Doping Risk Assessment: Why It Is Important and How To Proceed

ARISF / WADA Anti-Doping Session

George Tsamis, Manager, Standards & Harmonization
23 April 2015, Sochi, Russia
CODE ARTICLE 5.4

REQUIRES 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'
ISTI Requirements around Testing Programs

- ISTI Art 4.2 requires each ADO to conduct an assessment of the risks associated with the relevant sports and disciplines under their jurisdiction relative to those substances and methods which may be abused.
Why Do We Need to Undertake a Risk Assessment?

- Increase the effectiveness of testing programs through targeting right athletes at right time
- Assessment of doping risks required to determine where resources should be allocated
- Increase the chances of detecting doping and level of deterrence
- Develop and implement a TDP that is proportionate and based on the relevant risk factors
Assessing Risk: Predictive Factors

- Research & Information on Doping Trends
- Physiological Demands of Sports & Disciplines
- Possible Doping Effects
- Financial Awards & Incentives
- Doping History or Culture
- Intelligence
Intelligence shall be captured from all available sources, including:

- Tip lines
- Law enforcement
- Regulatory bodies
- Sample collection personnel

It should then be assessed and used to inform test distribution planning and target testing, and to trigger/support investigations.
Assessing Risk
Individual Factors

Individual Risk Factors

- Performance Patterns
- Injury
- Event Withdrawal
- Associations
- Suspicious Activity
- Test History
- Whereabouts Patterns
- ABP Program
TDP is driven by the assessment of risk – “Risk Assessment”

1. Establishing the overall pool of athletes
2. Prioritizing between sports and/or disciplines/countries
3. Prioritizing between different athletes
4. Prioritizing between different types of testing
5. Prioritizing between different types of analysis
6. Collecting whereabouts information & intelligence
7. Coordinating with other Anti-Doping Organizations
8. Evaluation
1. Establishing the Overall Pool of Athletes

- Identify criteria/definition of ‘international’ level athlete
- Identify athletes/teams/countries of interest for testing purposes
- Ensure these criteria are consistent with available resources to implement an effective program
2. Assessing Risks between Sports and Disciplines

- Consider risk of doping within disciplines
- Consider number of athletes/countries
- Consider how risk factors apply to athletes and countries (popularity of sport, financial incentives, performance/ranking internationally, corruption, state sponsorship etc.)
- Major Events held during the year
3. Prioritizing between Different Athletes

Risk assessment also requires intelligent decision-making about which athletes to focus on, and when

- Which athletes should be tested most, which can be tested less frequently? (Assessment of risk factors applicable to individual athletes)
- When in an athlete’s career is he/she most likely to dope?
- When is doping most likely during the year, given training patterns and competition schedule?
4. Prioritizing between Different Types of Testing

Following on from the Risk Assessment

- Determine where in- vs out-of-competition testing is most relevant

- Relative to the List of prohibited substances and methods and their risk of abuse, determine the applicability of:
  - TDSSA
  - Urine testing
  - Blood testing
  - Athlete Biological Passport testing
5. Prioritizing Types of Analysis

Technical Document (TDSSA)

- The TD = minimum % of specific analyses
- Accounting system for MLAs
- Resources and individual risk determine analysis
- Sample retention and re-analysis strategy
Prohibited Substances in the TDSSA

- Erythropoiesis Stimulating Agents (ESAs) (EPO and its analogues including CERA)
- Growth Hormone (GH)
- Growth Hormone Releasing Factors (GHRFs)
6. Collecting Proportionate Whereabouts Information

Supporting Effective Testing

- Athletes in an RTP should expect to be tested at least three times a year
- 'Pyramid' approach endorsed, with 'tiered' requirements
- Burden should be commensurate to amount of testing planned
- Consideration of ‘team’ collective activities
- Coordination between ADOs where applicable
Where reasonably feasible, testing shall be coordinated through ADAMS or other system approved by WADA to maximize the effectiveness of the combined testing effort.

- Efforts must be made to avoid redundant and uncoordinated tests.
- Tests should be reported to ADAMS promptly to avoid duplication.
- IFs are encouraged to forge working relationships with relevant NADO/RADO programs, and vice versa.
8. TDP Evaluation

Following the implementation of the TDP…

- Continuous monitoring should be applied in order to make necessary adjustments

- Ensure that the TDP:
  - remains fit for purpose
  - is reactive to new info and intelligence
  - is fully evaluated at year’s end to see how it may be improved in order to support optimization of resources and effectiveness
Testing & Compliance Monitoring

- Risk Assessments & TDPs provided to WADA
- TDSSA MLAs distributed accordingly
- Size of RTPs, number of tests & budget
- Use of ADAMS or other approved system
- Monitoring Program
play true