

Latest updates on the Anti-Doping Programme

6 Feb 2018



Hong Kong Anti-Doping Committee
香港運動禁藥委員會

Outline

1. Updates on World Anti-Doping Programme
2. Anti-Doping Rule Violations
3. Whereabouts Submission Requirement
4. Inadvertent Doping
5. Anti-Doping Resources

Updates on World Anti-Doping Programme



The 2018 Prohibited List

- Updated annually by World Anti-Doping Agency (WADA)
- Identifies substances and methods prohibited both *in-competition* and *out-of-competition*
- Identifies substances prohibited in **particular sports**
- Published a few months before it comes into effect on 1 Jan together with the **Summary of Major Modification and Explanatory Notes**
- One of the major changes: **Alcohol is excluded**



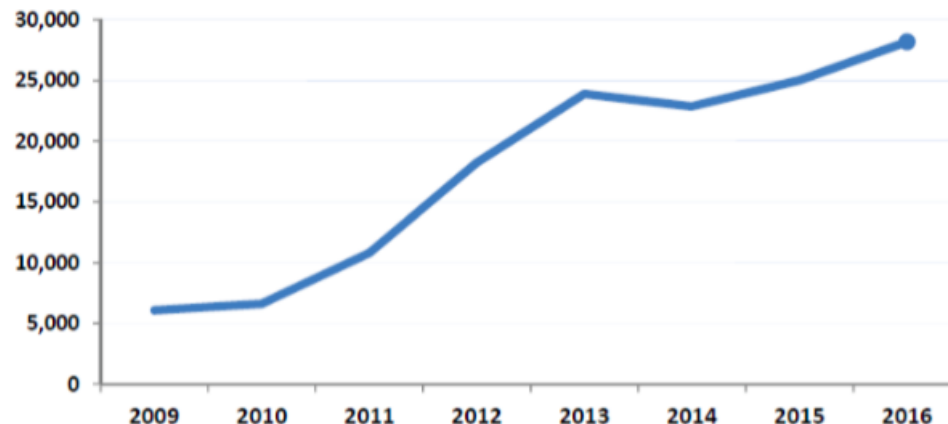
Athlete Biological Passport (ABP) Haematological Module

A longitudinal data collection which monitors certain biological markers over time to detect the use of performance enhancing substances / methods

Objectives:

- Guide target tests
- Pursue possible anti-doping rule violations
(Use or attempted use by an athlete of a prohibited substance / method)

Total ABP Samples* Analyzed per Year



Source: WADA 2016 Anti-Doping Testing Figures Report

ABP Haematological Module

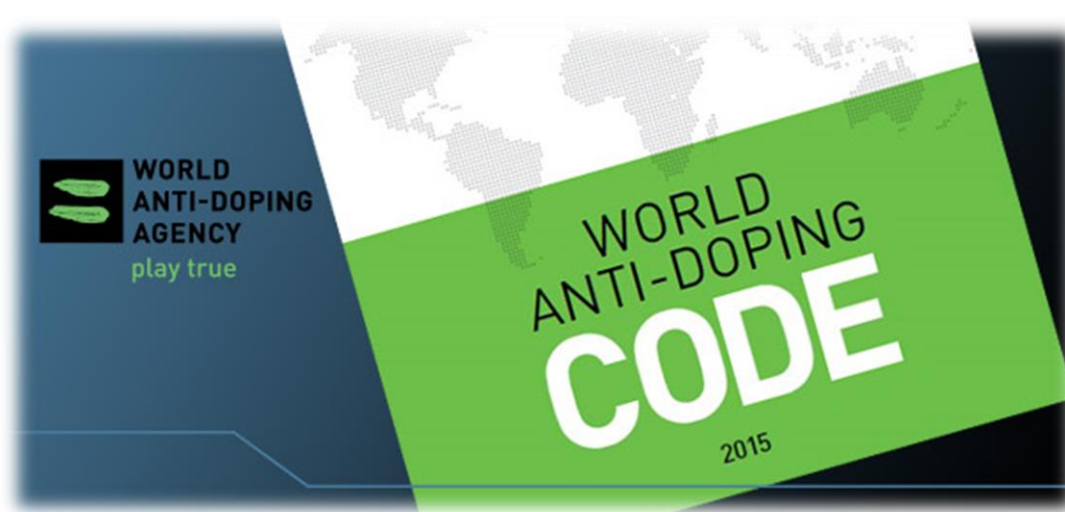
- Implementation in 2018
- Aims to identify the use of Prohibited Substances / Methods for the enhancement of oxygen transport or delivery e.g. ESAs and any form of blood transfusion or manipulation
- Difference between blood testing & ABP
 - Blood testing: Direct detection of prohibited substances
 - ABP: Indirect detection by serial measure of biomarkers



Anti-Doping Rule Violations



World Anti-Doping Code (2015)



- Published by WADA
- Anti-Doping Rule Violations (ADRV), requirement of doping control and whereabouts, results management, sanction, etc.
- All signatories must comply with the Code (Including International Olympic Committee, International Federations, National Sports Associations, etc.)

Who are regulated by the Anti-Doping Rules?



Athletes



Coaches



Medical officials

(Doctors, physiotherapists)



Support Personnel



Anybody

Anti-Doping Rule Violations

1. **Presence** of a prohibited substance or its metabolites or markers in an athlete's sample
2. **Use or attempted use** of a prohibited substance / method
3. **Evading, refusing or failing** to submit to sample collection
4. Whereabouts Failures
5. **Tampering, or attempting to tamper**, with any part of doping control



Anti-Doping Rule Violations

6. **Possession** of prohibited substances / methods
7. **Trafficking or attempted trafficking** in any prohibited substance / method
8. **Administration or attempted administration** of a prohibited substance / method to any athlete
9. Complicity
10. Prohibited Association



Consequences of Rules Violations

- Disqualification of competition results
- Ineligible for competition and **participation**
- Financial sanction
- Public disclosure



**Period of ineligibility for first time
Anti-Doping Rule Violation:
Minimum 4 years**

Doping Cases

Report: Texas baseball player gave urine sample to teammate

Erick Smith, USA TODAY Sports 2:42 p.m. EDT May 6, 2013



(Photo: Eric Gay, AP)

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Two Texas baseball players have been caught after one provided a urine sample to the other, the [Austin-American Statesman](#) reported.

Citing a person with knowledge of the situation, the paper said All-America closer Corey Knebel missed last weekend's series with Kansas State after he provided the sample to help a teammate avoid a failed drug test.

[The Dallas Morning News](#) reported the scam was discovered when the urine tested positive for Adderall, a drug prescribed to Knebel for Attention Deficit Disorder. The NCAA considers Adderall a banned substance. The player receiving the sample admitted it was not his. He was not identified specifically.

Rule 1

👉 Presence of a prohibited substance or its metabolites or markers in an athlete's sample

Rule 5

👉 Tampering, or attempting to tamper, with any part of doping control

IAAF OBTAINS 4-YEAR SANCTION ON APPEAL IN ITS FIRST ATHLETE BIOLOGICAL PASSPORT CASE BEFORE CAS

4 December 2012 – Monaco – The IAAF has been successful in its first case before CAS involving the Athlete Biological Passport (ABP).

The Greek Athletics Federation (SEGAS) found Ms Irini Kokkinariou guilty of an anti-doping rule violation under IAAF Rule 32.2(b) (use or attempted use of a prohibited substance or prohibited method) based on her abnormal blood profile in the period from 2009 to 2011 and duly banned her for 2 years.

The IAAF agreed with SEGAS that Ms Kokkinariou had committed an anti-doping rule violation but considered that there were aggravating circumstances in Ms Kokkinariou's case in accordance with IAAF Rule 40.6 and appealed the SEGAS decision to CAS seeking an increased sanction of 4 years.

Rule 2

☞ Use or attempted use of a prohibited substance / method

Olympic gold medallist Brianna Rollins handed year ban for missing drug tests

- Rio 100m hurdles champion failed to appear for three tests in 2016
- Third incident occurred when she was visiting the White House



i The Olympic 100m champion Brianna Rollins said she 'accepted full responsibility' for what had happened.
Photograph: Lee Jin-man/AP

Rule 4

👉 Whereabouts Failure

U.S. Weightlifting Coach, Michael Gingras, Accepts Sanction for Anti-Doping Rule Violation



May 11, 2017

USADA announced today that Michael Gingras, of Milwaukie, Ore., a coach in the sport of weightlifting, has accepted a 12-year sanction for engaging in prohibited doping conduct.

Non-analytical evidence obtained by USADA indicated that between October 2015 and May 2016, Gingras, 31, possessed, trafficked, and administered testosterone, which is a prohibited anabolic agent, and also possessed and trafficked LGD-4033, a prohibited selective androgen receptor modulator (SARM), to an athlete. Possession, trafficking, and administration of

performance-enhancing substances are prohibited under the USADA Protocol for Olympic and Paralympic Movement Testing, the United States Olympic Committee National Anti-Doping Policies, and the International Weightlifting Federation Anti-Doping Policy, all of which have adopted the World Anti-Doping Code (the Code) and the World Anti-Doping Agency Prohibited List.

Rule 6 🖱️ Possession of prohibited substances / methods

Rule 7 🖱️ Trafficking or attempted trafficking in any prohibited substance / method

Rule 8 🖱️ Administration or attempted administration of a prohibited substance / method to any athlete

Banned for 12 years

<https://www.usada.org/michael-gingras-accepts-doping-sanction/>

‘Extremely evil’ drink spiking leaves top Japanese canoeist without a paddle at Tokyo 2020

Eight-year ban for Yasuhiro Suzuki after he drugged sprint rival in bid to boost his selection chances for host nation’s Olympic squad



Rule 5

☞ Tampering, or attempting to tamper, with any part of doping control

The Japan Anti-Doping Agency slapped sprint canoeist Yasuhiro Suzuki, 32, with the eight-year ban, the Japan Canoe Federation announced on Tuesday, slamming his offence as “extremely evil”.

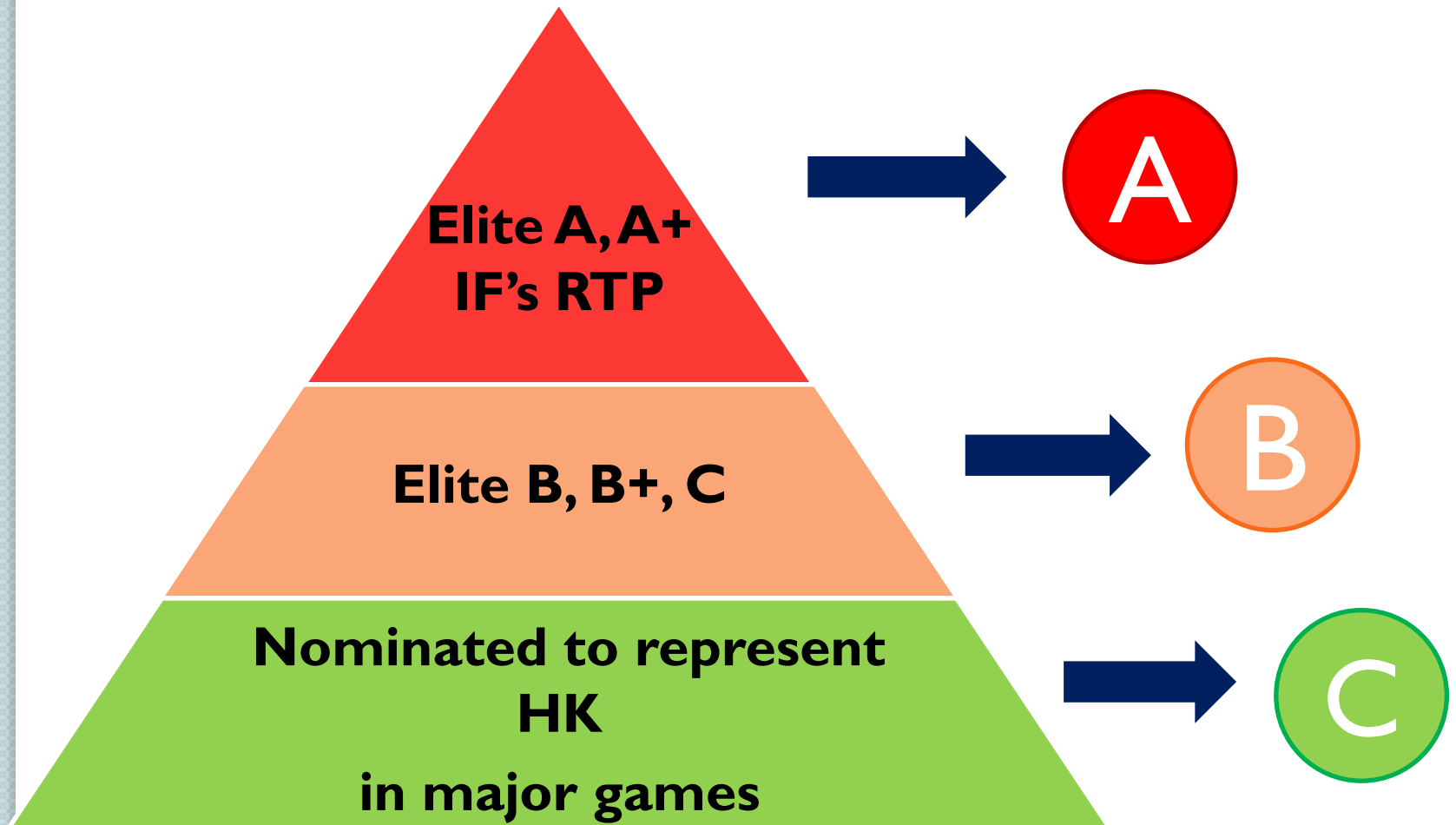
According to the federation, Suzuki confessed to putting a banned muscle-boosting substance into the drink bottle of rival Seiji Komatsu, 25, during a domestic competition in September.

Banned for 8 years

Whereabouts Submission Requirement



HKADC Testing Pool



Whereabouts Requirements

HKADC Testing Pool	A	B	C
Submit whereabouts quarterly (Deadline: 31 Mar / 30 June / 30 Sep / 31 Dec)	✓	✓	
Submit prior to commencement of games			✓
Location & time for Training / Competition / Regular Activities	✓	✓	✓
Overnight accommodation with full address	✓		
Daily 60-min slot (5:00 a.m.-11:00 p.m.)	✓		
Update when necessary	✓	✓	✓

Testing Pool A

Failure to make accurate & complete whereabouts filing

Failure to be available for testing at the location & time specified in 60-min slot

Filing Failure

Missed Test

Accumulated a combination of 3 times in 12 months

**Anti-Doping Rules Violation
(Rule 4 - Whereabouts Failures)**

Testing Pool B

Failure to make
accurate &
complete
whereabouts filing

Unavailable for
test repeatedly
due to
incorrect/outdated
whereabouts



Whereabouts Non-compliance



Accumulated 3 times
in 12 months

Transfer to Pool A

Inadvertent Doping



Medication



Supplements



Chinese medicine



Food

STRICT LIABILITY PRINCIPLE

- Athlete is responsible for the presence of any prohibited substance in his/her body
- No matter it is used intentionally or unintentionally



**Avoid inadvertent doping
Medication**



During medical consultation...



- Clearly state that you are an athlete
- Show 'Letter to Doctor' and 'Prohibited List'
- Check prohibition status of medicine
- Apply TUE, if needed



2018 年度禁用清單

THE 2018 PROHIBITED LIST

適用於 2018 年 1 月 1 日至 12 月 31 日
Valid from 1 January to 31 December 2018

注意

1. 運動員有責任通知醫務人員，作為運動員不可採用在禁用清單內的物質及方法。求醫時運動員應向醫生展示此禁用清單和內附之醫生信。
2. 使用任何藥物前，運動員亦應先利用「運動禁藥資料庫」網站 (www.druginsport.hk)，核實藥物的禁用狀況。
3. 禁用清單可於世界運動禁藥機構網站 (www.wada-ama.org) 下載。

Note

1. It is the responsibility of athletes to inform medical personnel of their obligation not to use prohibited substances and prohibited methods as included in the list. Athletes should show this **Prohibited List** and the **Letter to Doctor** to your physician during medical consultation.
2. Athletes are strongly recommended to use *DrugInSport* (www.druginsport.hk) to check prohibition status of medicine before use.
3. The Prohibited List can be downloaded on World Anti-Doping Agency's website at www.wada-ama.org.

DrugInSport

www.druginsport.hk

The logo for DrugInSport, featuring the word "DrugInSport" in a stylized, dark red font. The "i" in "Sport" is replaced by a caduceus symbol.

繁體中文

DrugInSport is developed and maintained by Hong Kong Anti-Doping Committee (HKADC). It provides athletes and their support personnel with information on the prohibition status of registered pharmaceutical products in Hong Kong.

Important Note: If you cannot find information on your search item, consult a sport physician or HKADC. DO NOT assume it is permitted in sport.

Product Name / Ingredient / HK Registration No. :

Search

Product / Ingredient / HK Reg. no.

Global DRO

www.globaldro.com

Languages ▾



Athletes, check your medications!

CHOOSE YOUR SPORT NATIONALITY



Canada



United Kingdom



United States



Switzerland



Japan



Australia



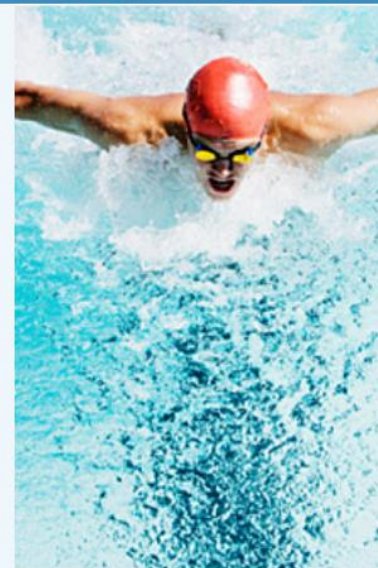
Other

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

Visitors can search the Global DRO for specific information on products sold in the United Kingdom, Canada, the United States, Japan, Australia, and Switzerland.

Global DRO is brought to you through a partnership between UK Anti-Doping (UKAD), the Canadian Centre for Ethics in Sport (CCES), Anti-Doping Switzerland (ADCH) and the United States Anti-Doping Agency (USADA). The Japan Anti-Doping Agency (JADA) and the Australian Sports Anti-Doping Agency (ASADA) are official Global DRO licensees.



Therapeutic Use Exemption (TUE)

- Athletes are required to obtain a valid TUE before using any prohibited substance/ method
- Application form to be completed by the doctor
- Must also submit medical documents
(e.g. medical history, laboratory results)

MUST obtain approval before use

**Avoid inadvertent doping
Supplements**



Potential risk of supplements

- Production and labeling not as strictly regulated as compared to medicine
- Ingredients may not match those listed on the label
- Contamination during production
- Unknown benefits vs side effects



1. Muscle-growth supplements
2. Weight-loss supplements
3. Sexual-enhancement products

**Athletes are strongly advised
NOT to use supplements**

Warning Shots Fired As Another Rugby Player Is Banned For Steroid Use

Henley Rugby Club are in the spotlight for all of the wrong reasons again as a third player has been banned from the sport for 2 years after failing a drugs test. Previous charges were held against a winger and a fly-half who had all tested positive for banned substances.



A 24 year old named as Conner Stapley tested positive for traces of steroids whilst being a registered player.

Ill informed Stapley claimed he was taking a dietary weight loss supplement that was free of banned substances, this supplement was recommended to him by his brother as Stapley wanted to lose some weight.

However, methandienone and mesterolone was found in his sample after they were called in for a routine test.

The product known as T5 fat stripper was taken after he was concerned about recent weight gain, a three-man panel did agree it was unintentional but a suspension has been enforced.

The three-man panel agreed unanimously that the player had not taken the substances intentionally.

Avoid Inadvertent Doping Chinese Medicine



Risks of using Chinese herbal medicine

- No internationally approved method to identify whether the ingredients have prohibited substances
- Usually produced by mixing various kinds of herbs
- No standard procedure for the planting, production and preparation



Cannot guarantee the medicine is free from prohibited substances

Chinese herbs confirmed to contain prohibited substances

- Chinese Ephedra Herb 麻黃 (ephedrine 麻黃碱)
- Musk 麝香 (DHEA 去氫表雄酮)
- Opium Poppy Peel 罌粟殼 (morphine 嗎啡)
- Strychnos nuxvomica 馬錢子 (strychnine 士的寧)



**Avoid Inadvertent Doping
Food**



Cocaine



**Coca
Tea**

**Poppy
Seed**

Morphine



Offal



Clenbuterol

Pork



Anti-Doping Resources





Hong Kong Anti Doping Committee



香港運動禁藥委員會 Hong Kong Anti-Doping Committee

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4.1 ★★★★★
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Chua Yee Dak likes this or has checked in



重要忠告

TrueSelf

運動禁藥資料庫

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YouTube HKAntiDoping



Education Pamphlets

Newsletter

Education Programme

Seminars & Talks

Target: Athletes & Athlete support personnel



Athlete Outreach

Target: Junior & Elite Athletes



Event Outreach

Target: Event Participants & General Public



Contact us



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