THE 2015 CODE
CHANGES TO THE DAY TO DAY ACTIVITIES OF AN IF

ARISF / WADA Anti-Doping Session

Tim Ricketts, Deputy Director, Standards & Harmonisation
10 April 2014, Belek
WHERE DO I START?
DEFINITIONS

* Athlete – International Level
* International Event
* Event Period
* Event Venue
ANTI-DOPING RULE VIOLATIONS

Article 2.4
Whereabouts failures
= Three strikes in 12 months

Article 2.10
Prohibited association
Athlete support personnel
CHANGES TO THE TUE PROCESS
THERAPEUTIC USE EXEMPTIONS

- International Level Athletes must apply to an IF
- National Level Athletes must apply to a NADO

IF must publish criteria or TUE jurisdiction for events

Athletes need to know if TUE goes to IF or NADO

If TUE approved by a NADO and meets criteria set out in ISTUE then IF must recognize it. If not can appeal to WADA.
THERAPEUTIC USE EXEMPTIONS

TUEs must be reported in ADAMS for monitoring and reporting.

IFs to make available TUE application form on website.

MEOs may also request Athletes apply for TUE specific for duration of event only.

IF or NADO TUE not recognized unless MEO accepts it. If in accordance with ISTUE criteria MEO must accept.
CHANGES TO TEST PLANNING, IMPLEMENTATION AND INVESTIGATIONS
Emphasis on effectiveness

• Code Art 5.4 requirement for each ADO to develop 'an effective, intelligent and proportionate Test Distribution Plan that prioritizes appropriately between disciplines, categories of Athletes, types of Testing, types of Samples collected, and types of Sample analysis'

• Code Art 6.4 requirement to 'extend the principle of "intelligent testing" to the Testing menu'

• Greater emphasis on ABP testing and strategic sample retention for potential further analysis
Key Steps of TDP Development and Implementation

1. Risk Assessment
2. Establish Overall Pool of Athletes
3. Prioritize Sports & Disciplines
4. Prioritize Athlete Population
5. Prioritize Types of Testing
6. Prioritize Sample Analysis (TD)
7. Whereabouts & Intelligence
8. Coordination with other ADOs
9. Ongoing Evaluation

Article 4 of ISTI sets out these steps
Emphasis on coordination

• Use of ADAMS to coordinate testing and reporting

• Coordinate testing with NADOs around events share whereabouts or information / intelligence

• Target Testing to be a priority including those under sanction or coming out of retirement
Art. 5.8 Investigations and Intelligence Gathering

Obtain, assess and process anti-doping intelligence from all available sources to inform the development of an effective, intelligent and proportionate TDP, to plan target testing, and/or to form basis of an Investigation into a possible ADRV
WHEREABOUTS PYRAMID APPROACH

- **RTP**
  - Highest Risk Athletes
  - Should be min x3 tests a year
  - 1hr a day 365
  - Code consequences MT/FF

- **Testing Pool**
  - Individual Whereabouts required but not 1hr a day 365
  - Team whereabouts
  - Non Code consequences MT/FF (other consequences in your rules) eg fine and possible elevation to RTP

- **General Pool**
  - Athletes subject to OOC Testing but not required to submit whereabouts
Specific Enhancements to 2015 ISTI

Whereabouts Information

Practical changes to reflect experience since 2009:

- Time-slots available between 05.00 and 23.00

- Phone calls allowed 5m before end of hour to confirm possible missed tests

- Rules on declaring and managing filing failures/missed tests clarified and simplified
Additional tests (EPO, hGH etc.) are optional and not closely monitored.

Some ADOs conducting high level analysis programs for sports at risk, some doing a little and others none.

Some Athletes subject to a high level analysis program compared to competitors in other jurisdictions who are not.

Answer: Minimum level of analysis for sports at risk to be applied by all ADOs that test that sport
Prohibited Substances/Methods proposed to be on the TDSSA

- Erythropoiesis Stimulating Agents (ESAs)
- Human Growth Hormone & Growth Hormone Releasing Factors
- Haemoglobin Oxygen Based Carriers (HBOCs)
- Homologous Blood Transfusion (HBT)
- Insulins
What about the other substances on the List?

- Substances analyzed in a routine urine sample for IC or OOC are not part of the TD review.

- Where a sport is determined to have minimal risk to those substances/method on the TDSSA, they will be exempt.

- What is the minimum level of analysis for sports?

  Current routine analysis in urine that laboratories perform for IC and OOC samples.
Consultation Process for the Technical Document,

4 April 2014 response due back 16 April 2014

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DISCIPLINE</th>
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</thead>
<tbody>
<tr>
<td>Bodybuilding</td>
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</tr>
<tr>
<td>Powerlifting</td>
<td>All</td>
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<tr>
<td>Lifesaving</td>
<td>Beach</td>
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<tr>
<td>Pool (30-150 s)</td>
<td>NA</td>
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<tr>
<td>Mountaineering and climbing (6-360 s)</td>
<td>Ice climbing</td>
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<tr>
<td>Roller sports</td>
<td>Inline speed skating sprint (200-1000 m)</td>
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<tr>
<td>Sport Climbing (6-360 s)</td>
<td>All</td>
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<tr>
<td>Underwater sports (15-200 s)</td>
<td>Finswimming (50-400 m)</td>
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<tr>
<td>Water skiing</td>
<td>Racing water ski</td>
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<tr>
<td>Bodybuilding</td>
<td>Fitness</td>
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<tr>
<td>Lifesaving</td>
<td>Ironperson</td>
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<tr>
<td>Orienteering</td>
<td>All (11min to 90min)</td>
</tr>
<tr>
<td>Roller Sports</td>
<td>Inline Speed Skating Distance</td>
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What flexibility will ADOs have in applying the TDSSA?

- Min level is a % applied to your TDP
- Determine the athletes to receive specific analysis IC/OOC
- Determine the timing of when to test for the specific analysis
- Based on ADOs own risk assessment/factors/intelligence

Testing the right Athlete at the right time for the right substances!
Focused on prevention, be values based and directed at Athletes, their Support Personnel and young people

- WADA has various prevention based tools – E-learning Alpha

- Information to be provided by IFs on
  - Prohibited List & ADRVs
  - Consequences of Doping (sanctions, health and social consequences)
  - Doping Control procedures
  - Athletes and Athlete Support Personnel’s rights and responsibilities
  - TUEs / Supplements / Whereabouts
### SUPPORTING DOCUMENTS TO ASSIST ADOS WITH THE IMPLEMENTATION OF THE 2015 CODE

WADA has in place and is updating the following Level 3 Documents/Guidelines:

<table>
<thead>
<tr>
<th>Document/Guideline</th>
<th>Date</th>
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<tbody>
<tr>
<td>Model Rules</td>
<td>Published</td>
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<tr>
<td>Urine Sample Collection</td>
<td>July 2014</td>
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<tr>
<td>Blood Sample Collection</td>
<td>July 2014</td>
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<tr>
<td>Athlete Biological Passport</td>
<td>Published</td>
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<tr>
<td>Breath Alcohol Collection</td>
<td>July 2014</td>
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<td>Sample Collection Personnel – Training and Accreditation</td>
<td>July 2014</td>
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<tr>
<td>Education Programs</td>
<td>July 2014</td>
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<td>TUE Guidelines</td>
<td>July 2014</td>
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<tr>
<td>Intelligence and Investigation Guidelines</td>
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WADA is developing the following NEW Level 3 Guidelines:

- Results Management Guideline  
  - July 2014

- Implementing an Effective Testing Program  
  - July 2014

- Major Event Planning and Operation Guidelines  
  - October 2014
OTHER RESOURCES UNDER DEVELOPMENT

ADRQ
Anti-Doping Results Questionnaire

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Paperless
Sample Collection System
SUPPORT AND COLLABORATION

- Step 1. Adopt Model Rules
- Step 2. Develop your TDP for 2015
- Step 3. Address other operational changes
- Step 4. Collaborate with NADOs
- Step 5. Buddy with a fellow IF, share experiences

WADA / SportAccord can provide assistance
play true