

## Global Evaluation of the Antidoping Program - Proposed by an International Federation

For many years most international federations have shown a high commitment in the anti-doping field, in the last years with the support and coordination provided by WADA. Anti-doping programs have become progressively more composite, including traditional anti-doping tests, blood testing programs, out-of-competition and target testing programs, and educational programs. The present limitation of the anti-doping program, generally evaluated in terms of budget or number of controls, is the lack of evaluation of effectiveness and the lack of feedback from the athletes in terms of satisfaction and perceived safety in relation to the program itself. Biathlon is an Olympic winter sport, which combines cross-country skiing with rifle shooting. The International Biathlon Union has been working for some years on programs related to the health of the athletes (stress-perceived evaluation, injuries, blood testing program) and the fairness of competitions (evaluation of blood profiles) progressively implementing a target testing program. In addition an educational online program has recently been added. The aim of the project is the global evaluation of the intervention of a federation in the anti-doping field by means of two studies: Study A) a retrospective study to evaluate by means of selected outcome measures the effectiveness of an anti-doping program, including traditional tests (in- and out-of-competition tests), blood testing screening and computer-assisted target tests; Study B) a cross-sectional study to evaluate awareness, satisfaction and perceived safety of the anti-doping program among top-level athletes and technicians by means of a properly-developed questionnaire. The project allows the creation of a model for evaluating the impact of an anti-doping program in terms of effectiveness, compliance, and safety perception on the part of the athletes. The information collected on the present intervention will allow future strategies for anti-doping to be established in order to optimize cost-effectiveness and to attain a high level of athlete satisfaction.