



# REGIONAL NEWSLETTER

## AFRICA

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**SAY NO!  
TO DOPING**

### EDITORIAL

Mr. Olivier Niggli, Director General, World Anti-Doping Agency (WADA)



The African Region has been a central actor in WADA's ever-expanding network of global partners in the fight against doping in sport; and, as WADA's new Director General, I would like to thank each and every person that is dedicating themselves to the pursuit of clean sport.

The World Anti-Doping Agency's (WADA) presence in the African region and within the clean sport movement worldwide is now stronger than ever. With all the media attention and public scrutiny that anti-doping has received over the past months, we are optimistic as WADA is emerging with stronger stakeholder support that can be channelled towards our goal of a fairer future for clean athletes. As we know, with adversity comes great opportunity.

The African Region has been a central actor in WADA's ever-expanding network of global partners in the fight against doping in sport; and, as WADA's new Director General, I would like to thank each and every person that is dedicating themselves to the pursuit of clean sport. It is only through these partnerships that WADA can make real difference to levelling the playing field.

And I would like to strongly emphasize that this is a partnership. WADA has established a series of programs that are intended to make

the fight against doping more efficient for our stakeholders; so that they can make more inroads with the limited resources they may have to dedicate to this fight. Through initiatives like WADA's enhanced Compliance Program – which focuses on upholding the quality of anti-doping programs - it is our goal to enable our National Anti-Doping Organizations (NADOs) and Regional Anti-Doping Organizations (RADOs) to improve the way in which they operate, always with the best interest of the clean athlete in mind.

I want to assure everyone that our programming is not designed to 'catch you out'; our compliance program aims to enhance the quality of anti-doping work in each and every part of the world. That is what athletes and the public expect of us, if they are to maintain trust in fair, honest sport.

To aid our stakeholders in this pursuit, WADA implemented a series of robust initiatives that go far above and beyond the traditional

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### WADA ANNUAL CONTRIBUTIONS - 2016

As of 08 December 2016, the following countries have remitted their 2016 annual contributions to WADA:

Algeria, Botswana, Burkina Faso, Burundi, Cameroon, Cape Verde, Chad, Comoros, Congo, Egypt, Eritrea, Ethiopia, Gabon, Ghana, Kenya, Madagascar, Malawi, Mali, Mauritania, Mauritius, Morocco, Mozambique, Namibia, Nigeria, Senegal,

Seychelles, South Africa, Tunisia, Uganda (*not full amount - partial payment*), Zambia and Zimbabwe.

We urge all countries to forward their outstanding contributions as soon as possible. For more information, please do not hesitate to contact the Regional Office.

approach to anti-doping: testing. To promote doping-free sport, educating people regarding the pitfalls of doping is one of our primary objectives. WADA, along with its global partners, agreed at the 2015 Values-Based Education Conference to bring together all players in the anti-doping movement to enhance their education programs around the world to *prevent* doping from becoming commonplace for future generations. I firmly believe in the power of education and the importance of instilling the right values amongst the young – the athletes of tomorrow – so that they approach sport in the right manner throughout their lives. Through funds secured from governments and the International Olympic Committee (IOC), WADA is also able to assist in making great strides in the field of science through the WADA-sponsored research project and the Special Anti-Doping Research Fund.

We are also going into our second year with the Technical Document for Sport Specific Analysis (TDSSA) that in its first year (2015) yielded impressive results, with a significant increase in the number of sports receiving analysis for the prohibited substances that fell within the scope of the TDSSA, and a significant increase in the number of Testing Authorities (TAs) conducting such testing. This, in the end, provided greater protection to the clean athlete.

Looking back at 2016, I can truly say it will be a year that will forever leave its mark -- not just on the anti-doping movement but also on global sport as a whole. In the end, we believe that WADA has proven itself to be on the right side of history by fighting for the clean athlete and taking a strong stance against systematic doping. As we continue with this ongoing debate about the future of the anti-doping movement, I believe our future is bright and that the ideas our stakeholders agree on will forge a better future for clean athletes.

## UNESCO CONVENTION AGAINST DOPING IN SPORT

### Ratifications – six yet to ratify

The WADA Africa Regional Office continues to engage the governments of:

Guinea Bissau, Mauritania, Sao Tome and Principe, Sierra Leone, South Sudan and Tanzania, (six countries)

to encourage their action and leadership to complete the ratification process and join the 183 State Parties that have ratified the UNESCO Convention against doping in Sport. The Convention has been open for ratification since October 2005, some 11 years now, and the importance of the African continent joining together to have a 100% completion rate is strongly encouraged.

### UNESCO Voluntary Fund

The office continues to assist countries with the development of their applications as well as encouraging countries to submit a project to the UNESCO Secretariat. The Approval Committee met on the 24<sup>th</sup> of November and approved five from the African region. For those wishing to make an application for the next session of the Approval Committee, we urge more countries to look into the deadline below in order to consider, plan, prepare and submit an application in time for the meeting scheduled for May/June 2017.

Should you need more information, please do not hesitate to contact the WADA Africa Regional Office.

## REGIONAL ANTI-DOPING ORGANIZATIONS (RADOs)

The six RADOs continue to progress and assist member countries to implement Code compliant programs. RADOs are staffed by individuals who remain committed to the cause, and the WADA Africa Regional Office continues to encourage countries to get in touch with their respective RADO office for any required assistance. The RADO is there to assist with:

- Helping countries and organizations develop anti-doping programs that are compliant with the World Anti-Doping Code
- Increasing worldwide testing and promoting long-term sustainability of testing and anti-doping education;
- Ensuring that all athletes in all countries and in all sports are subject to the same anti-doping protocols and processes;
- Having all countries in the world engaged in anti-doping activities.



Indian Ocean RADO: Board meeting and Senior Doping Control Officers' training: 4 – 5 October 2016. Victoria, Seychelles



RADO ZONE VI: Board meeting and Senior Doping Control Officers' training: 28 – 29 November 2016, Cape Town, South Africa

## THE IMPORTANCE OF EDUCATION IN ANTI-DOPING by Stephen Mudawarima (Education Officer - RADO Zone VI)

In a few weeks' time it will be three years since I began the anti-doping education and awareness journey as part of the pioneer group of WADA trained education officers in the region. Over the years, the role has morphed to include other aspects of the Anti-doping program but education remains the most essential.

Education plays a vital role in the development of the young athletes. It gives them the power to make informed decisions, the freedom of choice since they are still more susceptible to peer pressure. For younger athletes we have also been looking at social skills and values-based

education programs. Here in Zimbabwe there is also significant exposure to recreational drugs; most of which are on the Prohibited List in one form or another. Our education programs are not only looking at the creation of a level playing field but also better communities for our athletes. More stakeholders and community leaders' involvement will be required to make this work.

For the elite athletes, the specific risk areas are around supplement use and prescriptions. The assumption is that, if it is over the counter then it is safe or if my doctor prescribes it then it is allowed. One of the senior national soccer team players had an adverse analytical finding arising from a prescription from a General Practitioner. We try and use his case as an example that these issues are much closer to home than they think.



Education's session in Zimbabwe

So the strict liability principle is one key area we have also been emphasizing in our programs. The anti-doping education session with medical practitioners was one of the most important we have had. The number of items on the Prohibited List that are used on a regular basis for therapeutic purposes is inordinately high and these can be "accidentally"

prescribed to athletes. Without knowledge of Therapeutic Use exemptions and the Prohibited List this is a minefield for athletes.

One could never over-emphasise the importance of education in the fight against doping. Prevention through education is critical; unfortunately the sad reality on the ground is that there are not enough education programs being carried out due to a myriad of reasons. Our diverse and at times marginalised backgrounds also make it impossible to have uniform education programs to cover all athletes across all sporting codes and age groups. So it is not uncommon to meet an elite athlete who has had no prior anti-doping education. The random and infrequent nature of testing also means that they have probably never been selected for doping control. I have also encountered team managers who have gone on international assignments with athletes and yet have no idea of anti-doping rule violations or even the rights and responsibilities regarding doping control procedures.

We have made significant strides over the last few years and have had contact with literally thousands of athletes and athlete support staff through our education and awareness programs. The main challenge we have is getting more people on the ground and making the education more relevant. We still need government support to ensure that anti-doping education starts at the appropriate age groups and that it is being carried out by people with sufficient knowledge of the topic.

One thing I have learned from the Agency, is that as part of its educational drive, WADA has developed educational toolkits for Coaches, COs, Program Officers and Sport Physicians, as well as a Teachers toolkit. These toolkits are highly effective and have many tools that can be used depending on the type of audience and levels of anti-doping knowledge. I would encourage all education officers to make full use of these Toolkits when developing education programs.

A lot of effort still needs to be put in to ensure the realisation of a drug-free generation and I look forward to the next stage of this journey with lots of encouragement and optimism.

## ALGERIAN ANTI-DOPING COMMISSION'S PRESIDENT, MR LAMINE R. MEKACHER SPEAKS TO US



الجنة الوطنية لمكافحة تعاطي المنشطات  
COMMISSION NATIONALE ANTI-DOPAGE



### When, where and by whom was the CNAD created?

The Algerian NADO is called the National Anti-Doping Commission (CNAD). It was created by decree of the Ministry of Youth and Sports: Decree No. 70 of 30 October 2011. The Commission is provisional, pending the establishment of the National Anti-Doping Agency (ANAD), established by Article 192 of Law No. 13-05 of 23 July 2013

on the organization and development of sport and physical activity.

The headquarters of the CNAD are at the Olympic complex Mohammed BOUDIAF in Algiers.

The CNAD is composed of six (6) Committees: Testing, TUEs, Results Management, Disciplinary, Appeal and Education and Awareness.

### What are the CNAD's main objectives and activities?

The CNAD must:

- Plan, coordinate and implement testing applicable to Algerian athletes;
- Define an annual national testing program;
- Sanction any doping violation and exercise disciplinary power;
- Deliver authorizations of therapeutic use exemption;
- Work with national authorities so that the adoption and enforcement of national anti-doping rules become prerequisites for all National Sports Federations to receive any government assistance or subsidies;

- Promote anti-doping research and participate in prevention and education put in place regarding the fight against doping;

- Maintain cooperative relations with any national or international testing organization, including the RADO Africa Zone I and the World Anti-Doping Agency (WADA).

### Activities of the CNAD:

After its creation in 2011, the CNAD drafted national anti-doping rules in 2012, in line with the 2009 World Anti-Doping Code. In order to meet the requirements of the new 2015 World Anti-Doping Code, the CNAD started the process of reviewing its national anti-doping rules at the end of 2014. After several phases of consultation with WADA, the revised national rules were adopted by the CNAD and approved by the Ministry of Sport and WADA. The amendments to these rules came into force on 20 February 2015, when the Algerian CNAD was officially recognized as a National Anti-Doping Organization (NADO) by WADA.

Since its inception, the CNAD has matured over the years and the tasks assigned to it have been facilitated through the establishment of the ADAMS system on 1 January 2016 and the application of the new 2015 Anti-Doping Rules.

Through its testing committee, the CNAD plans and implements the testing of the Algerian and foreign athletes during international competitions held in Algeria. Anti-doping violations are handled by the Disciplinary Committee of the CNAD. We must punish those who cheat, but we must also inform them and protect them against the health risks involved.

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In this regard, the CNAD puts in place prevention and education actions regarding the fight against doping. Since its creation, the CNAD has trained education officers and held awareness campaigns that have affected the lives of thousands of athletes. In addition, a national project with anti-doping information and awareness workshops, in partnership with UNESCO, is underway in 2016.

To allow the CNAD to develop closer relationships with different sports federations, we created the CNAD's website ([www.cnadalgerie.com](http://www.cnadalgerie.com)). The website provides forms for the authorization of Therapeutic Use Exemption, the Prohibited List, the national anti-doping rules and other documents related to the fight against doping in favour of Algerian sport.

**What, in your view, is the biggest challenge facing anti-doping today and in the future, not only in Algeria but in Africa in general?**

Doping has in recent years become a serious public health problem. Also, it raises ethical considerations, as doping exposes users to many health problems. Like other African countries, the Algerian population has more than 16 million young people and more than one million registered athletes who belong to a sports association or team. This figure is considered very low but, with the will of the public authorities to increase it in the coming years, the temptation to dope might increase. It is logical that doping is now becoming of interest to the Algerian and African populations; the media are exposing them in numerous reports and articles of all kinds on some disciplines and athletes. At a time when sport has become a huge political and financial issue, as in all the other entertainment activities, the Algerian – and African – athlete is caught in the spiral of money and ready to do anything to be at the highest level of performance and admired by the public.

However we cannot allow this "cheating," and with the sophistication of the methods used by the cheaters, the fight against doping now and in the future faces a greater challenge – the need to maintain an effective anti-doping policy, mobilize more than ever and involve all actors of anti-doping in order to preserve the ethics of sport and create clean sport. The biggest challenge in the fight against doping now and in the future in Algeria and Africa is the development and harmonization of policies of African countries in line with the World Anti-Doping Code, particularly in terms of coordination, detection, disputes and prevention. These actions can be taken by:

- Restricting supply in sport of prohibited substances or methods including trafficking;
- Facilitating drug testing and support national testing programs;
- Encouraging producers and distributors of nutritional supplements to establish "best practices" for the labelling, marketing and distribution of products which might contain prohibited substances;
- Encouraging the implementation of anti-doping education programs for athletes and sports in general;
- Creating an African Fund for the Elimination of Doping, funded by the Governments of African countries.

**Any plans on how Algeria will tackle these challenges?**

In recent years, the Algerian authorities have pledged to fight firmly and by all means against doping practices in sport. Indeed, after the ratification in 2006 of the UNESCO international Convention against

Doping in Sport and the creation of the National Anti-Doping Commission (CNAD) in 2011, the Algerian government passed a new law (13-15 July 2013) on the organization and development of sport and physical activity. The fight against doping is a fundamental component of this legislation. Eight (8) sections and three (3) penal provisions of the new Law 13-05 carry severe penalties for any athlete who is tested positive and for the suppliers of doping products – this shows the willingness of the authorities of the country to effectively and rigorously fight against the scourge of doping. Moreover, on 8 October 2015, during a study session on the fight against doping, a letter of understanding and acceptance of the 2015 national anti-doping rules was signed by no fewer than 26 national federations. Today, Algeria adopts the strategy of accountability-prevention regarding doping, which establishes a consensual relationship between the regulatory, technical and medical staff and the athletes involved.

This type of relationship implies that each stakeholder has a good knowledge and understanding of the risks of doping. This is being promoted by the CNAD through multiple information and education campaigns and awareness workshops for the benefit of sports federations, coaches and athletes themselves, in order to introduce the culture of "clean sport".

However, to fight against doping, Algeria will have to complete the legal framework described in regulations implementing Law 13-05 on the development of sport and physical activity, in particular Section 190 establishing a National Anti-Doping Agency. It will also have to strengthen multi-sector actions, especially in regulating the production, marketing and import of food supplements. In this context and on the instructions of Algerian Prime Minister, Mr. Abdelmelek SELLAL, a mixed brigade responsible for controlling the use of food supplements in sports halls will be introduced. This is the result of co-operation between the Ministry of Trade, the Ministry of Health and the Ministry of Youth and Sports.

**What are the CNAD's plans regarding the ANOCA Youth Games that Algeria will be hosting in 2018?**

I assure you of the support and the full co-operation of the CNAD in all anti-doping actions that will be taken at the ANOCA Youth Games that Algeria will host in 2018 and, in particular, the availability of DCOs and anti-doping education from the CNAD. In addition, in 2017,, prevention and control actions will be made for the young athletes participating in the games.



The CNAD's preparation for an Education session in Algiers



Education's session in Algiers

**CALENDAR OF MEETINGS AND EVENTS**

- » Indian Ocean RADO: Board meeting and Senior Doping Control Officers' training: 4 – 5 October 2016, Victoria, Mahe Island, Seychelles
- » ANOCA Secretary General's forum: 10 – 12 October 2016, Sao Tome, Sao Tome & Principe
- » WADA Foundation Board and Executive Committee Meeting: 19 – 20 November 2016, Glasgow, Scotland

- » Mozambique UNESCO Project – Consultation meeting on Anti-Doping: 23 – 25 November 2016, Maputo, Mozambique
- » RADO Zone VI: Board meeting: 28 – 29 November 2016, Cape Town, South Africa
- » Meeting with Kenyan Stakeholders: 6 – 7 December 2016, Nairobi, Kenya
- » Meeting with Moroccan Stakeholders: 7 December 2016, Rabat, Morocco