

Annual Report

of the Anti-Doping Unit of the Irish Sports Council for 2006

Annual Report

of the Anti-Doping
Unit of the Irish Sports
Council for **2006**

CONTENTS

Introduction	5
Foreword	6
List of Abbreviations	7
Visions	8
Background to the Irish Sport Anti-Doping Programme	9
Anti-Doping Committee	10
Irish Sport Anti-Doping Disciplinary Panel	11
Irish Sport Anti-Doping Appeal Panel	12
Testing	13
Testing Programme	14
International	17
WADA	18
Conferences and Meetings	19
Education and Research	21
Educational Resources	22
Drug Enquiries directly to the ADU	22
Eirpharm	23
Healthhub.ie	23
Seminars	24
ICGP Guidelines –	
Collaboration with the Irish College of General Practitioners	25
Appointment of Education and Research Executive	25
Research	26
UCD Study	26
GP Survey	26

Administration	27
Laboratory Contract	28
Sample Collection Contract	28
Therapeutic Use Exemptions (TUEs)	28
The Year Ahead	31
Testing	32
Administration	32
International	32
Education	33
Research	33
Appendices	35
Appendix 1 Testing Figures 2006	36
Appendix 2 Reporting of Asserted Anti-Doping Rule Violations (ADRU) 2006	38
Appendix 3 Costs of the Programme 2006	39

Staff:

Dr Úna May	Programme Manager
Ms Siobhán Leonard	Programme Executive
Ms Ailish Keaveney	Programme Executive (October – December)
Ms Gillian Costelloe	Programme Officer
Ms Erika Murphy	Programme Assistant

Contact Details:

Irish Sports Council
Top Floor
Block A
West End Office Park
Blanchardstown
Dublin 15
Phone (353 1) 860 8800
www.irishsportsCouncil.ie
antidoping@irishsportsCouncil.ie

INTRODUCTION

The Irish Sports Council is 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, operated by the Council since its establishment in 1999, is committed to ensuring that sport is fair. The Programme needs to continually develop and grow as the demands upon it nationally and internationally change and increase.

The most important development in 2006 was the decision to recruit and train Sample Collection Personnel. This change was recommended by the Council of Europe Monitoring Group and is based on best international practice, allowing the national agency more effective control over this key aspect of the doping testing process.

The testing programme continued to expand in 2006, carrying out 892 tests under the National Programme, with 63% of tests taking place out of competition. 90 alcohol tests and 157 tests under the User Pays programme brought to 1,049 the total number of tests carried out in 37 sports in 2006.

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 the Council is proud to be involved in many of WADA's important initiatives.

In 2006 the Council appointed a new Education and Research Executive. This appointment will enhance existing initiatives, planned and implemented in line with the 'Model Guidelines for Core Information/Education Programs to Prevent Doping in Sport', developed by the Council of Europe and WADA.

2007 will bring many more challenges and the Council is confident that the Anti-Doping Committee, under the excellent leadership of Chairperson Dr Brendan Buckley, will meet each one. The Council would like to thank Dr Buckley for and his Committee for the dedicated service they have offered the Irish Sport Anti-Doping Programme. They are supported by many distinguished individuals who serve on various disciplinary, appeals and TUE committees. We appreciate their voluntary service and commitment to the Programme.



Ossie Kilkenny
Chairperson
Irish Sports Council



John Treacy
Chief Executive
Irish Sports Council

FOREWORD

Doping in sport remains a major challenge facing the Irish Sports Council and its partner agencies around the world. The problems that it poses continually change and evolve, requiring unremitting effort to protect each new generation of athletes against cheats.

We are winning the battle against doping in sport. The World Anti-Doping Agency and the World Anti-Doping Code, based on a multi-national and multi-agency approach, provides a powerful way forward. Ireland supports WADA in its global battle against doping in sport and we are proud to play a major part in this.

In 2006 the Irish Sports Council, the Anti-Doping Committee and its Executive ensured that the Irish Anti-Doping Programme provided for best practice testing, research and education and will continue to do so into the future. The Council has invested additional resources into the Programme and has established the various committees required for the effective implementation of the Rules.

The Anti-Doping Committee acknowledges the support of the Irish Government for this Programme. It appreciates in particular the sincere commitment of the Minister for Sport, Mr John O'Donoghue T.D. and the officials at the Department of Art, Sports and Tourism.

Many busy people voluntarily provide their time and expertise to ensure the success of the Programme. These include the members of the Anti-Doping Committee, of the Therapeutic Use Exemption Committee, of the Anti-Doping Tribunal and of the Appeals Tribunal as well as other experts consulted from time to time on specific issues. Each one, in their way, wears the 'Green Jersey', working to ensure fairness and safety for all athletes in Ireland and to secure the international reputation of the nation.

The Irish Sport Anti-Doping Programme is fully supported within Irish sport. All sports organisations invest major effort into ensuring its success. We appreciate the open dialogue that we enjoy with athletes, coaches and others intimately involved. We have the benefit of a close relationship with bodies such as the Faculty of Sports and Exercise Medicine of the Irish Royal Colleges and with the Irish Nutrition and Dietetic Institute.

During 2006 the Programme continued to make substantial progress in its three operational areas: testing, education and research. This report, the seventh Annual Report of the Programme, details those activities.

There were 2 adverse findings for the year 2006, with both resulting in sanction.

The Executive of the Anti-Doping Unit set itself a series of new challenges in 2006 and will continue to set exacting standards in 2007. They deliver a world class programme in a professional manner and I continue to enjoy working with them in this stimulating environment.

It is an honour to work with my colleagues on the Anti-Doping Committee and I look forward to doing so over the coming year as they continue to make an outstanding commitment of energy, time and expertise to the work of the Council.



Dr Brendan Buckley
Chairperson
Anti-Doping Committee

LIST OF ABBREVIATIONS

ADO	Anti-Doping Officer
ADU	Anti-Doping Unit
ANADO	Association of National Anti-Doping Organisations
IAAF	International Association of Athletics Federations
IDTM	International Doping Tests and Management
ICGP	Irish College of General Practitioners
ISC	Irish Sports Council
NADOs	National Anti-Doping Organisations
NCTC	National Coaching and Training Centre
NGB	National Governing Body
OOCT	Out of Competition Testing
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 to participation in sport, not only aiming to increase the number of people but to encourage 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 Irish Sports Council's Anti-Doping Committee is an advisory committee established under the Irish Sports Council Act of 1999. Each member provides critical advice and each has their own area of expertise to support the Anti-Doping Unit.

The Anti-Doping Committee met on four occasions during 2006, March, June, September and December. A vast range of subject topics were discussed with the main findings reported back to the Council. The Committee advised on a number of issues throughout the year.

Two important decisions reached in 2006 applied to disclosure and blood testing. It was discussed and agreed that it would be appropriate in certain circumstances to publish the full decision of the Panels after the full period of the appeal had elapsed. This may be further developed in light of the review of the Irish Anti-Doping Rules. The Committee also felt it was best to postpone blood testing for the near future until it is more established internationally.

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 (ADC Member until October 2006)

Anti-Doping Officer to GAA

Mr. Mel Christle

Senior Council

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

John Treacy

CEO Irish Sports Council

Dr Úna May (Secretariat)

Programme Manager, Anti-Doping Unit

Eammon McCartan

CEO Sports Council Northern Ireland

New Member

Dr. Bill Cuddihy became a member of the Anti-Doping Committee on the 17th October 2006 replacing Dr Con Murphy. Dr Cuddihy is a practising doctor in Dean Street Medical Centre, Kilkenny. He is team doctor to Kilkenny Senior Hurling team and has been the Medical Officer to the Athletics Association of Ireland since 2000.

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 in 2004 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 members of the Disciplinary Panel are:

Mr Paul Gallagher, Chair, Legal

Mr David Barniville
Legal

Mr Paddy Boyd
Sport Administrator

Mr Philip Browne
Sport Administrator

Ms. Helen Kilroy
Legal

Dr Derek McGrath
Medical

Dr Pat O'Neill
Medical

Dr Martin G Walsh
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, 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

Chapter 1

TESTING



TESTING PROGRAMME

The Council completed 1,049 tests in 2006, an increase of 87 tests from 2005. This is the first time that the Council has conducted more than 1,000 tests in a year. The total comprises 892 tests under the National Programme and 157 under the User Pays system.

In addition 90 alcohol tests were also completed in 2006.

Under the National Programme, 892 tests were completed. This is the largest number of tests ever conducted under the National Programme. 63% of these tests were conducted out of competition, this was above the intended target of 60%. Testing was completed in thirty-seven sports. Testing was carried out at a number of International Competitions which took place in Ireland including the Cerebral Palsy European Soccer Championships and the World Indoor Tug of War Championships.

Five organisations requested tests under the User Pays Programme including the Association of National Anti-Doping Organisations (ANADO), IRFU, Six Nations Committee and the Turf Club. 157 tests were completed under this programme in 2006.

Testing figures are outlined in Appendix 1.

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.”

19 athletes in 11 sports received their first formal warning due to unavailability for testing. Four athletes received a second formal warning for unavailability for testing.

Sport	No of First Warnings	No of Second Warnings
Athletics	4	1
Badminton	1	0
Bobsleigh & Skeleton	1	0
Boxing	2	0
Canoeing	0	1
Cycling	2	0

Equestrian	2	1
Rowing	1	0
Sailing	1	0
Swimming	3	1
Snow Sports	1	0
Tennis	1	0
Total	19	4

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

Sport	Number of First Warning	Number of Second Warning
Athletics	6	2
Badminton	1	0
Bobsleigh & Skeleton	1	0
Boxing	1	0
Canoeing	2	2
Cerebral Palsy Sports	0	1
Cycling	5	1
Equestrian	2	0
Martial Arts	3	3
Rowing	1	0
Sailing	2	1
Squash	1	0
Tennis	1	0
Total	26	10

Sample Collection Personnel

Since the inception of the Anti-Doping Programme in 1999 the Council has contracted IDTM to provide the sample collection and transportation service. IDTM and the Council have worked closely together over the last seven years to ensure an effective and efficient programme in both in and out of competition testing. The Council would like to thank IDTM for all its support and assistance with the Testing Programme.

In 2006 the Council decided to recruit and train its own Sample Collection Personnel. This decision is in line with the Council of Europe Monitoring Group of the Anti-Doping Convention recommendation in their report of their consultative visit in 2001. It stated that the Council should "*recruit and train its own Doping Control Officers, for a better mastery of the doping control process and quality*".

Jayne Kernohan, Testing Manager, Drug Free Sport New Zealand, was seconded to the Irish Sports Council for three two-month periods over 2006. She assisted the Council in developing internal procedures for recruitment, selection, training and certification of sample collection personnel, doping control documentation and the development of the sample collection manual (standard operating procedures) for sample collection personnel.

The Anti-Doping Unit would like to extend its thanks to Jayne and to Drug Free Sport New Zealand for their hard work and support over this period. The Council held two training weekends, on July 1st-2nd and December 9th-10th 2006, to educate Sample Collection Personnel on the doping control process. Each course included both theoretical and practical training and over fifty people attended these training courses. As a certified Doping Control Officer (DCO), Jayne also assisted the Council with the on field training of sample collection personnel. A number of tests were conducted in 2006 by the Irish Sports Councils' trained sample collection personnel.

Chapter 2

INTERNATIONAL



WADA

During 2006 the Council maintained its commitment to the monitoring of the international anti-doping environment through WADA's independent observer programme. Dr Una May attended the Winter Olympics in the role of vice-chair of the Independent Observer (IO) Team. This programme intends to promote a level of confidence in a system which is designed to protect the very integrity of sport and all that it means, not only to participants but to support personnel and spectators alike.

The outstanding sentiment of the IO team in Turin was that it is essential, in an Olympic Games setting that doping control programmes, in design and execution, reflect the same commitment to excellence and consistency demonstrated by the athletes whose accomplishments and achievements they are meant to protect. The IO team assumed the responsibility to ensure that this was the case and left the games with a report which clearly reflected a very high degree of satisfaction.

In June 2006 the IO programme was reviewed by a group consisting of former Chairs and Vice-Chairs of IO teams. The review group included Dr Una May. The review considered the current roles and responsibilities in relation to the programme and in particular reviewed the value of the contribution made by the presence of such teams at major sporting events. The possibility of expanding their role was proposed to the WADA Executive and some changes have been implemented on this basis.

Another key contribution to WADA's work took place through the participation of Siobhan Leonard on the WADA Outreach team at the Commonwealth Games in Melbourne during March 2006. The object of the Outreach Programme is to educate athletes on anti-doping issues on a one to one basis. Anti-doping experts and retired athletes are recruited from around the world to staff the Athlete Outreach Programme. This format allows athletes to ask their anti-doping questions of peers and experts, enforcing the quality and credibility of the anti-doping message. Athletes visiting the booth play an interactive game called "The Doping Quiz" that tests their knowledge about anti-doping. Participants are rewarded for their efforts with prizes from WADA. Athletes can sign a "Pledge to Doping-Free Sport," a banner that is displayed at the booth throughout the event. Over 4,500 athletes competed at the Commonwealth Games and many of them attended the Outreach booth during the event which lasted from March 15th to 26th 2006.

Also, during March WADA organised a highly successful symposium at which National Anti-Doping Organisations and International Federations were in attendance. This was a very valuable initiative which brought together two key contributors to the fight against doping in sport in a constructive and co-operative environment. It provided an opportunity for two groups with differing demands and commitments to see issues from each others' perspective and led to some very useful debate. Such co-operation between these two groups has also been fostered by the Association of National Anti-Doping Organisations which also held workshops in conjunction with the WADA symposium. The Council views these opportunities as key to the future development of world-wide harmonised anti-doping structures.

In support of WADA's work in harmonising doping control standards and procedures etc. the Council always endeavours to provide useful and constructive feedback on documents produced by WADA. During 2006, feedback was provided by the Anti-Doping Unit in the following areas:

- » Guidelines for reporting of findings related to Testosterone
- » Missed tests
- » Whereabouts guidelines
- » Sample Collection Personnel: recruitment, training, accreditation, and re-accreditation guidelines
- » WADA Code compliance questionnaire
- » International Standard for Testing
- » International Standard for the Prohibited List
- » International Standard of Laboratories

CONFERENCES AND MEETINGS

ANADO Workshop – Lausanne – March 28/29th 2006

The Council was represented at a two-day ANADO workshop in Lausanne in March. This meeting dealt with general implementation issues but also focussed attention on the development of capacity amongst members. The organisation has as one of its primary objectives 'to support the development of comprehensive national anti-doping programmes'. This was developed through two parallel workshops – one of which was aimed at building capacity in newer NADOs while the other discussed the possibilities for the development of a mentoring programme.

Council of Europe Education Symposium – Athens 26-27th May 2006

Siobhan Leonard was invited to represent the Council of Europe as an anti-doping education expert at an educational forum in Athens on the 26-27th May 2006. This meeting was aimed at assisting other countries in the development of education programmes. Over 50 delegates from approximately 15 countries were in attendance.

Conference on the Fight against Trafficking of Doping Substances - Paris, 14-15 June 2006

A representative from the Irish Medicines Board attended the Conference on the Fight against Trafficking of Doping Substances. The Council of Europe, in co-operation with the French *Ministere de la Jeunesse, des Sports et de la Vie associative* organised this conference in Paris on 14-15 June 2006. In attendance were representatives from the different ministries concerned (Sports, Interior, Justice, Health, Drugs) and Observers to the Council of Europe Anti-Doping Convention. International organisations were also invited (WADA, Interpol, UNESCO, WHO, the European Union). The aim of the conference was to build a network and allow for the exchange of experience between delegates from different States parties to the Council of Europe Anti-Doping Convention, representatives of police, customs, sports and drugs departments; to improve the indicators to monitor the fight against doping; to exchange good practices concerning legislation, structures and procedures to fight against doping. This is the first time in Europe where all the Ministries, Sports Organisations, International Organisations and Institutions that have an involvement in any aspect of the fight against the trafficking of doping substances have been invited to attend a conference on this subject. The ADU will contribute to on-going international developments arising from this conference.

2006 IAAF World Anti-Doping Symposium – Lausanne – September 30th –October 2nd 2006.

The IAAF hosted a very informative and useful conference in September, which addressed many key issues in anti-doping. It covered many topics over the period of the conference including administrative, scientific aspects of Anti-Doping, current strategies for the detection and prosecution of doping, specific issues arising from daily implementation of the Code, and modern methods for prevention and deterrence of doping.

Council of Europe Monitoring Group – Strasbourg 14-15th November 2006

As part of the ADU's international co-operation on doping issues, a representative of the Anti-doping unit attended the 24th meeting of the Council of Europe Monitoring Group in Strasbourg on November 14th and 15th. The meeting dealt with co-operation with WADA as well as reports from the Council of Europe legal, education and science advisory groups.

Chapter 3

EDUCATION AND RESEARCH



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 in 2006.

Educational material sent out to various stakeholders in 2006.

	2000	2001	2002	2003	2004	2005	2006
Wallet Cards	5,340	9,150	13,559	7,559	5,052	8,454	22,323
Sample Collection Leaflets	3,530	8,500	7,516	2,045	1,086	922	7,574
Anti-Doping Officer Handbooks			128	40	328	23	
Irish Anti-Doping Rules Handbook for Athletes					7,150	1,441	470
Irish Anti-Doping Rules					5,399	781	363
Guide to the Irish Anti-doping Rules					5,264	894	338
Fact Sheets						74	161

DRUG ENQUIRIES DIRECTLY TO THE ADU

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

	2000	2001	2002	2003	2004	2005	2006
Drug Inquiries	45	92	206	173	199	236	195

EIRPHARM

Eipharm.com, the Irish Pharmacy website, provides information on the status of medicines in sport in accordance with the WADA anti-doping code. Endorsed by the Irish Sports Council since 2001, the medicines and sports database is routinely updated as new medicines are marketed and as the WADA code is updated.

In 2006, there were 10,922 unique users of the Eirpharm.com/sports section which includes the medicines and sport database, healthtips on use of medicines in sport, information on supplements, drugs abused in sport etc. The highest number of users were in months of March (1065) and October (1020) while September (752) was the lowest.

In April 2006, the medicines and sports database was upgraded to enable allocation of a unique search number for each successful online search, recording actual time and date of search, computer IP number and result of search. From then until 31 December, there were 2987 successful database searches. Unsuccessful searches are not counted.

Of the 3000 medicines listed on the database searches related to 762 medicines, with the highest number of individual queries reported for Pharmaton (72), Nurofen Plus Tablets (67) and Sudafed Tablets (44). The most commonly queried medication classes were anti-histamines, headache treatments, cold & flu remedies, anti-inflammatories and inhaler products.

Through the “Ask the Pharmacist” email query service Eirpharm.com received 64 queries from athletes, coaches and medical professionals on medicine in sport, on a broad range of topics including some clarifications regarding supplements.

HEALTHHUB.IE

Healthhub.ie is Ireland’s first online communications network to cater for health professional bodies, health professionals and the public and 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 on the web portal.

SEMINARS

The Anti-Doping Unit held an athlete focussed seminar on March 2nd, 2006 in Dublin. 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

Noreen Roche, a member of the Anti-Doping Committee and 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 35 participants were in attendance and the Council received very satisfactory feedback regarding the seminar.

An information meeting for Anti-Doping Officers (ADOs) was also held in SportHQ on September 11th 2006. All National Governing Bodies ADOs were invited to attend. Topics in the information meeting included:

- » the updates on international anti-doping news,
- » the revised testing system,
- » issues around competition testing,
- » Anti-Doping Unit administration, and
- » Athlete and team whereabouts.

A seminar was held in the NCTC as part of the Beijing Olympic preparations of the Paralympic high performance squad on April 28th 2006. This dealt with all aspects of the anti-doping programme and included a special emphasis on sources of information and procedures in relation to medical preparations.

A number of seminars also took place during 2006 which outlined the sample collection procedure and the rights and responsibilities of athletes. Athletes involved in these seminars were the Men and Women's International Hockey squads, Swim Ireland Team 2012 and Coaches and the Irish Women's International Rugby Squad.

ICGP GUIDELINES – COLLABORATION WITH THE IRISH COLLEGE OF GENERAL PRACTITIONERS

In 2006, the Irish Sports Council collaborated with the ICGP to create an educational resource for General Practitioners (GPs). The “Drugs and Doping in Sport Guidelines for GPs” was written by Dr Aidan Ó Colmáin, a GP in Galway with a special interest in sports medicine and performance enhancing drug use in sport. He was formerly medical officer to the Anti-Doping Unit in the Irish Sports Council.

The Guidelines give advice to doctors as to which medications are prohibited and restricted. It also outlines the procedures that must be followed by athletes who need to take medications that require notification through the Therapeutic Use Exemption system. There is also information relating to the hazards involved with performance enhancing drug use.

These Guidelines will play an important part in the education of GPs in Ireland. From working with the medical profession, the Anti-Doping Unit has identified a potential knowledge gap in relation to Anti-Doping matters. The Guidelines will address this issue in the meantime, however further investigation is necessary to determine what education and training doctors in Ireland require, especially those involved in treating athletes or sports teams.

APPOINTMENT OF EDUCATION AND RESEARCH EXECUTIVE

In October 2006 a new executive was appointed to take responsibility for development and implementation of a new education strategy for Anti-Doping. The programme will be planned and implemented in line with the ‘Model Guidelines for Core Information/Education Programs to prevent Doping in Sport’, developed by the Council of Europe and WADA, and also in consultation with the Education Advisory Group of the Council of Europe.

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.

UCD STUDY

An anti-doping project, co-funded by the Irish Sports Council and WADA is currently underway in the School of Psychology in UCD. The project has been running for a year, and the first phase is near completion. The research team, headed by Prof. Aidan Moran and including Dr. Suzanne Guerin, Dr. Tadhg MacIntyre and Kate Kirby, is examining the relationship between doping attitudes and certain psychological variables like motivation and confidence. Over 200 high performance athletes have already been surveyed, and analysis of the resultant data is ongoing.

GP SURVEY

A survey of General Practitioners took place in 2006 to investigate the levels of knowledge, awareness and needs of GPs in relation to anti-doping in Ireland. An agreement was made with the Irish College of General Practitioners (ICGP) to conduct a survey of all ICGP registered GPs. The survey was issued by the ICGP on behalf of the Irish Sports Council to 2083 GPs. A total of 772 responses were received. This was quite a good response rate of 37%. The survey results were analysed by a post graduate student of the Faculty of Exercise and Health Psychology in Dublin City University. The analysed data will form the basis of a research paper to be peer reviewed and possibly published in Sports Medicine Journals. It is hoped that the research paper will be published in 2007.

Chapter 4

ADMINISTRATION



LABORATORY CONTRACT

Further to a full EU procurement process the Council once again selected Kings College London (KCL) to provide its primary sample analysis service for the period 2006-7. The Council continues to have a successful and co-operative working relationship with KCL. The Council expanded its EPO testing programme during 2006 and continues to work with KCL to ensure that this programme can continue to develop.

SAMPLE COLLECTION CONTRACT

The Council extended its existing contract with International Doping Tests and Management (IDTM) for a one year period during 2006. This contract was a continuation of our work with IDTM through the 7 years of our programme to date. This has been a strong and successful arrangement throughout its duration and the Council, as it moves into a new phase of its programme, would like to acknowledge the commitment and dedication of IDTM's team of Doping Control Personnel during their years of service to the programme.

THERAPEUTIC USE EXEMPTIONS (TUES)

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 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. The members of the Sub-Committee are:

Prof. John Horgan, (Chairperson)

Cardiology

Dr James Gibney

Endocrinology

Dr Stephen Lane

Respiratory Disease

Dr Philip Murphy

Haematology

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.

Professor John Horgan, Chairperson of the TUE Committee was invited to attend a meeting of International Therapeutic Use Exemption Committees in Bonn, Germany in December 2006. The meeting was hosted by the World Anti-Doping Agency and the National Anti-Doping Agency of Germany (NADA).

The aim of the meeting was to discuss the spirit and principles behind the International Standard for TUE. It gave each country a chance to share medical experience in the field of Therapeutic Use Exemptions. Discussion took place to validate the work that has been done by the WADA TUE Working Group on medical guidelines for TUEs.

It also allowed for the discussion of certain medical conditions which require Therapeutic Use Exemption guidelines:

- » Attention Deficit Hyperactivity Disorder
- » Renal conditions
- » Hypertension
- » Glucocorticosteroids
- » Hypogonadism
- » Growth Hormone deficiency
- » Narcolepsy
- » Asthma

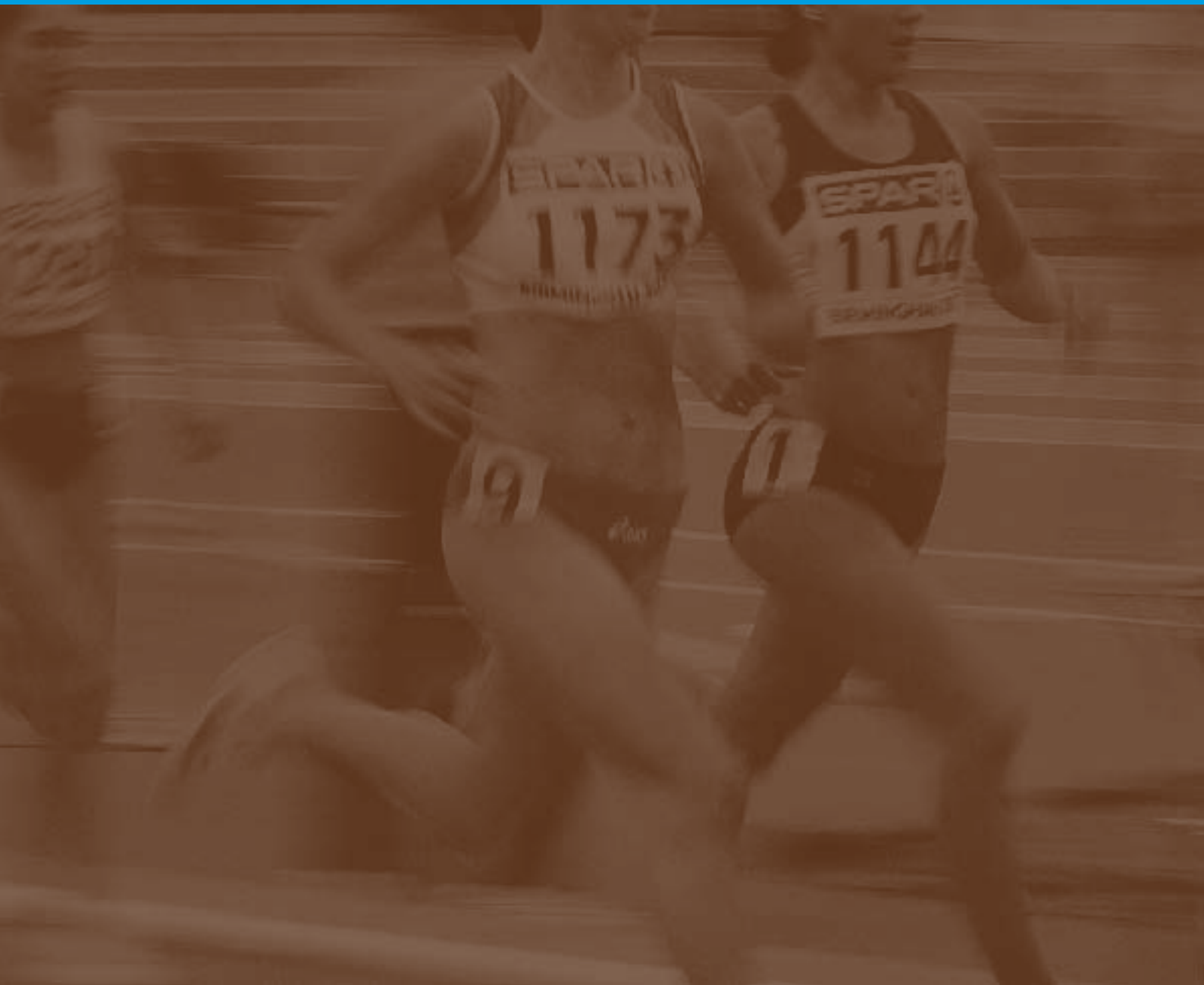
Applications for Therapeutic Use Exemptions:

	2004	2005	2006
Abbreviated TUE Applications	395	509	422
Standard TUE Applications	59	94	105

The Unit distributed 387 Standard TUE forms and 441 Abbreviated Forms in 2006.

Chapter 5

THE YEAR AHEAD



TESTING

Sample Collection

2007 will be the first year that the Anti-Doping Unit of the Irish Sports Council is wholly responsible for providing the sample collection service. The Unit will continue to revise and update its internal procedures and guidelines that govern the testing process, and the manual provided to Sample Collection Personnel, to ensure a quality testing service.

The Anti-Doping Unit will work with other National Anti-Doping Organisations to conduct testing overseas.

The Council will be re-tendering for sample analysis, reporting and storage of samples during 2007.

ADMINISTRATION

The Council will be due a full re-certification audit of its Quality Management System in early 2007. This will be a three year re-assessment audit.

With the review of the World Anti-Doping Code, the Council will revise the Irish Anti-Doping Rules to ensure that they are in line with the new World Anti-Doping Code.

INTERNATIONAL

The Council will continue to co-operate with WADA where appropriate. This will include feedback on the review of the World Anti-Doping Code and International Standards.

The Unit will endeavour to continue providing prompt feedback wherever requested in relation to the development of guidelines etc. by 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 International Convention Against Doping in Sport during 2007. The Unit will provide the necessary support and assistance required in order to facilitate this ratification.

EDUCATION

With the appointment of a new Education and Research Executive, 2007 will see the expansion of the current education programme for Anti-Doping. The coming year will involve an extensive planning and development phase of the education strategy in line with international best practice. An emphasis will be placed on interactive activities and methods in the development of campaigns for the education programme.

RESEARCH

In conjunction with the development of the education programme for Anti-Doping, a research strategy will also be developed. The Council will continue to stay up to date with international developments and programmes to further research in Anti Doping.

APPENDICES



APPENDIX 1 TESTING FIGURES 2006

	Sport	Comp	OOC	Total
1	Athletics	22	145	167
2	Badminton	13	14	27
3	Basketball	8	0	8
4	Blindsports	2	6	8
5	Bobsleigh & Skeleton	0	7	7
6	Boxing	8	32	40
7	Camoige	4	0	4
8	Canoeing	0	19	19
9	Cerebral Palsy Sports	12	11	23
10	Clay Pigeon	4	3	7
11	Cycling	41	62	103
12	Equestrian	8	14	22
13	Fencing	0	2	2
14	GAA -mens	36	20	56
15	GAA - ladies	8	0	8
16	Golf -mens	4	0	4
17	Golf - ladies	4	0	4
18	Hockey	8	0	8
19	IMAC	6	9	15
20	Judo	4	0	4
21	Motorcycling	16	0	16
22	Motorsport	20	0	20
23	Orienteering	0	1	1
24	Rowing	10	51	61
25	Rugby	0	42	42
26	Sailing	5	24	29
27	Shooting Sports	0	0	0
28	Snow Sports	0	6	6
29	Soccer	24	16	40
30	Squash	8	12	20
31	Surfing	8	0	8
32	Swimming	9	15	24
33	Tennis	8	12	20
34	Triathlon	4	7	11
35	Tug of War	12	0	12
36	Weightlifting	0	4	4
37	Wheelchair Sports	18	24	42
	Total	334	558	892

Ratio In Comp: Out of Comp

In Competition	37%
Out of Competition	63%
	100%

Alcohol Tests

Motorcycling	40
Motorsport	50
	90

User Pays

ANADO	20
IRFU	32
Six Nations	16
The Turf Club	70
UK Sport	19
	157

APPENDIX 2 REPORTING OF ASSERTED ANTI-DOPING RULE VIOLATIONS 2006

Sport /NGB	Asserted Anti-Doping Rule Violation	Comp/ OOC	Category of Drug	Substance detected	Decision
Horse Racing/ Turf Club	IADR 2.1*	Comp	Stimulants	Benzoyllecgonine	Anti-Doping Rule Violation found 1 year suspension with return of licence contingent on medical report, plus contribution towards Turf Club costs.
Kick Boxing/ IMAC	IADR 2.4**	N/A	N/A	N/A	Anti-Doping Rule Violation found 3 months suspension
Outcomes pending from 2005					
Athletics/AAI	IADR 2.1*	OOCT	Anabolic Steroids	Elevated testosterone: epitestosterone ratio	Explanation accepted, no Anti-Doping Rule Violation found
IADR 2.1	The presence of a <i>Prohibited Substance</i> or its <i>Metabolites</i> or <i>Markers</i> in an <i>Athlete's</i> bodily <i>Specimen</i>				
IADR 2.4	Violation of the applicable requirements regarding <i>Athlete</i> availability for <i>Out-of-Competition Testing</i> including failure to provide required whereabouts information set forth in Article 5.4 (Whereabouts Requirements)				

APPENDIX 3 COSTS OF THE PROGRAMME 2006

Expenditure Heading		2006 Cost (€)		2005 Cost (€)
Testing		903,413	(1)	683,097
Education and Research		64,070	(2)	21,116
Salaries		212,356	(3)	164,607
Other Costs		443,861	(4)	326,377
TOTAL		1,623,700		1,195,197
Income from Testing		67,129		56,263

Notes:

1. Includes the cost of sample collection, transportation, laboratory analysis contracts, mobile unit costs and the set up of the in-house testing programme.
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 five staff members of the Anti-Doping Unit.
4. Includes legal advice associated with the programme, consultancy fees, travel and subsistence, advertising, printing, insurance and other related costs in administering the programme.

Irish Sports Council

Top Floor
Block A
West End Office Park
Blanchardstown
Dublin 15

Phone (353 1) 860 8800
www.irishsportsCouncil.ie
antidoping@irishsportsCouncil.ie

