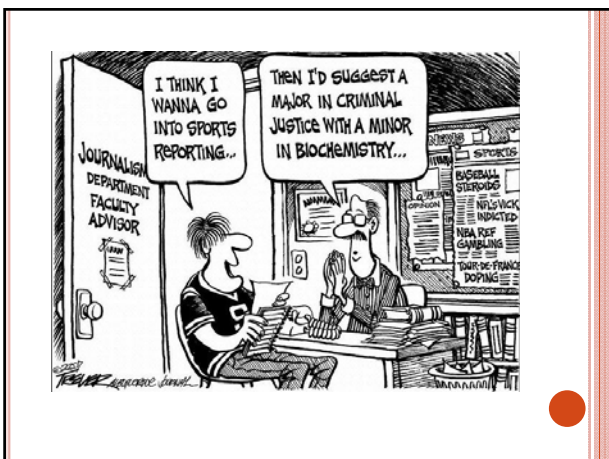


# ANTI-DOPING WHAT, WHY, AND HOW?

Yvonne Yuan, PhD  
Head of Secretariat  
Hong Kong Anti-Doping Committee

# WHY DOPING CONTROL ?



# WHY DOPING CONTROL ?

- Ensure the spirit of sport
- Protect athletes' right
- Protect health and well being of athletes

## SPIRIT AND VALUE OF SPORT

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other participants
- Courage
- Community and solidarity



## ATHLETE'S RIGHT

- To compete on a level field
- To compete in a drug free environment



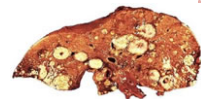
## HEALTH RISKS OF DOPING

- In most cases
  - addiction, psychological dependence



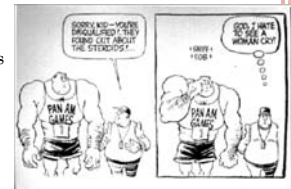
## Steroids

- Abnormal liver function & disease
- Mood swing, aggressive behaviours
- Cardio-vascular disease
- Carcinogenic



### In Females

- Masculinization
- Abnormal menstrual cycles
- Excessive hair growth
- Baldness
- Deepening of the voice



### In males

- Acne
- Breast enlargement
- Premature baldness
- Impotence



### In adolescents

- Acne
- Stunted growth



## Stimulants

- Anxiety, irritability, depression
- Loss of judgment
- Elevated blood pressure



## OTHER CONSEQUENCES OF DOPING

- Disqualification of competition results
- Ineligibility
  - Prohibition against participation
  - Withholding of financial and/or other support
- Financial sanctions



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Wednesday, December 12, 2007

### IOC formally strips Marion Jones of 5 Sydney Olympic medals in doping scandal

LAUSANNE, Switzerland -- The IOC formally stripped Marion Jones of her five Olympic medals Wednesday, wiping her name from the record books following her admission that she was a drug cheat.



The International Olympic Committee also banned the disgraced American athlete from attending next year's Beijing Olympics in any capacity and said it could bar her from future games.

Jones had already handed back the three gold medals and two bronze she won at the 2000 Sydney Olympics.

Last month, the International Association of Athletics Federations erased all of Jones' results dating to September 2000, but it was up to the IOC to formally disqualify her and take away her Olympic medals.

The decision was announced by IOC president Jacques Rogge at the end of a three-day executive board meeting.

Jones won gold medals in the 100 meters, 200 meters and 1,600-meter relay in Sydney, and bronze in the long jump and 100-meter relay. She was the first female track and field athlete to win five medals at a single Olympics.

In addition to those medals, the IOC also disqualified Jones from her seventh-place finish in the long jump at the 2004 Athens Olympics.

### Marion Jones Reports To Federal Prison In FW Former Olympian Begins 6 Months Behind Bars Days Early

FORT WORTH (AP) — Former Olympic track star Marion Jones began her six-month sentence in federal prison Friday, punishment for lying to investigators about using performance-enhancing drugs and her role in a check-fraud scam.

Jones turned herself in before noon Friday at Federal Medical Center Carswell, located on the Naval Air Station, Joint Reserve Base in Fort Worth, Bureau of Prison spokeswoman Tracy Bilingstey said.

Under the terms of her sentencing, she had until Tuesday to surrender to prison officials.

Although the prison specializes in medical and mental health services, it also has inmates who do not require such care. Bilingstey said she could not comment on whether Jones was receiving specialized care.

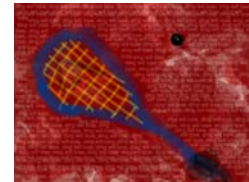
Jones won three gold and two bronze medals at the 2000 Sydney Olympics, becoming perhaps the most famous and marketable female athlete in the world.

After frequently denying ever having used performance-enhancing drugs, Jones admitted she had lied to federal investigators in November 2005. Jones also admitted lying about her knowledge of the involvement of Tim Blongomery, the father of her older son, in a scheme to cash millions of dollars worth of stolen or forged checks.

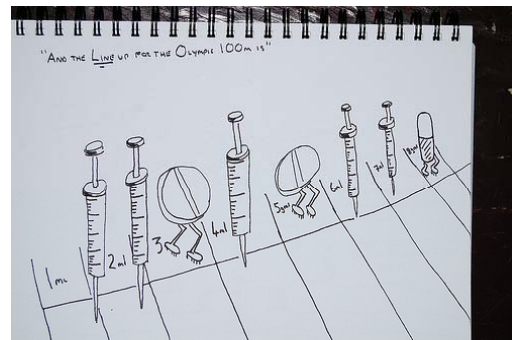


## MORE CONSEQUENCES OF DOPING

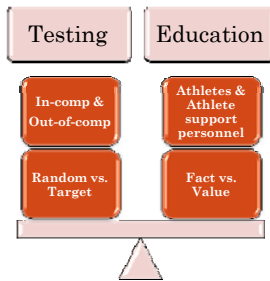
- Damage to personal reputation
- Damage to the sport's reputation



## WHO IS COMPETING ON THE FIELD?



## DOPING CONTROL – HOW?



## WHY SOME ATHLETE CHOOSE TO DOPE?

- High personal standard
- Coach believes in 'Win at all costs'
- Beliefs – many athletes are using drugs anyway
- First time is associated with 'critical incident' e.g. injury, prolong career
- Health concerns not considered initially



## NEW TRENDS IN THE FIGHT AGAINST DOPING

### Collection of blood sample



### Sample to be stored up to 8 years



### Role of investigation & intelligence sharing (non-testing based evidence)

#### DRUGS IN SPORT Long arm of the law rules Wyper out of Hawaiian Ironman

**Rupert Guinness**

AUSTRALIAN anti-doping authorities have taken steps to ensure banned substances Wyper does not breach his five-year suspension, such as from race, appearance, and income tax.

The Australian Sports Anti-Doping Authority took the steps yesterday as it announced a one-year ban on another Australian cyclist, Mark Riddick, for using prohibited substances while participating in the Ironman triathlon.

The Hawaiian triathlon organisers notified the Hawaiian organisers of the 2.8 triathlon series, 100km cycle and 42.2km run triathlon to be held in October 10 that Wyper is banned until February 1, 2011, for a doping violation in 2005.

The ban was announced three weeks after the Court of Arbitration for Sport ruled Wyper had breached the anti-doping code by supplying backhaul growth hormone and erythropoietin to the Ironman in 2005.

A 2005 medical report also noted such a crime, Wyper was suspended from the Ironman triathlon in 2006.

As he awaited his fate, Wyper returned to triathlon and this year qualified for next month's Ironman World Championship for athletes north of the 35-to-44 age group, and 40th overall at the New Zealand triathlon in March.

It is not known whether Wyper was planning to still compete the trip to Hawaii in light of the ban.

However, with the case being investigated, AAJDA officials took the steps of ensuring he would be allowed to start by alerting the organisers of the Ironman triathlon.

The Court of Arbitration for Sport said Wyper "is ineligible to compete in all sporting events" for two years.

AAJDA spokesman Richard Jones said "We have sought for three (three) months to interpret the requirements of the law." "The Court of Arbitration for Sport found Wyper guilty of using banned growth hormone in August 2005 and (October 1, 2005), and the authority "served" a two-year suspension on the same from then and on November 20, 2006.

The finding did not come from a joint investigation between AAJDA and Queensland Health, which also advised on using the illegal substances and has accepted the two-year suspension.

For AAJDA this is the second recent case where doping cheats have been caught "without undergoing their tests".

Wyper was caught before he could compete in the Ironman triathlon. Australian Customs have seized his illegal drugs before he could enter the country.

Indeed, Wyper has all race results from his five-year of Ironman triathlon, however, on August 21, 2005, when he was caught which was on April 25 the year he will be eligible to start again on April 24, 2008.





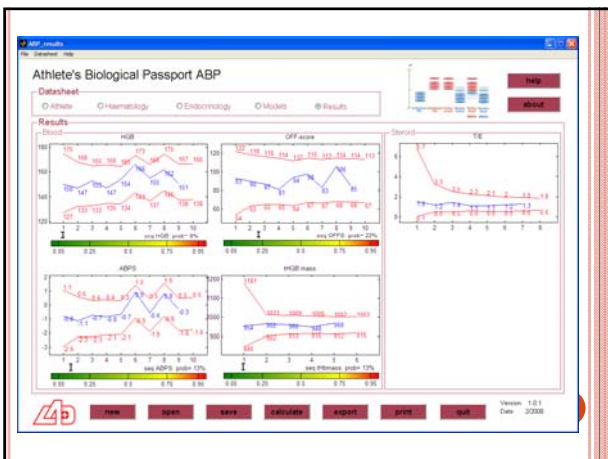
### Possible sources of information

- Information hotline
- Customs
- Witnesses interviews
- Substantial assistance and 'amnesty' admission



### Athlete passport / Biological passport

Monitoring of an athlete's biological variables to detect abnormal variations that indirectly reveal the effects of doping, as opposed to the traditional direct detection of doping



### Target testing

- o Supported by investigation and intelligence sharing
- o Abnormal findings from biological passport
- o Sudden improvement in performance
- o Frequent updates of whereabouts
- o Large no. of unnecessary overseas trips
- o Frequent diluted samples
- o Testimony of third person



### WHEREABOUTS PROGRAMME

### REGISTERED TESTING POOL (RTP)

World Squash Federation (WSF)'s RPT

- Top 5 ranked men and women world rankings as at the 15<sup>th</sup> of Dec, Mar, Jun, and Sept annually
- Athletes in the RTP are required to submit their whereabouts on a quarterly basis



## WHEREABOUTS REQUIREMENTS

### Minimum requirements

- Need to update
- Daily 60-min time slot (6 am – 11 pm)
- Daily residence

### Others

- Competition schedule
- Other regular activities (training, school, etc)



## WHEREABOUTS FAILURES

- **Filing Failure**
  - failure by the athlete (or representative) to make an accurate and complete whereabouts filing
- **Missed Test**
  - failure by the athlete to be available for testing at the location and time specified in the 60-minute time slot



- Any combination of **3** Filing Failures and/or Missed Tests committed within an **18-month** period  
→ **Anti-Doping Rules Violation**



## POSSIBLE CAUSES OF FILING FAILURES

- Do not submit whereabouts before deadline
- Do not include a 60-min time slot for each day
- Do not include a residence for each day



## POSSIBLE CAUSES OF FILING FAILURES (CONT')

- Do not update changes in schedule
- Address provided is incomplete
- DCO cannot get access into the specified venue (e.g. private club)
- Repeated unsuccessful attempts



## RIGHTS AND RESPONSIBILITIES OF ATHLETES



## RESPONSIBILITIES OF ATHLETES

- To be knowledgeable of and comply with anti-doping rules
- To be available for sample collection
- To take responsibility for what they ingest and use
- To inform medical personnel of their status as an athlete

## RIGHTS OF ATHLETES

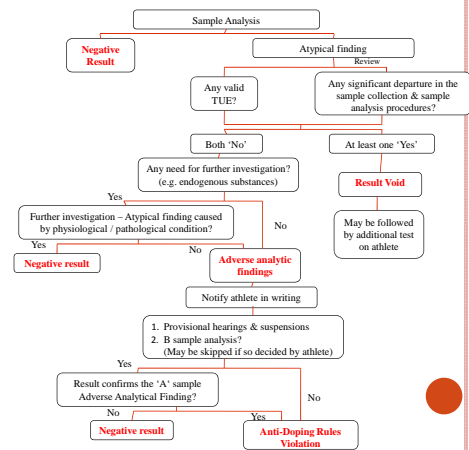
### During sample collection

- Accompany person
- Individually sealed drinks
- Selection of doping kits
- Clear explanation
- Comment on irregularity

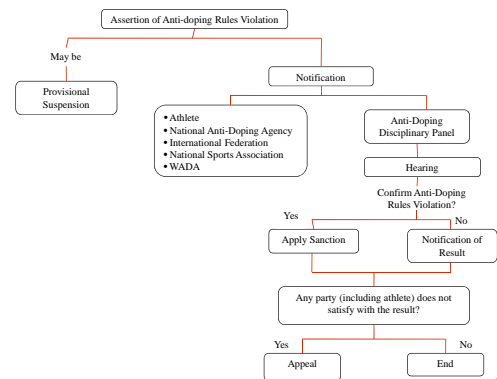
### After sample collection

- Sample being safely stored and transported
- Right of hearing and appeal

## POST-SAMPLE COLLECTION



## RESULTS MANAGEMENT



## RESPONSIBILITIES OF ATHLETE SUPPORT PERSONNEL

- To be knowledgeable of and comply with anti-doping rules
- To cooperate with the athlete testing programme
- To use their influence on athletes values and behavior to foster anti-doping attitudes



## HAVE YOU EVER CONSIDERED USING DRUG TO IMPROVE PERFORMANCE?



## INADVERTENT DOPING

Principle of strict liability



### WATCH OUT

- Certain medicine for treating medical conditions, especially if doctor has not be reminded
- Certain over-the-counter medicine
- Not only pill and syrup, but also lotion and inhaler



### WATCH OUT

- Herbal medicine
- Health and nutritional products



### WATCH OUT

- Second hand smoking – marijuana
- Meat and animal products contaminated with steroids
- Cake and bread containing poppy seeds





### WAYS TO AVOID INADVERTENT DOPING

- Remind your doctor
- Avoid frequent switching between doctors
- Minimize the use of over-the-counter medicine
- Always refer to the latest prohibited list
- Apply Therapeutic use Exemption (TUE) in advance
- Supplement?



### IOC FUNDED RESEARCH - 2002

- 634 supplements (13 countries, 215 manufacturers)
- 94 (14.8%) contain prohibited hormones and their precursors



### WADA'S POSITION ON SUPPLEMENT

- Good diet is of utmost importance to athletes
- Some athletes know little about what real benefits supplement provide and whether or not they contain prohibited substances
- Taking poorly labeled supplement is not an adequate defense in a doping hearing
- Athletes should be aware of the dangers of potential contamination of supplement



Should athletes use supplement?

How to choose supplement?

Use of supplement is the only way to enhance exercise performance?





### GENERAL WARNINGS

- Supplements with 'muscle building' or 'fat burning' capabilities are more dangerous – anabolic agent or stimulants
- 'Herbal' and 'natural' do not mean 'safe'
- Pure vitamins and minerals are not prohibited, but be aware of possible contaminations

### GENERAL WARNINGS

- Avoid products from black market or unlabelled products
- Avoid purchasing supplement through internet when the company only provide post office boxes and email

### ADVICES

- Ask professional advice
  - Team physician, sport nutritionist, etc
- Keep a log of your supplement use
  - Including batch or lot number
- Keep some of the contents from each container of supplement

## ANTI-DOPING RULES VIOLATIONS

1. Presence of Prohibited Substance
2. Use of Prohibited Substance/Method



### 3. Refusing Sample Collection



### 4. Failure to File Whereabouts & Missed Tests

#### **Rower Jarvis guilty of doping violation**

**TSN.ca Staff**  
1/7/2009 4:51:23 PM

Canadian rower Christopher Jarvis has been handed a three month suspension after being found guilty of committing an anti-doping rule violation by the Canadian Centre for Ethics in Sport.



The CCES says Jarvis did not test positive for any banned substance but he failed to provide his whereabouts to doping officials.

Under the rules of the Canadian Anti-Doping Program, when an athlete has failed to provide quarterly whereabouts information three times in an 18-month period, an anti-doping rule violation may be declared.

At a hearing before a doping tribunal on December 18, records showed Jarvis failed to provide his whereabouts to doping officials on January 8, 2007 and again on June 29, 2007 and October 1, 2007. That resulted in the adverse finding against him.

5. Tampering
6. Possession
7. Trafficking
8. Administration



# THANK YOU