next phase with an impressive list of assets. The agency's foundations are firm. The commitment of Sport and Government stakeholders to the mission is solid. The World Anti-Doping Code (Code) has been put to the test and has proven itself to be both fair and effective. The network of anti-doping organizations is well-established. The Agency's management and staff are highly skilled and experienced. Clean athletes, and all those who are dedicated

including more than 1,500 stakeholders representing governments, sports, anti-doping organizations, athletes, the scientific community and anti-doping laboratories, and many others, noted the "urgent need for more effective harmonization in all countries and for all sports, including professional leagues," and urged all stakeholders to intensify efforts to combat doping.

Second, the Code became an even more robust tool in the fight for clean sport with the WADA Foundation Board's unanimous approval of its revision. The revision, the elements of which are outlined within these pages, is the result of an extensive 18-month review and consultation with all stakeholders and based on the experience gained through the practical implementation of the Code.

The renewed commitment of stakeholders and a stronger Code,

partnership in WADA and the UNESCO International Convention against Doping in Sport.

In my capacity as WADA President, and as a representative of governments with intimate knowledge and experience in driving initiatives at the governmental level, I will work to further engage governments in their many aspects relating to the fight against doping in sport to ensure that the important work that has been accomplished, such as the adoption of the UNESCO Convention, is carried through to fruition on a universal basis.

As for the Sport Movement, I see the work there, again, to be in building on progress. There needs to be worldwide implementation of strong anti-doping programs and initiatives in respect of the Code. Monitoring and reporting on Code compliance will be a major focus of ours in 2008,



The Power of Teamwork

in addition to preparing for the January 2009 implementation of the revised Code. Both WADA and the Olympic Movement are firmly rooted in the principle that athletes have the fundamental right to participate in competition that is safe and fair, and we will continue to coordinate and collaborate with Sport to this end.

An area that is a new focus is that of funding. WADA's current budget is paid in a 50-50 partnership between the Olympic Movement and Governments of the world. The issue of doping has become ubiquitous, and the funds currently available to this international agency (approximately US\$25 million) are not adequate to address all of the activities required of this fight. I commend the recent initiative in the United States led by the U.S. Olympic Committee and Anti-Doping Agency in partnership with the major sports to pool significant funds for advancing anti-doping research. This type of nationwide partnership serves as an important multiplier of resources and might. I will encourage its replication in other developed countries, in addition to seeking other strategies for supplementing funding of the global anti-doping fight and building partnerships for greater synergies and progress.

There is much to be done in this next phase of anti-doping, and we are prepared thanks to the hard work and progress since 1999. The anti-doping movement's foundations are firm and the network is well-established. Now, with stakeholders committed to bolstering their efforts and with a strengthened Code to marshal that commitment, collectively we are on the right path. 

On behalf of WADA, I would like to thank all of the stakeholders (and others) who provided comments during the extensive and important World Anti-Doping Code (Code) revision process. Your invaluable feedback has made it possible to harmonize the practical needs of the various stakeholders and to produce a stronger Code for the benefit of clean sport worldwide. Indeed, we are armed with a new, more powerful tool to help combat doping in sport and look forward to seeing it coming into force in January 2009.

From the very beginning, and consistent with our mission, WADA has been entrusted with ensuring that there is a process in place to improve the Code so that it evolves appropriately to


and accountability of all parties engaged in revising the Code. WADA takes this continuing responsibility very seriously. We believe that we have succeeded in providing our stakeholders with the appropriate platform upon which to consult and propose enhancements for the benefit of a better and more pragmatic anti-doping program.

From our perspective, we found the process to be seamless, compelling and thorough, and we attribute this to those stakeholders who participated in the consultations, all the while respecting the process as well as the views of their colleagues.

Therefore, to each of our stakeholders who contributed

"We have succeeded in providing our stakeholders with the appropriate platform upon which to consult and propose enhancements for the benefit of a better and more pragmatic anti-doping program."

meet necessary changes brought about by such factors as science, law, anti-doping practice, and common sense. Further, it has been our job to ensure that that process is inclusive, so that anyone interested in improving the Code might participate; and transparent, to ensure trust

in a constructive way to the evolution of the Code, please accept WADA's deepest gratitude. Your faith in the process and the value of your perspective have helped to create an even more powerful document with increasing tools to combat the scourge of doping. 

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Strengthening the Global Fight against **Doping** in Sport





The Third World Conference on Doping in Sport concluded in Madrid (Spain) with a resolution by Sport and Governments to bolster their efforts to combat doping and endorse a more powerful World Anti-Doping Code (Code) to protect athlete health and the integrity of sport.



On November 17, 2007, the Sports Movement and Governments of the world, adopted a resolution (Madrid Resolution) in which they renewed their joint commitment to a rigorous fight against doping in sport and approved the strengthening of the Code. (See *page 11 for Resolution text.*)

The World Conference endorsed the Revised Code in a move to advance anti-doping harmonization and programs worldwide. Since its initial adoption in 2003 by Sport and Governments as the framework for the global harmonized fight against doping in sport, the Code has proven to be a fair and effective tool for

combating doping. In a meeting held prior to the World Conference's adoption of the Madrid Resolution, WADA's Foundation Board unanimously approved the revisions to enhance the Code, which will come into force on January 1, 2009.

Two general themes emerge from the revisions approved by the Foundation Board: firmness and fairness. For example, now sanctions can be increased when involving aggravating circumstances, such as being part of a larger doping scheme or the athlete having used multiple substances. At the same time, a lessened sanction is possible for instance when the athlete can prove that

the substance involved was not intended to enhance performance. (See *page 6 for a Questions & Answers on Code Revisions.*)

The World Conference was organized by WADA with the support of the Spanish High Council for Sport from November 15–17, 2007, and involved the participation of more than 1,500 representatives of public authorities, the Sport Movement, the anti-doping community, athletes, observers, and the media to review the major advances that have been made in the fight against doping since WADA's inception in late 1999, and what strategies will be needed in the future.



Everyone with an interest in ethical sport and the health of athletes had the opportunity to contribute to the strengthening of the Code through a wholly transparent and consultative process. WADA launched the Code revision process in April 2006. Consultations extended over 18 months and involved 3 rounds of review with 3 successive draft revisions of

the Code distributed to all stakeholders for feedback. In addition, WADA sought input from various stakeholder groups, which included initiating 40 individual meetings and 70 presentations. The process for participating in the consultations was made public and transparent via WADA's Web site and communications to stakeholders. Each draft revision of the Code

was published online along with the official submissions made by stakeholders in response to the drafts. The International Standards, which are an integral part of the World Anti-Doping Program organized under the Code, are also being revised through stakeholder consultation. (See page 9 for more on the International Standards.) ■



WADA to Host Fifth Annual IF Anti-Doping Symposium, 1–2 April 2008

On April 1–2, 2008, WADA will host its fifth annual Anti-Doping Symposium for International Federations (IFs) and National Anti-Doping Organizations (NADOs) at the Olympic Museum in Lausanne (Switzerland). This symposium will enable experts from IFs, NADOs and WADA to exchange information and strategies primarily relating to the actions that anti-doping organizations must take in 2008 in order to achieve compliance with the Code and subsequently implement the revisions to the

World Anti-Doping Code and International Standards in their respective organizations. On April 1, WADA will meet with IFs only; on April 2, WADA will convene a joint program with IFs and NADOs. Following the symposium, WADA will hold a two-day ADAMS training as well as two half-day training seminars for IFs on the Coach's Toolkit crafted by the WADA Education and Development Department.

For more information, contact sibylle.villard@wada-ama.org.



Revisions to the World Anti-Doping Code:

While the World Anti-Doping Code (Code), approved in 2003 and effective since 2004, maintains its key principles and elements, several revisions were approved by the WADA Foundation Board for implementation by January 2009. The following provides responses to frequently asked questions on the process for making the revisions and what these revisions are.

Why did WADA decide to revise the World Anti-Doping Code (Code)?

The Code—the core document that provides the framework for harmonized anti-doping policies, rules, and regulations within sport organizations and among public authorities—has proven to be a very powerful and effective tool in the harmonization of anti-doping efforts worldwide since its coming into force on January 1, 2004. 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) supporting the Code's tenets.

As outlined in Article 23.6, the Code was always intended to serve as a living document, evolving to meet needs.

To this end, WADA initiated a consultation process beginning in 2006 for a practical review of the Code's provisions and their fine-tuning to enhance anti-doping programs, building on the experience gained by the Agency and its stakeholders in the application of the Code.

At the same time, in cooperation with its stakeholders, WADA launched a review of the International Standards to improve all anti-doping protocols and processes. (See page 9.)

How did the revisions occur?

The Code consultation process was similar to that used in the original drafting of the document between 2001 and 2003.

The consultation process began in April 2006, included three stages of consultation, and culminated at the Third World Conference on Doping in Sport, which took place in November 2007. The revised Code was endorsed by delegates at the World Conference on November 17, 2007, and unanimously adopted by WADA's Foundation Board.

Throughout this process, WADA solicited and carefully considered stakeholders' recommendations on various matters resulting from several years' experience of operating under and implementing the Code.

All stakeholders were urged to consider their experiences in providing suggestions for any amendments. In view of the successful and harmonious operation to date, stakeholders were asked to look carefully at the areas which would benefit from changes, and reflect on the benefits to the global community of athletes arising from any suggested alteration.

Who could submit comments as part of the consultation process?

Anyone. All stakeholders were encouraged to send their suggestions. Comments received included feedback from athletes, governments, international organizations, national anti-doping organizations, the International Olympic Committee, the International Paralympic Committee, international sports federations, national Olympic committees, and many other organizations and individuals. In addition, WADA initiated 40 individual meetings with and 70 presentations to various stakeholder groups.

Who oversaw this process?

The consultation process was managed by an expert project management team which was overseen by WADA's Executive Committee.

Who approved the changes to the Code?

WADA's Executive Committee and Foundation Board reviewed comments from stakeholders from each phase of the consultation process and, on November 17, 2007, the Foundation Board unanimously approved the revised Code.



When will the revised Code enter in force?

WADA stakeholders must implement the revisions to the Code by January 1, 2009.

What major changes does the revised Code include?

Firmness & Fairness

Two general themes emerge—firmness and fairness—both targeted at strengthening the fight against doping in sport.

Increased Sanctions

The revised Code provides for an increase of sanctions in doping cases involving aggravating circumstances such as being part of a large doping scheme, the athlete having used multiple prohibited substances or a prohibited substance on multiple occasions, or the athlete engaging in deceptive or obstructing conduct to avoid the detection or adjudication of an anti-doping rule violation. Aggravating circumstances also include situations in which a normal individual would be likely to enjoy the performance-enhancing effects of the anti-doping rule violation(s) beyond the otherwise applicable period of ineligibility. While the current Code allows 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.

Greater Flexibility

At the same time, a greater flexibility is introduced as relates to sanctions in general. While this flexibility provides for enhanced sanctions, for example in cases involving aggravating circumstances (see above), lessened sanctions are possible where the athlete can establish

that the substance involved was not intended to enhance performance.

Specified Substances

For this purpose, the definition of “specified substances” changes with the coming into force of the revised Code. The current Code states that “The Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents.” Where an athlete can establish that the use of such a specified substance was not intended to enhance sport performance, a doping violation may result in a reduced sanction (at a minimum a warning and reprimand and no period of ineligibility, and at a maximum a one-year ban). The revised Code now provides that all prohibited substances, except substances in the classes of anabolic agents and hormones and those stimulants so identified on the Prohibited List, shall be “specified substances” for the purposes of sanctions. This means that where an athlete can establish how a specified substance entered his/her body or came into his/her possession and that such specified substance was not

intended to enhance sport performance, the sanction may be reduced to a reprimand and no period of ineligibility at a minimum, and a two-year ban at a maximum. It is important to note that the newly defined specified substances are not necessarily less serious agents for purposes of sports doping than other prohibited substances (for example, a stimulant that is listed as a specified substance could be effective to an athlete in competition). 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 other prohibited substances, could be susceptible to a credible, non-doping explanation.

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) has been 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



Jacques Rogge, President of the International Olympic Committee (IOC), arrives at the Conference venue accompanied by IOC Legal Affairs Director Howard Stupp, IOC Member Thomas Bach, and former IOC President Juan Antonio Samaranch (from left to right).



which results in the anti-doping organization discovering or establishing an anti-doping rule violation by another person or which results in a criminal or disciplinary body discovering a criminal offence or the breach of professional rules by another person. 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 which 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.

Financial Sanctions

The revised 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.

Accelerated Management of Doping Cases

The revised Code addresses delays and calls for the acceleration of the process and management of doping cases (e.g., reduced period between analysis of the A- and B-samples, and mandatory provisional suspension following an adverse analytical finding through analysis of the A-sample).

WADA's Right of Appeal

The revised Code also clarifies WADA's right to appeal directly to the Court of Arbitration for Sport a 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.

Greater Harmonization

Stakeholders have requested greater harmonization, now included in the revised Code, in some areas where stakeholders had initially wanted some flexibility in the original drafting of the 2003 Code. For example, the current Code does not set requirements as to the number of missed tests that should lead to a potential anti-doping rule violation, leaving it to anti-doping organizations to determine this number based upon varying circumstances encountered in different sports and countries. These rules were harmonized and made more uniform and mandatory as part of the Code review. The revised Code formalizes the current WADA recommendation that any combination of three missed tests and/or failures by an athlete to provide accurate whereabouts information within an 18-month period as determined by the anti-doping organizations with jurisdiction over the athlete shall constitute an anti-doping rule violation.

UNESCO Convention

As relates to the UNESCO International Convention against Doping in Sport, the International Olympic Committee will accept bids for the Olympic Games only from countries where the government has ratified, accepted, approved or acceded to the UNESCO Convention and where the National Olympic Committee, National Paralympic Committee and National Anti-Doping Organization are in compliance with the Code. Starting on January 1, 2010, International Federations will do everything possible to award World Championships only to countries where the government has ratified, accepted, approved or acceded to the UNESCO Convention and where the National Olympic Committee,

National Paralympic Committee and National Anti-Doping Organization are in compliance with the Code.

Were changes in relation to the strict liability principle introduced as part of the Code review?

No. The strict liability has been maintained in the revised Code.

Strict liability means that each athlete is strictly liable for the substance found in his or her bodily specimen, and that an anti-doping rule violation occurs whenever a prohibited substance (or its metabolites or markers) is found in a bodily specimen, whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault.

As consistently confirmed by CAS, the strict liability rule for the finding of a prohibited substance in an athlete's specimen, with a possibility that sanctions may be modified based on specific criteria, provides a reasonable balance between effective anti-doping enforcement for the benefit of clean athletes and fairness in the exceptional circumstances where a prohibited substance entered an athlete's system through no fault or negligence on the athlete's part.

Was the List of Prohibited Substances and Methods reviewed as part of the Code review?

No. The Code review and the annual updating of the Prohibited List are two separate processes.

The Prohibited List is reviewed and updated annually by WADA through a year-long consultative process involving groups of international scientific and anti-doping experts and stakeholders' feedback. ■



Revision of the International Standards

Concurrent to the revision of the World Anti-Doping Code (Code), WADA launched in 2006 a process for the updating of the International Standards, which entered into force in 2004 along with the Code and whose purpose is to harmonize different technical aspects in the fight against doping, including testing, laboratory activities and accreditation, Therapeutic Use Exemptions, and the List of Prohibited Substances and Methods. The International Standards are mandatory for Code signatories, of which there are approximately 570.

Prohibited List

The List of Prohibited Substances and Methods (List) specifies which substances and methods are banned in and out-of-competition, as well as in specific sports.

The List is revised and updated on an annual basis by WADA following an extensive year-long process of consultation. It is approved by the WADA Executive Committee during its annual September meeting.

The 2009 List will therefore be approved by the Agency's Executive Committee in September 2008, in order to come into force on January 1, 2009. The 2009 List will take into account the change in definition of "specified substances" in the revised Code. All banned substances—with the exception of those in the anabolic agents and hormones categories as well as specific stimulants identified by the List—will be considered as "specified substances" in the context of assigning sanctions. (For more information, see page 6.)

International Standard for Laboratories

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



Participants listen to closing speeches at the Conference. On the first row from left to right: The Hon. Clayton Cosgrove, Minister for Sport and Recreation of New Zealand; René Bouchard, from the Canadian Government; François Carrard, former Director General of the International Olympic Committee (IOC) and Chair of the Conference Resolution Drafting Committee; Adolf Ogi, Special Adviser to the United Nations Secretary General on Sport for Development and Peace; and IOC Member and outgoing WADA President Richard W. Pound.

accredited laboratories. The new version of the ISL went into force on January 1, 2008, following an extensive consultation process and its adoption by WADA's Executive Committee at its meeting in Madrid in November 2007. This revised standard includes a certain number of technical changes, as well as some major modifications. For example, the delay between the analysis of the A sample and the B sample by accredited laboratories should not extend beyond seven working days in order to accelerate the management of cases. Also, the oversight of laboratory performance has been enhanced. From now on, the quality of routine analysis

performed by the laboratories will be taken into account in the annual reaccreditation procedure managed by WADA, in addition to the results of proficiency testing carried out throughout the year by WADA and the International Laboratory Accreditation Cooperative (ILAC).

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 notifying the athlete to transporting samples



for analysis. The revision of this standard has been the subject of several phases of consultation. The most recent draft revision—which includes clauses addressing the management of athlete whereabouts information and missed tests—was distributed for further consultation with comments due by the end of January 2008. Based on the comments received from stakeholders, another consultation phase will be launched or a final version will be prepared for approval by the WADA Executive Committee at its next meeting on May 10, 2008.

International Standard for TUE

The purpose of the International Standard for Therapeutic Use Exemptions (TUE) is to ensure harmonization in all sports and

all countries in the procedures followed for granting TUEs.

This standard has undergone two consultation phases. The most recent draft revision is currently in circulation among WADA stakeholders, with the intent to present a final version of the standard to the Executive Committee at its May 2008 meeting.

International Standard for the Protection of Privacy

The revised Code calls for an additional International Standard: the International Standard for the Protection of Privacy (ISPP). The purpose of the ISPP is to ensure that all relevant parties involved in anti-doping in sport apply suitable privacy protection in relation to the collection and use of personal data—such as that relating to

whereabouts, doping control, and TUEs. WADA led an extensive consultation among legal experts, international organizations (for example, the Council of Europe) and the commissions on privacy protection from different countries in order to develop this International Standard.

WADA published a draft ISPP for consultation in January 2008. The goal is for the standard to come into force on January 1, 2009, at the same time as the revised Code.

The International Standards—both the adopted versions and those currently out for consultation—are available on WADA's Web site at: www.wada-ama.org.



Above: The Conference venue: the Palacio Municipal de Congressos in Madrid. Right: The WADA Foundation Board meets during the Conference.





On November 17, 2007, "The Madrid Resolution," presented below, was endorsed unanimously by the participants of the Third World Conference on Doping in Sport, signifying a major forward step in strengthening worldwide resolve and initiatives against doping in sport.



Madrid Resolution

Adopted by the World Conference on Doping in Sport

Madrid, Spain, 17 November 2007

The World Conference on Doping in Sport (World Conference) held in Madrid, Spain from 15 to 17 November 2007, met with the participation of athletes, Ministers and other senior government officials, representatives of UNESCO, WADA and other international or nongovernmental organisations, as well as representatives of the International Olympic Committee, International Paralympic Committee, International Sports Federations, National Olympic Committees, National Paralympic Committees, National and Regional Anti-Doping Organisations, and all other signatories;

Deeply concerned about doping in sport and its negative impact on the spirit of sport, the health and wellbeing of athletes, and the future of sport;

Mindful that doping in sport puts at risk the ethical principles and educational values embodied in the Olympic Charter and the UNESCO International Charter of Physical Education and Sport;

Alarmed by the use of a wide variety of drugs in society for non therapeutic purpose and its public health consequences in particular for young people;

Bearing in mind the influence that athletes may have as role models on young people;

Fully aware of the need to preserve fair and equitable competition and to eliminate doping from sport;

Reiterating that Governments, the Olympic and Sport Movement, together with WADA have complementary roles and responsibilities to combat and prevent doping in sport and that this cooperation has proven to be very strong and effective;

Emphasising the importance of capacity building and ongoing education of athletes, athlete support personnel, sporting organisations and sharing information with communities at large in preventing doping;

Acknowledging the advances that have been made in the fight against doping in sport, particularly since 1999, and the important role that WADA has played in these developments;

Recognising that the World Anti-Doping Code (2003 Code) has proven to be a just, effective and practical instrument for the harmonisation of global efforts against doping in sport;

Congratulating the Olympic and Sport Movement for implementing the Code before the first day of the Games of the XXVIII Olympiad in Athens, Greece;

Welcoming the prompt adherence by many Governments allowing the entry into force of the International Convention against Doping in Sport on 1 February 2007, following its unanimous adoption by the 33rd session of the UNESCO General Conference on 19 October 2005, and the binding obligations that it contains for all States Parties;

Stressing that the fight against doping in sport should be intensified through greater international harmonisation and reinforcement of the unified approach between Governments and the Olympic and Sport Movement, as well as WADA, international, intergovernmental, regional and non governmental organisations;

World Conference
on Doping in Sport
Conférence Mondiale sur le
Dopage dans le Sport
Conferencia Mundial sobre el
Dopaje en el Deporte

Review and Amendment of the World Anti-Doping Code

1. **Recognises** that the support, adoption, implementation and ongoing evolution and review of the World Anti-Doping Code are fundamental and crucial steps for an efficient fight against doping in sport;
2. **Expresses** satisfaction that the Foundation Board of WADA has adopted the revised World Anti-Doping Code (2007 Code) after an open and transparent consultation process throughout the world;

The World Anti-Doping Agency

3. **Commends** WADA for its excellent work, reconfirms its full support to WADA, and invites all stakeholders to intensify their support;
4. **Endorses** the reiterated commitment by the Olympic Movement and Governments to provide equal funding (50% each) of WADA's approved annual core budget in accordance with a formula they themselves determine;

Harmonisation, Consolidation and Development of the Fight Against Doping in Sport

5. **Recognises** the urgent need for more effective harmonisation in the fight against doping in all countries throughout the world and for all sports, including professional leagues, and to that effect, all stakeholders are urged to further consolidate and develop their antidoping efforts and programs;

Olympic and Sport Movement and other Interested Parties

6. **Urges** the International Olympic Committee, International Paralympic Committee, International Sports Federations, National Olympic Committees, National Paralympic Committees, National and Regional Anti-Doping Organisations, major event organisers and all other signatories to implement and be fully compliant with the 2007 Code on 1 January 2009;

Governments

7. **Welcomes** the commitment of Governments to increase cooperation at intergovernmental, regional and global level, to reinforce the involvement of all public authorities within the work of WADA; and
8. **Urges** all Governments to adhere to the UNESCO International Convention against Doping in Sport no later than 1 January 2009.

Madrid, Spain
17 November 2007

WADA's new Vice President Prof. Arne Ljungqvist presents a gift to Richard W. Pound.



WADA's outgoing and incoming Presidents: Richard W. Pound and the Hon. John Fahey.



WADA's Athlete Committee Chairman, Russian Sports Minister Vyacheslav Fetisov, addresses the Conference on the role of athletes in the fight against doping.



On the Record

Play True interviews the Hon. John Fahey, A.C., as he takes on his new post as WADA President, marking the first time in the Agency's eight-year history that Governments have held the top leadership position in the global fight against doping in sport.

You've been President of the World Anti-Doping Agency for a few weeks, what's your first impression?

I'm very impressed with the dedication, commitment and professional skills of the WADA team. WADA has made tremendous progress in the fight against doping in sport in its brief existence. The strategies are sound and the foundation is firm to ensure that WADA becomes even more effective in its leadership of eliminating drug cheats.

Leading the global fight against doping in sport is a pretty hefty task. Any first-day jitters?

I'm conscious of the enormity of the challenge and the level of responsibility my role entails. I do have a few butterflies in the stomach but I suspect they stem from recognition of the need for WADA to succeed in its work rather than any personal nerves. I know that if athletes and fans lose confidence in any sport, that sport will wither. Failure to eradicate drug cheats is therefore not an option.

There are a lot of challenges facing the anti-doping movement. What do you think is the biggest challenge facing WADA as its international coordinator and you personally?

The changes made to create an even more robust World Anti-Doping Code, endorsed at the World Conference in November, will be implemented as

from January 2009. Sport and Government have clearly indicated their desire to work together through this strengthened Code to ensure they are effective in dealing with cheats and returning the culture of sport to an overwhelming dominance of fair play. We must capitalize on the momentum and continue to push for further actions on the part of both the Sports and Governments. My role as President is to make sure the opportunity is not lost. In relation to public authorities in particular, I will press upon them the need for domestic laws, regulations and policies that are in line with the principles of the Code and that they are enforced accordingly.

You have a very impressive career in government. How did you become interested in sport and the fight against doping?

My earliest memories of having fun involved a rugby ball. Growing up in a climate conducive to playing sport 12 months of the year with an abundance of facilities from great surf beaches to tennis and squash courts in every town and suburb meant that the next sporting contest was always only days away. As an avid fan of most sports I read with growing disquiet the rumors of performance enhancing drugs in the seventies in a number of eastern European countries. I became increasingly exposed to the drug problem both from a public health and cheating perspective following my election to Parliament in 1984.





Incoming WADA President John Fahey (left) and WADA Foundation Board member and Athlete Committee member Rania Elwani; and with Sir Phil Craven, WADA Foundation Board member and President of the International Paralympic Committee (far right).

Sport and Government have clearly indicated their desire to work together through this strengthened Code to ensure they are effective in dealing with cheats and returning the culture of sport to an overwhelming dominance of fair play. We must capitalize on the momentum and continue to push for further actions on the part of both the Sports and Governments.

What is the significance of having a government representative as the president of WADA? And how does your background in government contribute to your ability to provide leadership to both the Sport Movement and Governments to combat doping in sport?

The Founding Fathers of WADA had the good sense to recognize that Sport and Government separately could achieve only so much. A partnership of both, however, could achieve so much more. Having extensive knowledge and experience in how Government works, I hope to extract a greater effort from the Governments of Code compliant nations. Some countries have gone a long way to facilitating cooperation between their law enforcement agencies and anti-drug agencies. The wheels of government sometimes turn slowly but I will endeavor to persuade Governments around the world to maximize the obvious benefits that can be achieved through information sharing, targeted investigations, complimentary education programs and effective laws.

I would hope that such roles as Premier of Australia's largest state, National Finance Minister, Head of Australia's delegation to the fourth Ministerial Meeting of the World Trade Organization in Doha (Qatar) and Chairman of Sydney's successful bid for the 2000 Olympics would signify a capacity and ability that would assist the new challenge so vital to the future of World Sport.

What can we expect to see from WADA in the next year with you at the helm?

I have always believed in consultation and facilitating the collective wisdom and talents of those you work with to maximize the organization's outcomes. The Board and management of WADA are impressive with a diverse range of experience and I will pay great attention to their counsel and guidance. At the same time, I will not be afraid to take the lead when necessary on any issue and to engage in the public arena in the interests of WADA's objectives.

We have an impressive slate of priorities for 2008. To name a few: we are actively preparing for the November report of stakeholders' compliance with the Code; an even stronger, revised Code and its related International Standards will come into force on the first day of 2009, so there is a great deal of outreach and education of stakeholders to ensure that they are prepared come January 1, 2009; the development program will continue to forge ahead coordinating the establishment of Regional Anti-Doping Organizations until there is worldwide effective engagement in the fight for clean sport. And, of course, we are urging public authorities to accelerate their ratification of the UNESCO Convention, now at 75 countries, so that public and athlete health worldwide are no longer under the threat of performance enhancing drugs. ■

Athlete's Passport

The fight against doping in sport is an evolving endeavour that benefits from innovations in scientific thinking and methods to deter and detect the abuse of doping substances. The longitudinal monitoring of athlete biological parameters is one of the latest advances. *Play True* provides the answers to some frequently asked questions on the topic.

How can the Athlete's Passport help in the detection of doping practices?

The fundamental principle of the Athlete's Passport is based on the monitoring of selected parameters which indirectly reveal the effects of doping, as opposed to the traditional direct detection of doping. Biological tracing throughout an athlete's sporting career should make any illegal preparation far harder to implement.

From a medical point of view, this biological monitoring is also likely to illustrate biological disturbances linked to pathological processes, whether or not these are the result of doping manipulation. If necessary, early and effective medical intervention can thus take place.

In its final form, the Athlete's Passport will be used to meet the two-fold objective of improving the effectiveness of the fight against doping and protecting the health of athletes. At the same time, it shall also further support the intelligent targeting of athletes for doping control.

How has this concept developed?

The concept of an Athlete's Passport has been discussed by WADA since 2002. It gained further momentum as a result of questions raised during the 2006 Olympic Winter Games surrounding

"no start" suspensions of athletes by their federations following health checks that reported high haemoglobin levels. Some concerns were expressed at the time regarding the results and their potential relation to doping.

Cognizant of the varying approaches to blood parameters among different sports, WADA convened a meeting to foster exchange of information and to develop a consensus on the topic. The participants (representatives of international sports federations including FIS, IBU, ISU, UCI, and IAAF) agreed that the analysis of blood parameters should be considered as part of the anti-doping process itself as it can help to identify abnormal profiles, and that WADA should take the lead in convening further meetings of relevant experts in the field of haematology.

The group, through a series of meetings, came to the consensus that the longitudinal analysis of athlete blood parameters should be registered in a database, and should be used in target testing and sanctioning when abnormal values are observed.

How close is WADA to approving the widespread implementation of the Athlete's Passport?

Although the concept is simple, in that different models have already

been validated for widespread use in other scientific fields, such as epidemiology, legal medicine or even veterinary monitoring, several key considerations must be taken prior to its widespread use in the field of anti-doping.

In order to respond to the complexity of this situation, WADA has developed a multi-level strategy that includes the examination of legal issues and the nature of possible disciplinary decisions, as well as a feasibility study and implementation of strategies that take into account the features and specificities of different sports (the monitoring parameters could vary from one discipline to another).

What is the status of the proposed use of the Athlete's Passport in the sport of cycling?

On October 22–23, 2007, a meeting was hosted in Paris by the French Minister for Health and Sport, Mme Roselyne Bachelot, with the participation of the UCI, the organizers of the Tour de France, WADA and several other interested parties to explore ways in which the fight against doping in cycling may be improved.

The meeting led to an agreement to further evaluate the applicability of the Athlete's Passport in its anti-doping dimension, through the implementation of a pilot project in cycling in 2008, on the basis



Q & A

of the outcomes of the WADA haematological working group, particularly focusing on the blood parameters to be monitored. The mathematical data treatment developed by the Lausanne team will be applied in parallel with other models (e.g., off score model) in line with the group's discussions.

How will the 2008 project in cycling be monitored, and what are its expected contributions to the development of the Athlete's Passport?

An independent committee of medical experts will be put into place in order to review the blood data and to make recommendations to UCI for decision.

The pilot project in cycling signals the next phase in the development of the Athlete's Passport as it will test its implementation on a larger and more practical scale. It is an opportunity to evaluate the concept prior to considering its applicability to other sports on an even broader scale. An independent evaluation process will be established to review the project throughout its implementation for the purpose of further refinements, development, harmonization and dissemination.

An overall assessment of the project will be conducted at the end of 2008 in order to leverage the experience and knowledge gained for the benefit of other anti-doping organizations.

WADA's duty is to monitor and coordinate the global harmonized fight against doping in sport, and will therefore monitor carefully the roll out of this project, as with any other anti-doping endeavour, and will consider its outcomes for its future harmonization and benefit to global anti-doping programs.

Can athletes be sanctioned under this program for anti-doping rule violations for abnormal indirect parameters?

Yes, depending on the recommendation made to UCI by the independent commission, the result management process and the specificities of the case, the decision could potentially range from a no-start suspension to an anti-doping rule violation. The World Anti-Doping Code (2003) provides the possibility for sanctions in this respect, and the revised Code (2009) strengthens this possibility. However, this is a pilot project, and it might take some time before the first case is brought forward.

What are the key recent developments that are now incorporated into the Athlete's Passport model?

The longitudinal analysis of blood parameters is now included in anti-doping rules (with the possibility for sanction); the data collected under the Athlete's Passport model

are reviewed by an independent panel of experts; and the mathematical model used for analysis compares reference values obtained per individual as opposed to population-based reference values.

Will the Athlete's Passport replace traditional anti-doping testing?

If the urine and blood tests, which are essentially toxicology tests, are to be maintained and improved through increasingly sophisticated analytical methods, these will inevitably have to be rapidly combined with effective tools such as biological monitoring. In view of the challenges posed by current and future biotechnological methods, an increasingly global and biological approach, similar to that used in forensic science, is necessary in order to respond with the expected efficiency.

The fight against doping relies on several strategies, including the direct testing of athletes as well as evidence gathered in the context of non-analytical doping violations. By combining these strategies, and seeking new ones to address emerging threats, the global fight against doping is more effective. ■

2008: Code Signatories Officially Report Status of Code Compliance

The year 2008 is the first year that signatories to the 2003 World Anti-Doping Code (Code) must officially report their status vis-à-vis Code compliance. Indeed, not only is compliance with the Code mandatory for signatories of the Code (Article 23.2.1) but also

and policies to include the mandatory articles and principles of the Code. The signatory determines how the Code is to be best implemented into its rules, regulations and/or policies, and these anti-doping rules must be submitted to WADA for review, in

taken or not taken by the same organizations. This online tool will assist WADA in evaluating the status of each signatory with regards to compliance with the Code and enable WADA to provide guidance, if needed, to achieve complete compliance.



WADA also offers a number of resources to assist stakeholders with these regulatory obligations:

- **Models of Best Practice for International Federations**
- **Models of Best Practice for National Olympic Committees (NOC):** For NOCs in countries where there is an established National Anti-Doping Organization (NADO)
- **Models of Best Practice for National Anti-Doping Organizations:** For NADOs; also for NOCs in countries where there is no established NADO, because the responsibility of anti-doping then reverts to the NOC

signatories are required, under Article 23.4.2, to report to WADA on Code compliance: “To facilitate monitoring, each Signatory shall report to WADA on its compliance with the Code every second year and shall explain reasons for non-compliance.”

There are three steps in the compliance continuum that are required of Code signatories: acceptance, implementation and compliance. By accepting the Code, an organization agrees to the principles of the Code. Acceptance is followed by implementation, when an organization amends its rules

either English or French, in order for the rules to be pronounced in line with the Code. The final step, Code compliance, means that the amended organization rules and policies are actively enforced in accordance with the Code.

To facilitate the reporting obligation of signatories, WADA has developed an online **anti-doping survey tool** (available at www.wada-ama.org). The questionnaire consists of multiple choice questions which refer to requirements and stipulations within the rules adopted by the Anti-Doping Organization or International Federation and to the actions

For more information about the 2008 Code reporting requirements, visit WADA’s Web site at www.wada-ama.org and click on “Code Compliance & Reporting.”

WADA Committees and Their 2008 Memberships

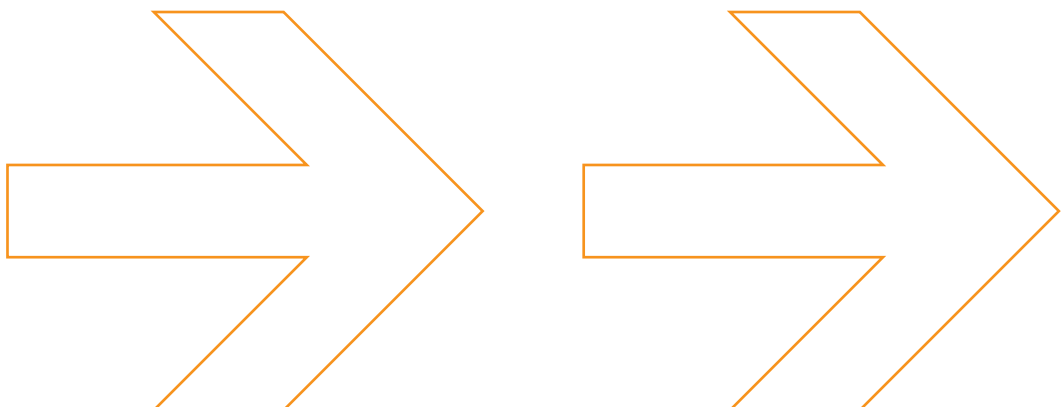
While WADA's day-to-day work is carried out by a relatively small but highly dedicated staff who are specialists in their respective domains, WADA, founded on the principles of cooperation, consultation and transparency, regularly seeks and relies upon the expertise and experience of individuals and organizations from around the globe in the development of programs and activities to combat doping in sport.

This expertise and leadership is organized through WADA's governance structure, including a Foundation Board, an Executive Committee, and several Committees.

The 38-member **Foundation Board** is WADA's supreme decision-making body. It is composed equally of representatives from the Olympic Movement and governments of the world. The Foundation Board delegates the actual management and running of the Agency, including the performance of activities and the administration of assets, to the **Executive Committee**, WADA's ultimate policy-making body. The 12-member Executive Committee is also composed equally of representatives from the Olympic Movement and governments.

WADA's Working Committees act as advisory bodies and provide guidance for WADA's programs, and in

many cases help the Agency meet its responsibilities under the World Anti-Doping Code. Committee appointments are made pursuant to the conditions contained in WADA's Constitution which provide that committees must be composed having a regard to representation from sport and governments, regional representation, gender representation, and that such a process must be conducted with a view to equality as much as possible. Stakeholders nominate candidates for the committees, and the allocations are then made in accordance with the above conditions by the President of WADA, the Chair of the respective committee, and the Director General. The subcommittee and panel members are then appointed by the respective committee chairs. The WADA Foundation Board accepted the proposed composition for 2008 Working Committee memberships at its November 17, 2007, meeting in Madrid (Spain).



Athlete Committee

Athlete interaction and feedback is a top priority for WADA. **WADA's Athlete Committee** was established to represent the views and rights of athletes worldwide, while providing insight and oversight into athletes' roles and responsibilities as relates to anti-doping. The committee is comprised of Olympic, Paralympic, and other athlete leaders from around the world. Members assist in raising awareness about anti-doping, promoting the Play True message, as well as actively liaising and providing feedback from government, regional and national leaders about anti-doping initiatives. They have a key role in helping WADA understand the challenges vulnerable athletes face and how WADA can best lead in developing strategies to not only detect doping, but also to deter and prevent doping.

<p>Mr Vyacheslav FETISOV (Chair of the Committee) Chairman of the State Committee for Physical Culture and Sport (Minister of Sport) Olympic and world champion in ice hockey Russian Federation</p>	<p>Ms Rania ELWANI Member of the IOC Member of the IOC Athletes Commission Three-time Olympian in swimming Egypt</p>	<p>Ms Rosa MOTA Member of the Superior Council of Sports of Portugal Portuguese ambassador for fair play at the Council of Europe Olympic and world champion in marathon Portugal</p>
<p>Mr Kalusha BWALYA Member, FIFA Players Committee 2010 World Cup Ambassador Zambia</p>	<p>Ms Meike EVERS Two-time Olympic champion in rowing Two-time world champion in rowing Chief Inspector, police department Germany</p>	<p>Ms Beckie SCOTT Spokesperson for "Sport for Life," an anti-tobacco and drug program Member of the IOC Member of the IOC Athletes Commission Olympic champion in cross-country skiing Canada</p>
<p>Ms Jacqui COOPER Deputy Chair of the Athletes Commission of the Australian Olympic Committee World champion in freestyle skiing Australia</p>	<p>Ms Sara FISCHER Two-time Olympian in snowboarding Champion of five world cups Medical student Sweden</p>	<p>Ms Yoko TANABE Director of the Japan Anti-Doping Agency Olympic and world medalist in judo Japan</p>
<p>Mr Marcus DE FREIRE Technical Director of the Brazilian Olympic Committee Member of the Athletes Commission of the Sports Ministry of Brazil Olympic medalist in volleyball Brazil</p>	<p>Ms Tanja KARI Member of the Athletes Committee of the International Paralympic Committee Paralympic and world champion in cross-country skiing Finland</p>	<p>Ms Yang YANG Member of the Athletes Committee of the International Skating Union (ISU) Member of the Chinese Olympic Committee Olympic and world champion in short track speed skating China</p>
<p>Mr Stéphane DIAGANA Member of the Athletes Commission of the International Association of Athletics Federations (IAAF) World champion in athletics France</p>	<p>Mr David MILLAR Winner of three stages, 2007 Tour de France Served two-year sanction for EPO following admission Professional cyclist and promoter of anti-doping with UK Sport United Kingdom</p>	

Education Committee

The **Education Committee** provides expert advice, recommendations and guidance to WADA Management with respect to both short-term education strategies and activities, and long-term approaches to WADA's education programs. The committee also participates in the selection process for social science research projects.

<p>Hon Helena GUERGIS (Chair of the Committee) Canada</p>	<p>Mr Chris BUTLER Monaco/Australia</p>	<p>Ms Charmaine CROOKS Canada</p>	<p>Dr Robin MITCHELL Fiji</p>
<p>Dr Zoran BARČOT Croatia</p>	<p>Prof Fernando CÁCERES Uruguay</p>	<p>Prof Robert DONOVAN Australia</p>	<p>Mr Anders SOLHEIM Norway</p>
<p>Dr Claudia BREUER Germany</p>	<p>Dr June CADDLE Barbados</p>	<p>Mr Torben HOFFELDT Denmark</p>	
	<p>Dr Bréhima COULIBALY Mali</p>	<p>Ms Allison HOLLOWAY United Kingdom</p>	

Ethical Issues Review Panel

The **Ethical Issues Review Panel** provides expert ethical opinion, when required, often on short notice, through the review of urgent or contentious ethical issues that may arise in the fight against doping in sport, and develops and recommends ethically sound policy or suggestions to WADA Management as deemed appropriate by the Panel.

Dr Thomas H. MURRAY (Chair of the Panel) USA	Dr Bartha Maria KNOPPERS Netherlands/Canada	Prof Sigmund LOLAND Norway	Dr Margaret SOMERVILLE Australia/Canada	Dr Henk TEN HAVE Netherlands
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Finance & Administration Committee

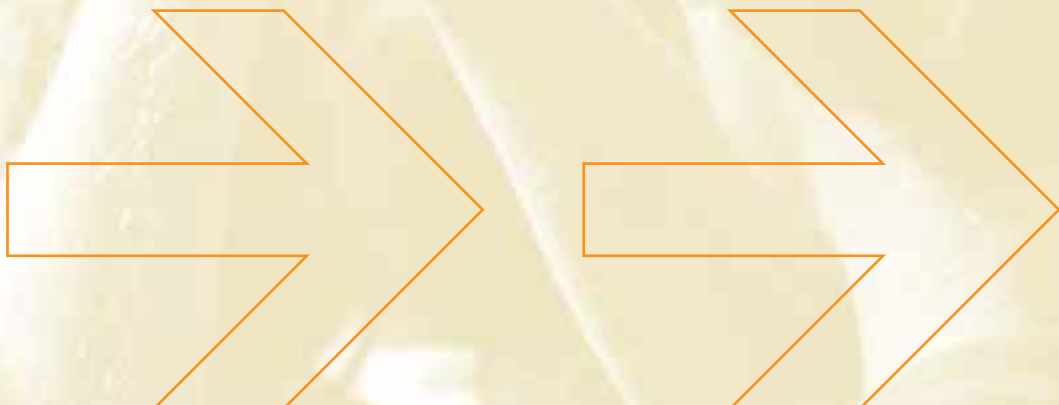
WADA's **Finance & Administration Committee** provides advice, recommendations and guidance to WADA Management and Executive Committee with respect to budget development, funding, and financial and administrative policy.

Sir Craig REEDIE (Chair of the Committee) United Kingdom	Mr Patrick CHAMUNDA Zambia	Ms Roberta INNAMORATI Italy	Mr Willi KALTSCHMITT Guatemala	Mr Thierry SPRUNGER Switzerland/IOC – Observer
Mr Brian BLAKE USA	Mr Robert DE VRIES Netherlands	Mr Tomas JOHANSSON Sweden	Mr Majed T. Al Qatarneh Jordan	

Health, Medical & Research Committee

The expert advice of the **Health, Medical & Research (HM&R) Committee** enables WADA to serve as a world leader on health, medical and research issues related to drug-free sport. The committee is responsible for monitoring scientific developments in sport and anti-doping in order to safeguard doping-free sport practice. This includes providing overall guidance and oversight to various scientific Subcommittees in relation to the Prohibited List, Therapeutic Use Exemptions (TUE), and Laboratory Accreditation. The Committee also participates in the selection process for scientific research projects.

Prof Arne LJUNGQVIST (Chair of the Committee) Sweden	Prof Theodore FRIEDMANN USA (Reporter of the Gene Doping Panel)	Dr Per Wiik JOHANSEN Norway	Dr Babette PLUIM The Netherlands
Prof Don CATLIN USA	Prof David GERRARD New Zealand (Reporter of the TUE Subcommittee)	Prof Ichiro KONO Japan	Dr Brian SANDO Australia
Prof Eduardo DE ROSE Brazil		Dr Jean-Claude MBANYA Cameroon	Dr Patrick SCHAMASCH Switzerland
Prof Jiri DVORAK Switzerland	Dr Luis HORTA Portugal (Reporter of the Laboratory Subcommittee)	Prof Timothy NOAKES South Africa	Dr Gary WADLER USA (Reporter of the Prohibited List Subcommittee)
		Dr Toni PASCUAL Spain	



List Subcommittee

The **List Subcommittee** is responsible for providing expert advice, recommendations and guidance to WADA on the overall publication, management and maintenance of WADA's annual International Standard—the List of Prohibited Substances and Methods.

Dr Gary WADLER (Reporter to Health, Medical & Research Committee) USA	Dr Joseph HANIG USA	Prof Georges LAGIER France	Dr Martial SAUGY Switzerland
	Dr Marilyn HUESTIS USA	Dr Andrew PIPE Canada	Dr Patrick SCHAMASCH Switzerland
Dr Richard BUDGETT United Kingdom	Dr Audrey KINAHAN Ireland	Dr Renno ROELANDT Belgium	Prof Hidenori SUZUKI Japan

TUE Subcommittee

The **TUE Subcommittee** ensures that the International Standard for TUE is maintained and revised as needed, in accordance with the World Anti-Doping Code, and provides guidance and recommendations to WADA to facilitate the Agency's TUE responsibilities, including the process of review and appeal.

Prof David GERRARD (Reporter to Health, Medical & Research Committee) New Zealand	Dr Katharina GRIMM Switzerland	Dr Keun-Youl KIM Korea	Dr Anik SAX Luxembourg
	Dr Peter JENOURE Switzerland	Dr Margo MOUNTJOY Canada	

Laboratory Subcommittee

The overall management of the accreditation and re-accreditation of anti-doping laboratories around the world is provided by the **Laboratory Subcommittee**. The subcommittee is also responsible for the maintenance of the International Standard for Laboratories and associated Technical Documents.

Prof Luis HORTA (Reporter to Health, Medical & Research Committee) Portugal	Dr Larry BOWERS USA	Dr John MILLER France	Mr Alan SQUIRRELL Australia
	Dr Rymantas KAZLAUSKAS Australia	Prof Lothar SIEKMANN Germany	Dr Moutian WU China
Dr Francesco BOTRE Italy			

Gene Doping Panel

The **Gene Doping Panel** gives direction to WADA in relation to the threat of gene doping by developing strategies to prevent and detect non-therapeutic manipulation of gene/protein in sport. The panel assists in establishing policies in the area of gene transfer in sport and in selecting research projects or programs in genomics and proteomics.

Prof Theodore FRIEDMANN (Chair of the Panel) USA	Prof Odile COHEN-HAGUENAUER France	Prof Lee SWEENEY USA	Prof Douglas WALLACE USA	Prof Kurt ZINN USA
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WADA Anti-Doping Publications

Available to Publish, Translate and Co-brand

Stakeholders have the opportunity to leverage the anti-doping information content developed and approved by WADA to help enhance their own anti-doping outreach and education activities. As part of the **WADA Content Sharing Program**, the following WADA publications are available for stakeholders to publish, translate, and co-brand:



2008 List of Prohibited Substances and Methods

Pursuant to the World Anti-Doping Code, WADA is responsible for annually preparing and publishing the Prohibited List, the International Standard identifying Substances and Methods prohibited in sport. This publication provides the complete List, in English, French, and Spanish.

WADA Athlete Guide (4th Edition)

This booklet provides an overview of the World Anti-Doping Code, and includes athlete rights and responsibilities relating to the doping control process. It is available in English, French and Spanish.

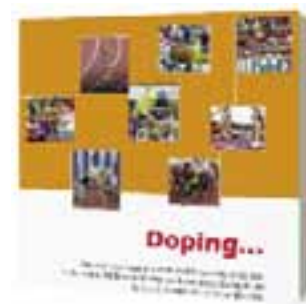


Doping Control Leaflet

This leaflet provides a step-by-step description of the doping control process so that athletes understand their rights and responsibilities during testing. It is available in English, French, Arabic, German, and Spanish.

Anti-Doping Brochure

UNESCO has developed an anti-doping education brochure for young people in partnership with WADA. The brochure introduces young people to the issue of doping in sport as well as outlining basic aspects of the World Anti-Doping Code, including prohibited substances and methods, doping control and anti-doping rule violations. The subject is approached in a positive and empowering manner with an emphasis on fair play and sporting ethics. This publication is available in English, French, and Spanish.



As part of the WADA Content Sharing Program, stakeholders may reproduce the content as is and/or they may translate the content into their languages. It is highly recommended that the WADA Partnership logo be included in the publication of content provided by WADA.

To participate, contact WADA Communications Coordinator James Roach at james.roach@wada-ama.org to receive the Content Sharing Program Request Form.



Winter Wonder

Sara Fischer loves snow.

Growing up near Sweden's biggest ski resort, Sälen, she was immersed in skiing from her earliest memories. Her dad was the ski coach for her high school ski team, and even coached Olympic champion Pernilla Wiberg for three years. Needless to say, skiing was a big part of Sara's upbringing. But it wasn't until snowboarding became popular in the beginning of the 1990s that her interests changed, and immediately after making her first snowboard team, she was hooked and never to look to skis again.



Sara started racing and went to a snowboard high school in Sweden. Her brother went to the same school, and together they spent plenty of time at the hills. "My brother is one of my best friends and it has been great for us to experience so much together thanks to our sport," said Sara.

It wasn't long before Sara was traveling the world and going to international races. She recorded her best season in 2002–2003, when she won a bronze medal at the World Championships in Austria. In total, this two-time Olympian has won an impressive 5 World

Cups, 13 Swedish Championships and 3 bronze medals at the Junior World Championships.

Sport has the opportunity to challenge and teach in many unique ways. For Sara, her sport helped her grow as a person while also giving her opportunities to visit different countries and cultures she would never had otherwise seen. "It was a privilege to have the experience and career as a top-level athlete. It was hard, hard work and took total focus, but it was a privilege to be the one to do it," said Sara.

After competing at the 2002 Olympic Games in Salt Lake City, Sara decided to regain some balance in her life, realizing that not everything is racing and sport. With that decision she started her medical degree and even kept up with those studies while training for the 2006 Olympic Games in Torino.

Today Sara is retired and concentrating full-time on completing school. She plans to be a medical doctor by June 2009.

In January 2008, Sara joined WADA's Athlete Committee and took some time to introduce her perspective to *Play True* readers.

Play True (PT): What is your greatest Olympic experience?

Sara Fischer (SF): Walking into the stadium in Salt Lake City at the Opening Ceremony in 2002.

It was incredible! The atmosphere and spirit there was indescribable. I still get goose bumps thinking of it!

PT: What is your opinion about WADA and anti-doping today?

SF: WADA has done a great job with anti-doping and I believe it is important to continue that work. Investing in research to detect cheaters and investing in athlete outreach give athletes of the world knowledge about doping side effects and the dangers in using doping.

PT: Have you noticed progress in anti-doping during your sporting career?

SF: Yes, the anti-doping outreach intensified during my sports career and I experienced more and more doping tests at the races.

PT: What are your thoughts regarding WADA's Athlete Committee and what do you hope to achieve?

SF: I hope to be a spokesperson for the athletes of the world. I will try to help in their everyday lives as clean sportsmen.

PT: How important is it for elite athletes to be role models in sport?

SF: It is the most important thing in anti-doping work! Elite athletes must stand up and tell the young about fair play which is the foundation of sport. ■



By Husain Al-Musallam, Director General, Olympic Council of Asia

"The fight against doping in sport is an important objective of the Olympic Council of Asia. We believe that through the effective establishment of anti-doping programs that encompass both detection and prevention methods against the use of prohibited substances is the long-term solution for the fight against doping in sport. In addition the OCA also ensures effective in and out-of-competition testing at all of our events.

This is one of the reasons the OCA has partnered with WADA on many initiatives since 2004,"

- President of the OCA his Royal Highness Sheikh Ahmad Al-Fahad Al-Sabah

The Olympic Council of Asia (OCA) is the apex sports body controlling the sports in Asia. It is one of the five continental associations recognized by the International Olympic Committee (IOC). Formed in 1982, with permanent headquarters in Kuwait, OCA is led by the President his Royal Highness Sheikh Ahmad Al-Fahad Al-Sabah. OCA's main objective is to develop sport, culture and education of Asian youth and to promote international respect, friendship, goodwill and peace through sports.

OCA is responsible for running four major events in Asia: Asian Games, Asian Winter Games, Asian Indoor Games and Asian Beach Games.

In December 2004, prior to the West Asian Games and as a lead up to OCA's flagship event in the 2006 Asian Doha Games, OCA

scheduled a meeting with WADA to discuss the implementation of the World Anti-Doping Code (Code). At the same time, WADA introduced the concept of a Regional Anti-Doping Organization (RADO) among seven countries in the Gulf States and Yemen—a concept based on sharing resources for the development of anti-doping programs within the region. WADA provided the outmost assistance in helping develop OCA's new anti-doping rules which govern all OCA events throughout Asia. OCA also relied heavily on existing rules developed by the IOC.

One of the key objectives after the initial meeting with WADA was to spread the anti-doping message to all countries in Asia. This was accomplished by allocating time at the OCA regional forums to inform the leaders of each National Olympic Committee of their roles and responsibilities. OCA also

invited WADA to address key issues related to the Code and the assistance being offered to develop anti-doping programs through the establishment of the RADOs.

As time evolved OCA saw the need to expand the establishment of anti-doping programs in Asia and served as a driving force in assisting WADA develop anti-doping programs throughout the region. OCA hosted a strategic planning meeting with WADA to discuss how to organize the regions that would work best together in the formation of the RADOs throughout Asia. To date we are proud to say that we have worked with WADA in developing 5 RADOs involving more than 37 countries. OCA has participated in every RADO meeting in Asia since its inception and believes the work being carried out in each of the RADOs will benefit youth and facilitate doping-free sport in Asia.



President of the OCA his Royal Highness Sheikh Ahmad Al-Fahad Al-Sabah signs the World Anti-Doping Code Acceptance with WADA's Asia/Oceania Regional Director.



The Olympic Council of Asia's new Headquarters in Kuwait (left), and delegates to the NOC and Government first Southeast Asia RADO meeting in Bangkok for the establishment of the SEA RADO (right).



Another mechanism OCA has used to support the region's RADO is to invite Doping Control Officers (DCOs) that have been trained by OCA's and WADA's partners (UK Sport, Australian Sports Anti-Doping Authority, Anti-Doping Norway and the Japan Anti-Doping Agency), to one of the four OCA Major Games. By affording these DCOs the opportunity to be engaged in international events we will only help in their development and create greater capacity in the region.

OCA has also invited WADA to several of its events to carry out internal audits, including the 2004 West Asia Games (Doha) and 2007 Asian Indoor Games (Macau). WADA was also present at the 2006 Asian Games in Doha with both its Independent Observer and Outreach Programs. "The OCA has been very fortunate to have WADA present at the Asian Games in Doha as it provided an opportunity for its doping control committee to improve its operations based on feedback from the IO Program and more importantly the Outreach Program touched thousand of athletes on the issues of doping free sport," said OCA Director General Husain Al-Musallam.

Based on the success of the Outreach Program in 2006 OCA has now planned to adopt the WADA Outreach Model at its major events by engaging those involved with the RADOs and other anti-doping programs throughout Asia.

To further assist and increase the knowledge of the WADA Prohibited List and the Therapeutic Use Exemption process, OCA partnered with UK Sport and the Canadian Centre for Ethics and Sport in implementing a licence for the global Drug Information Database known as "DID." The DID™ provides easily accessible and accurate responses to queries about the status in sport of licensed pharmaceutical and over-the-counter medicinal products in relation to the WADA Prohibited List. OCA is encouraging athletes to always check the DID prior to consuming any substance for its WADA Prohibited List status. OCA intends to have the database translated into the primary languages of Asia.

OCA wants to continue its proactive approach in the fight against doping sport and sees a need to integrate OCA's and WADA's message of doping-free sport in all of our activities. As such, OCA now requires each host city of the Major

Games to allocate rooms, meals and accreditation for the WADA teams attending the Events. We believe by facilitating such costs, more emphasis can be placed on the delivery of programs that foster the doping-free sport message and advance the anti-doping movement.

As a result of the successful partnership with WADA since 2004, the OCA Executive Committee, on May 28, 2007, in Almaty, Kazakhstan, passed a resolution to offer WADA an office at OCA headquarters in Kuwait to act as a sub-regional office in Asia to assist the operation being carried out by the WADA Asia-Oceania Regional Office. The OCA offer, which includes the free usage of all meeting facilities at its new headquarters in Kuwait, was unanimously accepted by the WADA Executive Committee in November 2007 in Madrid (Spain).

While much has been done, OCA believes that the efforts must continue to further increase the knowledge of the risks of doping, and to further develop educational messages with prevention among youth as a key target. No one can do this alone and we believe that by working together with the same objectives we will get closer to our goal of a doping-free sport. ■

The WADA Outreach Team at the 2006 Doha Asian Games (below left), and participants at the Southeast Asia RADO DCO training conducted by ASADA and JADA (right).



Work In Progress

How far have we come? With anti-doping education becoming a mandatory component of the revised World Anti-Doping Code (Code), it is an opportune time to portray the evolution that has occurred in the area of anti-doping education.

During the implementation phase of the Code, many anti-doping organizations were focused on achieving Code compliance. To assist those organizations WADA's education efforts initially included running lecture-style symposia, and producing information materials (on Athlete Whereabouts, Athletes and Medications, Dietary Supplements, and Doping Control). WADA's Education Department then turned its attention to running interactive seminars based on the train-the-trainer model, developing the use of pedagogical tool kits for coaches and teachers, and building a strong social sciences research program.

The interactive seminar, known as a Traveling Seminar, was piloted in Nicaragua and Columbia in September 2006. Given the positive outcomes of the pilot project, the Traveling Seminars continued in 2007 in Africa (Seychelles, Mauritius, Madagascar, Niger, Morocco, Nigeria, Ghana and Mali), Caribbean (Barbados, Trinidad

and Tobago, and Aruba) and Latin America (Bolivia, Panama and Venezuela). For more information regarding the Traveling Seminars, please refer to our Web site (www.wada-ama.org) and to Issue 2–2007 of *Play True*.

“Tool Kits” were initially developed to assist three main target groups in the fight against doping: teachers, program officers (people in charge within an organization of setting up an education program) and coaches. The Teacher's Tool Kit consists of a series of lesson plans and various educational materials that a teacher can use in the classroom. It is the main support material during the Traveling Seminars along with the Program Officer's Tool Kit, which contains a collection of information materials and presentations.

The Coach's Tool Kit, launched in early 2007, is aimed at elite coaches. It contains material that will allow coaches to become familiar with anti-doping rules and also help them to reflect on the problem of doping in sport.

In November 2007 the Coach's Tool Kit was piloted in Lausanne, Switzerland, with various International Federations (IFs). The aim of the pilot project was to see how the material could either be integrated into existing curricula for coach education or assist with creating new coaches' education programs. The pilot project received a warm welcome from the IFs and many have asked to have a downloadable version of the Tool Kit on their Web site.

In addition, the pilot project provided a forum for IFs to express their views and challenges regarding anti-doping education for coaches. An initial concern expressed by IFs was ensuring that those coaching elite athletes were aware of the rules and regulations. However it appears that it is now urgent to address the community- and youth-level coaches who represent a much larger contingent. The Education Department aims to deliver the new component to the Coach's Tool Kit, addressing community- and youth-level coaches, during the summer of 2008.



The Coach's Tool Kit: one of three such packages initially developed to assist three target groups in the fight against doping. Kits were also developed for teachers and program officers.

Two additional Tool Kits are currently under development, namely for doping control officers and health care practitioners. Given the specific needs of these two groups, development is being done in consultation with experts in the respective fields.

The Social Science Research Grant Program has grown significantly since its creation in 2005. Applications for the 2008 Program tripled since the launch of the program in 2005, with 36 project proposals received. The WADA Education Committee, which has as its mandate to provide expert advice, recommendations and guidance to WADA management with respect to both short-term education strategies and activities, and long-term approaches to

WADA's education programs, recommended that the Social Science Research Grant Program follow the lead of the Scientific Research Grant Program by, in addition to the regular program, engaging in a targeted research program. The Committee identified a need for a comprehensive review of effective preventative education initiatives across a variety of social issues. This is based on the premise that considerable learning can be drawn from successful interventions in a range of related behaviours, such as the inter- and intra-personal factors that play an active role in the sequences linked to both prevention and remediation. Following this recommendation, a team of academics from Leeds Metropolitan University in the

United Kingdom will undertake a comprehensive review of the research literature with a wider span than that of a typical sport-based review. The leader of the team, Dr. Susan Backhouse, completed a WADA funded project under the 2006 Program, whose final report can be found on our Web site.

The end of 2007 also saw a change in name for the Education Department, which is now known as Education and Program Development, with its merger with the anti-doping development program. Anti-doping development, responsible for the development of the Regional Anti-Doping Organizations (RADOs), previously resided in the Standards and Harmonization Department. ■

New RADOs Added

The fight against doping in sport continues to expand to new regions of the world with the creation, in November 2007, of the fourteenth Regional Anti-Doping Organization (RADO) worldwide, established in Africa Zone VII. This RADO, located in the Indian Ocean, brings together the Comores, Djibouti, Madagascar, Mauritius and the Seychelles. Its office is based in the Seychelles, where the

government and National Olympic Committee have offered to provide the office and employees in order to coordinate the development of anti-doping in the region.

Another RADO project will be launched in the coming weeks in Arica Zone I (North Africa), with a project group meeting in Tunisia convening representatives of Tunisia, Morocco, Libya and Algeria.

Through the RADO development program, WADA facilitates the creation of independent anti-doping organizations in regions of the world where exist limited or no anti-doping activity. Since the launch of WADA's development program, 119 countries have been brought into the fight against doping in sport. The objective is for all countries of the world to be actively engaged in anti-doping by 2010.

More Organizations Adopt

Several stakeholders—International Federations (IFs), National Anti-Doping Organizations (NADOs), major games organizers and others—continue to adopt ADAMS, the Web-based database management system created by WADA to help stakeholders coordinate their anti-doping activities around the world.

Among the many IFs who have decided to use the ADAMS system, the UCI (cycling), notably, has decided to use it within the context of the development of its Athlete Passport in cooperation with WADA. The Olympic Council of Asia and the

Pan-American Sports Organization—very satisfied with the implementation of ADAMS respectively at the 2006 Asian Games and the 2007 Pan American Games—will use the system for all of their competitions in 2008. In addition, the anti-doping laboratories accredited by WADA will report the results of their proficiency tests this year, initiated by WADA, via ADAMS.

ADAMS training sessions as well as the implementation of a large scale training program will follow in 2008.



The ADAMS Web-based database management system created by WADA is now being used by the UCI (cycling) and will be employed for all of competitions in 2008 by the Olympic Council of Asia and the Pan-American Sports Organization.

UNESCO Convention Now Ratified by 75 Nations



Some 75 countries have now ratified the UNESCO International Convention against Doping in Sport, adopted unanimously by the 191 governments present at the UNESCO General Conference in October 2005, and which came into force on February 1, 2007.

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. Because 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), this Convention permits governments to align their domestic policies with the Code and to thus harmonize the rules governing anti-doping in sport and public legislation.

WADA is in permanent contact with UNESCO and the different governments that have not yet ratified the treaty in order to facilitate and encourage its rapid ratification.

WADA Scientific Research Grant Program: Call for Proposals 2008

By the end of February, WADA's scientific research program will issue its 2008 call for applications for research projects. Interested scientific teams will have until May to submit their request for grants.

WADA allocates a significant portion of its annual budget to research in order to enhance existing methods for detecting prohibited substances and methods. Since 2001, WADA has dedicated more than US\$31 million

to scientific research. In 2008, an additional US\$6.5 million is assigned for this purpose.

Some examples of publicized outcomes include the development and validation of detection methods for haemoglobin based oxygen carriers (HBOCs), homologous blood transfusions and human growth hormone, as well as the demonstration of the masking properties of finasteride.

For more information, visit: www.wada-ama.org

New President and Vice President at WADA

At its November 17, 2007, meeting, held during the Third World Conference on Doping in Sport in Madrid, WADA's Foundation Board elected the Honorable John Fahey as president and Professor Arne Ljungqvist as vice president. (Read also the editorial, page 1, and interview with John Fahey, page 13.) Their three-year terms began on January 1, 2008.

John Fahey, who succeeds Richard W. Pound in the voluntary position of WADA president, previously served as Finance Minister of Australia and Premier of New South Wales, the largest state in Australia. He has extensive experience in government and sports administration, notably as head of the Australian delegation at the fourth Ministerial Meeting of the World Trade Organization and chairman of Sydney's successful Olympic bid. Fahey is the first government representative to hold the post of WADA president.

Prof. Arne Ljungqvist, who succeeds former French Sports Minister Jean-François Lamour as vice president, represented Sweden in high jump at the Helsinki Olympic Games in 1952. With a career dedicated to the health of athletes, Prof. Ljungqvist has held several important positions in the field of sport and the fight against doping, including chairmanship of the medical commissions of both the International Olympic Committee (IOC) and the International Association of Athletics Federations (IAAF). As chairman of WADA's Health, Medical and Research Committee and a member of WADA's Executive Committee, he has also played a key role in promoting anti-doping scientific research. Prof. Ljungqvist is a representative of the Sport Movement in the vice presidency of WADA.

According to WADA's statutes, the presidency and vice presidency alternate between the Sport Movement and public authorities.



The Hon. John Fahey, A.C.



Prof. Arne Ljungqvist



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

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 27 Lausanne, Switzerland

IF/NADO SYMPOSIUM

WADA holds this annual symposium to discuss anti-doping issues and coordination with International Federations (IFs) and National Anti-Doping Organizations (NADOs) anti-doping experts. For more information, contact info@wada-ama.org.

April 1-2 Lausanne, Switzerland

WADA/AUSTRALIAN GOVERNMENT SYMPOSIUM ON ANTI-DOPING INVESTIGATIONS AND POWERS

WADA, in collaboration with the Australian Government, is co-organizing a third experts meeting on the topic of anti-doping investigations, jurisdictions and powers.

May 1-2 Sydney, Australia

ATHLETE OUTREACH

WADA's Athlete Outreach program raises awareness and encourages doping-free sport through direct interaction with athletes at major sporting events worldwide.

August 8-24	2008 Olympic Games	Beijing, China
September 6-17	2008 Paralympic Games	Beijing, China

EDUCATION TRAVELING SEMINAR

WADA's Traveling 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.

March 18-19	Port-Vila, Vanuatu
March 24-25	Beijing, China
March 27-28	Shanghai, China
April 3-4	Kuwait

INDEPENDENT OBSERVERS

The Independent Observer (IO) program helps enhance athlete and public confidence at major events by randomly monitoring, auditing and reporting on all phases of the doping control and results management processes.

August 8-24	2008 Olympic Games	Beijing, China
September 6-17	2008 Paralympic Games	Beijing, China

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).

February 8-11	West Asia RADO Board Meeting and Doping Control Officer Training	Jordan
February 26-27	Central America RADO Board Meeting	TBC
February 29-March 1	Caribbean RADO Board Meeting and General Assembly	Trinidad & Tobago
March 5-6	Africa Zone I Project Team Meeting	Tunisia
March 11-14	Eastern Europe RADO Board Meeting and DCO Training	Russia
March 16-17	Oceania RADO Board Meeting	Vanuatu
April 2-4	Gulf States & Yemen RADO Board Meeting	Kuwait

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.

April 1-2	IF/NADO Training	Lausanne, Switzerland
April 3-4	RADO Training	Kuwait