



SPÓRT  
ÉIREANN  
FRITHDHÓPÁIL

SPORT  
IRELAND  
ANTI-DOPING

# Annual Review 2019

# 2019

## Programme Highlights



**13**

Athletes took part in a focus group as part of the RESPECT project

**42**

Sample Collection Personnel re-accredited

**44**

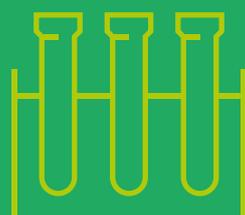
Therapeutic Use Exemptions approved by Sport Ireland

**83**

Athlete samples placed in long term storage

**25,780**

Successful searches on the Eirpharm website



**1,303**

Blood and urine samples collected from athletes

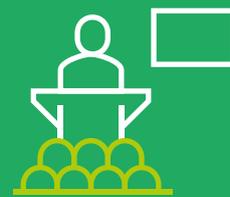


**160**

Education seminars conducted by NGBs

**3**

Education seminars conducted by Sport Ireland with athletes attending Major Games



**12**

New anti-doping tutors accredited by Sport Ireland

**2,250**

Athletes and athlete support personnel completed Sport Ireland's eLearning





# Contents

|                             |    |
|-----------------------------|----|
| Foreword                    | 4  |
| Introduction                | 5  |
| Background Information      | 6  |
| Global Clean Sport Advocacy | 10 |
| Athlete Voice               | 12 |
| Clean Sport Education       | 14 |
| Testing and Science         | 16 |
| Medications and TUE's       | 19 |
| Anti-Doping Unit Operations | 22 |
| Appendices                  | 24 |

# Foreword

The start of a decade always makes us pause – all the more so when it coincides with an anniversary. And as we mark 20 years of anti-doping in Ireland, and begin a new decade which should have contained an Olympic Games but won't, there really is a sense that perhaps we have been given a little time to pause, to think, to reflect. It's time which we should use well.

2019 was a busy year for the Anti-Doping Programme. The number of blood and urine samples collected, from 36 different sports, climbed to 1,303, a 17% increase on 2018. And crucially, out of competition samples accounted for 79% of the samples collected.

There were 5 adverse analytical findings, along with 2 other anti-doping rule violation cases in 2019. Three of the 7 have been announced, while the other 4 are pending.

The numbers, while low, are still somewhat higher than in previous years, perhaps reflecting the increased levels of testing. But whatever the reason, any adverse finding presents a challenge, a challenge to ensure that every athlete in every sport understands fully both their responsibility to compete clean and also how they can ensure they are actually doing so. We can only meet that challenge through the provision of widespread athlete education.

Education is everything and in 2019 it continued to get Sport Ireland's focus and attention. Over the year 160 education seminars were conducted by NGB's. Over 4,195 athletes attended face to face education seminars, while another 2,250 athletes completed the eLearning programme.

But education is not just one-way. The voice of those we seek to educate must be heard too, and the efforts to do that in 2019, at both a national and European level, brought some crucial and challenging insights.

One initiative to promote the athlete voice, and specifically the 'clean' athlete voice in 2019 was the European RESPECT project. As part of it, 13 of our athletes attended a Focus Group in February, while in September, we were represented at the Clean Sport Insight Forum in London where results were discussed and more focus groups were held.

Research papers are to come and fully collated results of the project are yet to be produced, but it is fair to say that the London event still delivered much food for thought. Athletes spoke of their dislike of such terms as 'clean athlete', as in a proper system it would be a given. They didn't like being asked to 'proclaim' themselves as clean through, for example, wearing a t-shirt as they found such messaging meaningless, and crucially, they admitted much inner turmoil over 'the grey zones'. Discussions about what is permissible, and whether one should go to the limits of what is permissible (or whether perhaps as a professional one might even have a moral obligation to go to those limits) were lively and provocative. And perhaps having time, in this strangest of years, to absorb and discuss what emerges in the full reports later this year, will be of huge benefit to us all.

In the meantime however, we continue to do our work and to professionalise even more.

In 2019, we started the process of going 'paperless' in the sample collection procedure, a procedure which should be launched in 2020, and we also strengthened our investigative powers by engaging a professional investigator. This is all to further our goal of assuring the athlete community that we will continue to support them in every way possible.

In conclusion, on behalf of the whole of Sport Ireland, I would like to thank the Irish Sport Anti-Doping Disciplinary Panel chaired by Michael Collins SC. for its commitment. I would also like to thank Prof. Sean Gaine and the other members of the Therapeutic Use Exemption Committee (TUEC) for their outstanding work. And finally I would like to acknowledge the assistance of the Health Product Regulatory Authority (HPRA) and the Food Safety Authority Ireland (FSAI). They, like so many others offer continued close collaboration as we all work towards clean sport in Ireland and world-wide.



**Caroline Murphy**  
Chairperson  
Anti-Doping Committee Sport Ireland

# Introduction

On the occasion of the twentieth anniversary of the Irish Anti-Doping Programme, we are pleased to present the annual review of Sport Ireland Anti-Doping in 2019. The review provides details of the activities of the Programme in 2019 including the financial cost of the programme. In 2019 the Programme cost €1,944,100 a total of 1,303 blood and urine tests were conducted in Ireland and overseas.

As has been the case for the last number of years, events away from the playing field dominated the headlines in 2019, which was another year where the collective fight against doping in sport was again put to the test. The sanctions imposed on Russia in the latest twist in the ongoing saga were not necessarily what we had hoped for, but nonetheless they went some way towards reprimanding the conspirators of wholesale system manipulation.

Further concerns around the timeline of an appeal by the Russian authorities gave rise to the spectre of a decision being made on the eve of the Olympic and Paralympic Games. However, with the Games now taking place in 2021, the process should be long complete by the time the athletes take their place on the starting line.

Sport Ireland was proud to join with our international colleagues in advocating for a level playing field when it comes to how National Anti-Doping Organisations are treated when there are clear breaches of the World Anti-Doping Code. To that end, Sport Ireland took the initiative to bring together key stakeholders in the anti-doping movement at a special summit in Poland, which coincided with the WADA Conference in Katowice. Our thanks goes to our colleagues in Poland for facilitating the gathering in the beautiful Ślaski Stadium.

As we prepare this review of 2019, it would be remiss not to acknowledge the unprecedented and uncertain times we find ourselves encountering. The sporting landscape in early 2020 bears no resemblance to what we had envisaged. Playing fields lay idle, stadiums sit empty and training facilities are shut. The COVID-19 pandemic that is gripping the world as we write is having a profound impact on our sport and on the fight against doping.

While we as a sporting community acknowledge that the health of our friends, family, the nation, is the most important thing right now, in a country where sport is key part of our social fabric we know that it will play a significant role when the country emerges from these restrictions. When that happens we want to make sure that all athletes are competing cleanly and with the utmost integrity. That is why we are continuing to work closely with our colleagues in the HPRA, Customs and An Garda Síochána and remain vigilant throughout this difficult period.

We carry out our work for the protection of clean athletes and we thank all of our athletes that continue to represent club, county and country with honesty and integrity. We thank them for buying into the ethos of clean sport and thank those who advocate for the ongoing testing and prevention programmes. We acknowledge that is not always convenient, but the professional manner in which our athletes conduct themselves when there's a knock on the door is to be commended.

Sport Ireland would like to acknowledge the outstanding service that Dr. Úna May and her team led by Siobhán 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 National Governing Bodies to assist them in promoting clean sport.

Finally we would also like to express our appreciation to the distinguished individuals who provide dedicated service of the Anti-Doping Committee lead by Caroline Murphy. Their hard work and relentless pursuit of sporting integrity is invaluable to the Irish anti-doping programme.



**Kieran Mulvey**  
Chairman



**John Treacy**  
Chief Executive



# Background Information

## Visions of the Programme

---

### 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

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, Section 4, 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.

Ireland formally ratified the Anti-Doping Convention of the Council of Europe in 2003. The Convention lays down binding rules with a view to harmonising anti-doping regulations, in particular: making it harder to obtain and use banned substances such as anabolic steroids; assisting the funding of anti-doping tests; establishing a link between the strict application of anti-doping rules and awarding subsidies to sports organisations or individual sportsmen and sportswomen; and regular doping control procedures during and outside competitions, including in other countries.

## Sport Ireland's Anti-Doping Committee

Sport Ireland Anti-Doping Committee is an advisory committee to the Board of Sport Ireland and each member provides specialist guidance and all have their own wide-ranging areas of expertise to support the Anti-Doping Unit.

The Committee met 3 times during 2019 and the Committee members were:

Ms Caroline Murphy  
Chair, Sport Ireland Board Member

Prof. Brendan Buckley  
Chief Medical Officer, ICON

Dr. Bill Cuddihy  
Former Medical Officer to Athletics Ireland

Dr. Joan Gilvarry  
Medical Director, HPRA

Prof. Patrick Guiry  
Chemist, UCD

Ms. Wendy Henderson  
Anti-Doping Education Officer,  
Sport Northern Ireland

Mr. Patrick O'Connor  
Sport Ireland Board Member

Ms. Ruth Wood – Martin  
Performance Nutritionist, IRFU

Dr Elaine Breslin  
HPRA

Mr David Gillick  
Athlete

Mr Roger O'Connor  
Sport Ireland Board Member

Secretariat: Dr. Úna May,  
Director of Participation & Ethics, Sport Ireland

## Irish Sport Anti-Doping Disciplinary Panel

The Irish Sport Anti-Doping Disciplinary Panel is a panel of experts who are 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 2019 are:

|                         |             |
|-------------------------|-------------|
| Michael Collins         | Chair       |
| Helen Kilroy            | Vice-Chair  |
| Adrian Colton           | Vice-Chair  |
| Rory MacCabe            | Vice-Chair  |
| Hugh O'Neill            | Vice-Chair  |
| Justice Fidelma Macken  | Vice-Chair  |
| Warren Deutrom          | Admin Rep   |
| Liz Howard              | Admin Rep   |
| Bill O'Hara             | 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 |
| Denis Cusack            | Medical Rep |
| Rachel Cullivan-Elliott | Medical Rep |



## Therapeutic Use Exemption (TUE) Committee

---

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

The Therapeutic Use Exemption Committee members are:

Prof. Sean Gaine, (Chairperson)  
Respiratory Disease

---

Dr. James Gibney, Endocrinology

---

Prof. Stephen Lane, Respiratory Disease

---

Dr. Philip Murphy, Haematology

---

Prof. John O'Byrne, Orthopaedics

---

Dr. Sinead Harney, Rheumatology

---

Prof. Michael Fitzgerald, Psychiatry

---

## Staff

---

Dr. Úna May  
Director of Participation & Ethics

---

Ms. Siobhán Leonard  
Director of Anti-Doping & Ethics

---

Ms. Rachel Maguire  
Anti-Doping Education and Research Manager

---

Ms. Melissa Morgan  
Testing and Quality Manager

---

Mr. Michael Heffernan  
Intelligence and Investigations Officer  
(July – December)

---

Mr. Gerard Nowlan  
Science Officer

---

Ms. Janine Merriman  
Anti-Doping Executive

---

Mr. Michael McNulty  
Anti-Doping Executive

---

Ms. Orla Kavanagh  
Ethics & Anti-Doping Officer (Nov-Dec)

---

## Contact Details

---

Sport Ireland  
The Courtyard  
Sport Ireland Campus  
Snugborough Road  
Blanchardstown  
Dublin 15  
D15 PN0N  
Ireland  
Phone: +353-1-860 8800  
Website: [www.sportireland.ie/antidoping](http://www.sportireland.ie/antidoping)  
Email: [antidoping@sportireland.ie](mailto:antidoping@sportireland.ie)



# Global Clean Sport Advocacy

## Stance on Russian Compliance

Sport Ireland made a number of statements throughout 2019 regarding the situation on Russian Compliance and conditions set out in RUSADA (Russian Anti-Doping Agency) the Road Map to Compliance by the World Anti-Doping Agency. The World Anti-Doping Agency's (WADA's) Executive Committee (ExCo) endorsed the recommendation made by the independent Compliance Review Committee (CRC) that the Russian Anti-Doping Agency (RUSADA) be declared non-compliant with the World Anti-Doping Code (Code) for a period of four years in December 2019, but Sport Ireland felt these sanctions did not go far enough.

On December 10th 2019, Sport Ireland Chief Executive, John Treacy, said:

*"The sanctions endorsed yesterday by the Executive Committee of WADA, while strong in some areas, do not go far enough to address the sheer scale of the systematic corruption encountered in Russia. It is entirely disappointing that WADA did not implement a full and immediate ban of all Russian athletes from international competition, including, as a minimum, the 2020 Olympic and Paralympic Games until such time as the confidence in the Russian anti-doping system is fully restored beyond any doubt."*

## National Anti-Doping Organisations (NADO) Leader Summits

Sport Ireland continued to be an advocate for athletes on the international stage. Sport Ireland attended three NADO Leader summit meetings during 2019. These summits were attended by 18 other NADOs. The main focus of these summits are to advocate for the future strengthening of the anti-doping system, to restore athlete's confidence in the anti-doping system, and that the global regulator the World Anti-Doping Agency becomes more independent, transparent and adopt best governance practices.

Sport Ireland Director of Participation and Ethics, Dr Úna May, stated on the 11th of March 2019:

*"Today's meeting was an important opportunity for NADO leaders to discuss the best way forward for the international anti-doping system. There are a number of fundamental changes which need to happen in order for confidence in the system to be restored; none more so than the full implementation of the Copenhagen Proposals put forward to WADA by the NADOs. Conflicts of interests need to be removed if clean athlete's globally are to trust the system and know that decisions taken are in their best interests."*



John Treacy CEO Sport Ireland & Travis Tygart CEO of USADA at the WADA Symposium in Lausanne March 2019

## Play the Games Conference 2019

Dr Bill Cuddihy, a member of Sport Ireland's Anti-Doping Committee, presented at the 2019 Play the Game Conference. This presentation was titled "An international comparison of anti-doping testing: Are we close to standardisation and harmonisation?".

## Feedback on World Anti-Doping Code 2021 and various other Technical Documents

During 2019, Sport Ireland provided feedback to the World Anti-Doping Agency (WADA) in relation to the World Anti-Doping Code 2021 review process and the International Standards review process. The final drafts of approved Code and International Standards were approved by WADA's Executive Committee and Foundation Board in November 2019. Sport Ireland will begin to review the Irish Anti-Doping Rules to ensure compliance with the revised Code and International Standards during 2020.

Sport Ireland also provided feedback to WADA on a number of technical documents including the Technical Document for Sports Specific Analysis and the 2020 Prohibited List.

## Council of Europe, EU and UNESCO

Sport Ireland attended and contributed to the Council of Europe's Anti-Doping Convention Advisory Groups on Education and Science. The Anti-Doping Unit also attended a number of Council of Europe CAHAMA meetings throughout the year. These meetings formulate the mandate for the European Public Authorities members of the WADA Foundation Board and Executive Committee meetings.



# Athlete Voice

Sport Ireland is committed to ensuring that athletes are represented and heard in all aspects of anti-doping. Understanding and highlighting athlete's opinions and insights is critical to the future of the anti-doping movement in Ireland and globally. Sport Ireland engaged in a number of initiatives to promote and elevate the athlete voice in 2019.



## 13 athletes

took part in a focus group for the RESPECT project in February 2019. The sports represented were Triathlon, Athletics, Para-Athletics, Swimming, Rugby, Hockey, Hurling, Gaelic Football, and Canoe Slalom.



Becky Scott Olympic Gold medalist in cross country skiing at the Winter Olympics in Salt Lake City, and former chair of the WADA Athlete Committee, spoke of the importance of the athlete voice in clean sport at Sport Ireland's 2018 Annual Review Launch.

At the Sport Ireland 2018 annual review launch, an Athlete Panel including Jenny Egan, Arthur Lanigan O’Keeffe, Becky Scott, David Gillick and Shane O’Connor discussed pressing issues in anti-doping in sport and the athlete’s voice in anti-doping.



A Clean Sport Insight Forum took place in September 2019 in London to showcase the results of the athlete focus groups in each country involved in the Erasmus Plus project.

Some of the topics discussed at this event were the grey zones in anti-doping, pressures athletes felt to perform and the importance of anti-doping education.

Patrick O’Leary and Jenny Egan represented Sport Ireland on the athlete panels.





# Clean Sport Education

Sport Ireland recognises that education is key to support athletes in relation to anti-doping. Sport Ireland provides education to a number of athletes and athlete support personnel annually through face to face education, online learning and a number of other resources such as printed resources and website content.

# 160

education seminars  
conducted by NGBs in 2019

Approximately

# 4,195

athletes and athlete support  
personnel were educated  
through face to face education  
seminars by NGB's

Athletes who attended European Olympic Games, European Youth Olympics, and European Youth Olympic Winter Festival received Major Games Education by Sport Ireland



Sport Ireland conducted two anti-doping tutor training sessions in 2019. 12 participants from GAA, Camogie, LGFA, Cycling Ireland and Hockey Ireland took part in the training

# 2,250

athletes completed the eLearning in 2019

# 98

Sport Ireland now have 98 anti-doping tutors delivering face to face education to the sports sector across a number of NGB's



ADVISORY NOTE

## CANNABIDIOL (CBD)

There is a growing number of cannabidiol (CBD) products that can be purchased in forms such as oils, extracts, vape and e-liquids available on the market, but what exactly are they and can athletes use them safely within the rules of anti-doping?



### WHAT IS CANNABIDIOL (CBD)?

CBD is one of over 100 known cannabinoids produced by the cannabis plant. CBD is not currently listed on the World Anti-Doping Agency's Prohibited List, and so is permitted to use in sport. All other cannabinoids are prohibited in-competition.

**Despite the permitted status of CBD, there is still a risk to athletes using CBD products.**

Any athletes who would like to use herbal remedies or supplement products should follow Sport Ireland's Supplement Risk Minimisation Guidelines.

### WHAT IS THE RISK OF CANNABIDIOL (CBD) PRODUCTS IN SPORT?

It is difficult to extract only CBD from the cannabis plant, so most CBD products will contain a mixture of compounds that are derived from the plant, including Tetrahydrocannabinol (THC). THC is the psychoactive compound that illicit drug users use to get "high" and is prohibited in-competition.

Athletes must still consider the risk of inadvertently ingesting a CBD product that either has a higher THC concentration than expected or contains another cannabinoid that is prohibited in sport.

In October 2019, Sport Ireland issued an advisory note on the use of CBD products by athletes.



**CBD products pose a risk to athletes. Athletes use CBD products at their own risk.**



# Testing

Sport Ireland collected 1,303 blood and urine samples in 2019; this is an increase of 17% on 2018. The samples collected were from 36 different sports. Out of competition samples accounted for 79% of the samples collected.

## National Testing Programme Highlights:

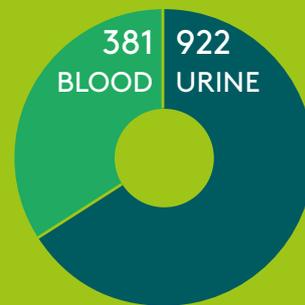
**21%** In competition samples

**79%** Out of competition samples

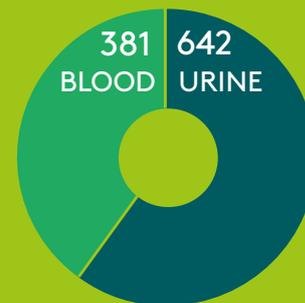
**17%** Increase in samples collected

**76%** Decrease in Whereabouts Failures in 2019

TOTAL NUMBER OF TESTS: 1,303



OUT OF COMPETITION TESTS: 1,023



IN COMPETITION TESTS: 280



# NATIONAL TESTING PROGRAMME

| NATIONAL GOVERNING BODY             | COMP: 280 | OOC: 642 | BLOOD: 381 | TOTAL: 1303 |
|-------------------------------------|-----------|----------|------------|-------------|
| American Football Ireland           | 4         |          |            | 4           |
| Athletics Ireland                   | 20        | 70       | 64         | 154         |
| Badminton Ireland                   | 4         |          |            | 4           |
| Basketball Ireland                  | 4         |          |            | 4           |
| Camogie Association                 | 4         |          |            | 4           |
| Canoeing Ireland                    | 10        | 5        |            | 15          |
| Cricket Ireland                     | 4         |          |            | 4           |
| Cycling Ireland                     | 36        | 91       | 91         | 218         |
| Football Association of Ireland     | 28        | 27       |            | 55          |
| Gaelic Athletic Association         | 40        | 72       | 23         | 135         |
| Golfing Union Of Ireland            | 3         |          |            | 3           |
| Gymnastics Ireland                  | 4         | 6        | 1          | 11          |
| Hockey Ireland                      | 8         |          |            | 8           |
| Horse Sport Ireland                 | 12        |          |            | 12          |
| Irish Amateur Wrestling Association | 4         |          |            | 4           |
| Irish Athletic Boxing Association   | 8         | 32       | 10         | 50          |
| Irish Judo Association              | 12        | 1        |            | 13          |
| Irish Ladies Golf Union             | 3         |          |            | 3           |
| Irish Martial Arts Commission       | 6         |          |            | 6           |
| Irish Rugby Football Union          | 4         | 121      | 71         | 196         |
| Irish Sailing Association           | 17        | 3        |            | 20          |
| Irish Squash                        | 2         |          |            | 2           |
| Irish Surfing Association           | 4         |          |            | 4           |
| Irish Taekwondo Union               | 3         | 1        |            | 4           |
| Irish Tug Of War Association        | 4         |          |            | 4           |
| Irish Wheelchair Association Sport  | 6         | 2        |            | 8           |
| Ladies Gaelic Football Association  | 4         |          |            | 4           |
| Motor Cycling Ireland               | 15        |          |            | 15          |
| Motorsport Ireland                  | 24        |          |            | 24          |
| Paralympics Ireland                 | 48        | 15       |            | 63          |
| Pentathlon Ireland                  | 15        | 9        |            | 24          |
| Rowing Ireland                      | 6         | 42       | 42         | 90          |
| Rugby League Ireland                | 4         |          |            | 4           |
| Swim Ireland                        | 12        | 46       | 30         | 88          |
| Triathlon Ireland                   | 9         | 11       | 11         | 31          |
| Weightlifting Ireland               | 8         | 5        | 2          | 15          |

# Science

Science is a vital element of the testing programme. It is essential that the ADU collect samples at the right time in an athlete's training and competition schedule. A number of tools are used by the ADU to ensure that an effective testing programme is implemented:

#### **Test Distribution Plan (TDP):**

A TDP is allocation of a number of tests per sport and this is completed on an annual basis. There are two elements to the TDP:

- a) Risk Analysis:** A risk analysis of each sport and the disciplines within the sports is completed. Criteria used for the risk analysis include physical demands of that sport/ discipline, possible performance-enhancing effects that doping may elicit, rewards/ incentives available, history of doping in that sport, research on doping trends, intelligence/information received, outcomes of previous TDPs.
- b) Allocation:** Depending on the risk analysis of the sport and the number of registered testing pool athletes in each sport a number of tests will be allocated to each sport.

**238** ABP (Blood) Samples collected

**83** Samples placed into long term storage in 2019

**12** Samples reanalysed in 2019

#### **Athlete Biological Passport (ABP):**

All samples collected by the ADU form part of the ABP. There are two elements to the ABP – a haematological (blood) module and a steroidal (urine) module. This is a longitudinal profile of a number samples collected from individual athletes that can indirectly reveal the effects of doping rather than direct detection of doping.

#### **Athlete Passport Management Unit (APMU):**

The APMU advise and support the ADU in the management of the ABP. The APMU assesses and issues recommendations on sample validity, follow-up and target testing, additional analysis, coordinating expert reviews and offer advice on priorities and strategies to optimize the efficiency of the ABP programme. Sport Ireland use the services of the Nordic APMU and Cologne Laboratory APMU.

#### **Long Term Storage and Reanalysis:**

The ADU implements a Sample Retention and Reanalysis Strategy. The WADA Code allows samples be stored for a period of up to 10 years and allows retroactive analysis with the benefit of technical progress in detection methods and development of further information surrounding such samples.

#### **WADA Technical Document for Sports Specific Analysis (TDSSA):**

This document, developed by WADA, outlines the minimum level of analysis for sports and disciplines that shall be conducted for Erythropoietin Stimulating Agents (ESAs), Growth Hormone (GH) and GH Releasing Factors (GHRFs). The TDSSA is based on a scientific approach linking physiological and non-physiological demands of athlete performance with the potential ergogenic benefit of those prohibited substances.



# Medications and TUE's

Eirpharm.com is the Irish Pharmacy Website which was developed in 2000 as an online database where those subject to drug testing, can check the status of their medicine according to the current WADA Prohibited List.

The website is updated as new medicines are marketed, medicines are discontinued and in accordance with changes in the WADA Prohibited List. Each year, the Eirpharm website provides an updated Guide for Prescribers, in addition to a summary of the changes which may affect prescribers due to changes in the WADA list for that year.

**1,224**

different medicines were searched of the 3,608 medicines listed on the database

**25,780**

successful searches with at least one query registered every day of the year



The most commonly searched product for 2019 was Rubex Vitamin C.

## Most commonly searched individual products in 2019:

| RANK 2019<br>(2018 IN BRACKETS) | PRODUCT NAME, DESCRIPTION & LEGAL STATUS   | NO OF SEARCHES |
|---------------------------------|--|----------------|
| 1<br>(28)                       | <b>Rubex Orange Effervescent Tablets 1000 mg</b><br>Vitamin C Supplement   | 2650 (148)     |
| 2<br>(1)                        | <b>Kapake Tablets</b><br>Combination paracetamol and codeine phosphate tablets used in pain management<br>Prescription   | 2090 (1012)    |
| 3<br>(85)                       | <b>Uniflu Tablets</b><br>Combination paracetamol, pseudoephedrine, diphenhydramine, caffeine tablets with Vitamin C tablets used to relieve nasal and sinus pain<br>Over the counter from pharmacies | 1817 (56)      |
| 4<br>(6)                        | <b>Nurofen Plus Tablets</b><br>Combination paracetamol and codeine phosphate tablets used in pain management<br>Over the counter from pharmacies   | 1750 (450)     |
| 5<br>(2)                        | <b>Ibuprofen Tablets</b><br>Ibuprofen tablet for treatment of pain and fever<br>Over the counter from pharmacies   | 1296 (973)     |
| 6<br>(17)                       | <b>Nurofen Tablets</b><br>Ibuprofen tablet for treatment of pain and fever<br>Over the counter from pharmacies   | 1005 (185)     |
| 7<br>(3)                        | <b>Zirtek Tablets</b><br>Cetirizine dihydrochloride antihistamine tablet<br>Over the counter from pharmacies   | 817 (711)      |

(2018 figures in brackets)

## Most commonly searched ranges of medicinal products in 2019:

### NON-PRESCRIPTION PRODUCTS (% of total successful searches)

**Nurofen**  
Ibuprofen based range of anti-inflammatory and cold and influenza products **14.9%**

**Lemsip**  
Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs **6.6%**

**Zirtek**  
Antihistamine range for symptomatic relief of allergies and urticaria **3.4%**

### PRESCRIPTION PRODUCTS (% of total successful searches)

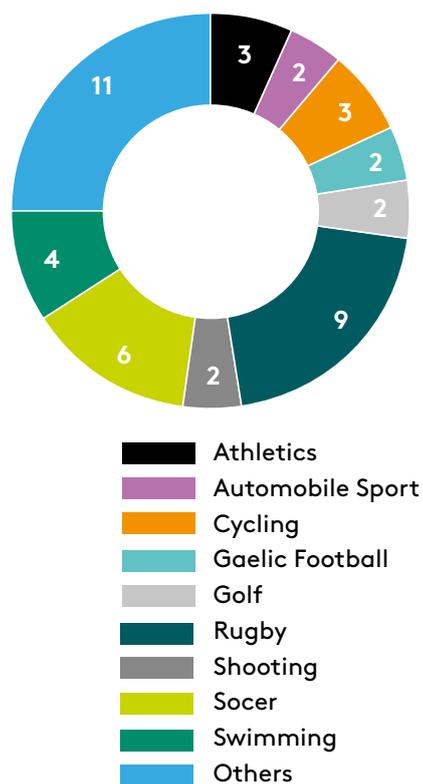
**Ventolin**  
Beta-2-agonist, primarily inhaled products **2.5%**

## Therapeutic Use Exemptions (TUEs)

Sport Ireland follows the World Anti-Doping Code International Standard for Therapeutic Use Exemptions (ISTUE). A Therapeutic Use Exemption (TUE) 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 for a TUE. For TUE approval to be granted, the athlete must have a well-documented medical condition supported by relevant and reliable medical data.

Of the valid TUE applications made to Sport Ireland in 2019 (n=52) 44 were approved by the TUE Committee on receipt of an appropriate and up-to-date medical file. In addition, two Post-Test TUE applications were received and in accordance with the Sport Ireland Anti-Doping Rules, these were approved on receipt of the appropriate up-to-date medical file. Eight applications remained as incomplete applications by the end of 2019 due to the athlete opting to use the Post-Test TUE route, the medication being discontinued or the athlete awaiting further medical assessment.

Figure 1: Number of Pre-Test TUE Applications approved in 2019 by Sport





# Anti-Doping Unit Operations

The Anti-Doping Unit works on a number of projects in relation to the management of the development and implementation of the National Anti-Doping Programme. These projects ensure Sport Ireland has an effective and efficient Anti-Doping Programme and ensures that there is quality assurance procedures in place for our stakeholders.

## Sample Collection Personnel Training Days

Two annual sample collection personnel training days took place in 2019.

**42**

Sample Collection Personnel have been re-accredited for 2020.

## Paperless Sample Collection System

In 2019 Sport Ireland, along with four other National Anti-Doping Agencies (Canada, Switzerland, Sweden and New Zealand) trialled a paperless sample collection system with software company Visionbox. Each version of the paperless app was reviewed and tested by Sport Ireland along with the four other National Anti-Doping Agencies with feedback given to Visionbox upon completion of each review. Each National Anti-Doping Agency has a timeline to amend and develop the app to their specific requirements.

Sport Ireland will amend the app to its specific requirement during 2020 and is due to go live with the paperless sample collection initially with individual out of competition missions in 2020.

A paperless approach will reduce the possibility of human error and increase efficiencies, in particular with regard to creating an immediate link with Sport Ireland's Anti-Doping Management System SIMON.

## Audits

The annual surveillance audit for the Anti-Doping Unit's ISO 9001:2015 certification took place on the 9th of October 2019. This audit was conducted by EQA Ltd, the Anti-Doping Unit's External Auditors. The Anti-Doping Unit's Internal Audit was conducted by Deloitte on the 22nd of October 2019. No findings or recommendations were raised in either of these audits.

## Sample Collection Personnel Audits

In 2019, members from the Anti-Doping Unit completed in the field audits at testing missions on Doping Control Officers and Chaperones. In total, 8 audits on Sample Collection Personnel were carried out in 2019 with no major findings reported.

## Intelligence

The Intelligence programme is a vital part of the Anti-Doping programme. Sport Ireland seeks to gather any information that will assist in the detection, deterrence, enforcement or prevention of an Anti Doping Rule Violation (ADRV).

ADRVs include use and attempted use of prohibited substances in sport, but also extend to administration of a prohibited substance, possession and trafficking in prohibited substances.

A secure Report Doping online submission form is available through the Sport Ireland website ([www.sportireland.ie/anti-doping/report-doping](http://www.sportireland.ie/anti-doping/report-doping)). Sport Ireland encourages anyone who detects, identifies, witnesses, knows or suspects that cheating has occurred to come forward and report suspected doping violations.



During 2019 Sport Ireland strengthened our investigative powers through engagement of the services of an experienced and professional investigator. This investigator liaises with a number of other agencies including the Health Product Regulatory Authority (HPRA), the Food Safety Authority of Ireland (FSAI) and An Garda Síochána.

# Appendices



## Appendix 1: Anti-Doping Rule Violations

### 2019

| Sport             | In/OOCT        | Rule violated | Substance                          | Substance category | Sanctions |
|-------------------|----------------|---------------|------------------------------------|--------------------|-----------|
| <b>Motorsport</b> | In Competition | IADR 2.1      | Carboxy-THC (tetrahydrocannabinol) | S8. Cannabinoids   | 4 months  |
| <b>Soccer</b>     | In Competition | IADR 2.3      | N/A                                | N/A                | 2 years   |
| <b>Wrestling</b>  | In Competition | IADR 2.1      | Carboxy-THC (tetrahydrocannabinol) | S8. Cannabinoids   | 3 months  |

### Pending Cases 2019

| In/OOCT        | Alleged Rule Violated |
|----------------|-----------------------|
| <b>In Comp</b> | IADR 2.3 and 2.5      |
| <b>In Comp</b> | IADR2.1               |
| <b>In Comp</b> | IADR2.1               |
| <b>OOCT</b>    | IADR2.1               |

IADR 2.1 Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's sample

IADR 2.3 Evading, Refusing or Failing to Submit to Sample Collection

IADR 2.5 Tampering or Attempted Tampering with any Part of Doping Control

## Appendix 2: Costs of the Programme

|   | 2018         | 2019         |
|---|--------------|--------------|
| <b>Testing<sup>1</sup></b>                  | 1,008,008.12 | 966,841.75   |
| <b>Education &amp; Research<sup>2</sup></b> | 75,369.29    | 46,326.05    |
| <b>Salaries<sup>3</sup></b>                 | 253,615.00   | 260,676.33   |
| <b>Other Costs</b>                          | 648,769.96   | 670,256.24   |
| <b>Total</b>                                | 1,985,762.37 | 1,944,100.37 |
| <b>Income</b>                               | 121,529.23   | 110,656.88   |

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 five staff members of the Anti-Doping Unit. advertising, printing, insurance and other overheads in administering the programme.

## Appendix 3: User Pays

Sport Ireland also conducts testing under the User Pays Programme. This is where sporting organisations pay for testing. During 2019, 195 tests were conducted under this programme – 177 urine tests and 18 blood tests.

| National Governing Body  | Comp       | OOB       | Blood     | Total      |
|--|------------|-----------|-----------|------------|
| <b>Athletics Ireland</b>   | 9          | 0         | 0         | 9          |
| <b>European Professional Club Rugby</b>                            | 24         | 0         | 0         | 24         |
| <b>Federation Internationale de la Peche Sportive en Eau Douce</b> | 0          | 2         | 0         | 2          |
| <b>Federation Internationale d'Escrime</b>                         | 1          | 0         | 0         | 1          |
| <b>Federation Internationale de Hockey</b>                         | 14         | 0         | 3         | 17         |
| <b>Irish Rugby Football Union</b>                                  | 32         | 0         | 0         | 32         |
| <b>Tug of War International Federation</b>                         | 7          | 0         | 0         | 7          |
| <b>Six Nations</b>   | 16         | 0         | 0         | 16         |
| <b>Ironman (World Triathlon Corporation)</b>                       | 6          | 0         | 0         | 6          |
| <b>United States Anti-Doping Agency</b>                            | 0          | 3         | 0         | 3          |
| <b>World Rugby</b>   | 0          | 63        | 15        | 78         |
| <b>Total</b>   | <b>109</b> | <b>68</b> | <b>18</b> | <b>195</b> |

## Appendix 4: RTP Whereabouts Failures by Quarters

|                  | Filing Failures                    | Missed Tests                     | Unsuccessful Attempts  |
|------------------|------------------------------------|----------------------------------|--|
| <b>Quarter 1</b> | <b>0</b>                           | <b>0</b>                         | <b>14</b><br>Athletics Ireland: 3<br>Irish Athletic Boxing Association: 4<br>Cycling Ireland: 2<br>Gymnastics Ireland: 1<br>Rowing Ireland: 1<br>Swim Ireland: 2<br>Triathlon Ireland: 1   |
| <b>Quarter 2</b> | <b>1</b><br>Paralympics Ireland: 1 | <b>1</b><br>Triathlon Ireland: 1 | <b>16</b><br>Athletics Ireland: 1<br>Irish Athletic Boxing Association: 6<br>Cycling Ireland: 1<br>Irish Judo Association: 1<br>Paralympics Ireland: 1<br>Rowing Ireland: 1<br>Swim Ireland: 2<br>Triathlon Ireland: 3   |
| <b>Quarter 3</b> | <b>0</b>                           | <b>1</b><br>Rowing Ireland: 1    | <b>37</b><br>Athletics Ireland: 5<br>Irish Athletic Boxing Association: 4<br>Canoeing Ireland: 1<br>Cycling Ireland: 9<br>Irish Judo Association: 2<br>Irish Wheelchair Association: 1<br>Paralympics Ireland: 2<br>Rowing Ireland: 5<br>Irish Sailing Association: 3<br>Swim Ireland: 5 |
| <b>Quarter 4</b> | <b>1</b><br>Swim Ireland: 1        | <b>0</b>                         | <b>28</b><br>Athletics Ireland: 2<br>Irish Athletic Boxing Association: 2<br>Cycling Ireland: 10<br>Paralympics Ireland: 1<br>Rowing Ireland: 4<br>Irish Sailing Association: 4<br>Swim Ireland: 5   |

## Appendix 5: NGB Unsuccessful Attempts

---

| National Governing Body | Unsuccessful Attempts |
|-------------------------|-----------------------|
| GAA                     | 4                     |
| FAI                     | 4                     |
| IRFU                    | 0                     |

**Filing Failure:** A failure by an athlete to make an accurate and complete Whereabouts Filing that enables an Athlete to be located for Testing.

**Missed Test:** A failure by an Athlete to available for Testing at the location and time specified in the 60 minute slot identified in their Whereabouts Filing.

**Whereabouts Failure:** A Filing Failure or Missed Test.

**Unsuccessful Attempt:** An attempt made outside at the location and time specified in the 60 minute slot identified in their Whereabouts Filing. Where an attempt is made outside the 60 minute timeslot it is recorded as an unsuccessful attempt rather than a missed test and is not recorded as a Whereabouts Failure.

## Appendix 6: Most commonly searched products

---

With respect to brand ranges of products, the searches were on trend with regard to patterns established over previous years. Lemsip, which is a range of paracetamol based cold and influenzae treatments, is the number one brand that was successfully searched in the database with 2,445 or 9.8% of searches in 2018 and 10.7% in 2017. There are a number of different products in this over the counter range, some of which contain the stimulant pseudoephedrine which is prohibited in competition. Nurofen, a range of ibuprofen based, pain, cold and influenza treatments is next at 1,946 searches, followed by the salbutamol-based prescription range of Ventolin which registered 899 searches. This information is summarised in Table 2, below.

### Most commonly searched individual products

The most commonly searched product for 2019 was Rubex Vitamin C, a new entrant into the top three searched medicines this year. Following a trend that has been established over the past few years, ibuprofen and paracetamol containing medicines continue to account for some of the highest numbers of successfully searched medicines on the Eirpharm database. Ibuprofen and paracetamol are used for pain management and in treatments for colds and influenza. The top seven medicines successfully searched and their ranking in 2019 are included in Table 1. All 2018 figures are in brackets.

### Most commonly searched individual products

| Rank 2019<br>(Rank 2018) | Product Name                                 | No of times searched<br>2019 in<br>bold, (2018<br>in brackets) | What is the product?   | Legal status                           |
|--------------------------|--|--|--|--|
| <b>1 (28)</b>            | Rubex Orange Effervescent Tablets<br>1000 mg | <b>2650 (148)</b>  | Vitamin C supplement   | General Sale                           |
| <b>2 (1)</b>             | Kapake Tablets                               | <b>2090 (1012)</b>   | Combination paracetamol and<br>codeine phosphate tablets used<br>in pain management  | Prescription                           |
| <b>3 (85)</b>            | Uniflu Tablets                               | <b>1817 (56)</b>   | Combination paracetamol,<br>pseudoephedrine,<br>diphenhydramine, caffeine<br>tablets with Vitamin C tablets<br>used to relieve nasal and sinus<br>pain | Over the<br>counter from<br>pharmacies |
| <b>4 (6)</b>             | Nurofen Plus Tablets                         | <b>1750 (450)</b>  | Combination paracetamol and<br>codeine phosphate tablets used<br>in pain management  | Over the<br>counter from<br>pharmacies |
| <b>5 (6)</b>             | Ibuprofen Tablets                            | <b>1296 (973)</b>  | Ibuprofen tablet for treatment of<br>pain and fever  | Over the<br>counter from<br>pharmacies |
| <b>6 (17)</b>            | Nurofen Tablets                              | <b>1005 (185)</b>  | Ibuprofen tablet for treatment of<br>pain and fever  | Over the<br>counter from<br>pharmacies |
| <b>7 (3)</b>             | Zirtek Tablets                               | <b>817 (711)</b>   | Cetirizine dihydrochloride<br>antihistamine tablet   | Over the<br>counter from<br>pharmacies |

### Most commonly searched individual products

Kapake tablets (a combination paracetamol and codeine product) was the highest searched prescription item with 2,090 successful searches registered in 2019. The second mostly highly searched prescription medicine was Ventolin Syrup (380, 324) followed by Minocin tablets with 360 searches, this is an antibiotic used to treat many different bacterial infections.

The inhaled beta-2-agonist Ventolin Inhaler/Evohaler was ranked 4th with 164 queries in 2019 (404). The Ventolin range contains the short-acting beta-2-agonists salbutamol which is used to treat bronchospasm in asthma and chronic obstructive pulmonary disease. Salbutamol is permitted in sport at normal therapeutic doses when inhaled but prohibited when taken orally and has always been in the top prescription items searched in the database.

### Number of unsuccessful database searches:

As in previous years, the food supplements, Berocca and Berocca Boost were associated with the greatest number of unsuccessful searches at 155 (118) and 30 (38) unsuccessful attempts respectively. The Eir-pharm database covers medicines marketed in Ireland which are authorised by a marketing authorisation from the HPRA (Health Products Regulatory Authority) or the EMA (European Medicines Agency) and does not include food supplements as they are not subject to the same stringent regulatory process. Similar to the 2018 data, the brand Nurofen was unsuccessfully searched 95 (110) times as it was mis-spelled as "Neurofen".

## Most commonly searched brand range of products:

With respect to brand ranges of products, the searches were on trend with regard to patterns established over previous years. Nurofen, a range of ibuprofen based, pain, cold and influenzae treatments recorded 3,839 searches in 2019 (14.9% of successful searches). There are several different products in this over the counter range, some of which contain the stimulant pseudoephedrine which is prohibited in competition. Lemsip, a range of paracetamol based cold and influenzae treatments, is the second most searched brand that was successfully searched in the database with 1,697 or 6.6% of searches in 2019. The Zirtek brand of antihistamine, one of which also contains a stimulant registered 887 or 3.4% of all successful searches. This was followed by the salbutamol-based prescription range of Ventolin which registered 634 searches. This information is summarised in Table 2, below.

## The most searched therapeutic class of product:

Reflecting the trend of previous years, a high percentage of searches in the Eirpharm medicines and sport database were associated with non-prescription medicines. Of these, those used in the management of colds and influenza ranked the highest at 6,461 (5,940) or 25 % of all successful searches while in 2018 it was 23.7% of all searches. These figures include medicines to treat the symptoms of colds and influenzas, as well as cough and nasal congestion.

The stimulant, pseudoephedrine is an active ingredient in many of these multi-ingredient medicines and accounts for 1,693 (1,871) or 6.6% (7.5%) of all successful searches.

When combining both prescription and non-prescription medicines, 33% or 8,495 (6,951) searches were for anti-inflammatories and analgesic medicines. Asthma treatments, which are all prescription-only medicines account for 1,566 (3,056) searches or 6.1 % of searches. The medicines containing beta-2-agonists account for nearly two-thirds of the searches on asthma medication at 1,115 (or 4.3% of the total).

## Most commonly searched ranges of medicinal products: Non-prescription and prescription

| Non-Prescription Products (% of total successful searches) |  |              |              |              |              |
|--|--|--------------|--------------|--------------|--------------|
| Brand  | Type of products in range  | 2019         | 2018         | 2017         | 2016         |
|  | <b>Total</b>   | <b>25780</b> | <b>25049</b> | <b>47555</b> | <b>47619</b> |
| <b>Nurofen</b>   | Ibuprofen based range of anti-inflammatory and cold and influenza products             | 14.9         | 7.8          | 6.7          | 7.3          |
| <b>Lemsip</b>  | Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs | 6.6          | 9.8          | 10.5         | 12.0         |
| <b>Zirtek</b>  | Antihistamine range for symptomatic relief of allergies and urticaria                  | 3.4          | 3.3          | 0.8          | *            |
| Prescription Products (% of total successful searches)     |  |              |              |              |              |
| Brand  | Therapeutic class  | 2019         | 2018         | 2017         | 2016         |
| <b>Ventolin</b>  | Beta-2-agonist, primarily inhaled products   | 2.5          | 3.6          | 2.4          | 1.9          |

\* The percentage was not sufficiently large to be included in the annual report of that year.

## Appendix 7: Searches based on time of year

In 2019, the busiest month was June which accounted for 10.8% of all searches followed by March (10%). The monthly usage is summarised in Table 4 and in Figure 1, summarises the monthly searches over the past five years.

### Successful searches per month

| % of total year | 2019 | 2018 | 2017 | 2016 | 2015 |
|-----------------|------|------|------|------|------|
| Jan             | 7.5  | 17.2 | 9.6* | 9.6  | 9.9  |
| Feb             | 8    | 9    | 8.9  | 8.9  | 8.3  |
| Mar             | 10   | 13.1 | 8.4  | 11.4 | 10.8 |
| Apr             | 9.6  | 9.4  | 7.8  | 7.7  | 9.6  |
| May             | 9.8  | 9    | 9.6  | 5.8  | 9.8  |
| Jun             | 10.8 | 8.4  | 9.6  | 6.8  | 7.8  |
| Jul             | 9.7  | 8.3  | 11.6 | 10.8 | 10.2 |
| Aug             | 8.8  | 8    | 10.8 | 11.6 | 8.7  |
| Sept            | 8.7  | 5.5  | 12.1 | 9.7  | 7.5  |
| Oct             | 7.6  | 3.7  | 4.1  | 7.6  | 7    |
| Nov             | 4.2  | 3.8  | 3.4  | 6.2  | 5.3  |
| Dec             | 5.2  | 4.6  | 4.3  | 3.9  | 5    |

\*Searches took place in January 2017 but were not logged due to a server set up error and the January 2017 figure is a replicate of January 2016.

## Appendix 8: Trends in Data

The usage statistics from the Eirpharm medicines and sport database has followed similar patterns to that generated over the past five years. The number of searches via the Sport Ireland App function has significantly reduced over the year. There is continued, consistently high online usage of the Eirpharm database as verified by the server log files for the [www.eirpharm.com/sports/](http://www.eirpharm.com/sports/) section of the website. As in previous years the queries on over-the-counter medicines account for the highest numbers of searches of the database and of these, the cold and influenza treatments continue to be associated with the greater number of searches. This is particular note for multi-ingredient remedies some of which contain the stimulant pseudoephedrine. Many of these products have similar names and come under the one "umbrella" brand, so user may check more than one name under that brand to confirm they are selecting the correct product.

## Appendix 9: ABP Blood Samples Collected by Sport

---

| Sport                | No. of ABP (blood) samples collected |
|----------------------|--------------------------------------|
| Athletics            | 58                                   |
| Boxing               | 5                                    |
| Canoeing             | 2                                    |
| Cycling              | 60                                   |
| Modern Pentathlon    | 9                                    |
| Paralympic Athletics | 8                                    |
| Paralympic Cycling   | 24                                   |
| Rowing               | 36                                   |
| Sailing              | 1                                    |
| Swimming             | 24                                   |
| Triathlon            | 11                                   |
| <b>Total</b>         | <b>238</b>                           |

## Appendix 10: Samples Placed into Long Term Storage

---

| Sample Type  | No. added in 2019 |
|--------------|-------------------|
| Urine        | 70                |
| Blood        | 13                |
| <b>Total</b> | <b>83</b>         |

## Appendix 11: Samples Reanalysed

---

| Sample Type  | No. reanalysed in 2019 |
|--------------|------------------------|
| Urine        | 10                     |
| Blood        | 2                      |
| <b>Total</b> | <b>12</b>              |

## Appendix 12: List of Abbreviations

---

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







SPÓRT  
ÉIREANN  
FRITHDHÓPÁIL

SPORT  
IRELAND  
ANTI-DOPING

**Sport Ireland**

The Courtyard, Sport Ireland Campus  
Snugborough Road, Blanchardstown  
D15 PN0N, Ireland

Phone: +353-1-860 8800

Email: [antidoping@sportireland.ie](mailto:antidoping@sportireland.ie)

[www.sportireland.ie/Anti-Doping](http://www.sportireland.ie/Anti-Doping)