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ANTI-DOPING ANNUAL REVIEW 2015

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INTRODUCTION

IT IS CLEAR FROM THE EVENTS OF 2015 THAT DOPING IN SPORT IS STILL A VERY IMPORTANT GLOBAL ISSUE. DOPING DEVALUES THE HARD WORK AND DEDICATION OF CLEAN ATHLETES.

SPORT IRELAND WORKS TO ENSURE THAT ATHLETES CAN COMPETE IN A CLEAN ENVIRONMENT. IT IS SPORT IRELANDS AIM TO WORK TO PROMOTE OUR VISION OF CLEAN SPORT IN IRELAND.

Our aim is to drive and support stakeholders to create a safe environment that will nurture young people and allow them to excel in their chosen sport. This can only be achieved through promoting the spirit of Sport and collaboration with stakeholders in the areas of education, testing, intelligence and investigations. We are pleased to present the sixteenth annual review of the Anti-Doping Unit of Sport Ireland. The review provides details of the activities of the Programme in 2015 including the financial cost of the programme. In 2015 the Programme cost € 1,654,578. A total of 1254 blood and urine tests were conducted in Ireland and overseas. This incorporates both the National Testing Programme as well as User-Pays services.

2015 was another successful year for Sport Ireland with its Anti-Doping Programme building on the Intelligence work from 2014. In 2015 the Anti Doping Unit designed and implemented a Report Doping online submission form. This has enhanced the intelligence programme by allowing individuals to report any suspicion of doping in a safe and secure manner.

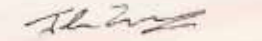
Sport Ireland has developed a tutor training programme for NGB's and organisations who deliver anti-doping education. The tutor programme has increased the volume and quality of anti-doping education being delivered to athletes and support personnel; this will allow NGB's create a clean sport environment for all their members. The Council will continue to collaborate with our international colleagues and intelligence agencies on doping activities and trends so we can ensure that our Programme continues to be one of the best anti-doping programmes in the world.

Sport Ireland recognises that the success of the Anti-Doping Programme in Ireland is due to the continued co-operation and commitment we receive from NGB's and athletes. It is their good will and promotion of anti-doping that re-assures the Irish sporting community that Irish athletes compete fairly.

Sport Ireland I would like to acknowledge the outstanding service that Dr. Una May and her team led by Siobhan Leonard in the Anti-Doping Unit continue to provide to Irish sport. Not only do they provide a robust testing programme but also continue to work closely with the NGBs to assist them in promoting clean sport

Finally we would also like to express our appreciation to the distinguished individuals who provide dedicated service on various Committees. We would like to take this opportunity to thank Prof. Brendan Buckley, as Chairman of the Anti-Doping Committee who has provided outstanding leadership for the last 10 years. We are privileged that he will remain on the Anti-Doping Committee in 2016 and will provide support and encouragement to the incoming chair Caroline Murphy. We all wish her well and pledge our full support in looking forward to further progress in the years ahead. We appreciate their service and commitment to the Programme and to the wider interest of Irish sport.

Kieran Mulvey
Chairman



John Treacy
Chief Executive

FOREWORD

IN 2015 THE IRISH ANTI-DOPING PROGRAMME CONTINUED TO MAKE PROGRESS IN EDUCATION, RESEARCH, TESTING AND DETECTION. THIS ANNUAL REPORT, THE SIXTEENTH OF THE PROGRAMME, GIVES AN ACCOUNT OF THESE ACTIVITIES.

Sport Ireland, the new Statutory Agency for sport in Ireland was established on the 1st October 2015Sport Ireland brings together the Irish Sports Council (ISC), National Sports Campus Development Authority (NSCDA), Irish Institute of Sport and Coaching Ireland to form a new, streamlined and dynamic body to drive the future of Irish sport.

The new agency retains the broad functions of the existing agencies while significantly strengthening the area of anti doping, the protection of children and coaching. Sport Ireland is now recognised as the National Anti-Doping Organisation (NADO) and the Irish Anti-Doping Rules are encased in legislation which allows for information sharing agreements with various state agencies such as HPRA, An Garda Siochana and Revenue Commissioners.

This partnership is crucial to deter and detect doping cheats. We rely heavily on intelligence, which assists Sport Ireland to lead a more strategic targeted testing programme. We greatly appreciate the active collaboration of HPRA, of Revenue Customs and of the other law enforcement agencies throughout Ireland with whom we have a close relationship. Given the all-island nature of many sports, our continued collaboration with Sport Northern Ireland is vital.

The members of the Anti-Doping Committee and the staff of the Anti- Doping Unit are honoured to be entrusted with the task of combating doping in sport because we value the contribution of clean sport to the well-being of the nation. There continues to be a strong consensus that the use of performance enhancing substances is cheating and that doping devalues sport. It can corrode the confidence of those who enjoy following sport and it undermines the achievements of clean sportspeople. The apparent achievements of those who dope are shown to be illusory and it is heartening to see that their past has caught up, even belatedly, with prominent cheats who have lost their medals and records.

2015 was a particularly significant year for anti-doping. While the integrity of other NADOs and federations has come under scrutiny, Sport Ireland is still considered internationally to be a leader in anti-doping. Once again it is clear that standards internationally may not be as focused or as robust as the programme here in Ireland. Sport Ireland will continue to work closely with other agencies such as WADA and INADO to promote sporting integrity. Over the past 12 months the growing public support for clean sport and the collaborative efforts of anti-doping agencies to combat systemic doping in some sports is encouraging. We are confident that the playing fields for our Irish athletes are gradually being levelled.

We would like to take this opportunity to thank our athletes, many of whom are amateur, for their patience and support of the anti-doping programme. Sport Ireland realises that testing can at times be very intrusive for them and their families. We ask for their continued support to ensure the reputation of Irish athletes internationally.

The adverse findings, detailed in this report for 2015, are not surprising and align with the experience of those countries that we regard as our peers.

We are thankful to the Irish Sport Anti-Doping Disciplinary Panel chaired by Michael Collins SC. The Therapeutic Use Exemption Sub- Committee (TUEC) continues its outstanding commitment of medical expertise chaired by Prof. John Horgan.

Professor Brendan Buckley
Outgoing Chair
Anti-Doping Committee
Sport Ireland

Caroline Murphy
Chair
Anti-Doping Committee
Sport Ireland

BACKGROUND

LIST OF ABBREVIATIONS

AAF	Adverse Analytical Finding
ADO	Anti-Doping Officer
ADU	Anti-Doping Unit
EPCR	European Professional Club Rugby
HPRA	Health Products Regulatory Authority
IADR	Irish Anti-Doping Rules
IF	International Federation
IC	In-Competition
INADO	Institute of National Anti-Doping Organisations
ISADDP	Irish Sports Anti-Doping Disciplinary Panel
ISC	Irish Sports Council
ISTUE	International Standard for Therapeutic Use Exemptions
MIMS	Monthly Index of Medical Specialities
NADO	National Anti-Doping Organisation
NGB	National Governing Body
OOC	Out-of-Competition
OTC	Over the Counter
RCSI	Royal College of Surgeons in Ireland
SCP	Sample Collection Personnel
TUE	Therapeutic Use Exemption
UCD	University College Dublin
UFC	Ultimate Fighting Championship
USADA	United States Anti-Doping Agency
WADA	World Anti-Doping Agency

VISIONS OF THE PROGRAMME

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

Testing

To provide an effective, quality-driven testing programme.

Education

To facilitate the development and delivery of quality education programmes for all major stakeholders.

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

The Irish Sports Council was mandated by legislation (the Irish Sports Council Act, 1999) to take appropriate actions to combat doping in sport.

Sport Ireland, which is the new State Agency with responsibility for sport, came into operation with effect from 1st October 2015.

Sport Ireland brings together the Irish Sports Council, National Sports Campus Development Authority, Irish Institute of Sport and Coaching Ireland to form a new, streamlined and dynamic body to drive the future of Irish sport.

Under the Sport Ireland Act (2015), Sport Ireland's functions in relation to Anti-Doping include:

- to facilitate, through the promulgation of guidelines and codes of practice, standards of good conduct, fair play and the elimination of doping in sport;
- to take such action as Sport Ireland considers appropriate, including testing, to combat doping in sport;
- to plan, implement, evaluate and monitor education and information programmes for good conduct, fair play and the elimination of doping in sport;
- in its capacity as the national anti-doping organisation in the State, to direct the collection of samples, to manage the testing and test results of samples and attend hearings, as required;

The significant priority given to anti-doping work by Sport Ireland is recognised through a full section of the Act dedicated to strengthening the anti-doping programme. Sport Ireland has been clearly designated as the National Anti-Doping Organisation in Ireland and the Irish Anti-Doping Rules have also been enshrined in this legislation. Data sharing powers have been enhanced between key state regulatory authorities and other appropriate Anti-Doping Organisations

Ireland has also ratified the UNESCO Convention Against Doping in Sport which effectively binds the government to the implementation of a fully functioning National Anti-Doping Programme which complies with all of the relevant articles of the World Anti-Doping Code.

The World Anti-Doping Code continues to be the cornerstone of the world-wide fight against doping in sport. In Ireland this code is reflected in, and consequently implemented through the Irish Anti-Doping Rules.

IRISH SPORT COUNCIL'S ANTI-DOPING COMMITTEE

The Irish Sports Councils' Anti-Doping Committee is an advisory committee established under the Irish Sports Council Act 1999. Each member provides specialist guidance and all have their own wide-ranging areas of expertise to support the Anti-Doping Unit.

The Anti-Doping Committee met on twice in 2015. This Committee stood down on September 30th 2015 as Sport Ireland was established on October 1st 2015.

The Anti-Doping Committee members are:

- Prof. Brendan Buckley (Chairman)
- Dr. Joan Gilvarry, Medical Director, HPRA
- Prof. Patrick Guiry, Chemist, UCD
- Dr. Bill Cuddihy, Former Medical Officer to Athletics Ireland
- Dr. Anthony McCarthy, Psychiatry, St Vincent's Hospital
- Mr. Mel Christie, Senior Council
- Ms. Noreen Roche, Dietician, Member of Sports Nutrition Interest Group
- Ms. Wendy Henderson, Anti-Doping Education Officer, Sport Northern Ireland
- Mr. Bernard Allen, Former Sports Minister
- Mr. Patrick O'Connor, Managing Partner, P.O'Connor & Son Solicitors.

SPORT IRELAND'S ANTI-DOPING COMMITTEE

Sport Ireland's Anti-Doping Committee was appointed in late November 2015 and the Committee members are:

- Ms. Caroline, Murphy, Chair, Board Sport Ireland
- Prof. Brendan Buckley, Chief Medical Officer, ICON
- Dr. Joan Gilvarry, Medical Director, HPRA
- Prof. Patrick Guiry, Chemist, UCD
- Dr. Bill Cuddihy, Former Medical Officer to Athletics Ireland
- Dr. Anthony McCarthy, Psychiatry, St Vincent's Hospital
- Mr. Mel Christle, Senior Council
- Ms. Wendy Henderson, Anti-Doping Education Officer, Sport Northern Ireland
- Mr. Bernard Allen, Former Sports Minister
- Mr. Patrick O'Connor, Managing Partner, P.O'Connor & Son Solicitors.

IRISH SPORT ANTI-DOPING DISCIPLINARY PANEL

The Irish Sport Anti-Doping Disciplinary Panel is a panel of experts who were available to hear and determine a case or appeal arising out of the Irish Anti-Doping rules. The Panel has the power to determine whether an anti-doping rule violation has been committed and/or the consequences to be imposed pursuant to the Rules for an anti-doping rule violation found to have been committed.

The Irish Sport Anti-Doping Disciplinary Panel members that served during 2015 are:

Michael Collins	Chair
Paul Gallagher	Vice-Chair
David Barniville	Vice-Chair
Helen Kilroy	Vice-Chair
David Casserly	Vice-Chair
Adrian Colton	Vice-Chair
Seamus Woulfe	Vice-Chair
Rory MacCabe	Vice-Chair
Hugh O'Neill	Vice-Chair
Margaret Corcoran	Admin Rep
Warren Deutrom	Admin Rep
Pat Duffy	Admin Rep
Liam Harbison	Admin Rep
Liz Howard	Admin Rep
Bill O'Hara	Admin Rep
Sean McCague	Admin Rep
Sarah Keane	Admin Rep
Philip Browne	Admin Rep
Damian McDonald	Admin Rep
Mary O'Flynn Flannery	Medical Rep
Colm O'Morain	Medical Rep
Pat O'Neill	Medical Rep
Martin Walsh	Medical Rep
Denis Cusack	Medical Rep
Alan Byrne	Medical Rep
Mick Molloy	Medical Rep
Rachel Cullivan-Elliot	Medical Rep

THERAPEUTIC USE EXEMPTION (TUE) COMMITTEE

In line with the World Anti-Doping Agency International Standard for Therapeutic Use Exemptions, Sport Ireland TUE Committee considers TUE applications for Irish athletes.

The Therapeutic Use Exemption Committee members are:

- Prof. John Horgan (Chairperson), Cardiology
- Dr. James Gibney, Endocrinology
- Prof. Stephen Lane, Respiratory Disease
- Dr. Philip Murphy, Haematology
- Prof. John O'Byrne, Orthopaedics
- Prof. Sean Gaine, Respiratory Disease
- Dr. Sinead Harney, Rheumatology
- Prof. Michael Fitzgerald, Psychiatry

Full details regarding Therapeutic Use Exemptions in 2015 are addressed in the Administration section.

TESTING

TESTING HIGHLIGHTS FOR 2015

- Blood Testing Figures increased by 5%
- User Pays programme tests increased by 21%
- In competition tests accounted for 25% of national testing programme, out of competition tests for 75% national testing programme
- Whereabouts Failures decreased by 80% (18 Where abouts failures in 2013 and 4 in 2014)
- Unsuccessful attempts on team sports decreased by 20%
- Unsuccessful attempts on the Registered Testing Pool decreased by 25%
- Sport Ireland signed agreement with USADA to conduct drug testing on UFC on behalf of USADA.

Table 1 National Programme Testing Statistics, with IC and OOC Breakdown

	URINE	BLOOD	TOTAL
Total Number of Tests	733	295	1028
Out of Competition	487	295	782
In Competition	246	0	246

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Table 2 National Programme Testing Statistics - sport by sport analysis

NATIONAL GOVERNING BODY	COMP	R-OOC	N-OOC	BLOOD	TOTAL
Angling Council of Ireland	0	0	2	0	2
Athletics Ireland	16	96	0	94	206
Basketball Ireland	8	0	0	0	8
Canoeing Ireland	0	21	0	18	39
Cerebral Palsy Sport Ireland	0	4	0	2	6
Cycling Ireland	38	84	0	78	200
Football Association of Ireland	28	0	21	0	49
Gaelic Athletic Association	44	0	51	0	95
Gymnastics Ireland	2	2	0	0	4
Horse Sport Ireland	9	4	0	4	17
Irish Amateur Boxing Association	7	27	3	22	59
Irish Judo Association	0	6	0	0	6
Irish Martial Arts Commission	4	0	3	0	7
Irish Rugby Football Union	0	0	75	39	114
Irish Squash	2	0	0	0	2
Irish Tug of War Association	8	0	0	0	8
Irish Wheelchair Association Sport	0	24	0	2	26
Ladies Gaelic Football Association	4	0	0	0	4
Motor Cycling Ireland	20	0	0	0	20
Motor Sport Ireland	16	0	0	0	16
Rowing Ireland	8	17	0	2	27
Swim Ireland	8	23	0	19	50
Tennis Ireland	3	0	0	0	3
The Camogie Association	4	0	0	0	4
Triathlon Ireland	9	16	0	12	37
Vision Sports Ireland	0	4	0	3	7
Weightlifting Ireland	8	4	0	0	12
TOTAL	246	332	155	295	1028

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O'NEILLS

Table 3 User Pays

The Council also conducts testing under the User Pays Programme. This is where sporting organisations payfor testing. During 2015, 226 tests were conducted under this programme - 205 urine tests and 21blood tests.

SPORT IRELAND	COMP	OOC	BLOOD	TOTAL
Athletics Ireland	16	0	0	16
Cycling Ireland	8	0	0	8
European Professional Club Rugby	16	0	0	16
International Cricket Council	4	3	0	7
International Union of Kettlebell Lifting	4	0	0	4
Irish Martial Arts Commission	7	0	0	7
Irish Rugby Football Union	32	0	0	32
Irish Tug Of War Association	5	0	0	5
Six Nations	8	0	0	8
United States Anti-Doping Agency	6	5	2	13
World Rugby	24	67	19	110
TOTAL	130	75	21	226

Table 4 RTP Whereabouts Failures by Quarters

	FILING FAILURES	MISSED TESTS	UNSUCCESSFUL ATTEMPTS
QUARTER 1	0	1	21
		Athletics Ireland: 1	Athletics Ireland: 8
			Canoeing Ireland: 2
			Cycling Ireland: 2
			Horse Sport Ireland: 2
			Irish Amateur Boxing Association: 3
			Irish Judo Association: 1
			Irish Wheelchair Association: 1
			Rowing Ireland: 1
			Triathlon Ireland: 1
QUARTER 2	2	0	16
	Canoeing Ireland: 1		Athletics Ireland: 4
	Rowing Ireland: 1		Canoeing Ireland: 1
			Cycling Ireland: 4
			Horse Sport Ireland: 1
			Irish Amateur Boxing Association: 2
			Irish Judo Association: 1
			Swim Ireland: 2
			Triathlon Ireland: 1
QUARTER 3	0	1	21
		Horse Sport Ireland: 1	Athletics Ireland: 6
			Canoeing Ireland: 2
			Cycling Ireland: 1
			Horse Sport Ireland: 2
			Irish Amateur Boxing Association: 7
			Irish Wheelchair Association: 1
			Rowing Ireland: 1
			Swim Ireland: 1
QUARTER 4	0	1	6
		Rowing Ireland: 1	Athletics Ireland: 3
			Rowing Ireland: 2
			Triathlon Ireland: 1

IRELAND ACTIVE / REPS IRELAND

7 TUTORS

5 INSTITUTIONS

Sport Ireland has trained tutors from 5 institutions to deliver anti-doping education as part of their fitness instructor and personal trainer programmes.

> "Really interesting, kept to time & great resources provided, I look forward to more workshops"

WALLET CARDS

Over **30,000** wallet cards and leaflets were distributed to NGB's and various organisations

E-LEARNING

546 ATHLETES

COMPLETED THE REAL WINNER ONLINE EDUCATION COURSE.

3RD LEVEL INSTITUTIONS ENGAGED WITH

IT CARLOW	LIT	SETANTA COLLEGE
ATHLONE IT	UCD	TRINITY COLLEGE

> "The Anti-Doping Education Unit have supported the MSc programme in Sports and Exercise Medicine in TCD for a number of years now… and they do this so well that they have become and will remain our 'go-to people' for consultation on all anti-doping related matters and in particular the educational sessions given variously by Una, Rachel and Siobhan continue to receive excellent feedback from our students..."

Dr Nick Mahony TCD

eirpharm.com

Eirpharm.com has been endorsed by Sport Ireland, as the Irish Sport Council, since 2001 and is recognised as an accurate online source of anti-doping information. The status in sport of over 3000 prescription and non-prescription medications, marketed in the Republic of Ireland, can be checked either online or through the Medication Checker App on smartphones. This medicines and sport database is updated in accordance with changes made to the WADA Prohibited Listed and as new medicinal products are marketed or withdrawn from the Irish market.

31,815
SUCCESSFUL SEARCHES

MOST SEARCHED PRESCRIPTION PRODUCT

VENTOLIN INHALER
449
SEARCHES

MOST SEARCHED NON-PRESCRIPTION PRODUCT

LEMSIP
3,141
SEARCHES

SPORT IRELAND CONTINUES TO WORK IN PARTNERSHIP WITH ITS STAKEHOLDERS TO FACILITATE THE DEVELOPMENT AND DELIVERY OF QUALITY EDUCATION PROGRAMMES FOR ALL MAJOR STAKEHOLDERS.

Our primary aim is to provide up-to-date information to all athletes who are likely to be tested, as well as their support personnel, with particular focus on their responsibilities with regard to the Anti-Doping Programme. The services we provide to stakeholders for use in their education programmes are wide-ranging from our website, e-learning programmes, smartphone applications to more traditional channels such as leaflets and posters.

NATIONAL GOVERNING BODY SUPPORT

In order to support National Governing Bodies and enhance the education of their members, Sport Ireland provides seminars to groups of athletes and athlete support personnel on a regular basis. The intent of the seminars is to provide direct and necessary information to those who are subject to the testing programme as well as to raise the level of awareness of anti-doping work to a wider audience.

Priority groups are those athletes and individuals most likely to be currently subject to testing when in Ireland or when competing overseas, those who may be tested in the foreseeable future and those who provide advice/services to them (e.g. coaches and doctors).

TUTOR TRAINING PROGRAMME

A two day tutor training programme was conducted on the 19th and 20th of November 2015. Eighteen participants took part in the programme. These included representatives from the FAI, GAA and IRFU. The two days took place at the Castleknock Hotel Think Factory.
The training involved a two day interactive workshop where participants learned how to deliver the anti-doping modules in a more interactive style. Participants were given a curriculum document to assist them tailoring the education to their audience and also all resources necessary to delivery anti-doping

EUROPEAN OLYMPIC BAKU GAMES 2015

In May 2015 Sport Ireland conducted three seminars to prepare athletes for the European Olympic Games in Baku. Sport Ireland collaborated with the Olympic Council of Ireland to ensure as many athletes as possible were educated in particular those athletes attending their first major games. All athletes were issued with information leaflets about anti-doping at the games and were invited to attend an education seminar.

ADVISORY NOTES 2015

On the 29th of May 2015 Sport Ireland issued an advisory note alerting all stakeholders to the potential deadly affects of 2,4 dinitrophenol (DNP). It is often found in supplements claiming to have a fat burning effect. Often it will not be listed as an ingredient

RESEARCH

In 2015 Sport Ireland andIreland Active with assistance from the Food Safety Authority Ireland met to discuss how to raise the standards in the fitness industry in relation the sale of supplements and sports foods. Ireland Active proposed to include the sale of supplements as part of the white flag awards. In order to ensure guidelines are appropriate for each category of the white flag award it was decided to conduct a pilot project taking inventory of what supplements or sports foods were being sold in various fitness facilities.

Fitness facilities were asked to volunteer to take part in this project and Rachel Maguire presented at the Ireland Active Convention in November 2015 about key issues in selling sports supplements in facilities. This pilot project will commence in January 2016.

ADMINISTRATION HIGHLIGHTS FOR 2015

SAMPLE COLLECTION PERSONNEL TRAINING DAYS

The annual Sample Collection Personnel training days took place on November 7th and 30th 2015, 43 sample collection personnel attended these sessions and will be accredited for 2016.

INTERNAL AUDITS

An Internal Audit by Irish Sport Council's Auditors, Deloitte, took place on July 22nd 2015, 2 minor administrative findings were found. This audit was presented to and approved by the Irish Sports Council's Audit Committee.

EXTERNAL AUDIT

The Anti-Doping Unit was also audited by our External Auditor on October 21st 2015 and has been ISO Certified for another 3 years. One observation was found during this audit and the auditor remarked that there were excellent controls in place covering all areas of the process.

2015 IRISH ANTI-DOPING RULES

The 2015 Irish Anti-Doping Rules came into force on January 1st 2015. These Rules are complaint with the World Anti-Doping Code. One main change was that National Governing Bodies of Sport had the option to request Sport Ireland to prosecute alleged Anti-Doping Rule Violations and this follows international trends of other National Anti-Doping Organisations.

Over 90% of National Governing Bodies have confirmed that they wish Sport Ireland to prosecute alleged Anti-Doping Rule Violation.

SIMON REVIEW

A review of Sport Irelands testing management system (SIMON), and its functionality was carried out with a resulting eighteen amendments being identified that would improve workload efficiency. All updates were completed by the end of 2015.

INTELLIGENCE UPDATE 2015

In 2015 the Anti Doping Unit designed and implemented a Report Doping online submission form. This was launched at the Anti-Doping annual launch day in May. A new Report Doping online submission form is now available through the Sport Ireland website (www.irishsportscouncil.ie/report) which will help to provide a safe and secure way for members of the public to report matters relating to drugs in sport.

Sport Ireland attended a network meeting of anti-doping organisation investigators which took place in London on the

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KAZAN 2013

6th and 7th October. This meeting provided the opportunity to learn about interview techniques as well as to hear other organisations' experiences of gathering intelligence.

THERAPEUTIC USE EXEMPTIONS (TUES)

Sport Ireland follows the World Anti-Doping Code International Standard for Therapeutic Use Exemptions (ISTUE). A Therapeutic Use Exemption allows an athlete to use a prohibited substance or method that is included on the WADA Prohibited List, subject to certain defined conditions. Athletes can apply to either Sport Ireland or, in the case of an International level athlete, the International Federation. To be eligible for a TUE Certificate of approval, the athlete must have a well-documented medical condition that is supported by relevant and reliable medical data.

TUE COMMITTEE

The WADA ISTUE directs that Sport Ireland must appoint a TUE Committee (TUEC) to assess TUE applications and issue either a Certificate of Approval or Notification of Refusal as deemed appropriate.
Applications are assessed based on the criteria set out in the WADA International Standard for Therapeutic Use Exemptions.

TUE COMMITTEE MEETING

The TUE Committee meeting was held on January 13th 2016. There was discussion across a broad range of issues including:

- the Sport Ireland anti-doping program 2016
- a summary of TUE Applications received for 2015
- the WADA Prohibited List and Monitoring Program for 2015 and 2016

In addition the Chairpersonof the TUE Committee met with members of the TUEC and Anti-Doping Unit to discuss pertinent matters during the year.

THERAPEUTIC USE EXEMPTIONS

There were 75 TUE applications in 2015, this was an increase of 7% from 2014 (n=71) and once again these applications came from a diverse range of sports. Of the 75 applications received, a significant portion were for medications that are not/no longer included on the World Anti-Doping Agency Prohibited List and therefor no TUE Certificates were granted for these applications. Athletes are reminded to check their medications carefully prior to making a TUE application (resources listed below).

Of the valid TUE applications made to Sport Ireland in 2015 (n=47) 43 were approved by the Therapeutic Use Exemption Committee on receipt of an up-to-date medical file, while four remained as incomplete applications by the end of 2015.

Athletes and their representatives are urged to familiarise themselves with the TUE Application Process Guidelines available at www.irishsportscouncil.ie/Anti-Doping/Athlete-Zone/Therapeutic-Use-Exemptions-/ and also to check the status of their medications using the free 'Medication Checker App', MIMS, on www.eirpharm.com or www.globaldro.com before completing the TUE application form. WADA guidelines on preparation of medical files for a diverse range of medical conditions are available at www.wada-ama.org/en/resources/search.

DRUG ENQUIRIES

Sport Ireland have continued to engage with members of the public, National Governing Bodies and healthcare professionals to ensure that queries in relation to Drugs in Sport and administration of the Therapeutic Use Exemption process are effectively addressed. During 2015, the TUE Secretariat was involved in responding to 72 queries via telephone and email. Medicines information is sourced from www.eirpharm.com, www.globaldro.com and MIMS Ireland.

INTERNATIONAL HIGHLIGHTS FOR 2015

- The Anti-Doping Unit participated in two WADA hosted webinars, which were to assist stakeholders with the implementation of the 2015 World Anti-Doping Code. The webinars were called "Sanctioning Individuals under 2015 WADC Article 10 in Six Steps" and "Information Gathering and Intelligence Sharing". The Anti-Doping Unit also participated in three iNADO hosted webinars – "Article 10 Sanctions", "Education and Prevention" and "School Based Education".

- Sport Ireland assisted iNADO on developing a Quality Recognition for National Anti-Doping Organisations (NADOs) for the Sample Collection process. The aim of this programme is to assist NADOs in showing their proficiency in sample collection to current and potential partners including other NADOs, International Federations of Sport and Major Event Organisers. Sport Ireland will be the first NADO to be audited under this recognition programme.

INTERNATIONAL MEETINGS ATTENDED DURING 2015

Meeting of the Council of Europe's Advisory Group on Education	February 16th - 17th
iNADO Workshop and AGM	March 23rd
WADA Anti-Doping Organisation Symposium	March 24th - 26th
Meeting of the Council of Europe's Advisory Group on Education	July 27th
WADA Legal Seminar	Aug 30th - Sept 1st
USADA Science Symposium	October 2nd - 5th
CCES/WADA Values Based Education Conference	October 2nd - 3rd
Network meeting of Anti-Doping Organisation investigators	October 6th - 7th
CAHAMA meeting	November 9th
Meeting of the Council of Europe Monitoring Group of the Anti-Doping Convention	November 10th

THE YEAR AHEAD

TESTING

The Sport Ireland will continue to apply innovative approaches to the testing programme and in 2016 will further involve the use of information gathered through intelligence. The focus will again be on more strategic testing, with a ratio of more than 20% of samples collected being blood specimens.

Sport Ireland's Test Distribution Plan will continueto be developed in line with the revised International Standard for Testing and Intelligence and WADA's Technical Document for Sport Specific Analysis. 2016 is Olympic and Paralympic year and emphasis in the Test Distribution Plan will be placed on certain sports that have qualified for these Games.

EDUCATION AND RESEARCH

The focus for 2016 will be to follow on from the successful implementation of the tutor training programme with IRFU, FAI and GAA. Sport Ireland will further empower NGBs to become more self-sufficient regarding their own anti-doping education programmes. This will be facilitated by rolling out a tutor training programme to other NGB's to empower them to deliver anti-doping education to their members. This programme will include new education material that tutors can use to deliver education. This programme will also include a curriculum document that will assist the NGB's in tailoring their anti-doping education to their member's level of competition and level of knowledge requirements. The ISC will also work to develop some E-learning material. This E-learning will be available to athletes and coaches to access on all devices at any time. We hope this programme will become an integral part of the Sport Ireland anti-doping education programme.
Sport Ireland will hope to continue to engage new stakeholders such as various third level education institutions that deliver coaching education to include anti-doping in their coaching education programmes.

Sport Ireland will work to strengthen the downloadable resources available to all NGBs through the use of the Clearinghouse. The ADU, in conjunction with Sport Northern Ireland, will roll-out a programme to assist NGBs to develop an anti-doping education strategy which will include key measurable, in-line with new compliance requirements. Additionally, Sport Ireland will continue to develop its information and education programmes through both traditional and digital means.

Sport Ireland also plan to build on the work commenced in 2015 engaging with the health and leisure industry to promote a clean gym policy. This will involve continuing rolling out anti-doping in the health and fitness industry education programmes to all fitness colleges, and continuing the research into the sale of supplements by fitness facilities. Sport Ireland will continue to use research to inform its programme development in 2016. This will be done through collaboration with National and International Research, Anti-Doping and Government Agencies that are concerned with the fight against doping.

ADMINISTRATION

Sport Ireland will complete a feasibility study on the possibility of a paperless sample collection system. A paperless approach would reduce the possibility of human error and increase efficiencies in completing sample collection paperwork.

INTERNATIONAL

Sport Ireland will continue to contribute to the field of anti-doping at an international level. This will include providing feedback on relevant WADA International Standards and Guidelines during 2016. Sport Ireland will also actively contribute to the global anti-doping fight through membership of iNADO (Institute of National Anti-Doping Organisations). Sport Ireland will also be the pilot NADO for iNADO's Quality Recognition for NADO Sample Collection.

INTELLIGENCE

In 2016 the Anti Doping Unit will work to promote the Report Doping online submission form further. The ADU will seek out new and continue to foster current relationships with international and domestic anti-doping partners.

APPENDIX

APPENDIX 1 – ANTI-DOPING RULE VIOLATIONS 2014

Pending cases from 2014

SPORT	IN/OOCT	RULE VIOLATED	SUBSTANCE	SUBSTANCE CATEGORY	SANCTIONS
Cycling	In Competition	IADR 2.1	Clenbuterol	S1. Anabolic Agents	4 years
Athletics	OOCT	IADR 2.1	Erythropoietin	S2. Peptide Hormones, Growth Hormone Factors and Related Substances	2 years

Anti-Doping Rule Violations 2015

SPORT	IN/OOCT	RULE VIOLATED	SUBSTANCE	SUBSTANCE CATEGORY	SANCTIONS
Motorsport	In Competition	IADR 2.1	Benzoylecgo-nine, a metabolite of cocaine	S1. Stimulants	15 months
Mens Gaelic Football	OOC	IADR 2.1	Stanozolol	S6. Anabolic Agents	2 years

Pending Cases

IN/OOCT	RULE VIOLATED	SUBSTANCE	SUBSTANCE CATEGORY	SANCTIONS
In Competition	IADR 2.1	Benzoylecgo-nine, a metabolite of cocaine	S1. Stimulants	Pending

APPENDIX 2 – COSTS OF THE PROGRAMME

EXPENDITURE HEADING	2014 COST (€)	2015 COST (€)
Testing	756,336 (1)	800,491
Education and Research	44,331 (2)	19,072
Salaries	189,314 (3)	194,759
Other Costs	543,154 (4)	640,256
TOTAL	**1,533,134**	**1,654,578**
Income from Testing	83,085	101,470

1. Includes the cost of sample collection, transportation, laboratory analysis contracts, mobile unit costs and the in-house testing programme.

2. Includes direct education and research costs associated with the programme

3. Gross salary costs, including Employers PRSI of the 3 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.

APPENDIX 3 – MOST COMMONLY SEARCHED BRAND RANGE OF PRODUCTS:

	NON – PRESCRIPTION PRODUCTS			
BRAND	TYPE OF PRODUCTS IN RANGE	2015	2014	2013
Lemsip	Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs	3141	3620	2910
Nurofen	Ibuprofen based range of anti-inflammatory and cold and influenza products	2155	2337	1876
Benylin	Range of products used for symptomatic relief of coughs, colds and influenzas.	648	1433	1058
	PRESCRIPTION PRODUCTS			
BRAND	THERAPEUTIC CLASS	2015	2014	2013
Ventolin	Beta-2-agonist, primarily inhaled products	594	716	441

This table represents the most commonly searched brands of medication on the eirpharm website. Some of the products in these brands contain pseudoephedrine which is prohibited in competition. It is important that all medication is checked before being consumed.

APPENDIX 4 – EIRPHARM SEARCH DETAILS AND STATISTICS

STATUS IN SPORT	NO. OF SUCCESSFUL SEARCHES 2015	2015 %	2014 %	2013 %
Permitted	25892	81.38	81.16	80.63
Prohibited in-Competition only	3589	11.28	11.26	11.57
Restricted-Inhaled Salbutamol	861	2.71	3.02	2.85
Prohibited	789	2.48	2.36	2.80
Restricted-Inhaled Formoterol	223	0.70	0.77	0.66
Restricted- Inhaled Salmeterol	154	0.48	0.55	0.52
Prohibited in-Competition or Permitted (depends on route)	139	0.44	0.36	0.39
Prohibited in specific sports	112	0.35	0.30	0.33
Prohibited in men only	56	0.18	0.21	0.26

APPENDIX 5 - SEARCHES BASED ON TIME OF YEAR

MONTH	2015	2014	2013
January	3149	2674	2497
February	2635	3348	3115
March	3434	3554	2774
April	3070	3035	2055
May	3129	2911	1736
June	2484	2783	1667
July	3248	2627	3808
August	2780	3837	2936
September	2375	2624	2418
October	2227	2735	1656
November	1682	2746	2127
December	1602	2135	1714
ANNUAL TOTAL	31,815	35,009	28,503

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