

WORLD ANTI-DOPING AGENCY

HEALTH, MEDICAL & RESEARCH COMMITTEE MEETING

**October 15-16, 2000
Lausanne, Switzerland**

Minutes

List of Participants

Prof. Arne Ljungqvist, Chair
Prof. Christiane Ayotte
Prof. Ken Fitch
Prof. Theodore Friedmann
Dr. Johann Olav Koss
Prof. Klaus Mueller
Prof. Eduardo Henrique de Rose
Prof. Bengt Saltin
Dr. Gary Wadler

WADA Staff

Harri Syväsalmi
Casey Wade

Regrets

Prof. Barbara Drinkwater

Observers

none

OPENING REMARKS

The Chair thanked everyone for taking the time to attend the Committee's first in-person meeting. Each member of the Committee and WADA staff introduced themselves, giving relevant background and interest in WADA's drug-free sport efforts.

The Chair then gave the Committee a brief summary on the background and expectations of WADA. Specifically:

- The IOC Medical Commission has been the principal umbrella international sport body providing leadership in drug-free sport.
- Although the IOC has done extensive work on the development of the anti-doping code and the list of banned substances, their direct activities are restricted to just the Olympic Games.
- One serious problem has been a lack of funding for research. The reason given for this is that the IOC cannot take responsibility for International Federations (IFs) and National Agencies.
- In reality, however, only a few IFs and countries have taken up these responsibilities.
- Although the IOC is the umbrella organisation for the conduct of activities at the Olympic Games, their approach has been to respect the independence of IFs, as they do not want to interfere. Therefore, management of competitions at Olympic Games is the responsibility of each respective IF and Organising Committee.
- This has led to criticism toward the IOC with respect to lack of leadership.
- However, two (2) specific events changed the view of the IOC. Specifically, doping allegations and arrests during the 1998 Tour de France (cycling) and the scandal that followed with the IOC accredited laboratory in Rome (the laboratory did not analyse football samples), encouraged the IOC to rethink its leadership role, as international sport was building a bad image.
- The IOC therefore looked at the alternative of WADA, which would bring together the Olympic movement and public authorities into one (1) body to carry out effective work in the interest of drug-free sport.
- The sport side came together quickly, and the IOC contributed \$25 million to WADA.

- Governments then came together for meetings in Sydney and Montreal (International Intergovernmental Consultative Group on Anti-Doping in Sport - IICADS) to confirm government's global commitment to drug-free sport and to determine their involvement with and representation on WADA.
- It is understood that governments will also contribute \$25M, although it has not been confirmed how and when this will be provided.
- WADA represents a unique opportunity to advance drug-free sport, in a unified, effective, open and balanced way. WADA cannot fail - - it must be successful.
- International Sport Federations appear to be unified behind WADA, however, there are great challenges to build harmonisation. This has been particularly difficult among sports with professional athletes. This became evident at the Lausanne Anti-Doping Conference in 1999, where a compromise agreement was reached among participants, particularly with respect to athlete sanctions.
- With respect to governments and national agencies, there is still work to do in order to have unified commitment. Of note, there are not unified national programs among most or all countries.
- K. Fitch noted that there have been previous attempts at establishing an organisation like WADA. (e.g. the "flying laboratory" concept). He added that one of WADA's big challenges will be to determine how WADA is going to act on behalf of sport. K. Fitch also stressed the importance of research. He noted that the numerous responsibilities WADA has and will have, must be carried out in partnership with key stakeholders.
- With respect to research and related financial support, the Chair noted that the IOC has increased their revenues, but it is not that easy to access. Much of the funds are earmarked for regional and national sport development and the IFs and National Olympic Committees (NOCs) get substantial financial support.
- G. Wadler commented that there was no natural pool of funds for research to "catch the cheats", as most financial research is dedicated to health research.
- C. Ayotte noted that of the 24 IOC accredited laboratories, only 3 or 4 are housed in university facilities, which tend to support research more readily. She added that usually when laboratories ask for financial support for research, they are usually informed that it is too expensive. C. Ayotte concluded by saying, however, that laboratories can carry out quality research for a relatively small amount of money.

- T. Freidmann suggested that there may be other potential funding sources outside of sport, such as generic research funding sources. Such funding could be applied for directly by drug-free sport researchers, or WADA could apply as an organisation.
- G. Wadler suggested that WADA should raise the level of awareness, identify the need for and call for international research.
- The Committee clearly agreed that research should be a priority.

APPROVAL OF THE AGENDA

The Committee approved the Agenda with the addition of the following items under “Other Business”

1. Representation on the Committee
2. Update on the Athlete Passport Pilot Project

ADOPTION OF MEETING NOTES - TELECONFERENCE AUGUST 8, 2000

The Committee approved the meeting notes summarizing the teleconference meeting held on August 8, 2000 as presented.

PRESENTATION OF WADA (Structure and Organisation)

H. Syväsalmi provided an overview of the WADA structure, describing the Foundation Board, the Executive Committee, the five (5) Working Committees (Ethics and Education; Finance and Administration; Health, Medical and Research; Legal; and Standards and Harmonization) and the WADA headquarters staff.

He noted the partnership between the Olympic Movement and Public Authorities and stressed the importance of all key stakeholders working together at all levels in a unified, harmonized manner to build a successful global drug-free sport movement.

H. Syväsalmi highlighted some key objectives of WADA;

- To coordinate the establishment of effective anti-doping policies world wide to promote harmonized policies, procedures and standards.
- To develop a new WADA Anti-Doping Code.

- To ensure that a comprehensive approach to drug-free-sport is implemented world wide.
- To support scientific research through direct funding and to develop and pursue means to secure private funding.

H. Syväsalmi summarized the following WADA program priorities agreed to and implemented in 2000;

a) **Out-of-Competition Testing (OOCT)**

- Implementation of WADA OOCT program, with 2,500 tests planned in 2000. The majority of tests were conducted prior to the Sydney Olympic Games.
- The Drug-Free Sport Consortium (DFSC) has been coordinating the testing program for WADA.
- WADA is planning 3,500 tests for 2001. This will include summer and winter Olympic sports and recognized non-Olympic sports.
- There will be an open tendering process in the new year for organisations to bid to coordinate and implement the 2001 WADA testing program.

When asked if the WADA testing program would replace existing programs, H. Syväsalmi stated that this was not the intention, and noted that both FINA and the IAAF did not cut back on their own testing programs. He stressed that these tests should be in addition to existing programs. He also noted that some IFs have asked WADA to conduct more testing and are willing to pay for additional tests.

The Chair added that as WADA will focus testing on elite athletes, it makes sense for WADA to assume responsibility for independently coordinating and implementing IF OOCT programs.

b) **The Office of the Independent Observer Initiative**

- For the first time ever, a team of Independent Observers (from WADA) attended the Sydney Olympic Games to independently observe, monitor and audit all doping control activities. The main objective was to have a more open and transparent doping control operation, to support the IOC Medical Commission and to build athlete, sport and public confidence.

- E. de Rose, a member of the IOC Medical Commission, felt that the I.O. Team had a positive influence on the operation and was therefore a welcomed initiative.

c) **Web Site Development**

- H. Syväsalmi informed the Committee that the WADA web site became operational prior to the Sydney Olympic Games. He added that there is a link to the IOC homepage and that, to date, there have been approximately 760,000 “hits” to the web site.
- H. Syväsalmi noted that the web site e-based education program is essential and therefore a priority for WADA. Among the key target groups will be athletes, young children and the media.
- C. Ayotte suggested that IOC laboratories can and should provide information on the web site as well.

d) **WADA Permanent Headquarters – Bidding Process**

- H. Syväsalmi noted that there is a bidding process underway, inviting interested cities to submit a bid to house the permanent headquarters for WADA.
- The deadline for submitting bids is set for 5:00pm (Lausanne time) on October 23, 2000.
- Approximately 8-12 cities have expressed interest in submitting a bid.
- Recommendations will be made to the WADA Foundation Board Meeting, on short-list of “candidate” cities (anticipated to be between 3-6 cities). An ad hoc committee will then review more detailed submissions, visit the candidate cities, and make a recommendation to the WADA Foundation Board in May-July, 2001, on the successful city.
- It is anticipated that the permanent headquarters will be operational in early 2002.

TERMS OF REFERENCE FOR COMMITTEE

The Committee reviewed the draft terms of reference. The Committee supported the terms of reference, with the following suggestions:

- Add responsibility for building result management capacity within WADA, particularly with respect to scientific expertise in reviewing laboratory test results.
- Add organisation of relevant workshops and meetings to promote and advance the health, medical and research interests of WADA.
- Add reference to liaison with WADA committees and relevant scientific bodies.
- Combine #3 and #4, as they are similar.
- Reword #5 to more fully capture the intent and scope.

(See attachment 1 - Revised Terms of Reference)

BUDGET

The Chair commenced the discussion by asking H. Syväsalmi to confirm the planned overall budget for the Health, Medical and Research Committee.

H. Syväsalmi made the following comments;

- WADA operates on a calendar year from January to December.
- \$1.5M – 2.0M (US) has been budgeted for the Health, Medical and Research Committee for the year 2000. However, this will not be used this year.
- \$4.0M (US) is earmarked for the Committee in 2001.
- It is possible to transfer unspent funds to the next calendar year.
- Costs for Committee meetings are within Finance and Administration.

The Committee recommended that we budget \$5.0M (US) for 2001, and between \$7-8M (US) for 2002 and subsequent years. (See *Research* for additional Budget information).

Prior to proceeding further with the Agenda, H. Syväsalmi asked the Committee to review a letter sent to the WADA Chair, Richard W. Pound, by the Australian Minister for Justice and Customs, Amanda Vanstone, requesting that WADA move forward on the momentum generated from the Sydney Olympics to foster world wide implementation of EPO testing, and to assist in preparing an appropriate response.

The Committee reviewed the current status of EPO testing.

K. Fitch provided a brief update on EPO testing conducted during the Sydney Summer Olympic Games. He noted that tests for EPO were approved at the IOC Executive Committee prior to the Games.

There were 308 tests conducted for blood. These tests were focussed on those Olympic sports/events exceeding four (4) minutes in duration. Tests also factored in the world rankings of athletes scheduled to compete at the Games.

K. Fitch noted that these blood tests were effective for out-of-competition testing. The following comments/issues were raised by the Committee;

- The need to build capacity for out-of-competition blood testing among laboratories.
- The need to build/implement effective standard blood sample collection capacity.
- The need to make certain that EPO testing is implemented in the proper manner.
- The pressure to implement EPO testing for the 2002 Winter Olympic Games in Salt Lake City.
- The need to dedicate resources for scientific validation of the EPO testing process.
- FIS is pushing for EPO testing in Salt Lake City, therefore, Committee representatives should meet with FIS representatives during WADA meetings in November in Oslo, Norway.

The Chair summarized the following recommendations;

- A validation study is needed and should be published in a peer review journal.
- The validation study should involve a minimum of five (5) laboratories and that an application process should be used to replicate the process.

- It was agreed that this process should be open to non-IOC accredited laboratories in order to open to the broader scientific community. This will serve to increase credibility. (Agreed to discuss at the upcoming IOC Laboratory Cologne Workshop).
- WADA should work with both the UCI and FIS to review blood testing program, in light of the new blood testing technology.
- K. Fitch will follow up to ascertain the status of the paper in Australia, prior to responding to Minister Amanda Vanstone's letter.
- Sample collection practicalities for OOCT need to be addressed, particularly when samples are collected in remote areas, as blood needs to get to the laboratory on a priority basis. Secure storage of blood samples in a suitable environment needs to be taken into account.

The Committee discussed the letter sent to WADA by the Australian Minister for Justice and Customs.

A response to the letter should include the following key points;

- EPO testing is a priority for WADA and for drug-free sport.
- The need to be cautious in proceeding with methodologies that cannot withstand legal challenges.
- The need to carry out a validation process that would include a minimum of five (5) laboratories that would include an expanded reference group (non-IOC laboratories).
- The validation process/study should be published in peer review journals.
- The Committee supports grant applications for research initiatives aimed at expanding the athlete reference population by implementing research in a limited number of IOC laboratories.

LIAISON WITH OTHER WADA COMMITTEES

H. Syväsalmi noted that Committee Chairs will have a standing invitation to attend WADA Executive Committee meetings. He also suggested that some Chairs or representatives from one Committee should participate in and/or observe other Committee meetings. These forms of participation will facilitate organisation wide communication, knowledge and understanding of various WADA activities.

C. Ayotte noted that organisation wide communication will be essential in review, revision and development of the new WADA Anti-Doping Code.

K. Fitch informed the Committee that he has been working with the IOC Medical Commission for several years regarding the approval of banned substances to treat legitimate and necessary medical conditions. He noted that he organized a meeting, during the Sydney Olympic Games, of experts to further review and establish criteria for review and approval of such substances.

The Committee agreed that for now, based on the Sydney meeting/discussions, that K. Fitch be delegated the responsibility to continue working with the group of experts he met with in Sydney, and that the criteria and guidelines from this work be published in the revised WADA Anti-Doping Code.

T. Freidmann informed the Committee that at his most recent meeting of the US Gene Therapy Association (to confirm proper name) there was support, in association with the Banbury Center in New York, in sponsoring a meeting with the WADA Health, Medical and Research Committee. Although meetings can be longer and more open, typically the meetings are small and usually closed to the public. T. Freidman confirmed that there is an opening for a workshop next September 2001.

The Committee supported the opportunity and recommended the more closed meeting initially. A more open meeting is something to be considered later on. The Committee was particularly excited about this opportunity, as it sends a message out that WADA is taking issues seriously and adds tremendous credibility to the program.

T. Freidmann suggested the following;

- a) Three (3) “communities” should be involved;
 - General anti-doping sport community
 - Genetics community
 - Broader sport community (medical and related commissions)
- b) The Committee needs to prepare a 2-3 day agenda for the meeting
- c) Representatives from WADA’s Ethics and Education Committee should be invited.

T. Friedmann noted that he will confirm a workshop budget as soon as possible.

The Committee accepted the offer for a workshop at the Banbury Center for mid-September 2001.

- a) A tentative meeting program needs to be developed.
- b) It is anticipated that about 40 individuals would be invited.
- c) Need to establish a list of participants;
 - Gene therapists (T. Friedmann to confirm)
 - Doping control experts and IOC Medical Commission representatives (WADA to confirm)
 - Sport Ethicists (WADA to confirm)
 - WADA public authorities/Olympic Movement/athletes – approximately 10 people (WADA to confirm)

LIST OF BANNED SUBSTANCES

The Committee discussed general issues related to the current list of banned and restricted substances and methods. One problem has been that there is not a clear or agreed upon philosophy behind the IOC list. It is also impossible to keep the list updated and to include everything on the list. Therefore, there has been a need to include the phrase “and related compounds” within each category of banned substances.

It was noted that one of the difficulties is that you cannot realistically expect an athlete to know what all “related compounds” are. The Committee agreed that, ideally, it would be nice to keep the IOC list simple.

T. Freidmann commented that “genetic” aspects may also need to be added in the future.

C. Ayotte noted that the next banned list will be published within the next year.

The Committee agreed that there is a need to address what the Committee is trying to accomplish;

- a) The need for a philosophical perspective.
- b) There has to be clarity on how substances are detected.
- c) We may need to revisit and explore the definition of doping (e.g. are different banned drugs not performance enhancing in certain sports).

K. Fitch and K. Mueller agreed to prepare a discussion paper on the philosophy/approach of the banned substance list to help guide the Committee’s future work.

RESEARCH

1. Budget 2000 to 2003

The Committee discussed the potential funding available between 2000-2003. H. Syväsalmi presented a brief update on general funds available for research for 2000 and 2001, stating that 5M \$US will be available each year, with approximately 7.0M \$US available in 2002.

The Chair recommended that we transfer this year's research budget to next year, so that the Committee will have \$5M (US) available for 2001. The Committee agreed with this and that priority research projects need to be identified.

2. Research Priorities

- Identify what the research areas of priority are.
- What is the application procedure?
- How to respond to and evaluate research proposals?

The Committee discussed the following research areas;

- Detection of Human Growth Hormone. This has been supported by the IOC and EU. It was noted that it is abused in sport, has a legitimate medical purpose and that the ½ life of HCG is a problem with respect to detection.
- The Committee questioned whether or not behavioural research should be considered. However, it was felt that this was best handled by the Ethics and Education Committee.
- EPO and other oxygen carrying capacity substances/methods were discussed. It was noted that these substances are a major problem in sport.
- Growth Factor Research is also necessary.
- Continued research and improvement on detection of endogenous anabolic agents. Specifically consideration should be given to the current endogenous testing methodologies to determine whether further research needs to be carried out.

After careful review of the above, the following three (3) priority research areas , with respect to “function, mechanism and detection of”, were agreed to;

1. Growth Factor research
2. Oxygen Carrying Factor research
3. Endogenous research

The Committee also discussed food supplements - - it was noted that many of the food supplements are unmarked and are abused by athletes.

C. Ayotte noted that there has already been a lot of research conducted in this area within the IOC laboratories and that we should publish all of the experiences on research which have been peer reviewed and published already.

The Committee agreed with this, and felt that this is a concrete action that should be done this year. C. Ayotte, with the assistance of K. Mueller, agreed to do this. A budget of \$50,000.00 (US) was set aside for this initiative.

H. Syväsalmi stressed that we need to pursue private funding for research. It was suggested that WADA pursue the pharmaceutical industry and other potential private funding sources.

The Committee had a thorough discussion on the need for application research procedures. The process should be reasonably independent, have an expert system for evaluation of submitted projects (in order to validate proposals) and must be scientifically sound and open. It was also agreed that all research must be peer reviewed and published in order to be credible.

With respect to handling applications for research proposals, the Committee felt that it was important to use the established scientific community to request research proposals, that known researchers be identified to speed up the process, and that “requests for proposals” appear in the most known/visible journals.

It was therefore agreed to;

- Invite applications from researchers known to the Committee.
- Invite applications from researchers who have published current research.
- Reach out to the broader scientific community.

The Committee agreed for the need to go public and to publish in visible journals and web sites, including WADA's web site. It was agreed that the requests for proposals should introduce WADA and the Health, Medical and Research Committee, identify the key research priority areas, identify the approximate research budget, and provide a general application proposal format.

With respect to supporting the project, it was recognised that the Committee should have the flexibility to reduce budgets requested and to modify research priorities based on the submissions.

It was also acknowledged that every research initiative is potentially a long-term commitment and therefore support of various projects to their conclusion may be desired.

With respect to review of submissions, it was agreed that an ad hoc Scientific Reference Group be established, with smaller Scientific Review Panels formed from the reference group to review specific research proposals.

After further discussion, the following elements, deadlines and action items were agreed to;

- Prepare draft invitations and applications for WADA supported research proposals. (WADA staff with B. Saltin, by mid-November 2000)
- Identify the three (3) separate WADA research priority areas and the total budget of \$4.5M (US).
- Publish open invitations in journals and web sites. (WADA staff, by the end of November 2000)
- Target invitations to known researchers by the end of November 2000. (WADA staff, with Committee Chair)
- Confirm in the invitation that successful projects may receive continued financing.
- Recruit Ad Hoc Scientific Reference Group, to include WADA Health, Medical and Research Committee members B. Saltin and A. Ljungqvist (by the end of November 2000).
- Ensure that all invitations are out in December 2000, with a submission deadline of the end of January 2001.

- The Ad Hoc Scientific Reference Group to meet within the following month [February 2000]. (A. Ljungqvist to Chair, WADA staff to coordinate meeting).
- The Health, Medical and Research Committee to meet in late February, early March 2001 to consider recommendations.
- Contact appropriate companies to secure product to assist in research. (WADA staff by January/February 2001)

[dates subsequently extended by 3 months]

OTHER BUSINESS

1. Representation on the Committee

The Chair noted that there was still room for a few more individuals on the Committee, with competence and expertise in specific fields. Of particular benefit to the Committee would be a leading world expert in the field of endocrinology, and ideally giving consideration to regional and gender consideration. (South Africa/Asia would be suitable).

It was also suggested that China should be considered regarding laboratory representation.

K. Muller recommended that the Committee remain flexible and add members as needed.

K. Fitch also suggested the use of consultants or experts for specific initiatives, as required.

It was acknowledged that experts may emerge through the recruitment and use of an Ad Hoc Scientific Reference Group to review research proposals.

The Chair will continue to pursue recruitment of new experts to the Committee and asked the Committee members to give more thought to potential new members.

2. **Athlete Passport Pilot Project**

J. Koss updated the Committee on the athlete passport initiative as follows;

- Athletes want to contribute to the anti-doping effort.
- The passport is a basic concept and is as much symbolic as it is a public, visible support of drug-free sport.
- The project is currently being piloted in Australia and Canada is doing focus testing with its athletes.
- It is the athletes' way of saying "I'm committed to drug-free sport", and the athlete passport provides information on where athletes are located at all times.
- It serves to support out-of-competition testing and promotes harmonisation and standardisation of doping control practices.
- Athletes agree to give urine and blood for research.
- Athletes are required to sign a prior consent agreement for a three (3) year period.
- Research must be ethical and reasonable.
- The project is overseen by a peer group of athletes.
- Athletes agree to longitudinal studies of their sample analyses, as required.
- The passport initiative will eventually move to an electronic format (smart card approach).

G. Wadler noted that this was the same concept as medical records and health cards.

J. Koss confirmed that an ad hoc working group will be established for the project. G. Wadler agreed to participate on the working group.

The Chair thanked J. Koss for the update.

NEXT MEETING

The Committee agreed to the following meeting dates during 2001.

1. February 25-26, 2001 in Lausanne, Switzerland
2. May 27-28, 2001 in Stockholm, Sweden
3. Mid-September (date TBD) in New York, in conjunction with the Banbury Center Sponsored Scientific Workshop.

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Attachment 1

WADA HEALTH, MEDICAL & RESEARCH COMMITTEE

Terms of Reference (REVISED DRAFT)

1. Monitor developments in sport members with the aim to safeguard the health of the athletes and provide recommendations in this respect to WADA.
2. Provide medical and scientific advice to WADA either on request or on its own initiative.
3. Develop and publish annually a list of prohibited substances and methods in sport for approval by the WADA Executive Committee, and based on the definition of doping in the “Olympic Movement Anti-Doping Code” or subsequent WADA Anti-Doping Code.
4. Establish a group to advise and review applications to permit the use of prohibited substances on genuine medical grounds and advise the WADA Executive Committee, IFs and NGBs on such applications.
5. Identify relevant areas of research in the field of anti-doping and encourage the initiation of research projects.
6. Call for and receive applications for the conduction of relevant research projects, review incoming applications and recommend to the WADA Executive Committee what projects, including budgets, to support.
7. Responsible for building result management capacity within WADA, particularly with respect to scientific expertise in reviewing laboratory test results.
8. Organisation of appropriate workshops and meetings.
9. Liaison with other WADA committees and other scientific bodies relevant to our work.