



Melbourne 2006 Commonwealth Games ANTI-DOPING PROGRAM



As announced in the media in November, the Commonwealth Games Federation has confirmed that ASDA has been awarded the contract to conduct the anti-doping program for the Melbourne 2006 Commonwealth Games, (the Games) being held 15–26 March 2006.

The anti-doping program will include a comprehensive education and communication strategy and a robust drug testing program.

In the five months leading into the event, athletes will receive information specific to the anti-doping rules and procedures for the Games. These resources, produced by ASDA, will be channelled to athletes via their Commonwealth Games Associations. The program will culminate with each athlete undergoing an interview to ensure they have accessed and responded to the relevant educational information.

The CGF drug testing program will involve the collection of both blood and urine samples, incorporating all available analytical techniques including the detection of EPO, hGH and designer steroids. The testing program will be the largest event program delivered by ASDA, with over 1000 tests carried out during the Games. ASDA will provide over 200 staff, comprising of more than 50 Doping Control Officers (DCOs) and 170 Chaperones — 90% of whom live outside Victoria. Approximately a third of the DCO's will be from international anti-doping organisations, making this

workforce truly representative of an international event.

In partnership with the World Anti-Doping Agency, ASDA will also conduct a pre-Games testing program with an emphasis on those athletes who are not likely to be tested by other authorities prior to the event. Many of these tests will be conducted internationally, with the remainder carried out as athletes arrive in Australia to prepare for competition.

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Winter Olympic update

ASDA congratulates members of the Australian Winter Olympic team competing in the 2006 Winter Olympics in Turin, Italy. These athletes and their support staff need to be aware of specific International Olympic Committee (IOC) anti-doping rules and regulations that will apply for this Olympic Games:

- Contact the Australian Olympic Committee medical director to ensure any medications have the necessary approvals in place
- The in-competition period is from 31 January to 26 February 2005. Any sample collected on behalf of the IOC during this time will be analysed as in-competition

- Sample collection may involve blood and/or urine

Athletes are reminded of the strict liability policy whereby they are responsible for any prohibited substance found in their body.

Italy has tough criminal laws in relation to the possession, use, trafficking and administration of sports drugs. The possibility exists that athletes and support staff violating these laws may also face criminal sanctions, which may include imprisonment.

Italian laws regarding the import of medications and supplements require specific criteria to be met. Medications, including narcotics (e.g. codeine), should be notified to Customs prior to travel. Athletes must carry official notifications and their prescription if they are carrying medications into and around Italy before, or during, the Olympics.

ASADA: THE STATE OF PLAY

The Commonwealth Government recently introduced legislation into Parliament for the establishment of the new Australian Sports Anti-Doping Authority (ASADA). The establishment of ASADA represents the next step forward in strengthening Australia's already world class anti-doping regime.

ASADA will incorporate the current functions of ASDA (testing, education and advocacy) with new functions for the investigation of doping allegations and presentation of cases at hearings.

The creation of ASADA will enhance Australia's compliance with the World Anti-Doping Code, and will implement the UNESCO International

Convention Against Doping In Sport, once ratified by Australia.

The Bills underpinning the development and operation of ASADA will be reviewed by a Senate Committee over the summer break and debated in early 2006. There is a strong likelihood that

the legislation will be passed by Parliament in mid-February and an expectation the new body will be operational just prior to the Commonwealth Games, in March.

Over the next 12 weeks, ASDA will be implementing a communications plan to inform its stakeholders about ASADA and its new role.

Questions from national sporting federations regarding the new legislation or how it may affect their operations should be directed to Kevin Isaacs, General Manager Sport, Department of Communications, Information Technology and the Arts on **02 6271 1620** or email: **Kevin.Isaacs@dcita.gov.au**

ASDA welcomes new CEO



It is ASDA's pleasure to introduce the organisation's new Chief Executive Officer, Mr Richard Ings, who has been in his new role since September 2005.

The opportunity to work for ASDA heralded a return home to Australia for Richard, his wife and three year old son. Richard spent the last five years in Florida where he worked as the Executive Vice President Rules and Competition for the ATP Tour, an incorporated association partnering top ranked players on the men's professional tennis circuit.

As part of his role with the ATP, Richard was responsible for the management of the ATP Anti-Doping Program. He therefore comes with a wealth of experience in the area of anti-doping and sport, and joins ASDA at a particularly challenging and interesting time in the organisation's life, given the establishment of ASADA (Australian Sports Anti-Doping Authority).

"My goal during my time with ASDA/ASADA is twofold: to deliver the best anti-doping program in the world bar none, and to make all athletes say, 'No, to drugs' as a result of a rigorous and effective program," says Richard.

"My priority in the short to medium term, along with the ASDA executive team, is to prepare ASDA for its transition to ASADA. I look forward to bringing our stakeholders up to date with ASADA's new role in delivering the Australian Government's anti-doping program and to sharing our plans for achieving 'drug-free Australian sport'.

"ASADA is an exciting initiative. The new Authority will fully integrate all anti-doping functions, from rule setting and implementation to investigation and prosecution. While ASDA has been at the forefront of the fight against doping in sport, the creation of ASADA as the independent

organisational focal point for Australian anti-doping will ensure Australia consolidates, strengthens and improves its place in the world-wide effort to eradicate drug cheats from sport."

New anti-doping education product

The Australian Sports Drug Agency (ASDA) is enhancing its anti-doping education to sporting organisations and athletes by introducing an anti-doping information DVD in January 2006.

The DVD, titled *Pure Performance in Sport*, features current and former sports stars **Michael Milton, Barry Hall and Nicole Livingston** presenting anti-doping issues in an informative and engaging format.

These presenters cover key issues such as:

- Drug testing procedures
- Athlete whereabouts
- What substances are prohibited
- Test results management
- Therapeutic Use Exemptions (TUEs).

The ASDA DVD offers sports and athletes a more flexible education alternative when compared to a standard face-to-face presentation.

ASDA will be distributing copies of the DVD to its clients along with instructions on how best to utilise the resource as a way of ensuring athletes and support staff are informed of their rights and responsibilities.

ASDA hopes that sporting organisations and athletes find the DVD a useful tool in helping to deter doping behaviour.

For more information about the DVD contact the ASDA Hotline **1800 020 506** or go the ASDA website **www.asda.org.au**.

Athlete Whereabouts

Following an injection of funding from the Australian Government, ASDA has been able to proceed with the development of a secure, online system to assist athletes in providing whereabouts information directly to ASDA.

Under the new national framework to be implemented in 2006, athletes will have the option of submitting and updating whereabouts information by paper, fax, email and phone. However, the sophisticated web based solution will offer athletes the option to submit whereabouts at the click of a button.

Some key features of the on-line system for athletes include:

- the ability to duplicate whereabouts data that will save athletes time in entering and submitting their information
- system notifications that tell the athletes the status of their whereabouts information and help them to be compliant
- notifications and alerts that are sent to athletes via system messages, sms or email to remind them of upcoming due dates or important messages
- the ability for athletes to delegate authority to a third party to enter and update their whereabouts information
- an on-line Wizard or Assistant to walk athletes step by step through the process of submitting whereabouts on-line
- the ability for National Federations to submit training camp or competition details that athletes can easily select when entering their whereabouts.

These features and many other functions will be offered to athletes in a secure and safe online environment. So whether at home or dialling in from an internet café on the other side of the world, submitting and updating

whereabouts information will soon be a simple and easy thing for Australian athletes to do.

ASDA will implement its whereabouts policies once the on-line system is completed and over the coming months athletes will be informed about the specific requirements as to what, when, where and how they are to submit whereabouts information. However it should be remembered that Australia's athlete whereabouts information requirements have not changed yet. Athletes should continue adhering to their sport's existing whereabouts requirements.



Blood testing

Since the introduction of ASDA's blood testing program in 2001, ASDA has increased the number of sports subject to blood sample collection.

ASDA has updated its Anti-Doping Information Card to incorporate additional information on the blood sample collection process. Every athlete notified of their selection for sample collection is provided an

information card outlining the procedure. The revised edition of the information card will be available from January 2006.

ASDA recommends athletes who have provided a blood sample do not undertake any strenuous exercise using the arm for a minimum of 30 minutes. This is important to minimize bruising at the puncture site.

Athletes and support staff can obtain further information about blood sample collection procedures from the Doping Control Officer or the ASDA website www.asda.org.au.

World Anti-Doping Code 2006 Prohibited List

The World Anti-Doping Code 2006 Prohibited List is effective from 1st January 2006. In summary there are four key changes:

- Human chorionic gonadotrophin (hCG) and Luteinising hormone (LH) are now only prohibited in males
- A number of glucocorticosteroids no longer require an ATUE for their use
- Several stimulants have been added to the 'out of competition' monitoring program Caffeine and

pseudoephedrine remain on the 'in competition' monitoring program.

- There have been several changes in "Substances prohibited in particular sports" in relation to alcohol and beta blockers. Each athlete will need to check how the changes affect their particular sport.

The 2006 Prohibited List is available on the ASDA website www.asda.org.au.

→ Status of Iontophoresis

Iontophoresis is a method of applying a glucocorticosteroid, using electrical

current (needle free) combined with topically applied corticosteroids, to attempt to enhance uptake of the drugs into the affected area. The method is typically used in the treatment of chronic superficial soft tissue injuries such as tendonopathies (tendonitis) of the patella and achilles, epicondylitis (tennis elbow) and plantar fasciitis.

Iontophoresis is not considered a topical application. Under the WADC 2006 List athletes requiring this form of treatment will continue to require an abbreviated therapeutic use exemption.

→ Important advice for athletes

ASDA advises athletes to re-check the status of any medication in accordance with the 2006 Prohibited List. A product that was permitted in the past may now be prohibited. Athletes can check medications by calling the ASDA Hotline **1800 020 506** Monday to Friday 9am-5pm AEST, or refer to the ASDA website www.asda.org.au.



TRAVELLING OVERSEAS?

If you are an Australian athlete travelling or living overseas you are still subject to doping control. Sample collection may be carried out by various bodies, such as the World Anti-Doping Agency (WADA), your International Federation (IF), the National Anti-Doping Organisation (NADO) of the country you are in, competition organisers or ASDA.

The World Anti-Doping Code grants NADOs the authority to test any athlete within their country whether they are competing, training or travelling.

If ASDA authorises a NADO to conduct testing on an Australian athlete, ASDA will provide the NADO with a 'Letter of Authority' which lists the athlete's name and sport, and is signed by ASDA's International Testing Coordinator. If a NADO official

approaches you, and claims to be representing ASDA, you should ask to be shown the ASDA 'Letter of Authority'.

NADOs conducting testing on behalf of WADA will have a 'Letter of Authority' from both WADA and your International Federation.

Athletes notified of selection for sample collection overseas who have concerns

with the procedures and standards being followed, should record their comments on the doping control form. Report this information to your National Federation, which can raise the issues with ASDA.

ASDA also conducts testing on international athletes who are in Australia. This harmonised approach to international drug testing contributes to a level playing field for all athletes.



SUITE 15, LEVEL 1
KINGSTON WAREHOUSE
71 LEICHHARDT STREET
KINGSTON ACT 2604

PO BOX 345, CURTIN ACT 2605

TEL +61 (0)2 6206 0200

FAX +61 (0)2 6206 0201

EMAIL asda@asda.org.au

WEB www.asda.org.au

ASDA July–September 2005 Drug Testing Results

The Australian Sports Drug Agency (ASDA) conducted a total of 1723 tests on Australian athletes for the period 1 July-30 September 2005, with 1268 of these tests (74 percent) being conducted out-of-competition.

From these tests, ASDA recorded five entries to its Register of Notifiable Events (RNE) for the same period. These RNE entries relate to three positive tests and two anti-doping rule violations (ADRV) for failing to comply.

The number of tests conducted by ASDA in the first quarter of 2005-06 was up significantly on previous years, signifying that the Australian Government has continued to take a

tough stance on doping in sport, particularly in the lead up to the Winter Olympics in Torino and the Commonwealth Games in Melbourne next year.

ASDA will continue its testing focus on athletes competing for Games selection, testing every athlete in the Australian team at least once in the lead up to both the Winter Olympics and the Commonwealth Games.

Register of Notifiable Events (RNE) – Quarter one 2005-06

Below is a summary of entries made to ASDA's RNE for the quarter ending 30 September 2005. RNE entries result from tests conducted on behalf of national and professional sport's federations.

An athlete may be entered on the RNE if:

- the presence of a prohibited substance or the use of a prohibited method is identified in their sample;
- they tamper or attempt to tamper with doping control, and/or
- they fail to comply with or evade a request to provide a sample.

CATEGORY	SUBSTANCE	SUBSTANCE	ATHLETE NAME	SPORT	OUTCOME	TEST TYPE	RNE ENTRY DATE	TEST DATE
Failure to Comply	N/A	N/A	TBA	Boxing	Awaiting hearing & sanction determination	OO	14.07.05	21.06.05
Failure to Comply	N/A	N/A	TBA	Karate	Awaiting hearing & sanction determination	OO	14.07.05	06.06.05
Presence of prohibited substance in sample	Stimulant	Amphetamine Methamphetamine	TBA	Motorcycling	Awaiting hearing & sanction determination	IC	09/08/05	19/06/05
Presence of prohibited substance in sample	Cannabinoids	Cannabis	TBA	Judo (Dis)	Awaiting hearing & sanction determination	IC	18/08/05	12/06/05
Presence of prohibited substance in sample	Stimulant	Ephedrine	Nicholas Walker	Queensland Rugby League (QRL)	12 match ban	IC	27/09/05	16/07/05

ASDA drug tests conducted – 1 July–30 September 2005

TEST PROGRAM	OUT-OF-COMPETITION TESTS	IN-COMPETITION TESTS	TOTALS
Government-funded program	1042	117	1159
Fee-for-service program	226	338	564
Totals	1268	455	1723

Entries on RNE from previous quarters where outcomes were to be advised

CATEGORY	SUBSTANCE	SUBSTANCE	ATHLETE NAME	SPORT	OUTCOME	TEST TYPE	RNE ENTRY DATE	TEST DATE
Presence of prohibited substance in sample	Cannabinoids	Cannabis	Rodney Moody	Motorsport (CAMS)	3 month suspension	IC	29.04.05	20.02.05
Evasion	N/A	N/A	Brett Bowden	Judo (AJF)	2 year sanction	OO	18.05.05	3.03.05

IC: In Competition | OO: Out of Competition | TBA: Athlete names can only be publicly disclosed by ASDA after the hearing process has been completed