

# Annual Report

of the Anti-Doping Unit  
of the Irish Sports  
Council for 2005





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# Introduction

The Irish Sport Anti-Doping Programme, established in 1999, has continued to develop and grow as the demands upon it nationally and internationally change and increase.

The Irish Sports Council remains committed to developing healthy, fair, and enjoyable sport. In accordance with that guiding philosophy, sport must be drugs free and played in accordance with the spirit and letter of the rules. The Irish Sport Anti-Doping Programme is an integral part of ensuring that sport is fair and is seen to be fair.

The testing programme continued to expand in 2005, with a record number of tests. 59% of tests now take place out of competition. Overseas tests and User-pay tests are also increasing in number. All top quality athletes are included in the testing pools, not simply those grant assisted by the Council.

It is a comprehensive programme which included 38 sports in 2005.

The Anti-Doping Unit remained active in the international front, cooperating throughout the year with World Anti-Doping Agency initiatives. Doping in sport is an international issue and it is important to build on the work of WADA in harmonising policies, practices and standards at a global level.

An essential element of the international programme is working with the Association of National Anti-Doping Organisations (ANADO). This association provides support to the development of comprehensive national programmes (including an emphasis on areas of the world where no national programmes exist). This is essential in the rapidly changing environment of anti-doping and to ensure confidence that a global system of anti-doping can be effective.

As part of our education programme and in order to gauge athlete satisfaction with, and knowledge of the programme a comprehensive survey was carried out in 2005. The athletes surveyed endorsed the effectiveness of the programme in reducing drug taking in Irish sport.

The survey proved useful in raising a number of areas of concern for athletes, namely concerns of continuing drug use in sport, the use of supplements and awareness of educational and whereabouts resources provided to athletes. This information will be vital in the ongoing development of the education materials.

On behalf of the Irish Sports Council we would like to pay tribute to the Anti-Doping Committee Chairperson Dr Brendan Buckley and his Committee for the dedicated service they have offered the Council. They are supported by many distinguished individuals who serve on various disciplinary,

appeals and TUE Committees. We appreciate their voluntary service and pay tribute to the commitment to the Irish Sport Anti-Doping Programme.

The executive of the Anti-Doping Unit, assisted by their colleagues in the Irish Sports Council, make an enormous contribution to the programme. In 2005 they took on the additional challenge of international events in Ireland. Their efforts continue to be recognised internationally with Dr Úna May acting as the Chairperson of the WADA Independent Observer Group at the IAAF World Championship in Helsinki.

Doubtless 2006 will bring many new and difficult challenges in the world of anti-doping. We are confident that the Programme has developed in a strong and robust manner and is capable of meeting any challenges that lie ahead.



**Ossie Kilkenny**  
Chairperson  
Irish Sports Council



**John Treacy**  
Chief Executive  
Irish Sports Council

# Foreword

Anti-doping agencies must use a number of strategies to rid sport of the scourge of doping. In 2005 the Irish Sports Council's Anti-Doping Committee and its executive ensured that the Irish Anti-Doping Programme provided the best practice testing, research and education and will continue to do so into the future.

Doping in sport remains a challenge facing the Irish Sports Council and its partner agencies around the world. It will be a battle won in the long term, with renewed efforts required for each generation of new athletes.

They must win the battle against the cynics and sceptics, inside and outside sport, who are unable to see progress in sport without the use of prohibited substances.

The establishment of the World Anti-Doping Agency and the World Anti-Doing Code, based on multi-national, multi-agency approach, is the only way forward. Ireland is proud to be part of the global battle against doping in sport and continue to play its part in whatever way it can.

The Anti-Doping Committee acknowledges the support from the Irish Government in this regard. It appreciates the sincere and ongoing support from the Minister for Arts, Sport and Tourism, Mr John O'Donoghue T.D. and the officials at the Department of Arts, Sport and Tourism.

2005 was the first full year of the new Irish Rules. They are now well established and provide the framework for all activity in this area in Ireland. As well as the Executive of the Council, the new Rules required the establishment of various committees within the Council. We recognise that much of this load is carried by dedicated volunteers who devote their time and energy to amateur sport. Such people deserve our special tribute.

The new Rules also placed an additional, albeit essential, burden on various sporting organisations. I want to pay tribute to everybody who has contributed to the smooth introduction of the new Rules.

It is also important to acknowledge the unanimous support, from amateur and professional sportspeople alike, within Irish sport for the Irish Sport Anti-Doping Programme.

During 2005 the Programme continued to make substantial progress in its three operational areas: testing, education and research. This report, the sixth Annual Report of the Programme, details those activities.

There were two positive findings for the year 2005. There were no high profile findings during the year and the focus of debate was on the international scene. This does not mean it was not a successful year

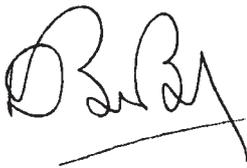
for the Programme, as it cannot be measured simply by the number of positive findings.

There is a deterrent effect of credible and visible anti-doping programmes.

The research and education elements contribute significantly to increased awareness within sport on all doping issues.

The Executive of the Anti-Doping Unit continues to meet the challenges presented in delivering a high profile, world-class programme in a professional manner and I have enjoyed working with them for the past year.

Likewise, it has been a great experience, and an honour, to work with my colleagues on the Anti-Doping Committee. They have made an outstanding commitment of energy, time and expertise freely and in doing so have made an enormous contribution to the work of the Council. I look forward to working with them over the coming years.



**Dr Brendan Buckley**  
Chairperson  
Anti-Doping Committee

# List of Abbreviations

AAI	Athletics Association of Ireland
ADAMS	Anti-Doping Administration and Management System
ADI	Anti-Doping International
ADO	Anti-Doping Officer
ADU	Anti-Doping Unit
ANADO	Association of National Anti-Doping Organisations
CCES	Canadian Centre for Ethics and Sport
DCO	Doping Control Officer
EQA	European Quality Assurance Ltd
ICC	International Cricket Council
IDTM	International Doping Tests and Management
IF	International Federation
IRB	International Rugby Board
IRFU	Irish Rugby Football Union
ISC	Irish Sports Council
ISO	International Standards Organisation
MIMS	Monthly Index of Medical Specialties
NADOs	National Anti-Doping Organisations
NGB	National Governing Body
OOCT	Out of Competition Testing
RCSI	Royal College of Surgeons, Ireland
TUE	Therapeutic Use Exemption
TUEC	Therapeutic Use Exemption Committee
UNESCO	United Nations Educational, Scientific and Cultural Organisation
WADA	World Anti-Doping Agency

# Visions

The visions of the Irish Sport Anti-Doping Programme are:

**Education** – to facilitate the development and delivery of quality education programmes for all major stakeholders.

**Testing** – to provide an effective, quality-driven testing programme.

**Research** – to establish a long term research programme which compliments and progresses anti-doping research nationally and internationally.

**International** – to keep abreast of international best practice and to collaborate with relevant international initiatives.

**Administration** – to develop and maintain quality standards to ensure correct and transparent administrative procedures.

# Background to the Irish Sport Anti-Doping Programme

Since the establishment of the Irish Sports Council in July 1999 the anti-doping unit has worked to ensure that the Council's objectives in relation to fair and ethical sporting practices are met. The three key objectives of the Irish Sports Council are:

- 1. To break down barriers and increase participation in sport, not only the number of people but their continued participation throughout their lives.**
- 2. To create an environment so that individuals can develop their sporting abilities.**
- 3. To help our leading sportsmen and women achieve world-class performance by fair and ethical means.**

Having evolved from a time when a wide variety of anti-doping regulations were applied by NGBs to one in which there is a unified and harmonised approach to anti-doping across all sports in the country, Ireland has moved into a leading position in the international anti-doping arena. The Irish Sports Council has met its anti-doping objectives consistently and to a very high level. The Council's fundamental objectives are based on the firm base of the Council of Europe's Anti-Doping Convention which was the first formal mechanism for international standardisation. This convention was formally ratified by the Irish government in 2003. At the same time the government also signed the Copenhagen Declaration committing to the support of the World Anti-Doping Code. With the advent of the World Anti-Doping Code the Council moved ahead in developing the Irish Anti-Doping Rules, to which all Irish NGBs are now signatories. These Rules were adopted in 2004 and are now the basis of all Anti-Doping matters in Ireland.

# Anti-Doping Committee

The Sports Council's Anti-Doping Committee is an advisory committee established under the Irish Sports Council Act 1999. Members of the committee provide critical advice and expertise in support of the anti-doping unit.

The Anti-Doping Committee met on four occasions during 2005. A broad range of subject matters were discussed during these meetings with the main outcomes reported to the Council afterwards. The Committee made a number of significant policy recommendations to the Council during the year. Most importantly, following lengthy deliberations and discussions Dr Brendan Buckley presented to the Council the recommendations of the Committee regarding a revised sample collection policy. The Council agreed that it would be appropriate for the anti-doping unit to take over the full implementation of the testing programme from January 2007. It was also agreed that in the interim period the unit should continue to subcontract IDTM for their sample collection services.

The members of the Anti-Doping Committee are as follows:

**Dr Brendan Buckley (Chairperson)**

Consultant Physician  
Cork Regional Hospital

**Dr Geraldine Barniville**  
ADO Irish Squash and  
World Squash Federation

**Dr Joan Gilvarry**  
Medical Director, Irish  
Medicines Board

**Dr Patrick Guiry**  
Chemist, UCD

**Dr Anthony McCarthy**  
Psychiatry, St Vincent's Hospital

**Dr Con Murphy**  
ADO, GAA

**Mr Mel Christle**  
Senior Counsel

**Ms Noreen Roche**  
Dietician, Member of Sports  
Nutrition Interest Group

**Mr Neville Maxwell**  
Former Irish Olympic Athlete

**Mr Tony McCarthy**  
Irish Sports Council Board Member

**Dr Una May (Secretariat)**  
Programme Manager, ADU

# Irish Sport Anti-Doping Disciplinary Panel

Since the inception of the Programme in 1999, NGBs were responsible for appointing members to a Disciplinary Panel when an anti-doping violation occurred. As required by the Irish Sport Anti-Doping Rules the Irish Sports Council appointed an Irish Sport Anti-Doping Disciplinary Panel who has the power to hear and determine the consequences of the Anti-Doping Rule violation.

This Panel consists of three experts from a legal, medical and sports (administration/ former athlete) background.

The Disciplinary Panel includes the following members:

**Mr Paul Gallagher**, Chair, Legal

**Mr David Barniville**  
Legal

**Mr Philip Browne**  
Sport Administrator

**Dr Derek McGrath**  
Medical

**Dr Martin G Walsh**  
Medical

**Mr Paddy Boyd**  
Sport Administrator

**Ms Helen Kilroy**  
Legal

**Dr Pat O'Neill**  
Medical

**Mr Jack Watson**  
Sport Administrator

# Irish Sport Anti-Doping Appeal Panel

The World Anti-Doping Code stipulates that certain parties have the right to appeal the decision of the Irish Sport Anti-Doping Disciplinary Panel. Parties include the athlete who is subject to the decision being appealed, the NGB concerned, the Irish Sports Council, the relevant International Federation, any other Anti-Doping Organisation, International Olympic/Paralympic Committee where the decision may have an effect in relation to the Olympic/Paralympic Games and WADA.

This Panel consists of three experts from a legal, medical and sports administration/former athlete background. The Irish Sports Council appointed the following members to the Irish Sport Anti-Doping Appeal Panel:

**Judge Frank Murphy**, Chairperson, Legal

**Prof Denis Cusack**  
Medical

**Mr Dermot Gleeson**  
Legal

**Ms Debbie Massey**  
Sports Administrator

**Dr Mick Molloy**  
Medical

**Mr Bill O'Hara**  
Sports Administrator



# Testing Figures

The Anti-Doping Unit carried out 962 tests in 2005, an increase of forty-four tests from 2004. 815 of these tests were completed under the National Programme, the largest number ever conducted under the Programme. The Programme has grown substantially since its first year of implementation in 2000, when 621 tests were completed. 59% of the tests were conducted out of competition, this exceeded the intended target of 55%. Testing was completed in thirty-eight sports. Testing occurred at a number of international competitions including the ICC Cricket Trophy, Womens European Hockey Championships and the FBD Cycle Rás. One hundred alcohol tests were also completed in 2005; an increase of 21 tests on 2004.

Seven organisations requested tests under the User Pays Programme. Under this programme the ADU carries out tests on behalf of other organisations at their request for an agreed fee. The seven organisations were the Athletics Association of Ireland, Anti-Doping International, Cycling Ireland, International Rugby Board, IRFU, Six Nations Committee and the Turf Club. 147 tests were completed under this programme in 2005.

Testing figures are outlined in Appendix 1.

# Registered Testing Pool

The RTP, is a pool of top level athletes established separately by each International Federation and National Anti-Doping Organisation who are subject to both in competition and out of competition testing as part of that International Federation's or Organisation's test distribution plan. The Irish Sports Council will notify all athletes that they are part of this register and in the case of team sports or squads their NGB will notify them.

## Criteria for Registered Testing Pool

One or more of the following criteria will be used to select an athlete or squad to be part of the Registered Testing Pool:

1. Carding Scheme – All athletes on the Carding Scheme in the World Class, International and Developmental category will be part of the Registered Testing Pool.
2. Olympic/ Paralympic/ World Championships/ European Championships Qualifiers.
3. Club/County/Interprovincial/National/International level – This is mainly a criteria used to select team sports. This level is normally agreed with the relevant NGB.
4. Performance Plans of Focus Sports – Any athlete who is named in a Performance Plan of a Focus Sport may be included in the Registered Testing Pool.
5. Level of Competition – If athletes are competing at an international level and representing Ireland they may be included in the Registered Testing Pool.
6. Retirement - Any athlete who is due to return from retirement and was previously in the Registered Testing Pool must inform the Council and be included in the Registered Testing Pool.
7. Re-instatement - Any athlete who wishes to return to competition after a period of ineligibility may be placed in the Registered Testing Pool.
8. Other circumstances which may arise from time to time.

There were 255 individual athletes in the Registered Testing Pool in 2005 (this excludes team sports). This Pool included over 180 athletes who were on the Carding Scheme and over 70 athletes who were selected under the above criteria. All 255 athletes were obliged to submit individual quarterly whereabouts forms to the Anti-Doping Unit. The content of the Testing Pool is flexible as athletes may retire or be removed from the list as a result of no longer complying with the above criteria.

Team sports are also part of the Registered Testing Pool. The Council and each relevant NGB agree

the teams that will be part of the Registered Testing Pool. All teams included must return team whereabouts forms with details of training times and venues e.g. Basketball.

The ISC aims to carry out a significant proportion of its testing outside of competition. This testing is only truly effective if carried out with no advance notice. As a consequence of this the concept of whereabouts is critical to the success of the programme. Problems arising out of this concept are two-fold. Firstly, players/athletes who fail to provide whereabouts information in a timely fashion and secondly, those whose whereabouts are inadequate resulting in failed attempts to locate athletes successfully for testing (athlete unavailable for testing).

## Warnings

### Whereabouts

Article 5.4.4 of the Irish Anti-Doping Rules states:

*Any Athlete in the Irish Sports Council Registered Testing Pool who fails to timely submit a required quarterly whereabouts report after receipt of two formal written warnings from the Irish Sports Council to do so, in the preceding eighteen (18) months, shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4 (Whereabouts Violations).*

Twenty-one athletes received their first formal warning as they did not return their whereabouts details by the requested deadline. Two athletes received a second formal warning.

Sport	Number of First Warnings	Number of Second Warnings
Athletics	1	0
Badminton	1	0
Blindsports	2	0
Boxing	1	0
Canoeing	1	0
Cerebral Palsy Sports	2	0
Cycling	1	0
Fencing	1	0
Martial Arts	6	1
Rowing	3	0
Swimming	1	0
Tennis	1	1
Total	21	2

## Unavailable for Testing

Article 5.4.5 of the Irish Anti-Doping Rules states:

“Any *Athlete* in the *Irish Sports Council Registered Testing Pool* who is unavailable for *Testing* on three attempts during any period of eighteen (18) consecutive months shall be considered to have committed an anti-doping rule violation pursuant to Article 2.4 (Whereabouts Violations). Notice shall be sent to the *Athlete* in respect of each unavailability.”

Twenty-five athletes in ten sports received their first formal warning due to unavailability for testing. No athlete received a second warning during 2005.

Sport	Number of First Warnings
Athletics	5
Badminton	2
Boxing	1
Canoeing	3
Cycling	3
Sailing	5
Squash	1
Tennis	3
Triathlon	1
Wheelchair Sports	1
Total	25

## Violations

Two anti-doping violations occurred in 2005. The Irish Sport Anti-Doping Disciplinary Panel heard three cases and no decision was appealed. All sanctions are listed in Appendix 2 to this report. Two further adverse analytical findings were also reported, but in consultation with both medical and legal advisors and having discussed the matter with WADA neither of these cases were dealt with as Anti-Doping Rule Violations.



International

# World Anti-Doping Agency

The Council continues to be fully committed to the work of WADA and this was demonstrated during 2005 in a number of ways.

Dr Una May chaired WADA's team of independent observers at the World Athletics Championships in August 2005. This programme was established by WADA to enhance athlete and public confidence at major events by randomly monitoring and reporting on all phases of the doping control and results management processes in a neutral and unbiased manner. The two other members of the team were Mr Finn Mikkelsen (Chief Executive Officer, Anti-Doping Denmark) and Mr Michael Gottlieb (Assistant General Counsel, Office of National Drug Control Policy, USA). A full and comprehensive report was prepared by the team and is available on the WADA website.

The Council was represented at a WADA symposium for National Anti-Doping Organisations and International Federations in Lausanne on April 7-8th. The meeting was successful in bringing together two groups who have met with difficulty in implementing certain aspects of the World Anti-Doping Code leading to problems in establishing harmonisation. The unique demands and structures of both groups have led to varying interpretations of the Code. Further work will be required before full harmonisation and maximal co-operation can be achieved.

The Council was also represented at a symposium arranged by WADA, in co-operation with Anti-Doping Norway, on test distribution planning in Oslo from May 26th -27th. Attendees included 40 National Anti-Doping agencies and International Federations. Topics covered included the role of an anti-doping organisation – deterrence, detection and prevention/education, planning testing for detection purposes and planning testing for deterrence and prevention purposes. Kelli White, an American track athlete who is serving a two-year suspension, also gave a presentation from the athlete's perspective. This was an extremely informative discussion forum and will assist the Council in developing a more quality driven test planning process.

Feedback was provided to WADA on the following documents:

- Guidelines on Reporting and Management of elevated testosterone/epitestosterone (T/E) ratios
- WADA Prohibited List 2006
- Feedback on model guidelines for education

# Association of National Anti-Doping Organisations

The Council's ADU continued to engage itself in the work of the ANADO during 2005. The ANADO, established in 2003 has served the anti-doping community well as an organisation which provides support to the development of comprehensive national anti-doping programmes. The organisation has provided a mechanism for contact and communication between national organisations at a time of considerable change in the world of anti-doping. The commitment of the organisation to assist newly established NADOs is key to the development of anti-doping programmes in parts of the world where there may be potential weaknesses in the system. This is important to protect our own athletes when they compete overseas and against international competition. For this reason the Council is particularly committed to this aspect of the work of ANADO.

During 2005 the Council was represented at a number of workshops and meetings organised by ANADO. A meeting was held in Lausanne in April to discuss the development of a co-ordinated sample collection service on behalf of NADOs. This is intended to fulfil one of the organisations' objectives "*to facilitate, market and organise anti-doping services for clients in the sports industry on behalf of interested members*".

A representative of the unit attended a two-day workshop on Education and Information hosted by UK Sport on behalf of the Association of National Anti-Doping Organisations on May 5/6th in London. This was a highly successful workshop with a very large attendance. It brought attention to a number of different approaches to the education of players/athletes. Attendees provided samples of education and information materials which demonstrated the variety of solutions to the task of ensuring that the anti-doping message is broadcast to the widest possible audience.

The ANADO annual general assembly and workshop was held in Barbados in November, 2005. Two parallel workshops were held. One was for the more established NADOs and discussed the issues surrounding whereabouts and missed tests. The second workshop focused on the establishment of a NADO and was aimed at the many Caribbean islands that are working towards both a NADO and a regional ADO. Dr. Úna May made a presentation to this workshop on the establishment of the Council's anti-doping programme and the challenges faced in that process. WADA was represented at the meeting and a successful outcome of the workshops has been the development of two new draft model guidelines circulated by WADA for consultation regarding 'Missed Tests' and 'Athlete Whereabouts Information'.

# UNESCO Convention

The First International Convention against Doping in Sport was adopted unanimously by the General Conference of UNESCO, at its plenary session on October 19th 2005. The Department of Arts, Sport and Tourism and the Council contributed to the drafting and the processes leading to the final adoption of the convention by UNESCO.

Until now, many governments could not be legally bound by a non-governmental document such as the World Anti-Doping Code. Governments accordingly drafted the International Convention under the auspices of UNESCO, enabling them to align their domestic legislation with the Code and thereby harmonising the sport and public legislation in the fight against doping in sport.

The Convention is now available for UNESCO member states to ratify according to their respective constitutional jurisdictions. Under UNESCO procedures for this Convention, thirty countries must ratify it in order for it to become effective.

The Department has instigated the process necessary to seek Government approval for the ratification of the Convention as soon as possible.

# Council of Europe

A representative of the ADU attended the meeting of the Council of Europe Advisory Group on Education in Paris on April 15th, making a presentation at the session. This presentation outlined both the current education/information programme of the Council and the future development of an Education Strategy within the Council's Anti-Doping Unit.

Feedback was provided to the Council of Europe in its development of a number of documents. In conjunction with the development by WADA of education guidelines, the Council of Europe also focused on this area. The unit provided feedback on these guidelines. The unit also provided feedback on a review of the criteria for prohibiting substances instigated by the UK Minister for Sport.

# CCES DCO Training

A member of the unit attended a Doping Control Officer Re-Certification Workshop held by the Canadian Centre for Ethics in Sport (CCES) on November 18th-20th 2005 in Ottawa, Canada. The objective of this seminar was to re-certify all Canadian DCOs in accordance with the Canadian Anti-Doping Programme and the World Anti-Doping Rules, guidelines and models of best practice. Attendance at this workshop gave the ADU firsthand experience of a training programme for DCOs and this experience will assist the ADU in developing a training programme for DCOs. The Unit also took the opportunity to visit the offices of the CCES to view their operational systems. The generosity of the CCES in extending the invitation to attend this seminar was much appreciated.





# Education

# Educational Resources

The Council continued to deliver on its objective of providing up to date, accurate information to all athletes who are likely to be tested. During 2005 it has become apparent (through the athlete survey) that athletes are not necessarily fully aware of the resources being put at their disposal. This problem will be addressed in the development of future educational materials. The issue already inspired the production of a new re-designed 2006 wallet card at the end of 2005.

Educational material sent out to various stakeholders in 2005.

	2000	2001	2002	2003	2004	2005
Wallet Cards	5,340	9,150	13,559	7,559	5,052	8,454
Sample Collection Leaflets	3,530	8,500	7,516	2,045	1,086	922
Anti-Doping Officer Handbooks 2001-2004			128	40		
Irish Anti-Doping Rules Handbook for Anti-Doping Officers					328	23
Irish Anti-Doping Rules Handbook for Athletes					7,150	1,441
Irish Anti-Doping Rules					5,399	781
Guide to the Irish Anti-doping Rules					5,264	894
Fact Sheets						74

# Drug inquiries directly to the ADU

The ADU responds to direct inquiries from the public on the status of specific drugs

	2000	2001	2002	2003	2004	2005
Drug Inquiries	45	92	206	173	199	236

## Eirpharm

Endorsed by the Irish Sports Council since 2001, Eirpharm.com, the Irish Pharmacy website provides information on the status of medicines in sport in accordance with the World Anti-Doping Code. The Eirpharm.com medicines and sports database contains information on over 3,000 medicines marketed in Ireland. Information is also available on areas of interest to athletes such as supplements, over the counter medicines and drugs abused in sport. The site is updated through the year as new medicines are marketed and as the World Anti-Doping Code is updated.

In 2005, there were 12,739 unique users of the Eirpharm.com/sports section. The highest months were May (1325), June (1259) and July (1388) while the lowest was December (705).

During this time, Eirpharm.com received 78 queries from athletes, coaches and medical professionals on medicine in sport through the "Ask the Pharmacist" email query service, of which a significant number were queries on the use of supplements by athletes.

# Healthhub.ie

www.healthhub.ie is Ireland's first online communications network to cater for health professional bodies, health professionals and the public. It is the assembly point for all those seeking information on health matters. As part of the Council's commitment to ensuring that, not just the athletes but also their support personnel, are well-informed on matters relating to anti-doping, the Council subscribes to and co-operates with www.healthhub.ie to provide access to ISC anti-doping educational material through the web portal.

## Seminars

The Anti-Doping Unit recorded its highest attendance by athletes at a special athlete seminar held on February 6th 2005. The objective of the seminar was to educate athletes of their responsibilities under the Irish Sports Anti-Doping Programme. The following topics were discussed at the seminar:

- Whereabouts Information & Missed Tests
- Information Resources & Therapeutic Use Exemptions
- Sample Collection Procedure
- Rights & Responsibilities of Athletes

Jill Sommerville, a member of the Sports Nutrition Interest Group of the Irish Nutrition and Dietetic Institute also gave a very informative session on supplements. A total of 80 participants were in attendance and the Council received very satisfactory feedback regarding this seminar.

## Other Seminars Held in 2005:

Gaelic Games Doctors Association: Sports Medicine and Injury Conference	Jan 29th
Educational Seminar for Athletes	Feb 6th
UCD Injury Management & Fitness in Sport Seminar	Mar 14th
EU Medicines Enforcement Officers Seminar	Mar 23rd
BA Festival of Science, Trinity College	Sept 8th
RCSI Faculty of Sports Medicine Seminar	Nov 12th
Carlow Science Week Seminar	Nov 16th

## Athlete Survey

A survey was sent out to 255 athletes on the Registered Testing Pool in order to ascertain the level of knowledge of anti-doping amongst Irish athletes. The results of this survey are summarised below. There were 71 responses in total. This was a response rate of 28%.

## Athlete Survey Summary

While the majority of athletes believe the Irish Sports Council's Anti-Doping Programme is effective in reducing drug taking in Irish sport over one tenth of respondents believe that there is a problem with drug taking in their sport.

Despite the distribution of a considerable amount of educational material to athletes, it was a concern to the Council that there was a poor level of awareness amongst the athletes of these

resources. In addition to this the number of respondents consulting the ISC for advice was low.

The ISC was reminded of the extent to which the use of supplements continues to be a real issue. While three quarters of respondents have had nutritional/dietary advice in the past, over half of them correctly believe that taking supplements can pose a risk to your health and three quarters of respondents also correctly believe that you could innocently fail a drug test due to hidden ingredients in supplements. Yet, despite this over one half of athletes who responded take supplements. This result is the same as our previous athlete survey in 2003.

The Council has striven to facilitate athletes in the critical task of returning whereabouts by providing as many methods of returning the necessary information as possible. However, despite having introduced an on-line whereabouts system in 2003 and reminding every athlete in the registered testing pool every quarter of this, one fifth of athletes claim not to know about the system. Over one half of respondents cited a variety of reasons for not using the system. The Council has taken this on board and is currently reviewing alternative on-line systems.



# Research

The Anti-Doping Committee formed a research sub-committee during 2005 composed of the following members:

Dr Brendan Buckley, Dr Joan Gilvarry, Prof Patrick Guiry and Dr Una May.

The first initiative of this group has been the development of a collaborative arrangement with WADA for the co-funding of a research project to be carried out in UCD. Prof Aidan Moran of UCD was successful in an application to WADA for funding of a further anti-doping research project under its Social Science Research Grant Programme. This will be an extension of the research undertaken previously under the Council's anti-doping research fund. The project is entitled 'The Development and Validation of a Doping Attitudes and Behaviour Scale (DABS)'.

The Unit also continued with its policy of monitoring feedback from stakeholders during 2005 by carrying out a survey of athletes. A relationship was also established with the Irish College of General Practitioners (ICGP) enabling the preparation of a survey of GPs in 2006.

# Administration

# I.S. EN ISO:9001:2000 Certification

EQA (Ireland) Ltd conducted a surveillance visit in November 2005. The purpose of this visit was to ensure that the Anti-Doping Unit remains compliant with the requirements of ISO 9001:2000. The survey was extremely successful, as the Unit received no non-conformities and maintained its certification. This is the second visit, during which the Unit has received no non-conformities.

## ADAMS Training

Two representatives of the Anti-Doping Unit were invited by WADA to attend a training session on their Anti-Doping Administration and Management System (ADAMS). The system is a comprehensive web-based database management system that coordinates anti-doping activities worldwide under the World Anti-Doping Code.

NADOs and International Federations using ADAMS will be able to coordinate information within one secure system, from athletes providing whereabouts information, to Anti-Doping Organisations ordering tests, reporting results, and Anti-Doping Organisations managing results.

# IDTM DCO Training and Accreditation Course

Three representatives from the Anti-Doping Unit attended the IDTM Doping Control Officer Training and Accreditation Course in 2005. This two day training course was hosted by Goran Svedstater and Veronika Lyckow of IDTM Sweden. The course covered all aspects of sample collection, including notification of the athlete and post-test administration.

# Therapeutic Use Exemptions (TUE)

The ISC participates fully in the WADA scheme for TUEs, which is provided for the support of athletes who need to be treated with a substance or method that is on the Prohibited List. Athletes can obtain a TUE from the Irish Sports Council or from their International Federation, in the case of International Level athletes, to protect themselves in the event of therapeutically necessary substances or methods being detected in the course of routine doping controls. The Council's TUE system is based on the requirements of the International Standard for TUEs.

As required in the Standard, the Irish Sports Council appointed a Sub-Committee to consider requests for TUEs. This Sub-Committee consists the following members:

**Prof John Horgan**, (Chairperson)  
Cardiology

**Dr James Gibney**  
Endocrinology

**Dr Philip Murphy**  
Haematology

**Dr Stephen Lane**  
Respiratory Disease

**Prof John O'Byrne**  
Orthopaedics

The role of the TUEC is to review the request and determine if the athlete will receive an exemption for the prohibited substance or method. The criterion for the granting of a TUE follows the International Standards for TUEs. The TUE Committee met on two occasions in 2005 to discuss issues which had arisen in relation to TUE applications throughout the year.

The Council received 94 applications for standard TUEs and 509 abbreviated TUE application forms in 2005. The Unit distributed 2978 Standard TUE forms and 3134 Abbreviated Forms in 2005.

## Asthma Guidelines

The TUE Committee created guidelines for doctors completing TUE applications for asthma medications. The guidelines comprise of a checklist which ensures that the doctor provides the ISC with sufficient information. The WADA International Standard for Therapeutic Use Exemptions requires that detailed information be submitted to accompany a diagnosis of asthma.

## Rugby TUE System

In 2005, the IRFU became closely involved with the Council in the administration of rugby TUEs, asking players to send applications directly to the IRFU offices. The IRFU worked with the anti-doping unit in order to establish a system to examine the applications prior to sending them on to the ISC. The IRFU checked each application and followed up with players and doctors who did not provide sufficient information. This initiative has provided considerable assistance to the anti-doping unit by reducing the administrative burden of the TUE programme and also provides a template for further collaboration in this area.



# The Year Ahead

# Testing

## Sample Collection

At present the Irish Sports Council contracts IDTM to provide sample collection and transportation service. During 2006 the ADU will develop a detailed implementation plan to deal with the transfer of these services to the Council. It is envisaged that by January 1st 2007 the Council will be wholly responsible for these services.

## Commonwealth Games

The ADU will assist UK Sport in testing all athletes under our jurisdiction that have qualified for the Commonwealth Games. These tests will be completed under the user pays programme.

## Sports Council Northern Ireland and UK Sport

The Irish Sports Council will continue to work with Sports Council Northern Ireland to develop a memorandum of understanding for Anti-Doping, in Northern Ireland, agreed by and implemented through the Sports Council for Northern Ireland (SCNI), UK Sport and the Irish Sports Council (ISC).

## Blood Testing

The Council will continue to review and monitor international developments in relation to blood testing in 2006 with a view to introducing such testing in Ireland at an appropriate stage in the future.

# Education

A new executive is to be appointed during 2005 that will take responsibility for development and implementation of a new education strategy.

All of the Council's education resources will continue to be maintained up to date at all times. The Council will also avail of education/information resources developed by WADA during 2006.

# Research

The unit anticipates that the development of a research strategy postponed from 2005 will be developed during 2006, facilitated by the appointment to the unit of a new education and research executive.

A survey of GPs will take place to investigate the current levels of knowledge, awareness and needs of GPs in relation to anti-doping in Ireland.

# Administration

In preparation for significant changes due to take place during 2007 in relation to testing, the anti-doping unit will be introducing a new computerised data management system in 2006. The unit will finalise the investigation of and potential negotiations with existing system providers and anticipates a pilot introduction of a system by mid-2006. This system will facilitate full compliance with WADA reporting requirements and will accommodate electronic communication with the WADA Anti-Doping Administration and Management System (ADAMS).

The Council will be due a full re-certification audit of its systems during late 2006 for the purposes of its ISO certification. Some significant changes will be made to the internal procedures to accommodate the changes in the testing programme during 2007. These changes will be incorporated into the standard procedures in advance of this audit. This will result in a change to the nature of the certification sought by the Council.

The Council will take into account feedback received from athletes from the survey carried out in 2005 in order to improve the Anti-Doping Programme. Feedback from doctors arising from the survey which will take place in 2006 will also be taken into account.

# International

The Council will continue to co-operate with WADA where appropriate. This will include participation in both the Independent Observer programme and the Outreach Programme during 2006.

The unit will endeavour to continue providing prompt feedback wherever requested in relation to the development of guidelines etc. by WADA, the Council of Europe and other internationally recognised bodies with a responsibility for anti-doping.

It is anticipated that the Irish Government will ratify the UNESCO convention at the earliest possible opportunity. The unit will provide whatever support and assistance is required in order to facilitate this.

# Appendices

## Appendix 1 Testing Figures 2005

Sport	Comp	OOCT	Total
Athletics	27	104	131
Badminton	7	14	21
Basketball	8	0	8
Bowling	4	0	4
Blindsports	0	10	10
Boxing	4	22	26
Camogie	4	0	4
Canoeing	0	30	30
Clay Pigeon	9	7	16
Cricket	8	0	8
Cycling	43	29	72
Equestrian	8	0	8
Fencing	2	2	4
GAA -mens	32	12	44
GAA - ladies	8	0	8
Golf -mens	4	0	4
Golf - ladies	4	0	4
Handball	2	0	2
Hockey	4	0	4
Irish Martial Arts Commission	6	10	16
Judo	4	2	6
Motorcycling	24	0	24
Motorsport	16	0	16
Orienteering	0	1	1
Rowing	26	55	81
Rugby	0	56	56
Sailing	5	40	45
Shooting Sports	6	2	8
Snow Sports	0	6	6
Soccer	28	16	44
Squash	3	9	12
Surfing	0	5	5
Swimming	8	10	18
Tennis	4	9	13
Triathlon	8	6	14
Tug of War	4	0	4
Weightlifting	11	6	17
Wheelchair Sports	7	14	21
<b>Totals</b>	<b>338</b>	<b>477</b>	<b>815</b>

Sports Tested		38	
Overseas Tests		76	
<b><u>Ratio In Comp: Out of Competition</u></b>			
In Competition		41%	
Out of Competition		59%	
		<b>100%</b>	
<b><u>Alcohol Tests</u></b>			
Motorcycling		60	
Motorsport		40	
		<b>100</b>	
<b><u>User Pays Tests</u></b>			
AAI		5	
ADI		5	
Cycling Ireland		16	
IRB		4	
IRFU		40	
Six Nations		12	
The Turf Club		65	
		<b>147</b>	

## Appendix 2 Anti-Doping Rule Violations 2005

Sport	Comp/OOCT	Category of Drug	Substance detected	Action taken
Squash	Comp	Cannabinoids	11-nor-delta-9-tetrahydrocannabinol-9-carboxylic	Two Year Suspension by World Squash Federation
Rugby	Comp	Cannabinoids	11-nor-delta-9-tetrahydrocannabinol-9-carboxylic	Two month suspension
Outcomes pending from 2004				
Rugby	Comp	Stimulants	Benzoyllecgonine	Two year suspension
Basketball	Comp	Stimulants	Benzoyllecgonine	Two year suspension

## Appendix 3 Costs of the Programme 2005

Expenditure Heading	2005 Cost (€)	2004 Cost (€)
Testing <sup>1</sup>	683,097	644,458
Education and Research <sup>2</sup>	21,116	96,298
Salaries <sup>3</sup>	164,607	130,838
Other Costs <sup>4</sup>	326,377	431,667
<b>TOTAL</b>	<b>1,195,197</b>	<b>1,303,261</b>
Income from Testing	56,263	61,600

1. Includes the cost of sample collection, transportation and laboratory analysis contracts and all mobile testing unit costs.
2. Includes direct education and research costs associated with the programme (i.e. does not include the cost of printing education material etc)
3. Gross salary costs, including Employers PRSI of the staff members of the Anti-Doping Unit.
4. Includes legal advice associated with the programme, consultancy fees, public relations, advertising, printing, insurance, travel and subsistence, and other related costs in administering the programme.





