ANTI-DOPING MEDIA GUIDE
Dear media representatives,

WADA, NADA, whereabouts filing requirements, out-of-competition controls, prevention, ADAMS, chaperons and much more - the anti-doping work is a very complex topic. The question: „What exactly is doping?“ sounds easier than it is. Or: How does a disciplinary proceeding works? Who can you contact if you have any questions?

These and other important topics have been asked and answered in this media guide. We hope that this will help you with your reports.

Your NADA team
1. THE ANTI-DOPING LANDSCAPE

There are various actors around the world that are involved in the anti-doping work. In addition to the World Anti-Doping Agency (in short: WADA) as umbrella organisation, anti-doping work involves the international federations, national and regional anti-doping organisations, the Olympic and Paralympic Committees, labs, arbitration courts, large sports event organisers and governments.

What is the task of WADA?

The World Anti-Doping Agency (WADA) was founded as an independent international organisation in November 1999, replacing the IOC department that had taken care of anti-doping work until then. It has the target to promote, coordinate and monitor anti-doping work in sports around the world.

WADA developed the World Anti-Doping Code (in short: WADC) to harmonise the international anti-doping work. All signatories of the UNESCO convention against doping and signatories of the WADC are obligated to implement the specifications of the code.

Until now, more than 170 states around the world have signed the UNESCO convention to commit to implementing anti-doping work. Germany ratified the convention in 2007.

The WADC is signed by the International Olympic Committee (IOC), the International Paralympic Committee (IPC) and the National Olympic Committees (NOC) as well as the National and Regional Anti-Doping Organisations.

How is WADA financed?

WADA is financed from funds by sports organisation and the associated nations. Germany also participates in financing WADA. Representatives of different governments and of the sport are members of the Foundation Board of WADA as stakeholders.

More information about WADA
www.wada-ama.org

For media requests
media@wada-ama.org
What precisely is the task of NADA?

The German National Anti Doping Agency (NADA) is the instance for clean sport in Germany. NADA was founded in July 2002 with a festive act in the Old City Hall in Bonn as a foundation under private law and recognised by the foundation supervision on 21 November of the same year. It took up its operative business on 1 January 2003.

Since then, NADA has pursued its founding purpose and has worked for fairness and equal opportunities in sport.

NADA is the competence centre for anti-doping work in Germany. Its tasks comprise doping controls, prevention, medical and legal advice. NADA considers its work in an international context, cooperates closely with partners from around the world, and thus contributes to promoting global equality of opportunities and promoting the sporting values.

How is NADA financed?
It is an independent instance as a non-profit foundation under private law. NADA is financed by state, sport and the economy according to the stakeholder model.

How did the doping ban came about?
The death of British cyclist Tom Simpson on 13 July 1967 was a decisive event, even though rare individual doping controls had been conducted before.

Simpson died on the mountain stage of the Tour de France towards the Mont Ventoux. The autopsy found a cocktail of
alcohol and amphetamines in his body. The IOC developed its first anti-doping regulations that same year, permitting the first rudimentary controls at the Olympic Games of 1968.

How has anti-doping work developed? Many international federations established a prohibition of doping in sport in the 1960s due to several deaths. First, only stimulants were forbidden; this prohibition was expanded to other substance classes over time. Due to a lack of tests, however, there was barely any effect. The doping problem was aggravated by the use of other substances. This increased pressure on the sport for the introduction of controls. In 1966, UCI (cycling) and FIFA (football) were the first international federations to introduce doping controls in world championships. The IOC founded the medical commission for development of a prohibited list in 1967. The first doping controls were conducted at the Olympic Winter Games in Grenoble and the Olympic Games in Mexico in 1968.

Tasks of the IOC, IPC, the labs, arbitration courts, sport organisers and government in anti-doping work

- **IOC**: Int. Olympic Committee (IOC) responsible for the anti-doping work during the Olympic Games. Among others, for the implementation of controls
- **National Anti Doping Organisations**: responsible for the anti-doping work on national level
- **Event Organisers**: responsible for the implementation of anti-doping rules
- **International Federations (IF)**: responsible for the anti-doping work on international level. Doping prevention and doping controls for international athletes
- **WADA-accredited laboratories**: responsible for the analysis of samples and science
- **Int. Paralympic Committee (IPC)**: responsible for the anti-doping work during the Paralympic Games. Among others, for the implementation of controls.
- **Regional Anti-Doping Organisations (RADO)**: responsible for the anti-doping work in different countries
- **Court of Arbitration (CAS)**: responsible for the realization of anti-doping proceedings. CAS=international, DIS=national
- **Governments**: Responsible for the support of anti-doping work, among others financial support
- **Nat. Olympic Committee (NOC)**: responsible for the implementation of anti-doping rules on national level
Who conducts controls at the Olympic Games?
The IOC is responsible to conduct controls during the Olympic Games and the IPC during the Paralympic Games. These controls are usually conducted in cooperation with the National Anti-Doping Organisation of the hosting country. A WADA-accredited lab is chosen or set up for the Olympic Games as well, staffed with international scientists from WADA-accredited labs. WADA holds a consulting and observer’s role in conducting the controls and analyses at the Olympic and Paralympic Games.

In the event of a possible violation of anti-doping rules during the Olympic Games, an ad hoc panel of judges from the International Court of Arbitration (CAS) will decide on the case. Previously, a disciplinary body of the IOC had taken this decision. The responsible body for appeals is the CAS.

Who conducts controls during international competitions?
The international federations are responsible for the controls during international competitions. Some international federations also cooperate with the National Anti-Doping Organisations in the specific country to carry out controls during international competitions.
WHAT IS DOPING?

2. WHAT IS DOPING?

It is impossible to define doping in one short sentence. There are too many different methods of fraud for this. For competitive sport, WADA has clearly specified which actions are deemed doping, and compiled regulations that are mandatory world-wide.

Definition of doping
Doping is defined as the presence of one or several of the violations specified in the World Anti-Doping Code (WADC) or National Anti-Doping Code (NADC). The WADC and NADC contain these rules in sections 2.1 to 2.10.

The following are deemed violations according to anti-doping rules and therefore doping is:

- Presence of a prohibited substance or its metabolites or markers in an athlete’s sample,
- Use or attempted use of a prohibited substance or a prohibited method,
- Evading, refusing or failing to submit to sample collection,
- Whereabouts failures and tampering or attempted tampering with any part of Doping Control,
- Possession of a prohibited substance or a prohibited method,
- Trafficking or attempted trafficking in any prohibited substance or prohibited method,
- Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation,
- Association by an athlete or other person subject to the authority of an Anti-Doping Organization in a professional or sport-related capacity with any athlete Support Person.

(Excerpt from the NADC 2015)
What is the WADC?
The World Anti-Doping Code (WADC) is the globally valid and sport-comprehensive anti-doping regulation that is implemented in national regulations. Founding of WADA in 1999 laid the basis for global harmonisation of the anti-doping regulations. Three years later, the first draft of the WADC was presented to its potential signatories – the IOC and IPC, the International Sport Federations and the National Anti-Doping Organisations. After several consultation phases, the final version was accepted during the 2nd World Conference on Doping in Sport in Copenhagen on 5 March 2003. This was an important step towards securing the fundamental values of sport, the right of athletes to participation in doping-free sport, fairness and equal opportunities as well as protection of the athletes’ health.

By the end of 2004, almost all International Sport Federations of the Olympic Movement, the National Olympic Committees and the National Anti-Doping Organisations, had accepted the WADC and committed to entering into an international agreement and to implement the code before commencement of the Olympic Winter Games in Turin 2006 by signing the „Copenhagen Declaration“.

Since new doping substances are being developed and anti-doping is developing continually, the WADC has been revised multiple times since. The changed version of the code was agreed at the World Conference on Doping in Sport in Madrid in November 2007; it entered into effect on 1 January 2009.

Renewed revision of the WADC commenced in 2011. The revised WADC was finally agreed at the World Conference on Doping in Sport in Johannesburg in November 2013. During the two-year consultation phase, NADA also submitted suggestions for changes. These specifically referred to protection
of minors, proportionality of sanction, harmonisation of the doping control system and strengthening of prevention work as well as data privacy. The current WADC entered into effect on 1 January 2015.

In addition to the WADC, which forms the basis, WADA developed the „International Standards“. These detailed execution provisions on the WADC provide for individual practice-relevant areas, such as the process of doping controls, reporting obligations of the athletes, prohibited substances and methods on the prohibited list or application for therapeutic use exemptions. They are binding for all signatories of the code and must be implemented by them accordingly.

Furthermore, the WADA Guidelines provide a recommendation für several aspects of anti-doping programming. The implementation is not mandatory, but offers technical guidance in the implementation of programs. The implementation is not mandatory.

Details on the history, work and tasks of WADA can be found on the website of the World Anti-Doping Agency: www.wada-ama.org.

What is the NADC?
The National Anti-Doping Code (in short: NADC), is the most important sports-comprehensive regulation in the area of anti-doping work in Germany for German sports. The rules defined by WADA in the WADC must be implemented verbatim in the NADC. By acceptance of the WADC by German sports in Leipzig on 10 December 2003, NADA and the National Olympic Committee for Germany committed to implementation. The NADC has been revised several times since, parallel with the WADC. The current version also entered into effect parallel with the new WADC on 1 January 2015.
Who do the anti-doping regulations apply to?
The anti-doping regulations apply to all persons who participate in organised sports and who are members of one of the following institutions. These include: the organisations that have signed the code and committed to complying with it, in particular the International Olympic and Paralympic Committees, the International and National Sport Federations, the National Olympic and Paralympic Committees, organisers of large sport competitions and National Anti-Doping Organisations such as NADA. Associations are also bound to the code nationally via their National Sport Federations, so that every participant in organised sport is generally subject to the anti-doping regulations specified in the NADC. Competitions where recreational athletes without membership of a federation or club participate, the event organiser has the obligation to make sure participants sign the anti-doping regulations.

What is the difference between the WADC and the NADC?
The WADC is the international anti-doping regulation that countries worldwide must implement. The code is implemented in national regulations that also consider the national legal specifications. In Germany, this is the NADC.

What does the anti-doping law stipulate and how does it differ from the Code?
The WADC/NADC is a sports-law regulation. The anti-doping law strengthens the anti-doping work at the level of criminal law. The anti-doping law is passed by the legislator and applies on national level only. The WADC applies world-wide. The WADC is compiled by the World Anti-Doping Agency, the NADC by the National Anti-Doping Organisation.

The anti-doping law comprises all doping offenses under criminal law that were previously included in the German Pharmaceutical Act. It stipulates that
self-doping is punishable. For the first time, doped high profile athletes who intend to acquire advantages in organised sports by doping are in the centre. As well punishable is the purchase and possession even of small amounts of doping substances for the purpose of self-doping. The provisions against instigators and “brains” behind the scene have been reinforced as well. The anti-doping law helps the prosecution authorities to defeat doping networks. Data exchange between NADA, courts and public prosecutors is for the first time legally regulated by this law.

Violations of the WADC/NADC usually lead to ineligibility of the athlete, i.e. a sanction. Violation of the state anti-doping-law in contrast may lead to fines or even prison sentences.

For more information about the anti-doping law

www.nada.de/recht
3. WHICH SUBSTANCES AND METHODS ARE PROHIBITED?

Ten different substance classes (S0 to S9), three types of prohibited methods (M1 to M3) and one substance that is only prohibited in specific sports (P1) are on the prohibited list. Find an overview of the prohibited list below.

**What substances are on the prohibited list?**
The WADA prohibited list is revised once every year. It contains all active substances and methods that are prohibited. In exceptions, it may also be changed before the end of the year, as was the case, e.g., at uncovering of possible doping with Xenon during the Olympic Winter Games in Sochi in 2014. The prohibited list is structured in substances and methods that are always prohibited, substances that are only prohibited in competition and substances that are only prohibited in some sports.

**What is prohibited when?**

- **S0-S5**: always prohibited
- **S6-S9**: prohibited in competition
- **M1-M3**: always prohibited
- **Beta blockers**: only prohibited in certain sports.

Substances and methods that are always forbidden (in and outside of competitions)

**S0. Non-approved substances**
These are substances that are currently not permitted for therapeutic use in humans by a state health authority at the moment.

**S1. Anabolic agents**
The „classical” anabolic agents are steroid hormones (in short: steroids), which are structurally derived from the sexual hormone testosterone. Examples of this group also include in addition to the steroids testosterone, nandrolone and stanozolol as well as clenbuterol, that shows an anabolic effect.

**S2. Peptide hormones, growth factors, related substances and mimetics**
One of the best-known substance from this group is EPO (erythropoietin), an endogenous hormone produced in the kidney with the task of regulating the
production of red blood cells. Other examples are CERA, hGH, LH, Xenon.

**S3. Beta-2-agonists**

Beta-2-agonists are contained in medicines for treating asthma. Examples include fenoterol, reproterol, terbutaline.

**S4. Hormone and metabolic modulators**

This group includes insulin, aromatase inhibitors, selective estrogen-receptor modulators and other antiestrogenic substances.

**S5. Diuretics and masking agents**

Diuretics are substances that affect the kidney and cause increased excretion of urine. Examples include furosemide, probenecid.

**Prohibited methods**

**M1. Manipulation of blood and blood components**

Among others blood transfusions, dialysis, blood washing are prohibited as manipulation of blood and blood components.

**M2. Chemical and physical manipulation**

This includes, e.g., chemical manipulation of samples, urine exchange or intravenous infusions.

**M3. Gene doping**

Gene doping means the transfer of genetic information and application of normal and genetically engineered cells.

**Substances and methods forbidden in competition**

**S6. Stimulants**

Stimulants can for a short time increase physical and mental performance. Examples are amfetamines, ephedrine, cocaine, methylphenidate.

**S7. Narcotics**

Narcotics have a strong pain-relieving effect. This includes, among others, morphine, buprenorphine, diamorphine.

**S8. Cannabinoids**

Cannabinoids are substances produced from hemp or artificially that contain the active substance tetrahydocannabinol (THC). Examples are hashish, marihuana.

**S9. Glucocorticoids**

Glucocorticoids are used in medicines against asthma, allergies and inflammations. The glucocorticoids include, e.g., dexamethasone, prednisolone, but also the body’s own hydrocortisone.
Substances prohibited in specific sports

P1. Beta-blockers
Beta-blockers are contained in medicines against hypertension, migraine and cardiac diseases and only forbidden in specific sports (cf. WADA prohibited list).

Who decides what substances are on the prohibited list and what criteria apply to this?
The substances and methods to be included on the prohibited list are determined by a committee of the World Anti-Doping Agency, the so called List Expert Group. It evaluates three criteria: is there a performance-enhancing effect, is there any damage to health and is it contrary to the spirit of sport? The prohibited list is regularly updated and reviewed by the WADA Expert Group.

What is blood doping?
The manipulation of blood or blood parts, blood transfusions, dialysis, i.e. blood washing, and administration of products made of red blood cells of any origin to the circulation are prohibited. It is also prohibited to artificially increase intake, transport or emission of oxygen in blood through perfluorchemicals or haemoglobin products. Any form of manipulation of blood and blood components within the blood vessels with physical or chemical agents is also prohibited.

Is use of asthma medicines forbidden?
Some few asthma medicines contain substances that are on the prohibited list. Depending on which pharmaceutical is used, and depending on whether an athlete belongs to a testing pool or not, they must apply for a Therapeutic Use Exemption (TUE) or have a medical certificate if they take such a medicine.

For more information, see the medical database NADAmed and the list of permitted pharmaceuticals. The medicine section on NADA’s website also contains a page with information on asthma medicines.
May an athlete take prohibited substances in case of illness?
Taking prohibited substances is forbidden according to the WADC and NADC. An athlete may apply for a so-called Therapeutic Use Exemption at NADA or the responsible International Federation for the use of prohibited substances or prohibited methods in case of illness. The application for a Therapeutic Use Exemption is reviewed by the committee for Therapeutic Use Exemptions. In Germany, this is set up by NADA only.

What is a Therapeutic Use Exemption (TUE)?
In case of certain symptoms, athletes can apply for a Therapeutic Use Exemption for the use of prohibited substances and methods according to the WADC. The proceedings are regulated in the International Standard for Therapeutic Use Exemptions (ISTUE). The International Standard for TUEs contains criteria for the assessment, forwarding of information, composition of the group of physicians (TUE-Committee) and the recognition process. In Germany, the national Standard for Therapeutic Use Exemptions applies, which is based on the International Standard for Therapeutic Use Exemptions.

What do athletes need to observe abroad?
Some medicines abroad have the same names as German pharmaceuticals, but containing substances differ. In some countries (e.g. France), doping-
relevant pharmaceuticals are marked accordingly. If the attending physician, the event physician or the pharmacist in the travelling country is unable to provide the corresponding information, a different medicine should be used to be safe. In some countries (e.g. USA, Canada, UK, Japan, Austria, Switzerland, France, Sweden, Ireland, South Africa, Australia, Singapore...), the local Anti-Doping Organisations offer the corresponding queries online as well.

**What doping substances are used most often?**
The WADA statistics of globally documented doping cases show that anabolic agents are the most-often abused doping substances, ahead of stimulants, beta-2-agonists and – in the last few years – cannabinoids.

**Is there any grey zone?**
Doping is clearly defined in the regulations (WADC/NADC), Article. 1 and Article 2. A grey zone can be seen in products that do not contain any prohibited substances but that may be the entrance into doping. For example, this includes some painkillers. Among others, a survey performed in the scope of the Bonn marathon showed that about 60% of the respondents had taken painkillers. Painkillers suppress pain and warning signals of the body. This may cause over-strain. Even though many painkillers do not contain any prohibited substances, taking such medicines without reason can be considered doping mentality. NADA believes that it is disastrous to teach athletes early that they have to take something to be good, no matter if this refers to painkillers or to so-called food supplements. Food supplements are also subject to this area. NADA advises against taking food supplements for various reasons.
Among others, contaminated and forged food supplements have been found repeatedly. In case of actually documented deficits, a corresponding medicine should be used, since medicines are regulated differently than food supplements, which count as foods not as pharmaceutical products.

**After several doping cases caused by food supplements, this subject is much discussed. What is this about?**

Food supplements are foods that are intended to supplement general nutrition. Since they count as food, food supplements – in contrast to pharmaceuticals – do not require approval. They are therefore also not reviewed for harmlessness to health. According to the regulation on food supplements and food marking, all ingredients must always be named on the packaging. However, this is not always the case in practice. Generally, the vitamins, minerals, proteins, carbohydrates, etc. contained are not on the current prohibited list. They are usually taken in with food. Many athletes, however, believe that they can only cover their special energy and nutrient demand with food supplements.

NADA urgently warns against taking such products under this aspect. As for pharmaceuticals, as well food supplements are subject to the principle of: „Dosis facit venenum“ (English: the dose makes the poison). There may be severe side effects if individual nutrients are supplied in too-large amounts. Food supplements often contain excessive amounts of nutrients or nutrients in isolated form. Contaminated food supplements are also often found. Depending on origin, forbidden substances may have been added specifically – such food supplements are deliberately forged – or enter the products as residues when filling. Consumption of such food supplements
may lead to an inadvertent doping result. Health damage is likely to occur as well. Another important aspect: those who deliberately use doping substances usually do not do so suddenly and without history. Food supplements are deemed the entrance. They promote doping mentality according to the motto: „There is a right substance for any problem”. This, too, is a reason for NADA to warn urgently against unreflected use of food supplements.

In light of this, NADA advises to consider the following items under any circumstances when using food supplements: The necessity of the food supplement must be critically questioned. If there actually is a deficiency, only prescribed pharmaceuticals by a physician should be taken. They are subject to strict controls and restrictions; for example, all contents must be listed in the product insert without exception and all possible side effects must be noted. The physician will also specify precisely how the medicine must be taken to prevent overdosing. Before consuming a food supplement, it should always be checked if the desired product has been tested for forbidden substances by an independent institution or if there is at least self-information on product purity from the manufacturer. All of these measures help reduce the doping risk from taking food supplements. However, it cannot be fully excluded.

NADA-APP

In case of illness medication request in NADA-App
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4. WHAT IS DONE AGAINST DOPING?

Doping controls are performed worldwide and are subject to constant further development to make them unpredictable and effective. A second important pillar in anti-doping work is prevention, with the great target of preventing doping from the beginning by information.

4.1 Doping controls

Since when have there been doping controls?
The first official doping controls at Olympic Games were conducted in 1968. There were some individual controls before, organised by the international federations.

What are out-of-competition controls?
Out-of-competition controls are doping controls that are conducted unannounced outside of competitions. In addition to the National Anti-Doping Organisations, the International Federations also conduct doping controls out-of-competitions.

Out-of-competition controls are conducted for all athletes who are part of a testing pool of NADA Germany. They may take place not only during training, but also at home or during holidays, since it is important that controls are conducted entirely surprisingly and unpredictably. This increases the chance that dopers are caught.

What are in-competition controls?
In-competition controls are controls that take place in the scope of a competition. In addition to the National Anti-Doping Organisations, the International Federations perform in-competition controls. Until the end of 2014, the National Federations in Germany also partially performed in-competition controls in their respective sports. Since 2015, NADA has taken over all in-competition controls for the National Sport Federations in Germany.

How is a doping control conducted?
NADA provides comprehensive information material to explain the process of a doping control. Among others, this includes a film.

The process of the doping control is also provided for in the Standard for Testing and Investigations that is available at www.nada.de.
Why is the visual inspection necessary when providing a urine sample?
Unfortunately, there have been many attempts to manipulate urine samples in the past. Therefore, WADA requires visual inspection as of the 16th year of life in its globally valid regulations. Urine must be provided under strict observation of the doping control officer in order to prevent attempts of manipulation. Of course, the doping control officer always is of the same gender in Germany.

Which athletes are tested and who makes the decision?
The prerequisite for a training control is that the athlete is part of one of the four testing pools [registered testing pool (RTP), national testing pool (NTP), general testing pool (ATP), team testing pool (TTP)] of NADA. Specific selection of the roughly 8,000 athletes in a NADA testing pool for out-of-competition controls takes place, among others, considering two principles:

- Focus on top athletes: They are usually in the RTP and partially in the NTP.
- Focus on athletes whose sport is assigned a higher risk group (A = high doping risk, B = medium doping risk, C = low doping risk).

For in-competition controls, all athletes who participate in (inter-)national and regional competitions may be tested. The competitions in which NADA carries out controls focus on events where a higher performance level is expected. There also is – in accordance with out-of-competition controls – a focus on sports with a higher doping risk. The athletes can be selected by placement or by lot. Additionally, there can be targeted tests conducted at any time.

Generally, only NADA decides which athlete will be tested.

How will an athlete be informed of the control?
The notification is usually presented without advance announcement.

During a competition, athletes are usually informed personally without advance announcement by the doping control officer or an accompanying person, the „chaperon“, that they are chosen for a control. The chaperons task is to accompany the athlete from the time of notification until the control.

At out-of-competition controls, the athlete is usually visited by the doping control officer without announcement, e.g. during training measures of federations in or outside of the home country, during regular training or at home, and is requested for a control.

**What does the area of intelligence & investigations mean?**

Intelligence and Investigation means that all possible information that may suggest doping is collected and evaluated. It is mostly used to permit targeted tests and thus reduce the time window for possible doping. NADA has established the „SPEAK UP“ system for whistleblowers according to the example of the state criminal office of Lower Saxony and the LKA Baden-Württemberg. The system guarantees for absolute anonymity and provides the informant.

**Where and when are controls performed?**

Controls must be performed in a location that ensures the necessary discretion and taking of samples according to regulations.

For in-competition controls, testing takes place as soon as possible after the competition ends. In coordination with the chaperon, an athlete may participate in the ceremony and the press conference first. The athlete will be accompanied

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**NADA media center**

Videos explain among other things a doping control.

More in the NADA media center: [www.nada.de](http://www.nada.de)
by the chaperon continually during this time to prevent possible manipulation.

Out-of-competition controls can be conducted at the training site, but also in the athlete’s home or at the workplace. There generally is no limitation to the time during which doping controls may be conducted. They therefore may also take place outside of the specified testing hour (applies only to RTP). Doping controls are also permitted between 11 PM and 6 AM at justified exceptions, even if no test hour for RTP-athletes can be filed in ADAMS during this time.

What is a chaperon?
The word „chaperon“ has several meanings; among others, it means a companion who ensures proper behaviour. This is the role a chaperon has during doping controls. The chaperon plays an essential role when asking athletes to submit to in-competition testing. The chaperon will accompany the athlete from the time of notification until the control. This is to prevent manipulation. When the urine sample is provided, however, only the doping control officer is present, but not the chaperon. Unless agreed on differently in Germany, chaperons are generally provided by NADA.

Athletes are annoyed to always be tested at 6 AM, or sometimes twice in short sequence. Is this sensible?
NADA is required to conduct controls at any time and anywhere. According to the internationally applicable regulations, controls must be possible on any day and at any time. It is important that the controls are unpredictable. This is why the rules are so strict. Only unannounced and unpredictable controls enable athletes to prove that they are clean.

What is the ABP? What is a blood profile?
What is a steroid profile?
The athletes biological passport is an individual electronic document that collects data from controls of an athlete that may serve as the basis for possible findings or deviations. It comprises a blood and a steroid profile. These values differ from person to person – but are relatively consistent within one person. Therefore, individual values are observed across an extended period. For this, e.g. blood samples are taken from an athlete at regular intervals and in different situations (e.g. before and after a training camp) and the results are entered in the athletes biological passport. This way, deviations from the personal standard values that may indicate doping can be detected. The steroid profile is treated accordingly in that urine sample data are recorded and
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may indicate doping e.g. with anabolic steroids.

Who analyses the samples?
According to the international regulations, samples must only be analysed by WADA-accredited laboratories. There are clear specifications for analysis that are stated in the „International Standard for Laboratories“ and in further technical documents. The laboratories are responsible for research in doping analysis as well as for analysis. There are about 33 laboratories around the world. See the WADA website for an overview. In Germany, the Institut für Biochemistry at the German Sport University in Cologne and the Institut für Dopinganalytic und Sportbiochemistry in Kreischa near Dresden are accredited and perform most of the analyses for NADA.

Is the athlete provided with the result of his or her analysis?
If doping substances are found when analysing the A-sample, the athlete will be informed in writing as soon as the analysis result is present. Then, the athlete has the right to request analysis of the B sample within seven working days. Other than that, results are reported in ADAMS. If an athlete is not recorded in ADAMS, negative samples are not reported.

How many controls are performed?
NADA performs about 13,000 controls per year in total; more than one sample can be taken during one control.

Between 2003 and 2007, NADA performed an average of 4,500 out-of-competition controls in Germany. From 2008 onwards, the number almost doubled; since then, it has been organising about 8,000 out-of-competition controls every year. For more information on the out-of-competition controls carried out, see the respective annual reports.

Since 2015, NADA has been in charge of all in-competition controls in Germany. Before, some National Federations used to organise these controls themselves. At the moment, about 4,000 to 5,000 in-competition controls are carried out in Germany. The in-competition controls are stated in the respective annual reports.

Why and when are Re-analysis performed?
Re-analysis is an important option in anti-doping work. Only this will prevent doper from being certain that they will not be caught after all. Subsequent tests are usually performed when new or refined analysis methods are available. The samples may be stored for up to 10 years for re-analysis. The number
of re-analysis depends, among others, on the material still left over from the individual samples.

**What happens when a doping control is refused?**

If the control staff asks an athlete to be part of a control, he or she is obligated to be available for the control. Evading, refusing or failing to submit a doping control is a clear violation of anti-doping regulations (cf. Sect. 2.3 NADC 2015) and may be sanctioned with ineligibility. The reason for this rule is that doped athletes would be able to withdraw from the control if these would lead to a lesser sanction than a positive analysis result. Therefore, a single refusal is intended to be sanctioned by ineligibility of four years, unless the athlete proves that the violation of the anti-doping provisions was not committed on purpose. In exceptions, the sanction can therefore be adjusted to circumstances and reduced or increased.

For more information on this, see the NADC.

**How are athletes classified in testing pools?**

Athletes from different sports and cadres are classified in different testing pools to organise the controls. Classification decisively depends on the risk group of the sport and the cadre status of the athlete. Under consideration of physiological, empirical, financial and medial risk factors, all sports are assigned to one of three risk groups (A = high doping risk, B = medium doping risk, C = low doping risk).

The most intensely controlled testing pool is the Registered Testing Pool (RTP), which mostly contains A-cadre athletes and perspective athletes of the endangered sports types (risk group A) and the athletes of the international Registered Testing Pool (iRTP) from the International Sports Federations. The National Testing Pool (NTP) mostly contains A-cadre-athletes and perspective athletes of the second and third risk groups (B and C) as well as the B-cadre of risk group A. The General Testing Pool (ATP) contains all national cadre athletes that are not already members of the RTP or NTP. All football players eligible for playing in the 1st and 2nd national league who are not already members of the NTP and all ice hockey players eligible for playing in the German ice hockey league who are not already members of the NTP are part of the Team Testing Pool (TTP).

It is generally possible that NADA may assign athletes to a higher testing pool even if they belong in a lower cadre. For
more information, see the Standard for Whereabout Requirements.

**What requirements do athletes have to fulfil?**

All athletes classified in the RTP and NTP have to hand in their whereabout information over ADAMS. This includes the locations and times for overnight stays, competitions, training units, holidays and regular activities such as school or work, and always must be up to date. Additionally, RTP-athletes must indicate a time window of one hour every day between 6 AM and 11 PM during which they would be available for a doping control.

Athletes from the ATP do not need to file their whereabouts information in ADAMS. They must inform NADA of their data by completing the „athlete reporting form“.

**What is ADAMS?**

The abbreviation ADAMS means Anti-Doping Administration and Management System; WADA provides this system to all anti-doping organisations online. It comprises several modules, e.g. for the whereabouts information, for planning the controls or for the result management. ADAMS enables the employees in charge of control planning at the anti-doping organisations to look up whereabouts of athletes in order to carry out unannounced controls. ADAMS makes it easier for athletes to inform about their whereabouts in time. They are able to enter and update their data online at all times without having to make phone calls or write letters. In emergency, ADAMS also permits absence reporting by text message on short notice. ADAMS can also be updated via the ADAMS-app.

For athletes from the TTP, NADA will be emailed team absence reports from the clubs and federations every week. They include information on the week plan for the entire training and playing activities, contacts and absent players.

**Number of testing pool athletes**

Status March 2018

- ~ 500 Athletes
  Registered Testing Pool (RTP)
- ~ 2,000 Athletes
  National Testing Pool (NTP)
- ~ 5,000 Athletes
  General Testing Pool (ATP)
- ~ 2,000 Athletes
  Team Testing Pool (TTP)
For more information, see the NADA website, testing section.

**What requirements do whereabouts have to meet?**

**How specific does information on regular activities have to be?**

NADA performs about 8,000 unannounced out-of-competition controls per year. On average, this totals up to more than twenty controls per day, meaning immense organisational effort. In order to manage this immense task and to be able to plan the controls, NADA must receive the whereabouts information of athletes in time, e.g. on training camps in other countries or similar. Therefore, athletes must inform NADA of their whereabouts at all times. All information on their „regular activities“ (training, university, work, etc.) must be described sufficiently to ensure accessibility. Athletes can enter information, e.g., on exams (university) or other events in the comments field in ADAMS. ATP-athletes are able to enter these in the athlete notification for ATP form.

The athlete must be found at the indicated whereabouts. It is important that the information in the athlete’s profile is comprehensible and that the doping control team can find her or him there.

In emergencies, athletes may contact NADA at any time or report their absences by text message. This permits changing the 60-minute time slot until just before it commences.

NADA has made videos to explain the individual steps in order to make entries in ADAMS easier. You can find them on NADA’s homepage.

More information on whereabouts filling requirements can be found in the Standard for Whereabout Requirements.
Why do regular activities have to be entered three months in advance?
In order to be able to plan controls, NADA requires information on the athletes’ whereabouts in time. At the time of the quarterly report, RTP- and NTP-athletes should hand in any known activity at time such as training, school, university lectures or work in their ADAMS-profile. The entries can and must be updated at any time even after the quarterly report.

Do athletes have to disclose their whereabouts when on holidays as well?
Members of the RTP or NTP must provide an address for every day during vacation.

Can the time slot of 60 minutes be changed until just before commencement?
The time slot (only to be specified for RTP-athletes) can be delayed to a later time up to just before it commences. However, it is not permitted to shift the hour to a time that has already passed. In emergency, the athlete can send a text message or contact NADA directly.

Tasks of the testing programme

Testing Programme

- Planning of controls
  - Out-of-competition tests
  - In-competition tests
  - Medication controls on horses

- Further development
4.2 Sanctions

What are the consequences of doping?
Doping has consequences. These include possible and sometimes extreme consequences to health. Most doping agents are pharmaceuticals that are prescribed by a doctor for certain conditions. If healthy persons take such pharmaceuticals to increase their performance, this may have severe effects on their health.

Athletes who have been convicted of doping will also always be subject to a certain amount of doubt even if future tests return a negative result. Their image suffers, friends and teammates turn away. Doped athletes lie and betray not only the others, but also themselves.

Doping has legal consequences, too:

There are clearly stipulated sanctions for violations of anti-doping rule violations. For team sports, it may even affect the entire team.

Doping may also lead to severe financial consequences. Violation of the anti-doping provisions leads to repayment of financial subsidies and prize moneys. Sponsoring contracts also usually contain provisions on positive test results. This means that not only all income from the area of the sport will be lost, but the convicted person may also be facing a large amount of debt.

Consequences of doping

<table>
<thead>
<tr>
<th>1. Health</th>
<th>2. Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>Harmful effects on the body and psyche</td>
<td>Loss of reputation and respect of friends as well as family, damage to the whole sport</td>
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<tr>
<th>3. Legal aspects</th>
<th>4. Financially</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports: sanction, ineligibility</td>
<td>Termination of sponsorship agreements, Repayment of price and subsidy</td>
</tr>
<tr>
<td>Criminal law: fine, prison</td>
<td></td>
</tr>
</tbody>
</table>
MEASURES AGAINST DOPING

What happens if a test result is positive?
After receiving a positive analysis result and decoding of the sample, NADA will first review whether a Therapeutic Use Exemption (TUE) is present and whether the sample has been taken and analysed precisely according to the Standard for Testing and Investigations and the Standard for Laboratories. If there is no TUE and if the process was correct, NADA will inform the affected athlete and the relevant federation as well as WADA. The athlete then has the right to request analysis of the B sample within seven working days. The athlete will be informed of their rights and asked to give a written statement on the accusations. After review of the statement, the organisation in charge of the result management proceedings will decide on initiation a disciplinary proceedings or dismiss of the proceedings.

If the relevant anti-doping organisation comes to the result after completing of the result management procedure that a violation of anti-doping provisions cannot be excluded, a disciplinar proceeding is initiated.

The relevant disciplinary organ for executing the proceedings is the body specified in the arbitration agreement between athletes and the federation. This may be the German Court of Arbitration or a federation court. The disciplinary organ informs the accused athlete that a proceeding has been initiated. Athletes can have themselves defended by a representative, in particular a lawyer, and submit evidence to their discharge. The proceeding is conducted either as written proceeding or in the form of an oral hearing.

How are whereabouts failures sanctioned?
Missed tests and whereabouts failures („strikes“) can be imposed for a missed tests within the 60-minute time window (only applicable to the RTP) and for whereabouts failures (RTP and NTP), i.e. incomplete or wrong indication of whereabouts. Possible failures are reviewed by NADA; it also speaks out „strikes“. An independent chancellery (SportsLawyer) may review whether the proceedings were correct at athlete’s request.

A „strike“ is equivalent to a warning. If an athlete collects three „strikes“ within 12 months, the respective Sport Federation or NADA will initiate a proceeding for...
violation of the anti-doping regulations. In the proceeding, the athlete will once again be given the opportunity to speak on all failures and make statements on them. Usually, violation of Sect. 2.4 may lead to an ineligibility of two years that can be reduced depending on the athlete’s degree of fault. The ineligibility is at least one year, however. „strikes“ from different organisations (WADA, NADA and the relevant International Federations) are added up.

How are other violations sanctioned?
The sanctions differ according to the severity and circumstances as well as the degree of fault on the side of the athlete. Since 1 January 2015, a four-year ineligibility may already be imposed at the first violation. Information on possible sanctions is provided in the NADC (in Sect. 10 and 11).

Disciplinary procedure
Who is responsible for sanctioning? (in nat. competitions, int. competitions)
The federations are responsible for result management and disciplinary proceedings at international and national competitions. They can transfer the proceedings to NADA. More than 44 National Sport Federations [Status: March 2018] have done this by now. In these cases, NADA executes all proceedings at the German court of Abritration.

Regarding reporting obligations, NADA has been taking care of the initial hearing of athletes since 01 January 2009 and determines the „strikes“.
ANDREAS KRIEGER
HEIDI’S FARTHEST THROW
4.3 Doping prevention

Why doping prevention?
Doping prevention is one of the essential tasks of NADA. Preventive measures are a focus in the work of NADA, since this area specifically reflects the broad political and social responsibility of the foundation. The final target is, after all, to prevent doping and to enable fair sport.

With the prevention program “TOGETHER AGAINST DOPING”, NADA supports athletes and their sports environment for clean performance. In particular young athletes’ awareness of doping-free sport is to be increased sustainably. They are to receive specific help in their everyday lives.

What is behavioural prevention? What is relationship prevention?
According to the self-understanding of NADA, the problem of doping cannot be solved by controls and sanctions alone. Therefore, it is the special task and target of NADA to effectively and sustainably prevent doping in advance of any contact with doping substances.

Doping cannot solely be reduced to offenses committed by individual top athletes (behavioural prevention/individual approach). To explain doping and to effectively work for clean

Information on NADA’s prevention work is available at:

www.gemeinsam-gegen-doping.de
and at
www.dopingpraeventionsplan.de
MEASURES AGAINST DOPING

We support athletes

Develop prevention structures

Provide assistance personal, concrete, together, active

Have an influence on society

Encourage values

Inform

Protect clean athletes

Activate the athletes environment

Sports, we also need to take a closer look at the structures into which the athletes are integrated (circumstantial prevention). Measures of behavioural and circumstantial prevention must be combined. NADA proceeds comprehensively in this. NADA works target-group-orientedly, not only with athletes, but also with parents, trainers, support staff, sport physicians, physiotherapists, teachers and anti-doping officers as well as other sports officials.
We stand up for clean sport! Doping is not an option. Support our initiative „GIVE EVERYTHING, TAKE NOTHING“ like Claudia Bokel: For fair competition and honest results. For the future of the sport in Germany.

Join in our initiative GIVE EVERYTHING, TAKE NOTHING.

Find more under:
www.nada.de
www.alles-geben-nichts-nehmen.de

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**Online:**

www.nada.de
www.nadamed.de
www.alles-gehen-nichts-nehmen.de
www.gemeinsam-gegen-doping.de
www.dopingpraeventionsplan.de

**Brochure:**

• NADA-Code 2015
• Example List of permitted pharmaceuticals
• MediCard
• Athlete brochure
• Parents brochure
• Trainer’s brochure
• Anti-Doping Officer brochure
• Annual Report of NADA

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The masculine designations for persons and job titles refer to men and women equally.