



SPÓRT
ÉIREANN
FRITHDHÓPÁIL

SPORT
IRELAND
ANTI-DOPING

Annual Review 2020

2020

Programme Highlights



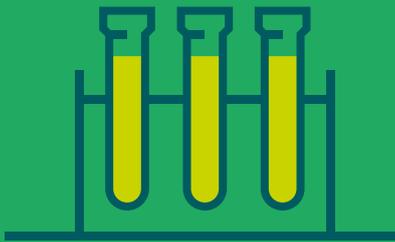
41

Sample Collection Personnel re-accredited



9,046

Successful searches on the Eirpharm website



1,045

Blood and urine samples collected from athletes

108

Samples placed in long term storage

18 Therapeutic Use Exemptions approved by Sport Ireland



5,001

Completed the Anti-Doping E-Learning Course



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Foreword

It is safe to say that 2020 will go down in history as a year like no other.

While we expected to be reflecting back on the role of anti-doping in the preparation of athletes for the Tokyo Olympic & Paralympic Games and major domestic & international sport, that is not the case.

For much of 2020, our pitches, stadia, courts, arenas and tracks lay idle, void of competition as the Covid-19 pandemic swept its way across the world.

While the major tournaments and competitions faced postponement or cancellation, there was a glimmer of hope as training, and ultimately competition, was allowed to resume in part.

Despite the significant curtailment of sporting activity, the importance of the fight against doping in sport was acknowledged by Government. The designation of anti-doping activity as 'essential' allowed our sample collection personnel to continue their important work right around the country.

The imposition of restrictions meant the anti-doping staff needed to be responsive and innovative. The manner in which the Sport Ireland staff and sample collection personnel reacted is to be commended, with 1,045 tests carried out across 27 different sports as part of the testing programme. Naturally, in-competition samples accounted for only 17%, with out-of-competition samples making up 83% of the national testing programme. I would like to thank all members of the Sport Ireland Anti-Doping unit for their exceptional efforts in 2020, working in much changed conditions to protect the integrity of sport in Ireland.

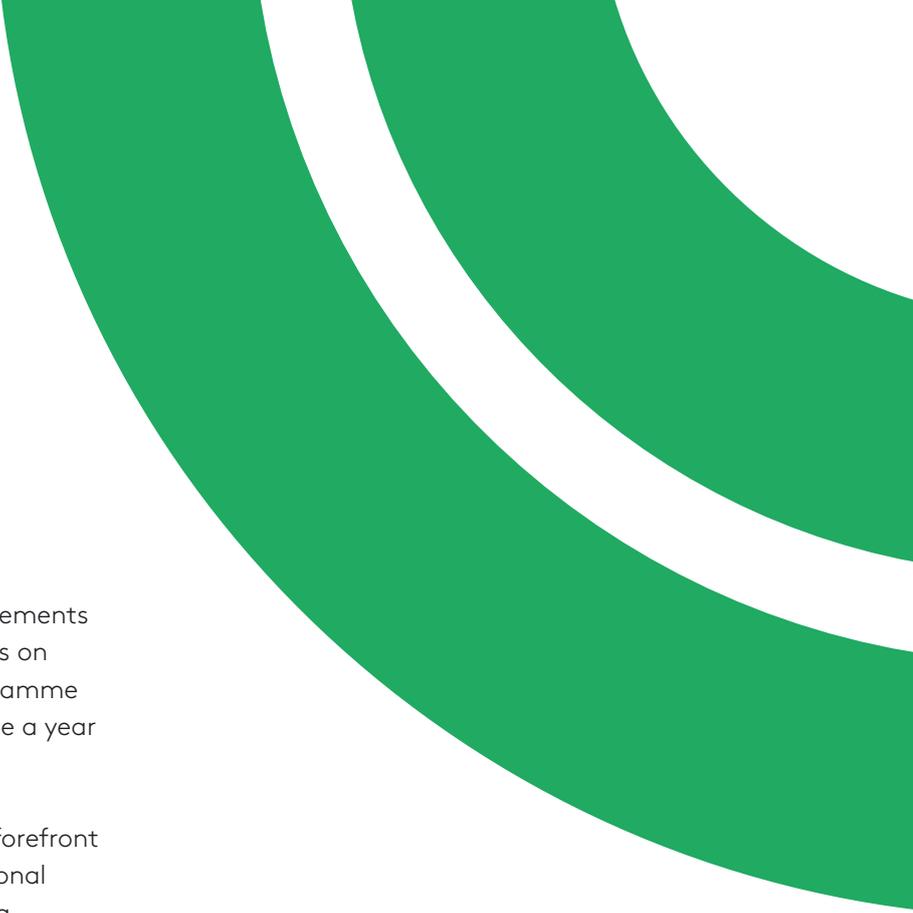
I am proud of the fact that Sport Ireland was part of an eleven strong international working group of National Anti-Doping Organisations which developed a Modifications to Sample Collection Protocols for testing during the pandemic. These protocols were used as a foundation by WADA in relation to the development of their own protocols, which was outlined in their COVID-19: ADO Guidance for Resuming Testing document. This continues the strong role Sport Ireland is playing as a leader in the international anti-doping arena.

There were 3 anti-doping rule violations announced for 2020, along with 4 other anti-doping rule violations that were announced pending from 2019.

While it is always regrettable when any individual commits an anti-doping rule violation, the numbers do demonstrate that the testing system is working. Furthermore, each case is a valuable learning experience for all athletes, coaches and administrators alike.

In that regard, Sport Ireland continued to bolster its education provision in 2020, despite the challenging circumstances. In total, 6,544 athletes and athlete support personnel were educated via face-to-face seminars (prior to the onset of the pandemic), online education sessions or via the Sport Ireland Anti-Doping e-learning site. This total is an increase on 2019 figures (6,445) notwithstanding the COVID-19 restrictions, which is remarkable.

Equally as important as education, is the continued commitment to ensure that athletes are central in all aspects of anti-doping. Sport Ireland's commitment to this has been exemplified by the contributions made to the RESPECT research project in 2020.



The role of science and investigation are vital elements of the anti-doping process. The significant focus on both of these areas in 2020 will stand the programme in good stead heading into what we hope will be a year full of sporting activity.

Partnership and collaboration has been to the forefront in anti-doping both at a national and international level. Here in Ireland we are lucky to have strong partners at statutory level as we work towards clean sport. In that regard, I would like to acknowledge the assistance of the Health Products Regulatory Authority (HPRA) and the Food Safety Authority of Ireland (FSAI). We were also delighted in 2020 to sign an MOU with the Pharmaceutical Society of Ireland, which will assist joint working between the agencies including information sharing, particularly when there are overlapping interests or areas of mutual concern.

This is my first Irish Anti-Doping Review as Chair of the Anti-Doping Committee and I would like to acknowledge the contribution of my predecessor, Caroline Murphy, to anti-doping in Ireland. Caroline has been an excellent leader and an outstanding advocate for clean sport. On behalf of Sport Ireland, I would like to thank Caroline and wish her well for the future.

Finally, I would like to thank the Irish Anti-Doping Disciplinary Panel, Chaired by Michael Collins SC, for its work during a particularly busy 2020. I would also like to thank Prof. Sean Gaine and his fellow members of the Therapeutic Use Exemption Committee (TUEC) for their contribution.

Roger O'Connor

Chairperson, Anti-Doping Committee

Introduction

We are pleased to present the twenty-first annual review of Sport Ireland Anti-Doping, covering the year 2020.

This review provides comprehensive details of the activities of the Irish Anti-Doping Programme in 2020, including the financial cost of the programme. In 2020, the programme cost €1,904,381.61, with a total of 1,045 blood and urine tests conducted in Ireland and overseas.

As evidenced elsewhere in this review, the global Covid-19 pandemic had a profound impact on our sport and on the anti-doping landscape. In March, sport came to a sudden standstill, with training and competitions suspended indefinitely. It was absolutely crucial that the cessation of sport did not mean a let-up in a rigorous anti-doping programme. Working closely with our colleagues in the Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media, we were delighted to secure an exemption of anti-doping personnel to be classed as 'essential workers' within the Government regulations.

Furthermore, Sport Ireland implemented innovative and responsive systems and protocols to ensure that the testing of athletes could continue in a safe manner. As our elite athletes were allowed to resume training, it was welcome that Sport Ireland could continue to roll out an extensive testing programme.

Throughout this period, we continued to work closely with our colleagues in the HPRA, Customs and An Garda Síochána to remain vigilant and we look forward to working with them and new partners in the Pharmaceutical Society of Ireland in 2021.

It is unfortunate that, once again, events away from the playing field have continued to blight the fight against doping in sport. There was a distinct sense of déjà vu as the matter of Russian compliance with the World Anti-Doping Code reared its head again at the back end of the year. What had already been a very difficult year for sport was further compounded by the news that the Court of Arbitration for Sport had completely watered down the already weak sanctions imposed on Russia by WADA for their various transgressions.

After an episode that had dragged on for years, Russia received a virtual slap on the wrist that amounted to a ban on a national anthem and a reduced sentence for bad behaviour. This behaviour included the wholesale manipulation of data after repeated attempts to stall the progress of WADA's investigations. Hardly a worthy sanction for the greatest scandal to have hit international sport.

We now face the prospect of Russian athletes competing in Russia, where they will compete in Russian colours and will compete with Russia across their uniforms. In 2016, over 280 Russian athletes took part in the Rio Olympic Games; potentially nearly 300 athletes from countries that play by the rules could be denied a spot in Tokyo Olympics next year, with many more potentially competing in the Paralympic Games. Is this fair?

With our international colleagues, we continue to fight the case for stronger governance and oversight across the global anti-doping system. Athletes worldwide need to have the confidence that they are competing on a fair, level and transparent playing field; and we support them fully.

As always, we wish to thank our athletes for their continued and unwavering cooperation throughout a difficult year for all in 2020. The manner in which Irish athletes have bought into the ethos of clean sport is to be commended. We would especially like to thank those athletes that continue to act as advocates and ambassadors for the ongoing testing, prevention and education programmes. We acknowledge that it is not always convenient, but the professional manner in which our athletes conducted themselves and adhered to protocols whenever there was a knock at the door is to be commended.

Through what has been a challenging period, Sport Ireland would like to acknowledge the outstanding service provided by the Anti-Doping Unit provided in 2020, and continue to provide. The work of Dr Úna May and her team led by Síobhán Leonard not only provided an innovative and adaptive approach to the robust testing programme, but also continued to work closely with National Governing Bodies to continue the message of the importance of clean sport.

Finally, we would like to express our appreciation to the distinguished individuals who provide dedicated service to the Anti-Doping Committee, led by outgoing chair Caroline Murphy and incoming chair Roger O'Connor. 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.

Due the COVID-19 pandemic, the Committee met virtually twice during 2020 and the Committee members were:

Ms Caroline Murphy
Chair, Sport Ireland Board Member (Jan – Oct)

Mr Roger O'Connor
Sport Ireland Board Member
(Interim Chair Oct - present)

Prof. Brendan Buckley
Former Chief Medical Officer, ICON

Dr. Bill Cuddihy
Former Medical Officer to Athletics Ireland

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

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

As per Article 8 of the Irish Anti-Doping Rules, the Irish Sport Anti-Doping Disciplinary Panel is a panel of independent experts who are available to hear and determine a case or appeal arising out of the Irish Anti-Doping Rules. Each hearing panel will comprise of a Chair with legal expertise, a medical practitioner and a sports administrator. 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 2020 are:

Michael Collins	Chair
Helen Kilroy	Vice-Chair
Adrian Colton	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
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 International standard for Therapeutic Use Exemptions, Sport Ireland 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
(January – October)

Dr. Sinead Harney, Rheumatology

Dr. Catherine McGorrian, Cardiologist

Mr Seamus Morris, Orthopaedics
(November – December)

Staff

Dr. Úna May
Director of Participation and Ethics

Ms. Siobhán Leonard
Director of Anti-Doping & Ethics

Ms. Rachel Maguire
Anti-Doping Education and Research Manager
(January – April)

Ms. Melissa Morgan
Testing and Quality Manager

Mr. Michael Heffernan
Intelligence and Investigations Officer

Mr. Gerard Nowlan
Science Officer

Ms. Janine Merriman
Anti-Doping Executive

Mr. Michael McNulty
Anti-Doping Executive

Ms. Orla Kavanagh
Ethics Officer

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Global Clean Sport Activities

Stance on Russian Compliance CAS Decision

Sport Ireland continued to highlight its stance on Russian Compliance with the World Anti-Doping Code and issued a statement on 18th December 2020 in relation to the decision of the Court of Arbitration for Sport (CAS) to reduce the sanction on Russia. In December 2019 WADA had declared Russia non-compliant with the World Anti-Doping Code for a period of four years. Russia appealed this sanction and in December 2020 CAS reduced this period down to two years.

Sport Ireland Chief Executive, John Treacy, commented at the time:

"2020 has been a very difficult year for sport and has been further compounded by the news that CAS has completely watered down the already weak sanctions imposed on Russia by WADA. After this entire saga that has dragged on for years, what are we left with? A ban on a national anthem and a reduced sentence for bad behaviour, including the wholesale manipulation of data after repeated attempts to stall the progress of WADA's investigations. This is the sanction for the greatest scandal to have hit international sport."

"Russian athletes will still be allowed to compete; they will compete in Russian colours; they will compete with Russia across their uniforms. In 2016, over 280 Russian athletes took part in the Rio Olympic Games – we will potentially see situation where nearly 300 athletes from countries that play by the rules being denied a spot in Tokyo Olympics next year, with many more potentially competing in the Paralympic Games. Sport Ireland fully supports the statement of Global Athlete who speak with the voice of the clean athlete worldwide."

National Anti-Doping Organisations (NADO) Leader Summits

Two NADO Leader Summits took place virtually on March 24th and September 2nd and 3rd 2020. The Leaders discussed matters including World Anti-Doping Agency (WADA) reforms, the situation at the Russian Anti-Doping Agency (RUSADA) and the impact that the global COVID-19 pandemic has had on the anti-doping system.

International Contribution

Sport Ireland provided feedback to WADA on a number of technical letters and documents and the 2021 Prohibited List.

The Anti-Doping Unit attended a large number of webinars presented by WADA and iNADO in relation to the 2021 World Code and the revised and new International Standards which come into effect on January 1st 2021. These webinars assisted the Anti-Doping Unit in developing and revising Irish Anti-Doping Programme policies and procedures ensuring compliance with the 2021 Code and International Standards. All meetings and webinars attended are listed in appendix 3.

National Anti-Doping Organisation NADO Testing Experts Group Meetings

During 2020, Sport Ireland attended a virtual bi-monthly meeting with a group of 11 other National Anti-Doping Organisations. Topics which were discussed included testing updates from each Country and additional protective measures during COVID-19, test distribution planning and how this was being reevaluated during COVID-19, changes to the World 2021 Code and how each country progressed with their 2021 Anti-Doping Rules.



Council of Europe, EU and UNESCO

Sport Ireland contributed to the Council of Europe's Anti-Doping Convention Monitoring Group and also the Council of Europe's Advisory Groups on Education and Science. The Anti-Doping Unit also virtually attended and contributed to a number of Council of Europe's 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.

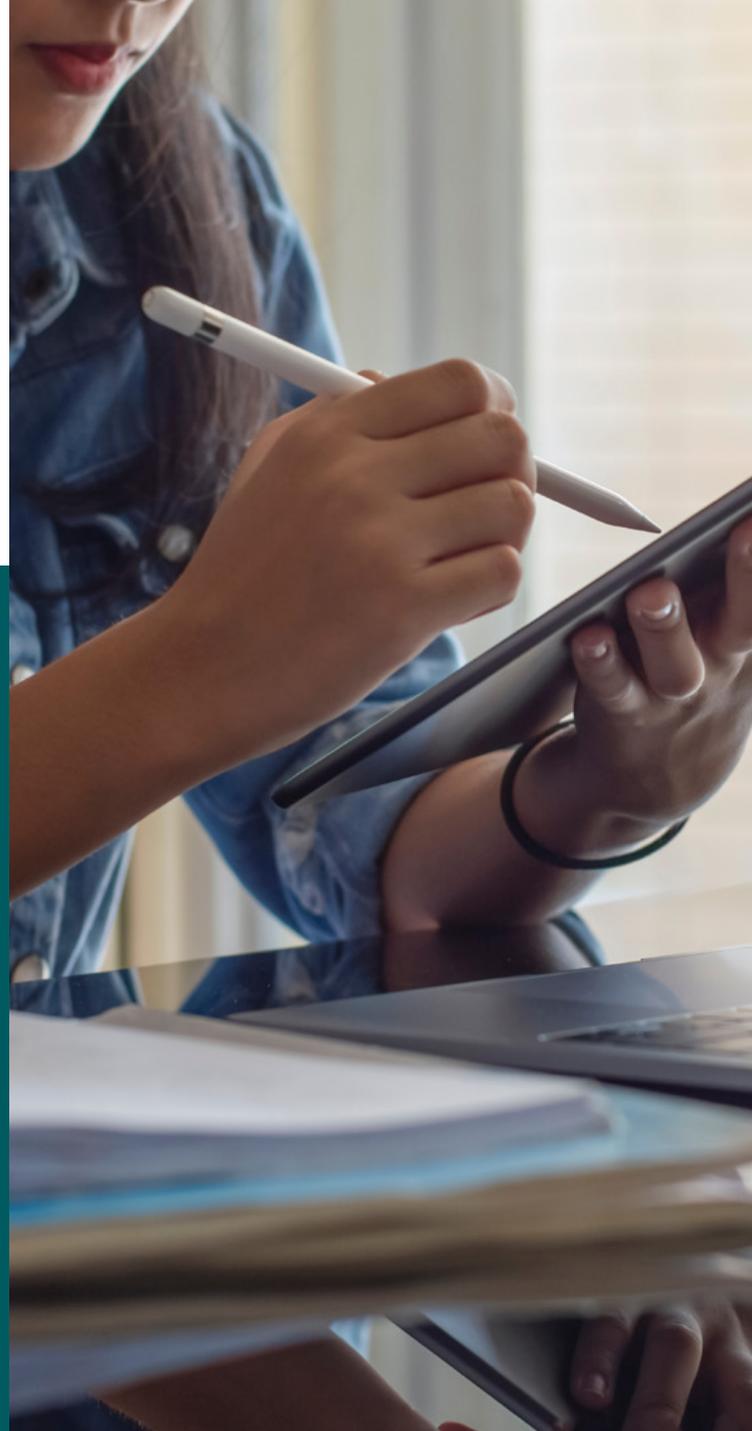
Erasmus Plus National Anti-Doping Organisation (NADO) Governance Project

Sport Ireland continues to contribute to the Erasmus+ project on NADO governance. This is a bench-marking project to ascertain the levels of governance in a number of National Anti-Doping Organisations. The project was due to be completed in Autumn 2020 but due to the COVID-19 pandemic has been extended to mid-2021. It is hoped that the final seminar for the launch of the project results will take place in June 2021.



Clean Sport Education

One of the more interesting outcomes of the RESPECT project was that athletes involved in the research felt a 'Clean athlete' is one who is "true to him/herself". Similarly, they felt that being a clean athlete does not deserve praise. They also strongly supported anti-doping education programmes that in particular focused on the prevention of accidental doping.



In Sport Ireland we believe that an athlete's first experience of anti-doping should be through education and not doping control. Sport Ireland's anti-doping education programme provides education to athletes, athlete support personnel and all relevant NGBs, on an annual basis. This education programme involves anti-doping tutor training, face-to-face education, anti-doping e-learning as well as a number of other resources such as wallet cards and website content. As part of the new code in 2021, WADA will also be introducing a new International Standard for Education (ISE). In 2020, Sport Ireland began work on developing an anti-doping education plan which will be fully compliant with the new ISE. The anti-doping education plan will be released in 2021.

EDUCATION ACTIVITIES

25,000

Wallet Cards distributed

52

Face to Face Seminars

5,001

e-Learning

16

Online Education Sessions/Webinars

1,543

Attendees at Seminars/
Online Education

0

Tutor Training
(due to COVID-19 restrictions)

It was not possible to conduct any anti-doping tutor training sessions in 2020. However, in total, 6,544 athletes and athlete support personnel were educated via face-to-face seminars (before the global COVID-19 pandemic began), online education sessions or via the Sport Ireland Anti-Doping e-learning site. This total is an increase on 2019 figures (6,445 total) notwithstanding the COVID-19 restrictions. The increase in figures on those for 2019 is mainly due to the large numbers of athletes and athlete support personnel who completed anti-doping e-learning in 2020 as a result of the pandemic.



Athlete Voice

In 2020, Sport Ireland continued its commitment to ensure that athletes are included in all aspects of anti-doping.

As part of this commitment, Sport Ireland's Anti-Doping Unit actively contributed to the RESPECT Project. This research project sought to identify athlete's perspectives and experiences of anti-doping to further our understanding of the barriers and enablers of clean sport. Patrick O'Leary was one of the athlete facilitators involved in the data collection phase of this research. The RESPECT Project concluded in 2020 with a 2-day virtual 'Clean Sport Insight Forum' on 8th and 9th December 2020. As part of this forum, the group presented their findings on what athletes felt was a best fit definition of the term 'clean' sport and why it is important.

The forum also included a presentation on anti-doping education strategies, including a ten year strategy to support athletes who choose to compete clean and the RESPECT-P project which is the next phase of the programme.



In November 2020, Sport Ireland joined forces with athlete representatives and their corresponding NADOs from 13 other countries to collectively call on meaningful reform at the World Anti-Doping Agency (WADA). In particular, the group collectively called for more independence, transparency, and accountability at WADA. The group also reaffirmed the need to strengthen human rights and eliminate conflicts of interest in the anti-doping system. Sport Ireland firmly believes that this greater transparency will build greater trust with athletes and enable WADA to carry out its mission more effectively.



Testing

COVID-19 and Testing

The testing programme began in 2020 with the emphasis on the Olympic and Paralympic Games that were to take place later in the year. Then the global COVID-19 pandemic happened. Sporting events, training sessions and camps around the world, including Ireland, came to a sudden stop. Events scheduled for early in the year were quickly changed to the end of the year or cancelled.

The Anti-Doping Unit quickly turned to developing drug testing protocols for testing to be conducted during this pandemic. The unit needed to ensure that these protocols followed Health Service Executive (HSE) and World Health Organization (WHO) guidelines when completing anti-doping testing. Sport Ireland was part of an eleven strong international working group of National Anti-Doping Organisations which developed a Modifications to Sample Collection Protocols for testing during the pandemic. These protocols were used as a foundation by WADA in relation to their protocols which was outlined in their COVID-19: ADO Guidance for Resuming Testing document.

To keep everyone safe, Sample Collection Personnel (SCP) completed online training regarding the modified sample collection procedures before they could complete anti-doping tests. Two training sessions took place on June 3rd and 22nd 2020 for SCP who are available to work.

Sport Ireland's Anti-Doping Unit communicated our additional protective measures to Registered Testing Pool athletes and National Governing Bodies to ensure they understood and were aware of our new measures.

The Anti-Doping Unit would like to thank all the Registered Testing Pool athletes and National Governing Bodies for their assistance and cooperation in regards to testing and rescheduling events. We would like to extend a special thank you to the SCP for continuing their high standard of work whilst adhering to the new guidelines.

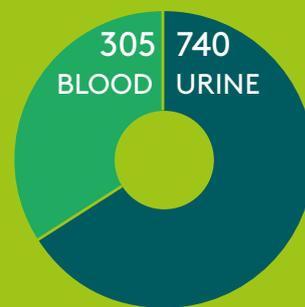
National Testing Programme

Sport Ireland collected 1,045 blood and urine samples in 2020. The samples collected were from 27 different sports. Out of competition samples accounted for 83% of the samples collected.

Testing Highlights for 2020

- **In competition samples accounted for 17%** as a number of competitions were cancelled due to the COVID-19 pandemic and **out of competition samples for 83%** in the national testing programme
- Unsuccessful attempts on the Registered Testing Pool **decreased by 11% from 2019**
- Whereabouts Failures increased from 4 in 2019 to **7 in 2020**

TOTAL NUMBER OF TESTS: 1,045



OUT OF COMPETITION TESTS: 872



IN COMPETITION TESTS: 173



NATIONAL GOVERNING BODY	COMP: 173	OOC: 567	BLOOD: 305	TOTAL: 1,045
Athletics Ireland	20	52	40	112
Badminton Ireland	5			5
Basketball Ireland	4			4
Camogie Association	4			4
Canoeing Ireland	12	6		18
Cricket Ireland	4			4
Cycling Ireland	17	94	80	191
Football Association of Ireland	26	28		54
Gaelic Athletic Association	51	63	24	138
Gymnastics Ireland	4	1		5
Hockey Ireland	11			11
Horse Sport Ireland	7			7
Irish Athletic Boxing Association	31	8		39
Irish Judo Association	6			6
Irish Martial Arts Commission	3			3
Irish Rugby Football Union	2	73	39	114
Irish Sailing Association	13	1		14
Irish Taekwondo Union	4	1		5
Irish Wheelchair Association Sport	3	1		4
Ladies Gaelic Football Association	6			6
Motorsport Ireland	7			7
Paralympics Ireland	46	13		59
Pentathlon Ireland	12	6		18
Rowing Ireland	56	48		104
Swim Ireland	9	47	29	85
Triathlon Ireland	2	10	8	20
Weightlifting Ireland	6	2		8



User Pays

Sport Ireland also conducts testing under the User Pays Programme whereby sporting organisations pay for testing. During 2020, 118 tests were conducted under this programme – 106 urine tests and 12 blood tests.

Table 3: Users Pays Testing Statistics

National Governing Body	Comp	OOC	Blood	Total
Anti-Doping Norway	0	1	1	2
International Boxing Association (AIBA)	0	1	0	1
Athletics Ireland	5	0	0	5
Canadian Centre for Ethics in Sport	0	1	0	1
Irish Rugby Football Union	16	0	0	16
Tug of War International Federation	8	0	0	8
Six Nations	14	0	0	14
UK Anti-Doping	0	3	0	3
United States Anti-Doping Agency	0	3	1	4
World Rugby	0	54	10	64
Total	43	63	12	118

Table 4: NGB Unsuccessful Attempts

NGB	Unsuccessful Attempts
Gaelic Athletic Association	4
Football Association of Ireland	3
Irish Rugby Football Union	1
Hockey Ireland	1

Table 5: RTP Whereabouts Failures and Unsuccessful Attempts by Quarters

	Filing Failures	Missed Tests	Unsuccessful Attempts
Quarter 1	0	1	23
		Rowing Ireland: 1	Athletics Ireland: 5 Canoeing Ireland: 2 Cycling Ireland: 4 Gymnastics Ireland: 1 Irish Judo Association: 1 Paralympics Ireland: 3 Pentathlon Ireland: 1 Rowing Ireland: 2 Irish Sailing Association: 3 Swim Ireland: 1
Quarter 2	0	1	2
		Triathlon Ireland: 1	Pentathlon Ireland: 1 Rowing Ireland: 1
Quarter 3	1	3	31
	Rowing Ireland: 1	Athletics Ireland: 1 Cycling Ireland: 1 Irish Sailing Association: 1	Athletics Ireland: 4 Irish Athletic Boxing Association: 4 Canoeing Ireland: 5 Cycling Ireland: 4 Gymnastics Ireland: 1 Irish Judo Association: 2 Irish Wheelchair Association: 1 Paralympics Ireland: 4 Rowing Ireland: 4 Irish Sailing Association: 1 Swim Ireland: 1
Quarter 4	1	0	26
	Cycling Ireland: 1		Athletics Ireland: 2 Irish Athletic Boxing Association: 7 Canoeing Ireland: 1 Cycling Ireland: 7 Paralympics Ireland: 1 Rowing Ireland: 3 Irish Sailing Association: 2 Swim Ireland: 2 Triathlon Ireland: 1

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 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.



Science

Science is a vital element of the testing programme. In order to be effective, 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 an 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.

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.

ABP Blood Samples collected by Sport in 2020

Sport	No of ABP (Blood) Samples collected
Athletics	40
Boxing	6
Canoeing	6
Cycling	54
Modern Pentathlon	6
Paralympic Athletics	9
Paralympic Cycling	24
Rowing	48
Swimming	28
Triathlon	8
Total	229



Athlete Passport Management Unit (APMU)

An APMU is a dedicated unit responsible for the timely review and management of all athlete biological samples and passports. An APMU must be hosted independently by a WADA accredited laboratory. Sport Ireland currently use the Nordic APMU, hosted by the Oslo Laboratory for the management of blood passports, and the Cologne Laboratory for the management of steroidal passports. 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 offers advice on priorities and strategies to optimize the efficiency of the ABP programme.

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). These analyses are conducted in addition to the routine analysis of all samples. The TDSSA is based on a scientific approach linking physiological and non-physiological demands of athlete performance with the potential ergogenic benefits of those prohibited substances.

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. Advancements in analytical methods in recent years, as well as the introduction of new Technical Documents by WADA, has provided Sport Ireland with the opportunity to retroactively analyse selected stored samples for substances not originally detectable at the time of collection.

Samples Placed into Long Term Storage

Sample Type	Number added in 2020
Urine	98
Blood	10
Total	108

Samples Reanalysed

Sample Type	Number reanalysed in 2020
Urine	0
Blood	12
Total	12



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 (Tables 1 and 2 below).

The most commonly searched product for 2020 was Ibuprofen Tablets, followed by Rubex and Lemsip Max Cold and Flu.



Table 1: Most commonly searched individual products

Rank 2020 (Rank 2019)	Product Name	No of times searched 2020 in bold, (2019 in brackets)	What is the product?	Legal status
1 (3)	Ibuprofen Tablets	1010 (1296)	Ibuprofen tablet for treatment of pain and fever	Over the counter from pharmacies
2 (1)	Rubex Orange Effervescent Tablets 1000 mg*	473 (2650)	Combination paracetamol and codeine phosphate tablets used in pain management	General Sale
3 (8)	Lemsip Max Cold and Flu	245 (683)	Paracetamol for oral solution for relief of symptoms associated with the common cold or influenza	General Sale
4 (20)	Salamol Inhaler	215 (137)	Short-acting beta-2 agonist (salbutamol) used to treat bronchospasm in asthma and chronic obstructive pulmonary disease	Prescription
5 (11)	Ventolin Oral Solution	154 (381)	Short-acting beta-2 agonist (salbutamol) used to treat bronchospasm in asthma and chronic obstructive pulmonary disease	Prescription

* No longer marketed as a medicine in 2021 by which all stock with a product authorisation would have expired so this product is now removed from the Eirpharm database.

Table 2: Most commonly searched ranges of medicinal products: Non-prescription and prescription

Non-Prescription Products (% of total successful searches)					
Brand	Type of products in range	2020	2019	2018	2017
	Total	9026	25780	25049	47555
Lemsip	Paracetamol-based range of products for symptomatic relief of colds, influenza, coughs	8.2	6.6	9.8	10.5
Nurofen	Ibuprofen based range of anti-inflammatory and cold and influenza products	7.8	14.9	7.8	6.7
Panadol	Paracetamol based range of products for pain relief and symptomatic relief of cold and influenza	2.8	^	^	^
Prescription Products (% of total successful searches)					
Brand	Therapeutic class	2020	2019	2018	2017
Ventolin	Beta-2 agonist, primarily inhaled products	3.2	2.5	3.6	2.4

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

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 2020 (n=26) 18 were approved by the TUE Committee (TUEC) on receipt of an appropriate and up-to-date medical file. One application was rejected by the TUEC. Seven applications remained as incomplete applications by the end of 2020 due to some athletes opting to use Post-Test TUE route (under the Irish Anti-Doping Rules they do not need to get a TUE in advance), while a small number of applications are in process with the TUEC awaiting further medical assessment or reports necessary to complete their assessment of the application.

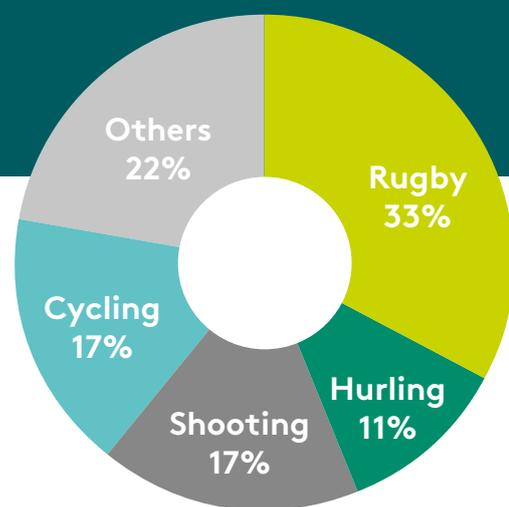


Figure 1: Number of TUE Applications approved in 2020 by Sport

Overall, there was a reduction in TUE applications in 2020 when compared to 2019. Sports which have previously generated a number of TUE applications each year, over the last number of years, continued in a similar pattern. Sports such as cycling, rugby and shooting which usually see several TUE applications had a number of successful TUE applications in 2020. There was a reduction in the diversity of sports from which athletes made a successful TUE application in 2020. The number of sports that had a single TUE application approved in 2020 was 4. In 2019, 11 sports had a single TUE application approved.



Anti-Doping Unit Operations

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

Sample Collection Personnel Training Days

The annual sample collection personnel training days took place virtually on November 27th and December 3rd.

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Sample Collection Personnel will be reaccredited for 2021

Paperless Sample Collection System

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.

During 2020, this project was delayed due to the COVID-19 pandemic. Sport Ireland will commence testing the paperless app with Doping Control Officers in 2021. The Anti-Doping Unit hope to go live with the paperless sample collection initially with individual out of competition missions in 2021.

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 virtually on the 15th October 2020. This audit was conducted by EQA Ltd, the Anti-Doping Unit's External Auditors. One minor finding was raised.

The Anti-Doping Unit's Internal Audit by KOSI took place virtually on 17th November 2020. The Unit received their final report in January 2021 with two minor procedural issues raised. These issues have since been rectified and KOSI commended the ADU that excellent assurance can be placed on the manner in which the ADU is managed internally in Sport Ireland.

Intelligence

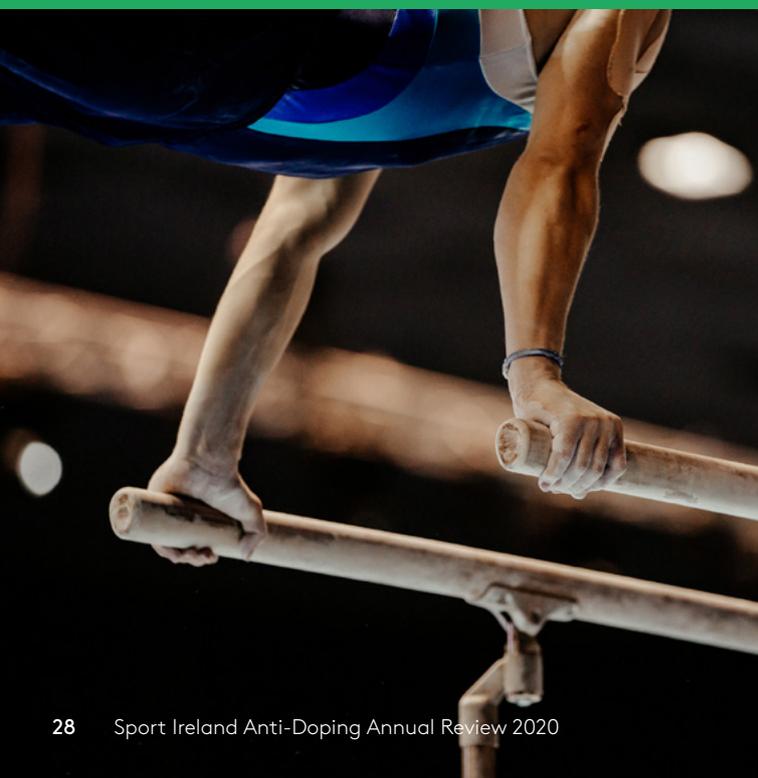
The Intelligence programme is a vital part of the Anti-Doping programme. As the Anti-Doping movement continues to move beyond drug-testing alone, Sport Ireland seeks to gather any information that will assist in the detection, deterrence, enforcement or prevention of an Anti-Doping Rule Violation (ADRV).

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 Report Doping online submission form is available through Sport Ireland's website (www.sportireland.ie/anti-doping/report-doping) 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 encourages anyone who detects, identifies, witnesses, knows of or has reasonable grounds to suspect that cheating has occurred to come forward and report suspected doping violations.

Sport Ireland liaises with a number of other agencies including the Health Products Regulatory Authority (HPRA), the Food Safety Authority of Ireland (FSAI) and An Garda Síochána.





Memorandum of Understanding – Pharmaceutical Society of Ireland

Sport Ireland and Pharmaceutical Society of Ireland (PSI) signed a Memorandum of Understanding (MOU) to assist joint working between the agencies including information sharing, particularly when there are overlapping interests or areas of mutual concern.

“The signing of the MOU between Sport Ireland and the PSI is a positive step for anti-doping in Ireland and an excellent example of agencies of the state working together for the greater good.”

Minister for Media, Tourism, Arts, Culture, Sport and the Gaeltacht, Catherine Martin TD

2021 Irish Anti-Doping Rules

During 2020 Sport Ireland revised the Irish Anti-Doping Rules to ensure compliance with the 2021 World Anti-Doping Code. Sport Ireland consulted with National Governing Bodies and athletes to receive feedback in relation to the implementation of the Irish Anti-Doping Rules. The 2021 Irish Anti-Doping Rules came into effect on January 1st 2021.





Appendices

Appendix 1: Anti-Doping Rule Violations

2019

Sport	Type of Test	Rule violated	Substance	Substance category	Sanctions
Wrestling	In Competition	2.1	Epi-stanozolol glucuronide (stanozolol); 4-methylhexan-2-amine (methylhexaneamine) and 5-methylhexan-2-amine (1,4-dimethylpentylamine)	S1 Anabolic Agents	4 years
Swimming	Out Of Competition	2.1	Clostebol	S1 Anabolic Agents	1 year
Motorsport	In Competition	2.3	NA	NA	4 years
Cycling	In Competition	2.1	Epioxandrolone, Oxandrolone, 18-noroxandrolone and Boldenone and/or boldenone metabolite(s)	S1 Anabolic Agents	4 years

2020

Sport	In/OOCT	Rule violated	Substance	Substance category	Sanctions
GAA	Out Of Competition	2.1	Meldonium	S4 Hormone and Metabolic Modulators	4 years
Triathlon	Out Of Competition	2.1	LGD-4033 (ligandrol)	S1 Anabolic Agents	4 years
Weightlifting	In Competition	2.2 and 2.3	Nandrolone	S1 Anabolic Agents	4 years

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

IADR 2.2 Use of a prohibited substance

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

Appendix 2: Costs of the Programme

Expenditure Heading	2019	2020
Testing (1)	966,841.75	839,872.64
Education & Research (2)	46,326.05	51,311.39
Salaries (3)	260,676.33	323,528.07
Other Costs (4)	670,256.24	689,669.51
Total	1,944,100.37	1,904,381.61
Income from Testing	110,656.88	59,569.00

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 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 overheads in administering the programme.

Appendix 3: International Meetings and Webinars

Date	Meetings and Webinars
16-17 Jan	ICIC international Conference on 2021 World Code
16-Apr	Important Developments in Paralympic Sport for NADOs - iNADO
06-May	Update from NADA Germany – Dried Blood Spots
15-May	The new International Standard for Education & Guidelines
26-May	The Most Impactful Changes to the 2021 World Anti-Doping Code
27-May	The Athletes’ Anti-Doping Rights Act – How can Anti-Doping Organizations support its Implementation and Promise
27-May	The Science Behind Third-Party Testing & Certification of Sports Supplements – iNADO
10-Jun	Risk Assessment and Test Distribution Plan
24-Jun	UNESCO Regional Consultation Meeting
22-Jun	Therapeutic Use Exemptions (TUE): Core Principles and Changes to the 2021 International Standard for TUEs
02-Jul	Mobile Doping Controls during the COVID-19 Pandemic – iNADO
03-Jul	Inspiring Ideas Webinar
08-Jul	Global Protection for Athletes from Inadvertent Doping – iNADO
08-Jul	Anti-Doping Administration & Management System (ADAMS): WADA’s new Paperless Doping Control System and the Progress of the Next Gen Transformation

09-Jul	Athlete Pools and Whereabouts
15-Jul	Dried Blood Spot (DBS) Testing and Analysis
17-Jul	Implementing an Effective Testing Program
23-Jul	Cyber Security Essentials for Anti-Doping Organizations
29-Jul	Key Takeaways of the 2021 International Standard for Results Management (ISRM)
31-Aug	The Services of the Anti-Doping Division of CAS for NADOs and RADOs
17-Sept	Independence of Hearing Panels
25-Sept	USADA Scientific Symposium "Protecting Athletes and the Integrity of Sport During a Public Health Crisis"
28-Sept	Key changes to the ISTUE 2021: Presentation of cases webinar
2-Oct	USADA Scientific Symposium "Evolution of the Prohibited List and Monitoring Novel Performance – Enhancing Substances & Methods"
9-Oct	USADA Scientific Symposium "Reinventing Sample Collection"
13-Oct	UNESCO Regional Consultation Meeting
14-Oct	The International Standard for Code Compliance by Signatories & the future of WADA's compliance monitoring program
16-Oct	USADA Scientific Symposium "Adoption of New Matrices & Analyses"
21-Oct	Preparing for a WADA Audit: How to Respond to ISPPPI Questions
23-Oct	USADA Scientific Symposium "Emerging from Crisis: Successes and Further Challenges"
23-Oct	World Anti-Doping Agency (WADA) Anti-Doping Intelligence and Investigations Network (ADIIN) Meeting
28-Oct	WADA: The Training, Accreditation and Re-Accreditation of Sample Collection Personnel
29-Oct	WADA: 2021 Prohibited List and Beyond
12-Nov	FORUM Anti-Doping Recreational Sport
13-Nov	What is Needed to Conduct Investigations?
16-Nov	iNADO AGM & Presentation on Independence of ADOs
16-Nov	An Introduction to program Evaluation for Anti-Doping Professionals
19-Nov	Council of Europe Education Group
23-Nov	Substances of Abuse under the 2021 World Anti-Doping Code and Prohibited List
26-Nov	Tokyo 2020 International Testing Agency Pre-Games Expert Group Information session
4-Dec	Operational Independence of National Anti-Doping Organizations (NADOs) under the 2021 Code
16-Dec	iNADO Workshop Session: introducing IT-security Principles for ADOs
17-18 Dec	Council of Europe Monitoring Group of the Anti-Doping convention

Appendix 4: Eirpharm Searches – Supplementary Information

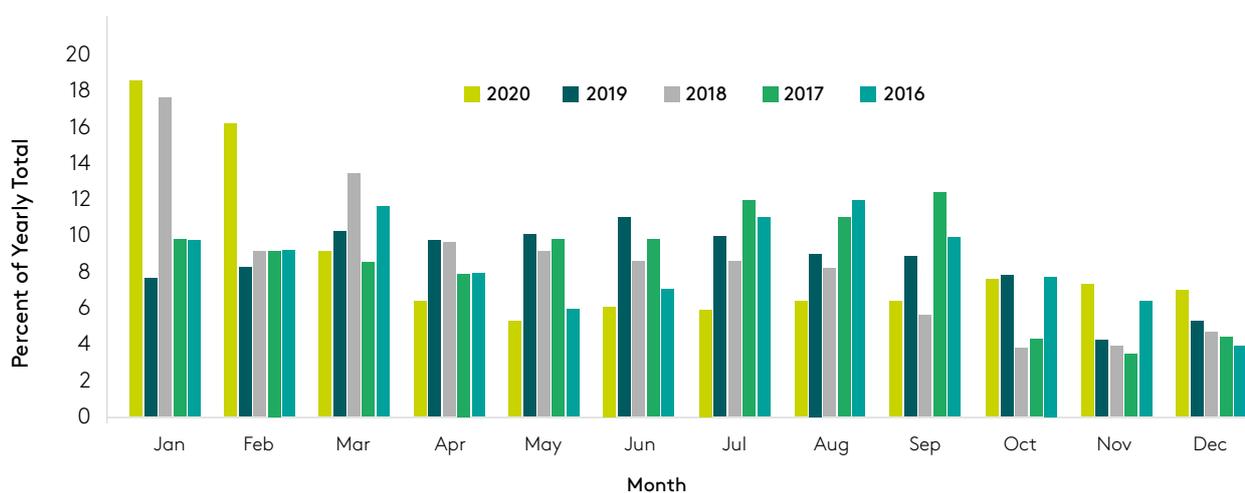
Outcome of Search Results: Status in Sport

Status of Products Searched	Percent of total no. of searches (2019 figures in brackets)
Permitted	81.4% (87.35%)
Prohibited for Men and Women In- and Out-of-competition	3.27% (2.24%)
Prohibited In-competition Only (primarily glucocorticoids and stimulants)	8.95% (7.6%)
Beta-2-Agonists (permitted at normal therapeutic doses)	5.84% (0.14%)
Prohibited in specific sports (Beta-blockers)	0.34% (0.11%)
Prohibited in men only	0.07% (0.02%)

Searches based on time of Year

In 2020, the busiest month was January which accounted for 18% of all searches followed by February (15.8%). The monthly usage is summarised in Table 4 and in Figure 1, which summarises the monthly searches as a percentage of the total number of searches over each of the past five years.

Successful searches per month







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