



## INTERNATIONAL FLOORBALL FEDERATION (IFF)

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## Appendix 22

### IFF Report from the WADA ADO Symposium

#### WADA ADO Symposium 2016

Lausanne, 14-16 March

1. Code implementation update and 2016 priorities for the Anti-Doping Community
  - Independent Testing Unit in the future? WADA investigates possibility to separate testing units from IFs. WADA also investigates the possibility of having an independent tribunal for disciplinary matters. More information to be received after May 2016.
2. Code Implementation update:
  - The aim should be to develop a healthy sporting environment through value-based education, so ADOs need to deliver values-based education as a preventative mechanism
  - Smart testing a priority and expanding athlete biological passport
  - Implementing of TDSSA (Technical Document of Sport Specific Analysis)
  - Intelligence & investigations (should an e-mail available for anonymous tips, social media follow-up, experts help with intelligence) and strategy for saving samples and further analysis
  - New anti-doping rule violations and regime of sanctions
  - Focus on athlete support personnel
  - Consequences of non-compliance (to have financial penalties in the future, so that WADA doesn't pay)?
  - In 2017: compliance practice reviews start generally
3. Code Compliance Monitoring – Process, Timelines and Impact
  - Rules in place + implementation: TUE, Education, Results Management. Both rules and programmes need to be in place
  - Code Compliance will be an ongoing dialogue with ADOs
  - ISO certificate for WADA Code compliance monitoring tool and process in order to have an objective process, independent experts, coordination approach towards signatories
  - More focus on quality, regular assistance/guidance, possibility to make corrective measures
  - Internal task force in WADA (will assist compliance review committee) + Compliance review Committee (independent, experts of compliance, ATC members etc.)
  - Online questionnaire (200 questions), questionnaire sent out in the end of 2016 (December), reviews start in 2017
  - ADAMS data is also to be reviewed
  - In-person audits with ADOs
  - IFs need to force NFs to be Code compliant
4. Values-based education
  - The sport movement needs to invest more in values-based education and IFs shall implement event-based education for adults and juniors
  - IFs to encourage and obligate NFs to conduct education in cooperation with NADOs



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- Code compliance: ADOs to create an education plan that is appropriate to their capacity and available resources
- 5. Trends and Testing
  - DMAS in supplements (methyhexanamine): 1002 positives (until 2013 on the market)
  - New: n-ethyl -1-phenyl-2-butanamine: less than 30 cases & DMBA: new sport nutritional supplement, 7 findings in 2015
  - Medonium, monitored by WADA in 2015 and added to the List in 2016
- 6. APMU (athlete passport management unit)
  - Blood passport (aimed more for high risk endurance sports)
  - Steroid passport (no extra analysis, every athlete providing a sample)
  - Can be different APMUs involved in testing and the passport custodian. Default custodian: the first testing the athlete. IFs to decide custodian (check on ADAMS, tick athlete and check details)
  - APMU needs expert panel and will make target testing recommendations
  - Low risk sports with low amount of tests: good to have independent organisations opinion, charge per hour for these (Nordic APMU)
- 7. New ADAMS
  - Current 12 years' old
  - More User-friendly tool fully available on all platforms
  - 2016 November - December launch phase
- 8. Practical workshops
  - Applying the technical document for sport specific analysis & testing strategies
    - i. ESAs (EPO), IFF to make 5%
      1. Injection needed, not only endurance sports, easily available
      2. Focus testing to heavy training periods, prior to major events (6-8 weeks), both IC and OOC tests
      3. Iron supplement can be an indication (used with ESAs)
      4. Detected in urine and blood
      5. Detection window varies depending on route, dose and ESA (6-18 hour shortest)
    - ii. Growth Hormone (GH), IFF to make 5% of GH and/or GHRF
      1. Increases lean-muscle mass
      2. Used for injury recovery and with other PEDs
      3. Has to be injected (multiple times a week)
      4. Only detected in blood
      5. Easily obtained, moderate price
      6. Isoforms – short detection window (6-8 hours)
      7. Biomarkers – longer detection window
      8. Both IC and OOC tests at different times of day and week
    - iii. Growth Hormone Releasing Factors (GHRF)
      1. Easily obtained and cheap, new drug
      2. Different routes (iv, sc, in, oral)



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3. Focus on morning testing (usually taken at night)
  4. Window of detection can be days
- Developing an Education Plan
    - i. Identify essential elements for education programmes (Code Article 18)
    - ii. Clear understanding of responsibilities, IFs to help NADOs access NFs
    - iii. Information (facts): processes, health consequences etc.
    - iv. Education (values): activities, ethical consideration, moral conversation with athletes, challenging, face to face interaction
    - v. Basic Model Plan:
      1. Event raising awareness
      2. Education intervention (A-D newsletter)
      3. Event raising awareness (protective factor)
      4. Evaluation always needed (can be simple post-its etc.)
    - vi. Possible IFF Plan: Give alternatives to team participating at major events (alternate WFC, U19)
      1. Attend a NADO education session (certificate to IFF)
      2. All team members to take an eLearning programme, WADAs ALPHA or NADOs Clean Win etc. (certificate to IFF)
      3. Attend IFF or NADO Education Outreach session during the event (mandatory for those teams who haven't participated in any of the above within 10 months and new teams)

#### IFF TO DOs

- Plan/conduct IFF testing plan based on the updated TDSSA document (5% ESA, 5% GH/GHRF and both IC and OOC)?
- Continue investigation of the need of APMU for steroid profiles
- Prepare an Anti-Doping Education Programme (Plan) for IFF
- Prepare more detailed financial report for different anti-doping fields (needed for Compliance Questionnaire)
- Need to run education also during U19 events (in cooperation with NADOs?)
- Update current Risk Assessment document with new data, test distribution plan. Also try to include Intelligence & Investigation
- Input to license system (NFs to be Code compliant, NFs to be in contact with NADOs etc.)