



# **Dutch Doping Authority Annual Report 2011**

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## **Preface**

You are viewing the sixth Annual Report from the Anti-Doping Authority of the Netherlands. This is the first Annual Report to be published exclusively in digital form. We hope this new, interactive approach will help you to find the information you require quickly.

2011 was, first and foremost, the year in which government cuts started to bite. We had to take leave of two colleagues, reducing our workforce from 13.6 to 11.8 FTE. Needless to say, this cutback impacted the organisation's activities, which were streamlined and reduced in various areas.

As a result of the economies, there has been a clear shift in the Prevention Department to digital information transfer, leading to a reduction in the number of face-to-face contacts (i.e. information meetings). The telephone services of the Doping Infolijn came to an end altogether in late 2011.

Furthermore, in close consultation with the NOC\*NSF, the scope of the control programme was cut back. On the basis of the available financial resources, the target was changed from 2000 to 1900 doping controls. In the end, 1,965 doping controls were carried out.

The Ministry of Health, Welfare and Sports granted two multi-year project subsidies and so the Doping Authority was able to make a good start in 2011 on a doctorate study of the efficacy of the global anti-doping policy, and on a knowledge management project that will make large amounts of doping-related information available to the public. Reports will be produced for both projects upon termination in 2014.

A trend in previous years continued more emphatically in 2011: the ever-increasing complexity and therefore the amount of time involved in doping proceedings. This applies to both the appraisal of the cases prior to transfer to the associations for disciplinary assessment, and to assistance during the disciplinary procedures themselves. In a number of cases, the large amounts of time invested ultimately produced information that was to the advantage of the athletes in question.

Despite the increasing conflict between the responsibilities of the organisation and the available resources, we believe that we made an important contribution once again in 2011 to the fight against doping in sport. We hope you will agree with us after reading this Annual Report.

The board

## **Chapter 1 2011 in brief**

### **Policy development**

The year under review was the third in which the revised 2009 World Anti-Doping Code ("the Code") was in force. The Code is implemented in the Netherlands by the adoption – by the various elite sport associations – of the Dutch National Doping Regulations (NDR). On the basis of experience with the NDR *and* on the basis of other WADA regulations, the next version of these regulations was written in 2011, and submitted to the sports associations. WADA appraised this new version in the light of the Code, and WADA's comments were included in the regulations. These new regulations were in force at virtually all sports associations from early 2012 onwards (at the latest).

The anti-doping policy of the NOC\*NSF, as established in 2007 in close collaboration with the Doping Authority, was also the foundation underlying our work in 2011. The central element of this policy is that the national and international elite levels of Dutch sports are the Doping Authority's primary field of activity. The other side of the picture continued to be that we conducted fewer intensive controls at the lower competitive levels.

During the course of 2011, an NOC\*NSF working party comprising seven association directors produced a report on the Dutch anti-doping policy. The report contained 12 recommendations for Dutch sports. The implementation of these recommendations requires, in almost all cases, the involvement of the Doping Authority, and the activities that can be conducted by the Doping Authority acting independently have already been addressed in 2011.

In late 2011, WADA initiated the consultation process that is intended to result in the revision of the Code in late 2013. In close consultation with the Ministry of Health, Welfare and Sport, NOC\*NSF and the NOC\*NSF Athletes' Committee, the Doping Authority drafted the first Dutch contribution.

### **In the news**

The director acts as the spokesman for the organisation and he therefore has intensive contacts with a large number of Dutch journalists. In addition to the numerous individual contacts with the media, a meeting for journalists/sports journalists was organised again in 2011, and 16 press releases were issued.

Once again, in 2011, there were a number of doping-related events that generated extremely high levels of publicity, and the Doping Authority was frequently asked to comment.

The control work of the Doping Authority focused more and more on the very highest levels of Dutch sports. This probably explains why Dutch elite athletes known to the general public are suspected of doping more often than previously. The Doping Authority itself does not go public with these matters. However, these suspected violations often receive extensive publicity because the media are informed by the athletes themselves or through other channels.

### **Case management**

After 2007, there had been a fall in the number of cases of suspected doping reported to the sports associations or international federations but there was a slight increase again in 2011. At the same time, there has been a rapid increase in recent years in the complexity of the procedures for handling some of those cases and that development certainly continued in 2011. The number of man-hours involved in each individual case was therefore higher than ever.

### **Collaboration**

The Doping Authority does its work for *and* with the world of sports and the associated organisations. Of course, this primarily means the Dutch sports associations, with whom there are intensive contacts relating to virtually all aspects of the Doping Authority's work. There are also covenants setting out the details of the arrangements of our regular collaboration with some other organisations. Two covenants were signed in 2011: one with the Association for Sports Medicine (VSG) and one with Service Médical.

## Chapter 2 Prevention

### GENERAL

The goal of the Prevention Department is: *the prevention of inadvertent and deliberate doping infringements in Dutch sport*. The main target groups are: elite athletes, athletes in sports organised outside a club context (fitness training in particular), support staff (principally trainers/coaches, sports doctors and GPs, physiotherapists, dieticians/sport dieticians, sports masseurs, parents) and the general public.

The activities include providing information about doping regulations, the risks of doping, proposing healthy and permissible alternatives for enhancing performance, and efforts to establish or reinforce anti-doping attitudes among athletes and support staff.

The following items are addressed specifically during information meetings for *elite athletes*: the health risks associated with doping, the rights and obligations of athletes, the prohibited list, the doping control procedure, arrangements for therapeutic use exemptions, the whereabouts system, the risks of dietary supplements and the damage inflicted by doping to the 'spirit of sport', and the 100% Dope Free campaign.

Meetings for *support staff* cover these issues as well, but also focus on the rights and obligations of support staff, as well as factors that exacerbate or mitigate the risk of doping.

For the *fitness training* target group, the emphasis is on guest classes during the numerous fitness training courses. These classes deal with the different types of doping, the risks of use, the way the substances work and the side-effects, fact and fiction relating to supplements, doping prevention and the Own Strength campaign.

The Doping Authority's three sites (the site for the organisation as a whole and the 100% Dope Free and Own Strength sites) are important ways of communicating with the various target groups. In addition, elite athletes, fitness trainers and support staff use the telephone and e-mail services of the Doping Infolijn. A fourth website, [www.doping.nl](http://www.doping.nl), is in English and it was developed in the course of 2011; it will go online in early 2012.

### ELITE SPORT

#### **Elite sport campaign 100% Dope Free**

Many existing activities focusing on Dutch elite sport have now been transferred to the elite sport campaign, 100% Dope Free. In addition to providing information, this campaign focuses on changing attitudes and behaviour. The campaign will certainly continue until the end of 2012.

#### **[www.100procentdopefree.nl](http://www.100procentdopefree.nl)**

The website of the campaign plays a central role: all information about the campaign can be found there. The number of unique visitors fell slightly from 82 (in 2010) to 69 a day. The number of page views was 182 a day (2010: 264). Twenty-three news flashes appeared and four newsletters were sent to all the subscribers (numbering approximately 14,000).

#### **100% Dope Free - True Winner**

This part of the campaign (which began in December 2007) gives elite and competitive athletes the opportunity to sign an anti-doping statement and to adopt an active stance against doping. Once they have signed the statement, the athletes are sent the gold wristband to symbolise the fact that you are only a true winner if you perform without doping. In 2011, the number of statements increased from more than 20,000 to 23,000.

This part of the programme was developed and implemented in collaboration with the NOC\*NSF Athletes Committee. Femke Dekker (rowing), Rutger Smith (athletics), Jokelyn Tienstra (handball), Carl Verheijen (speed skating), Richard Bottram (marathon 365 & Wheel of Energy), Epke Zonderland (gymnastics), Mirjam de Koning-Peper (swimming), Thijs van Valkengoed (swimming) Churandy Martina (athletics) and Marianne Vos (cycling) are the ambassadors for the campaign. On 15 October 2011, Marianne Vos participated on behalf of 100% Dope Free in the talk show *Doping, the critical limit* organised by VU Connected.

### **Information meetings**

Members of the National Testing Pool are required to attend one Doping Authority information meeting a year. This can be arranged through the sports associations but collaboration is mostly with the Olympic Support Centres. In total, there were 38 information meetings for elite athletes (and up-and-coming athletes) and their immediate support staff.

In 2011, the first steps were taken to providing online information for elite athletes, in part as an alternative for athletes who are unable to attend information meetings because of other obligations. The latest elite sport survey (2010) showed that athletes very much want to be informed digitally. In 2011, 103 athletes went through the online information and appreciation levels were high.

### **Outreach Events**

There were five outreach events in 2011. The idea is to target events/competitions, where large groups of athletes (particularly young and talented athletes) and their parents and trainers/coaches are given general information and where they can put questions to the Doping Authority. There is also an opportunity to sign the 100% Dope Free – True Winner statement. By completing the WADA doping quiz, it is possible to win an incentive. Outreach events were organised at: National Indoor Athletics Championships, World Track Cycling Championships, World Table Tennis Championships, EYOF Team Presentation and the 'Ready' Paralympics Meeting.

### **Doping fan booklet**

A doping ban booklet appeared again in 2011, this time with the theme Talent against Doping. It contains the main doping rules, the WADA prohibited list, the list of common approved medicines (classified according to symptoms), and an explanation of the doping control procedure. In early January, when the prohibited list came into force, the fan booklet was sent to all A and B athletes and 'High Potentials'. In addition, all sports doctors, the members of the TUE committee and the Doping Authority's press contacts received a fan booklet. Elite sport organisations and Olympic Support Centres have also been asked to distribute the booklet to athletes and support staff. The doping fan booklet was also handed out during information meetings, outreach events and at fairs. DCOs take booklets with them that they can hand out to athletes during controls. The doping fan booklet can also be purchased separately.

### **Articles**

A topical doping subject is discussed every month in the NOC\*NSF elite sport magazine *Lopend Vuur*.

### **100% Dope Free videos**

A video was produced in 2011 about a footballer who was found positive. In the video, he tells his story, explains why he finally resorted to doping, and describes the impact on himself and the people around him. The video is used only at information meetings so that there is opportunity for explanation and discussion.

## Advertisements

The 'Be True' advert was used to generate publicity for the campaign. It calls on athletes to sign the 100% Dope Free – True Winner statement and to support the campaign. This advertisement was published in 2011 in various sports magazines and posted on a number of websites, including those of sports associations.

## Meeting of sports associations

A meeting was organised for the second time for the staff of sports associations (*Together against doping*). It took place on 11 October in Nieuwegein and was attended by 32 people from 23 associations. The aim was to improve collaboration and, in that way, to educate as many elite athletes (or up-and-coming athletes) as possible before they undergo their first doping control. The meeting concluded with the video of a footballer who was found positive, after which he discussed details in a personal interview.

In addition, a group of association directors and staff made a working visit to the doping laboratory in Ghent.

## Developments

Doping information activities are also focusing increasingly on talented athletes (International Talent, Dutch Talent, High Potentials). So work started on a talent leaflet in 2011. It will be published in 2012.

A compact leaflet was also developed in 2011 under the title: *Stay Negative!* It will be published in March 2012. The aim of the leaflet is to inform large groups of athletes who may qualify for doping controls about the main risks that can lead to inadvertent doping infringements. The main distribution channel will be through the sports associations.

## Therapeutic Use Exemption Committee (TUE committee)

2011 saw a relaxation in the regulations relating to therapeutic use exemptions. The 'notification procedure' was no longer considered to be necessary after 1 January 2011, and this lightened the burden for both the athletes and the TUE committee.

Ultimately, exemptions were granted in 111 cases. Eight applications were turned down.

	2009	2010	2011
Granted	278	140	111
Rejected	48 (14.7%)	12 (7.9%)	8 (6.7%)

For the first time, most applications were *not* related to the use of beta2 agonists (29%, as opposed to 36% in 2010). Most requests in 2011 related to the use of methylphenidate (35%; 23% in 2010). Other medication for which dispensation was often granted included prednisone (11%, 7% in 2010) and insulin (5%, 7% in 2010). Taken as a whole, the applications came from 31 different sports associations, three more than in 2010. Most applications this year were, once again, from the Royal Dutch Cycling Union (18%), followed by the Royal Netherlands Swimming Association (11%) and the Royal Netherlands Skating Association (8%). The top three was therefore exactly the same as in 2010.

## SPORTS ORGANISED OUTSIDE A CLUB CONTEXT

### Own Strength campaign

The main target group in sports organised on alternative lines consists of: visitors to fitness centres and their immediate circles (particularly fitness instructors). The Own Strength campaign was developed for this group. The campaign material includes: a poster for men and women, an Own Strength jar (in different sizes), a display with

leaflets, a T-shirt, a water bottle and a DVD. The campaign was promoted in a range of fitness magazines, during educational activities and at the annual Fitness & Health Benelux fair, for example with a promotional leaflet. In late 2011, 141 fitness centres were participating in the campaign.

### **www.eigenkracht.nl**

The Own Strength (*Eigen Kracht*) site plays a central role in the campaign. The site was completely overhauled, updated and extended in late 2010. Alongside text, videos are being used more and more. In addition, there are four full annual programmes for four different training goals. The site has also been made more user-friendly by classifying information under headings such as training, diet, supplements, doping, health etc. This makes it easier for visitors to find extensive information about specific topics.

The site specifically targets athletes/cosmetic athletes in fitness centres. It provides objective and practical information about how to build up muscle mass cleanly and effectively, and about sound ways of losing weight. There is also objective information about various types of listed prohibited substances and the side-effects, as well as an extensive presentation of the Own Strength campaign.

In 2011, a total of 55 factual news reports were posted on the site. They were written by two external experts (journalists or specific experts) from the fitness/body-building branch and by our own prevention officers.

The total number of page views in 2011 was 859,629 (2010: 297,474), almost four times the number in 2010. The average number of page views a day for 2011 was 2,336. The number of unique visitors in 2011 was 323,343, an average of 886 unique visitors a day.

### **Videos**

Own Strength uses videos more and more. Ten instruction and expert opinion films were produced in 2011. All the videos were posted on the site.

### **Fitness courses**

In 2011, the Own Strength campaign included about 13 guest lessons at numerous educational institutes and private fitness courses. The Own Strength water bottle was handed out during those lessons to trainee fitness instructors.

### **Clean Hunks**

Clean Hunks are fitness athletes/body builders who have demonstrated that you can build up an impressive physique without dope. Two more joined the ranks in 2011 and so there are now twelve in total. They are all on the site, which includes background stories and photos. Others can follow their example and join the campaign.

### **Articles**

Since 1997, Own Strength has had a regular column in the popular bodybuilding magazine *Sport & Fitness Magazine* (with a circulation of 13,000, and 4 issues annually since 2011). Acting under its own editorial responsibility, the Doping Authority provides objective information in each issue about prohibited substances and related matters. All the published articles are also posted on [www.eigenkracht.nl](http://www.eigenkracht.nl) so that the information remains available. Two articles were published in 2011. After a delay resulting from the takeover of the magazine, the series of articles continued. *Sport & Fitness* will be appearing six times a year from 2012 onwards.

An article was also published in *Fitness Expert* and contributions have been made to other magazines.



## **Advertisements**

The poster for men from the Own Strength campaign was published in two issues of *Sport & Fitness Magazine*. Advertisements have also appeared in a magazine for the police.

## **Steroids clinic**

The Steroids Clinic moved from the VU University of Amsterdam Medical Centre in Amsterdam to the Kennemergasthuis hospital in Haarlem. 'Cosmetic athletes' with medical complaints or questions are regularly referred to this steroids clinic. It is also a standard topic of our articles in *Sports & Fitness Magazine*.

## **Collaboration with the fitness branch**

In 2011, there were initiatives to further collaboration with the fitness branch. For example, Own Strength organised a presentation for the board of Fitvak, and the Doping Authority and Fitvak signed an agreement to collaborate more and in more concrete ways to reduce doping in fitness centres.

In the context of a European project *Fitness against doping*, we teamed up with the Europe Health and Fitness Association, the coordinator of this project. It has also been agreed with the EHFA that there will be more collaboration with the aim of establishing a better doping prevention policy.

In the context of a masters study in Criminology, we have collaborated on research with Katinka van de Ven. She studied illegal trafficking in non-organised sports in the Netherlands. She collected some information as a visitor to fitness centres. Her dissertation appeared in late 2011.

## **Book: Doping, the sober facts**

The booklet *Drug Info, doping. Hard facts about doping* appeared in 2000. Given the continued limited availability of the booklet – and the fact that it is somewhat outdated – work has started on a new improved edition. There was extensive research and a lot of writing in 2011 on this new book. It will be published in 2012.

## **Participation in European project *Strategy for Stopping Steroids***

At the initiative of Anti-Doping Denmark, a partnership involving five countries (Denmark, Sweden, Cyprus, Poland and the Netherlands) obtained a project subsidy from the European Commission. It relates to a project bringing together knowledge and experience from different countries with the aim of optimising the strategy to reduce the use of steroids. The first meeting with the project partners in Copenhagen was organised in April. The second was in Cyprus in October. The result will be a congress that is planned for 19 and 20 March 2012. There will also be an extensive report in several languages.

## **SUPPORT STAFF**

In addition to the focus on athletes, there has been an increasing emphasis in recent years on athlete support staff. They can play an important role in both a positive and negative sense. That is why energy will be invested in this group in the years to come, with the trainer/coach being given a prominent place. In addition, sports medics and paramedics also occupy important positions.

## **Brochure for Support Staff**

The brochure, entitled *About support: how parents, trainers, coaches and other support staff can contribute to dope-free sports* was distributed widely again at information meetings, training and refresher training and outreach events, and it was also included with the magazine NLCoach.

### **Trainer/coach courses**

In collaboration with the Academy for Sports Administrators and a number of sports associations, a general module was produced for levels 3 and 4 of coach courses, including an e-learning module covering a range of different sports that is suitable for both level-3 and level-4 coach courses. This e-learning module consists of a teaser/introduction, a knowledge test, four dilemmas and a section *The golden path* that requires the right decisions to be taken at different points and that also supplies feedback.

### **Presentations and outreach events**

Various contributions were made to a range of courses such as the masters course for Sports Physiotherapy, the Sports Nutrition course, the Sport, Health and Management training, and courses from the Royal Dutch Cycling Union for team leaders, soigneurs and level-4 coaches, courses for Royal Dutch Motorcycle Association, training for Dutch Association for Sports Massage sections, refresher courses for coaches 3 and 4, and the annual congress of the Dutch Association for Sports Nutrition. There was also an outreach event during the National Coach Congress.

## **GENERAL PUBLIC**

### **[www.dopingautoriteit.nl](http://www.dopingautoriteit.nl)**

The primary focus of investments in 2011 was on the overhaul of the corporate website that was launched in early 2012. The site has undergone extensive revision and extensions and it offers new functionalities. ANP news releases make up an important part of the topical information on the site. They are posted on the site immediately after release. A total of 595 ANP news releases were published on the site in 2011 (after correction for revised releases). The Doping Authority contributed 16 releases of its own to the site in 2011.

In addition to current news about doping, the site contains general information about the prohibited list, about the campaigns being conducted by the Doping Authority and about our own organisation. Athletes can turn to a separate service section to apply for exemptions, and there is a section where elite athletes can submit whereabouts information. The site also houses the Dutch dietary supplement database.

### **Doping Infolijn (DIL)**

The Doping Infolijn (0900 – 200 1000, Monday to Friday from 1 p.m. to 4 p.m., and [dopingvragen@dopingautoriteit.nl](mailto:dopingvragen@dopingautoriteit.nl)) can be thought of as the Doping Authority's front office. It was manned by five operators (four from September onwards), whose day-to-day work is to answer all the questions that come in by telephone, e-mail (directly or through Doping Authority websites), fax or letter. All incoming questions are recorded in the anonymous database. It was decided to close the telephone information service with effect from 1-1-2012. The e-mail service will continue.

In 2011, the total number of contacts was down by 27% on 2010. A total of 941 people got in touch with the DIL. The number of phone calls fell by 28% from 572 to 411. The number of e-mails also fell: from 718 to 530 (-26%). See the table for all the figures.

## Key Figures Doping Infolijn 2011

Category	Callers 2011 (+/- compared with 2010)	E-mail correspondents 2011 (+/- compared with 2010)
Total number	411 people (-28%)	530 people (-26.2%)
Average length of telephone call	7.3 minutes (-0.5 min)	n/a
Number of callers per working day	1.7 people (-0.4 people)	2.1 e-mails (-0.9 e-mails)
Average age	34.7 years (+0.5 years)	
Youngest caller/e-mail correspondent	15 years	
Oldest caller/e-mail correspondent	65 years	
Percentage men	53% (-6%)	55% (-2%)
Percentage women	47% (+6%)	45% (+2%)
Background	1 Athlete (42.2%) (+0.8%) 2 Parent (20.2%) (+0.8%) 3 Unknown (14.1%) (+2.4%) 4 Other (6.1%) (-0.5%) 4 Doctor (6.1%) (+0.3%) 6 Trainer/coach/support staff (4.6%) (+0.1%) 7 Sports association staff (2.2%) (+1.0%) 8 Students (school/further education) (1.7%) (-1.1%) 9 Partner (1.5%) (-0.2%) 10 Physiotherapist (0.7%) (-0.5%)	1 Unknown (35.8%) (+8.7%) 2 Athlete (34.9%) (-2.2%) 3 School-goer (8.9%) (-4.2%) 4 Parent (7.2%) (+1.1%) 5 Other (4.2%) (-2.1%) 6 Trainer/coach/support staff (3.4%) (+0.2%) 7 Sports association staff (2.8%) (+0.5%) 8 Doctor (1.1%) (-2.6%) 9 Physiotherapist (0.8%) (+0.6%) 9 Partner (0.8%) (+0.2%) 10 Family/acquaintance (0.2.0.1%)
Percentage elite athletes	83.3% (-1.3%)	75.7% (+1.7%)
Percentage grassroots athletes	16.7% (+1.4%)	24.3% (+1.7%)
Top-five doping categories	1 Beta2 agonists (28%) (-2.4%) 2 Glucocorticosteroids (20.4%) (+4.5%) 3 Stimulants (19.9%) (+5.5%) 4 Anabolic substances (16.1%) (-3.3%) 5 Beta blockers (3.8%) (-0.1%)	1 Anabolic substances (38.8%) (+14.5%) 2 Glucocorticosteroids (19.0%) (+0.5%) 3 Beta2 agonists (15.5%) (-4.2%) 4 Stimulants (11.2%) (-9.2%) 5 Peptide hormones etc. (8.6%) (+2.0%)
Top-five questions	1 Prohibited list (30.9%) (+10.2%) 2 TUE (25.3%) (-3.2%) 3 Supplements (14.6%) (+0.5%) 4 Medicinal use (8.0%) (+5.4%) 5 Action and risks (5.2%) (-3.3%)	1 Prohibited list (25.7%) (+3.3%) 2 Supplements (24.5%) (+7.5%) 3 TUE (9.5%) (-3.3%) 4 School project (8.6%) (-1.9%) 5 Action and risks (7.8%) (-2.8%)
Pursuant to positive doping control	9 (+1)	0 (-1)
Branch of sport	1 Unknown (26.8%) (+1.5%) 2 Cycling (13.4%) (+2.0%) 3 Fitness (8.8%) (+1.6%) 4 Athletics (5.6%) (-0.3%) 5 Swimming (5.1%) (-0.7%)	1 Unknown (63.2%) (+4.2%) 2 Fitness (8.9%) (+0.7%) 3 Cycling (4.2%) (+0.3%) 4 Swimming (3.0%) (-0.7%) 4 Athletics (3.0%) (-0.8%)
Callers referred to	1 Doping Authority website (36.7%) (+1.5%) 2 Internal (16.7%) (0%) 3 NZVT (dietary supplements) site (12.9%) (-0.4%) 4 Own Strength website (8.6%) (+1.2%) 5 Other (8.1%) (-2.1%)	1 Doping Authority website (30.7%) (+0.6%) 2 NZVT (dietary supplements) site (22.6%) (+2.7%) 3 Own Strength website (17.8%) (+2.5%) 4 100% Dope Free website (9.4%) (+6.2%) 5 Other (5.9%) (-4.7%)
<b>Breakdown by day:</b>		
Monday	22.6% (-0.1%)	29.2% (+1.3%)
Tuesday	18.7% (-1.9%)	21.3% (-2.0%)
Wednesday	20.2% (-0.8%)	20.9% (+4.1%)
Thursday	20.7% (+1.1%)	16.0% (-0.5%)
Friday	17.8% (+1.7%)	12.5% (-2.8%)
<b>Breakdown by month:</b>		
January	10.9% (-1.9%)	9.6% (+0%)
February	11.4% (+4.8%)	9.4% (+0.1%)
March	9% (-3.6%)	10.0% (+2.0%)
April	9% (-0.6%)	7.2% (-1.5%)
May	11.7% (+4.7%)	8.9% (-0.3%)
June	10.2% (+1.3%)	8.1% (+1.6%)
July	7.3% (+0%)	5.3% (-2.2%)
August	4.9% (-2.6%)	5.5% (-1.6%)
September	7.3% (-1.1%)	5.1% (-2.8%)
October	7.5% (+0.9%)	10.2% (+1.3%)

November	7.3% (+0%)	8.9% (+0%)
December	3.4% (-1.8%)	11.3% (+3.4%)

### **Press contacts**

On 6 December, as in previous years, a meeting was organised for the national press. In addition, there was also a working visit this year with a group of journalists to the doping laboratory in Ghent.

## **Chapter 3 Doping controls**

### **Controls in practice**

#### **General**

In 2011, work continued on the implementation of the anti-doping policy of the NOC\*NSF, which was drawn up in close partnership with the Doping Authority in 2007. The emphasis of the doping controls has shifted even further towards the very top levels of Dutch sports. Otherwise, the Doping Authority was able to conduct more targeted controls for specific individuals and/or groups. The number of follow-up investigations and specific, supplementary analyses increased further. The other side of this picture was that there was no intensive controlling at the competitive levels just below the very top, even though a number of targeted controls took place at these levels.

Once again, a lot of attention was paid to the whereabouts system. Some athletes in national or international testing pools are required to report some of their daily activities to the Doping Authority or the international federation. The Doping Authority only requires this from athletes participating in sports where there is a relatively high doping risk.

#### **National testing pool (NTP)**

Against the backdrop of the elaboration of the World Anti-Doping Code 2009 and the associated International Standards, the Doping Authority established a national testing pool (NTP) in 2009. Athletes in this national testing pool are required to meet a number of obligations, if the doping risk for their sport is high enough. For example, these athletes must apply in advance for therapeutic exemptions for the use of any medicines. They are also required to supply whereabouts information throughout the year and to learn about doping by attending an information meeting or looking at information online. In 2011, the number of athletes in the NTP was – on the basis of stricter criteria – reduced further to 409 (at year end 2011) from 17 different sports. Once again in 2011, these athletes were required to provide whereabouts information to one organisation only: either the international federation or the Doping Authority. The numbers of athletes concerned were 117 and 292 respectively at year end 2011. Pursuant to, among other things, European legislation relating to data protection, not all whereabouts information can be accessed for athletes when that whereabouts information is managed outside the Netherlands. The fact that this whereabouts information cannot be consulted continues to impede the implementation of the national out-of-competition test programme.

In 2011, as in the previous year, the Doping Authority also drew on information from external sources such as Internet sites of national and international federations, Twitter and Facebook. The site developed by the Doping Authority for the whereabouts system provided both general and detailed information about athletes, teams and training locations.

In late 2011, the Doping Authority worked together with the NOC\*NSF, InnoSportNL and Logic BV, to produce a whereabouts app for mobile telephones that allows athletes to make changes to their whereabouts information in a simple way.

#### **Controls conducted - general**

The Doping Authority conducted doping controls for Dutch sports in 2011 in the context of the national programme. In addition, doping controls were conducted on behalf of and for the account of third parties, including the World Anti-Doping Agency (WADA), international federations (IFs) and foreign national anti-doping organisations (NADOs). The Doping Authority's responsibilities also included controls associated with records and qualification limits, 'target controls' when there were specific suspicions, and various types of follow-up investigations.

Dutch athletes did not undergo controls in the Netherlands only; they were also subjected to controls, on instructions from the Doping Authority, by foreign NADOs in other countries.

### **The national programme – underlying principles**

As in previous years, the Ministry of Sport and the NOC\*NSF made funding available in 2011 for 2,000 doping controls on behalf of the Dutch sports associations. In accordance with the new NOC\*NSF policy, approximately 400 of these controls were earmarked for controls associated with records and qualification limits, the implementation of 'target controls' and follow-up investigations. On the basis of the anti-doping policy formulated with NOC\*NSF, the Doping Authority spread the remaining 1600 controls among the sports associations. A mathematical distribution model is used for this allocation. During the course of 2011, in consultation with NOC\*NSF, the target of 2,000 controls was changed to 1,900 doping controls for budgetary reasons.

### **The national programme – implementation**

In 2011, 1,965 controls were conducted as part of the national programme. These were all urine tests.

The 1,965 doping controls conducted as part of the national programme covered 29 Olympic sports and 17 non-Olympic sports in a ratio of 77:23. There were no doping controls in a number of sports that are less susceptible to doping.

Box

*Doping controls in the national programme: the top five*

- 1 Cycling
- 2 Swimming
- 3 Skating
- 4 Football
- 5 Athletics

The percentage of out-of-competition controls in the national programme was 45%<sup>1</sup>.

Of the 1,965 controls conducted for Dutch sports, 1,257 involved men (64%) and 708 women (36%). The male-female distribution in 2011 was therefore, once again, a reflection of the Dutch sports world<sup>2</sup>.

### **Doping controls by third parties**

The Royal Netherlands Football Association (KNVB), the Royal Netherlands Skating Association (KNSB) and the Royal Netherlands Lawn Tennis Association (KNLTB) financed an extra doping control programme for Dutch competitions that is implemented alongside the national programme. Various Dutch associations have purchased additional doping controls for international events in the Netherlands.

On the basis of assignments from third parties, a total of 628 doping controls were conducted, a fall of 16% compared with 2010.

The vast majority of the additional doping controls conducted for Dutch and foreign associations and organisers were in-competition controls (97%). These controls covered 409 men and 219 women.

### **Doping controls - total**

In total (national programme and controls on behalf of third parties), 2,593 doping controls took place. In all cases, they were urine tests. The Doping Authority did not conduct any blood tests at its own initiative in 2011.

The total number of 2,593 doping controls for Dutch sports was 8% down on 2010 (2,808 controls).

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<sup>1</sup> This percentage is equal to that in 2010.

<sup>2</sup> The ratio was also 64% to 36% in 2010.

Table 1

<i>Number of doping controls</i>	<i>2010</i>	<i>2011</i>
National programme	2,058	1,965
On behalf of third parties	750	628
Total	2,808	2,593

*Total number of doping controls: the top five*

- 1 Cycling
- 2 Skating
- 3 Football
- 4 Swimming
- 5 Athletics

### **Doping controls that did not take place**

Doping controls were not completed in 205 cases in 2011. Seventy-six percent of these cases involved out-of-competition controls.

In most cases, these were:

- 1) the occasions when a Doping Control Official (DCO) went to the address stated by an athlete and the athlete was not present during the control period without having given notice, or was not/no longer resident at that address.
- 2) the occasions when a DCO went to training sessions or competitions and these training sessions or competitions had been cancelled or moved without the Doping Authority being informed accordingly in advance.
- 3) the occasions when athletes/teams were absent from events and competitions and central training sessions which they were expected to attend.

When doping controls do not take place, attempts are made to conduct a control with the athlete as quickly as possible thereafter.

In 2011, a total of 12 filing failures (the failure to submit full whereabouts information in time) and 33 missed tests (absence of the athlete at the stated location) were attributed to 45 different athletes. For 16 athletes, this was their second infringement within 18 months. In one case, the filing failure was the third infringement in 18 months by the same athlete and proceedings have been initiated for an infringement of the doping regulations in this respect (see also table 5).

### **EPO and related substances**

In 475 cases, the urine samples were also analysed for EPO. This is 12% down on 2010. This was a feature of various branches of sport, with cycling, skating and football constituting the top three. Relevant samples were also analysed for hexarelin and other growth factors.

### **Unannounced doping controls**

The total percentage of out-of-competition controls was slightly up on 2010 at 35% of all controls. Virtually all controls were unannounced ('no notice'). The only exceptions were doping controls triggered by a record or limit; in these cases, the athlete or the athlete's association must take the initiative for the doping control.

### **Target controls**

The Doping Authority has the authority to conduct target controls. These controls are conducted in specific cases and on the basis of criteria determined beforehand. These criteria were updated in previous years and made less stringent so that target controls could be used even more widely. Target controls took place throughout the sports spectrum, with the emphasis being placed on a few specific sports.

### **Mobile doping control station**

In 2011, the mobile doping control station was used extensively at locations where establishing a fixed doping control station was difficult. The station is used for, among other things, outdoor sports such as motor sport, equestrian sports, cycling and archery. The mobile doping control station was used for a total of 10 different sports.

### **Findings**

The Doping Authority also managed the results of the 2,593 urine samples obtained in 2,075 cases, including any subsequent disciplinary steps. In the other 518 cases, this was done by the principal (usually an international federation).

In 2011, 115 files with adverse findings (110 anomalous A urine samples and 5 non-analytical findings) were registered with the Doping Authority.

The incidence of adverse findings and refusals (including non-analytical findings) – 115 in 2,075 files covered – was 5.5%.

### **Files for which specific follow-up investigations were required**

Of the 110 files with anomalous A urine samples, 81 files involved cases reporting only a T/E ratio higher than 4 (50 cases) and/or an anomalous steroid profile (31 cases). This is 70% of the anomalous A samples. In all these cases, the Doping Authority initiated the validated isotope ratio mass spectrometry analysis (IRMS) in 2011. In all relevant cases, subsequent investigation failed to show that the increase was a result of exogenous factors and the Doping Authority did not classify the results as non-adverse findings.

### **Files closed on the grounds of therapeutic use exemptions and similar**

In three cases, it was found that a therapeutic use exemption had been granted for the therapeutic use of the prohibited substance found. These files were therefore closed. In two cases, the findings were caused by a contraceptive and the Doping Authority concluded that the result was negative. Finally, in one case, a substance was reported by the laboratory that can be prohibited or not, depending on the method of administration; in this case, the concentration was in accordance with the non-prohibited method of administration and the athlete had mentioned the use on the doping control form. The Doping Authority concluded that the result was negative in this case (see table 4). In five cases, a therapeutic use exemption for the designated substance was granted *after* the file had already been transferred to the association responsible for disciplinary proceedings. In these cases, it is not the Doping Authority that decides to close the file, but the relevant association. These five cases have been included in both table 4 and table 5.

### **Classification according to the WADA Prohibited List**

Using the classification of substances from the WADA prohibited list for 2011, a substance and/or an elevated T/E value or an atypical steroid profile was found in the 110 anomalous A urine samples referred to above on a total of 113 occasions (two urine samples contained two or more prohibited substances/metabolites and one urine sample contained a prohibited substance/metabolite and a raised T/E ratio). Substances from the category of anabolic substances were found in 85 of the 110 cases. Eight cases involved cannabis/cannabis metabolites, and stimulants were found in twelve cases. The percentage in the anabolic substances category rose by 37% in 2011. This increase was primarily caused by the high number of samples with a T/E ratio in excess of 4 or an atypical steroid profile.



### **Detected substances and initial adverse findings**

	2010	2011	
Anabolic substances	62	85	
(T/E ratio >4			51)
(Atypical steroid profile			30)
(Detected substances			4)
Peptide hormones, growth factors and related substances	0	1	
Beta2 agonists	4	3	
Anti-oestrogenic substances	0	0	
Diuretics / masking substances	2	0	
Stimulants	12	12	
Cannabinoids	6	8	
Glucocorticosteroids	1	3	
Beta blockers	0	1	
Total	87	113	

Increases were seen in 2011 in several groups of substances, including the use of cannabinoids. Once again, there was no finding in 2011 in the category 'anti-oestrogenic substances'. The diuretics/masking substances category fell to 0 in 2011.

### **Cases resulting in proceedings**

In 2011, the Doping Authority initiated proceedings in 28 cases in 23 different sports because of possible infringements of the regulations of the sports association involved. The athlete was a male in 23 cases and a female in five cases.

Four of these 28 cases resulted from out-of-competition doping controls and the other 24 from in-competition doping controls. This large difference resulted from the fact that 17 of the infringements noted in competition related to substances that are prohibited only in competition.

In four of these 28 cases, result management was transferred to the Doping Authority by the Medical Sound Sports Service of the Flemish Government because the athletes were Dutch citizens and/or not members of a Flemish sports association but members of a Dutch sports association.

The laboratories found metabolites of cannabis in eight urine samples. Eight different sports disciplines were involved here in 2011. This number was higher than in 2010 (6 urine samples).

The percentage of cases in which proceedings were initiated, including the four controls conducted by the Flemish government, was 1.4% (28 cases under national anti-doping regulations from 1,965 contingent controls). This percentage was slightly up on the stated target for 2011 of a maximum of 1% doping infringements in Dutch athletes.

Tabel 2 Number of dopingcontrols in 2011

	Federation	National Program	Other
Athletics		125	37
Air sports		0	0
Archery		15	0
Badminton		11	4
Baseball and softball		117	0
Basketball		78	0
Billiards		21	0
Bobsledge		18	0
Bowling		8	0

Boxing	13	14
Bridge	0	10
Canoing	14	0
Car racing	0	3
Checkers	0	3
Chess	0	0
Climbing	12	2
Cricket	21	0
Curling	5	0
Cycling	247	193
Dancing	12	0
Darts	8	8
Diving	0	0
Eastern martial arts	2	0
Equestrian sports	18	0
Fencing	12	2
Football	138	104
Frisbee	0	0
Go	0	0
Golf	14	0
Gymnastics	45	0
Handball	37	0
Hockey	46	16
Ice hockey	25	0
In- and outdoor bowls	0	0
Jeu de boules	0	0
Judo	73	28
Karate-do	13	0
Korfball	50	0
Midgetgolf	0	0
Modern and military pentathlon	0	0
Motorcycle racing	68	0
Racquetball	0	0
Rescue swimming	7	3
Rollersports and bandy	14	0
Rowing	105	14
Rugby	46	0
Shooting	15	0
Skiing	12	0
Speedskating	138	117
Sports for Disabled	0	0
Squash	28	8
Strength Sports	43	4
Swimming	154	11
Tabletennis	6	36
Taekwondo	20	0
Tennis	16	5
Triathlon	32	2
Tug of War	0	0
Volleyball	38	0
Water Skiing	12	0
Water sports	13	4

Table 3 Number of In- and Out of competition dopingcontrols in 2011

Federation	In competition	Out of competition
Athletics	97	65
Air sports	0	0

Archery	14	1
Badminton	15	0
Baseball and softball	53	64
Basketball	60	18
Billiards	21	0
Bobsledge	0	18
Bowling	8	0
Boxing	22	5
Bridge	6	4
Canoing	11	3
Car racing	3	0
Checkers	3	0
Chess	0	0
Climbing	14	0
Cricket	21	0
Curling	0	5
Cycling	308	132
Dancing	12	0
Darts	12	4
Diving	0	0
Eastern martial arts	0	2
Equestrian sports	12	6
Fencing	10	4
Football	116	126
Frisbee	0	0
Go	0	0
Golf	14	0
Gymnastics	20	25
Handball	32	5
Hockey	61	1
Icehockey	20	5
In- and outdoor bowls	0	0
Jeu de boules	0	0
Judo	65	36
Karate-do	8	5
Korfball	24	26
Midgetgolf	0	0
Modern and military pentathlon	0	0
Motorcycle racing	30	38
Racquetball	0	0
Rescue swimming	6	4
Rollersports and bandy	4	10
Rowing	46	73
Rugby	36	10
Shooting	15	0
Skiing	0	12
Speedskating	192	63
Sports for Disabled	0	0
Squash	32	4
Strength sports	24	23
Swimming	88	77
Tabletennis	42	0
Taekwondo	17	3
Tennis	10	11
Triathlon	30	4
Tug of War	0	0
Volleyball	33	5
Water Skiing	12	0

Tabel 4 Adverse analytical findings in 2011, which were closed by the Doping Authority because of a TUE issued and/or for other reasons; situation at the time of annual closure (TP=Testing Pool)

Federation	finding/substance	number	settlement
Canoing	metabolite of methylfenidate	1	TUE issued
Climbing	formoterol	1	TUE issued after start proceedings (not TP)
Dancing	(metabolite of) methylfenidate	1	TUE issued after start proceedings (not TP)
Gymnastics	norandrostron	2	finding result of use of non-prohibited contraceptive means
Hockey	amfetamine	1	TUE issued
Hockey	terbutaline	1	TUE issued after start proceedings (not TP)
Judo	methylfenidate	1	TUE issued
Rugby	metabolite of methylfenidate	1	TUE issued after start proceedings (not TP)
Swimming (not NL)	metabolite of budesonide	1	concentration found in accordance with non-prohibited administration
Triathlon	prednison and prednisolon	1	TUE issued after start proceedings (not TP)
<b>Total</b>		<b>11</b>	

Tabel 5 Adverse analytical findings and non analytical findings in 2011; situation at time of annual closure (ISR = Dutch Sports Law Institute, NDR = Dutch Doping Regulations, TP = Testing Pool)

Federation	Finding/substance	Number	Action taken by sports organisation
Archery	propranolol	1	ISR disciplinary committee: warning and reprimand
Athletics	3 whereabouts failures in 18 months	1	ISR disciplinary committee: 1 year suspension
Baseball and softball	formoterol and T/E-ratio >4 (IRMS negative)	1	sports association: reprimand
Baseball and softball	metabolite of cannabis	1	sports association: warning and reprimand after appeal
Canoing	metabolite of cannabis	1	sports association: acquittal; Doping Authority has appealed
Climbing	formoterol	1	TUE issued after start proceedings (not TP)
Cricket	metabolite of cannabis	1	sports association: 6 months suspension
Cycling	metabolite of methyltestosteron	1	case pending
Cycling	recombinant human erythropoëtime (rhEPO)	1	ISR disciplinary committee: 2 years suspension
Cycling	refusal / default	1	ISR disciplinary committee: 1 year suspension after appeal
Cycling	refusal / default	1	ISR disciplinary committee: acquittal
Dancing	(metabolite of) methylfenidate	1	TUE issued after start proceedings (not TP)
Golf	(metabolite of) MDMA	1	sports association: 1 year suspension

Handball	methylhexanamine	1	ISR disciplinary committee: 4 months suspension after appeal
Hockey	metabolite of cannabis	1	sports association: 3 months suspension
Hockey	terbutaline	1	TUE issued after start proceedings (not TP)
Icehockey	methylhexanamine	1	sports association: 5 months suspension
Judo	methylhexanamine	1	sports association: warning and reprimand after appeal; WADA has appealed to CAS
Korfbal	refusal / default	1	sports association: acquittal after appeal
Motorcycle racing	metabolite of cannabis	1	ISR disciplinary committee: warning and reprimand
Rowing	methylphenidate	1	case pending
Rugby	methylhexanamine	1	sports association: warning and reprimand
Rugby	metabolite of methylphenidate	1	TUE issued after start proceedings (not TP)
Squash	metabolite of cannabis	1	case pending
Strength Sports	metabolite of cannabis and methylhexanamine	1	case pending
Strength Sports (not NL)	refusal / default	1	sports association: case not prosecuted
Swimming (not NL)	metabolite of cannabis	1	sports association: 5 months suspension
Triathlon	prednison and prednisolon	1	TUE issued after start proceedings (not TP)
<b>Total</b>		<b>28</b>	

## **Chapter 4 International Affairs**

### **World Anti-Doping Agency (WADA)**

#### **Communications with WADA**

The Doping Authority had numerous contacts with the WADA in 2011, and those contacts related to almost every aspect of the global anti-doping programme that the Doping Authority is involved in implementing. The WADA is frequently approached to provide more detailed explanations of the interpretation of specific components of the prohibited list and other International Standards. Conversely, the Doping Authority is very frequently consulted by the WADA about ongoing doping cases, in part in the context of the right to appeal that WADA has in all cases.

#### **World Anti-Doping Code**

As in previous years, the Doping Authority coordinated the 'Dutch' response to the draft Prohibited List, with contributions from the NOC\*NSF, the NOC\*NSF Athletes' Committee and the Ministry of Health, Welfare and Sport. In 2011, there was also an opportunity to comment on amendments to the International Standard for Laboratories (ISL) and a few associated technical documents. In addition, at the end of the year, a start was made on writing the comments to the Code itself in the context of the revised Code that will be adopted in late 2013.

### **Council of Europe**

#### **Council of Europe – Monitoring Group**

The Council of Europe has a Monitoring Group, which monitors the implementation of the Anti-Doping Convention by the members of the Council of Europe. The legal officer from the Doping Authority attended the meetings of this Monitoring Group. The Monitoring Group is advised by three advisory groups (Education, Legal Issues and Science). Officers from the Doping Authority attended all the meetings of these advisory groups.

#### **Advisory Group on Science**

On 16 June, we attended the meeting of the Advisory Group on Science of the Council of Europe. The discussions in this advisory group focus primarily on making the prohibited list more practical and clearer, but there are also differing opinions in the various countries about the direction that should be taken with respect to the universally desired changes.

Unfortunately, other obligations meant that nobody from the Doping Authority was able to attend the April meeting. A written response was sent covering the topics on the agenda for that meeting (meat consumption and doping risks and the coming revision of the World Anti-Doping Code).

#### **Advisory Group on Education**

The Advisory Group on Education met twice in Paris: on 15 April, when the Doping Authority gave a presentation about 'Dietary supplements and education on the risk of food supplements', and briefly on 13 October when the WADA Code Revision was discussed.

#### **Advisory Group on Legal Issues**

The Advisory Group on Legal Issues met more frequently, mainly to discuss the implementation of the WAD Code and privacy issues. Meetings of this Advisory Group always take place in Strasbourg. The Doping Authority's legal officer chairs this Advisory Group.

## **ANADO / INADO**

Early in 2011, it was decided to shut down the global umbrella organisation of national Anti-Doping Organisations (the ANADO - Association of National Anti-Doping Organisations) because of the losses incurred on ANADO's 'not for profit' business unit, Anti-Doping Services (ADS). After the settlement of the administrative and financial commitments, the organisation will become definitively defunct in early 2012.

Soon after the decision was taken to shut down the ANADO, a number of countries took an initiative to establish a new global umbrella organisation, which was given the name INADO (Institute for National Anti-Doping Organizations). During the latter half of 2011, it was decided that the INADO can definitely expect an annual financial contribution from the WADA and this means that organisation is now on a much healthier footing.

## **IADA**

The 'International Anti-Doping Arrangement' (IADA) is an international governmental joint body initiated by countries with a leading position in the field of anti-doping policy.

One IADA meeting was organised in 2011. The discussions there focused mainly on the WADA standards. A new action plan was adopted and a new Arrangement was drafted. There was also discussion about increasing the number of countries from the current 10. In addition, various members gave presentations of current developments in their countries. The Doping Authority also gave a presentation that covered a survey of elite athletes in the Netherlands.

## **International federations and foreign NADOs**

In addition to the contacts with the organisations and structures referred to above, there was also highly intensive collaboration with other anti-doping organisations, and in particular with the international sports federations and with National Anti-Doping Organisations in other countries. There are almost daily consultations about result management in concrete cases, and about other cases of a cross-border nature or which involve a shared interest.

## **International congresses**

In response to an invitation from our sister organisation, the United States Anti-Doping Agency (USADA), there was a visit to their annual scientific conference. In 2011, the congress focused on growth hormone and associated substances. This was the tenth conference organised by the USADA and the ninth occasion upon which the Doping Authority was invited.

In Freiburg, we attended a doping conference organised by the local university. A range of press stories have demonstrated recently that the sports medicine clinic in Freiburg had a fairly liberal approach to doping morality for quite some time. The conference focused on what is sometimes a tense relationship between sports medicine and doping regulations.

## **Chapter 5 Legal Affairs**

### **Dutch doping regulations (NDR)**

New Dutch doping regulations (NDR) were drafted in 2011. There were two principal reasons. First, the WADA had indicated that the NDR needed amendments in a number of areas in order to fully conform with the World Anti-Doping Code. Secondly, a number of complex doping cases had led to a wish for the introduction of amendments and improvements. WADA made an official appraisal of the amended NDR in late 2011 and found it to be in full compliance with the Code.

### **Integration of doping regulations**

The new NDR was distributed in the spring of 2011 to the elite sports associations so that they could amend their own doping regulations before 1 January 2012. Timely adoption can be difficult if the associations have only one opportunity annually (a general meeting, for example) to adopt new regulations. To circumvent this problem, more and more associations are delegating the competence to adopt doping regulations to the board. The adoption of the new doping regulations has generally proceeded smoothly.

### **Annexes to the regulations**

The national doping regulations include a range of annexes that are essential for the application of the regulations. The best-known is the WADA Prohibited list, but the annexes relating to whereabouts information and therapeutic use exemptions are also inextricably linked to the regulations. In response to changes in the rules followed by the WADA for therapeutic use exemptions, the TUE arrangements linked to the NDR have been amended. The boards of the elite sports associations (and the ISR board on behalf of the associations affiliated to the ISR) were required to adopt these amended arrangements. The new NDR include a structure that makes it possible to amend annexes to the regulations without requiring all the boards to take action. This structure was established in part in response to the express wishes of the associations.

### **Institute for Sports Law (ISR)**

In 2011, the rule went into effect at the ISR that allows the Doping Authority to (i) submit pleadings in all doping proceedings at the ISR. This rule also allows the Doping Authority to attend the oral hearings in doping proceedings. Both the Doping Authority and the ISR disciplinary judges are very satisfied with the effect of the new competence granted to the Doping Authority and they are of the opinion that this role for the Doping Authority will make a positive contribution to doping proceedings.

### **Doping cases**

The first six months of 2011 were largely dominated by the proceedings at the Court of Arbitration for Sport (CAS) of two doping cases dating back some years. The first case related to the athlete Simon Vroemen, who instigated an appeal with the CAS against the decision of the ISR Appeals Committee to suspend him for a period of two years. The second case related to the skater Wesley Lommers, with both the Doping Authority and the association appealing against the acquittal by the Appeals Committee of the Royal Netherlands Skating Association. In both cases, the CAS found that there was not the least doubt about the positive result and the Doping Authority won the cases.

### **Civil proceedings**

Athletes quite regularly turn to the civil courts, often instigating summary legal proceedings in matters of special urgency, to challenge disciplinary decisions (or parts of those decisions) given in doping proceedings. This happened on a few occasions in 2011 as well, with the sports associations in question being involved in the proceedings. In formal terms, the Doping Authority was not involved but it did play a role as an adviser/expert.



**Doping Act**

The Minister of Health, Welfare and Sport intends to submit a Doping Bill to parliament. The Bill will focus on establishing a statutory basis for the implementation of the anti-doping policy *alongside* the basis in association regulations that has been used in the Netherlands until now.

The Doping Authority was involved in consultations in 2011 about the Doping Bill, during which it put forward its ideas and position.

**Guideline for reports of infringements**

In May, a guideline for reports and infringements was adopted and published on the website. The guideline explains how the Doping Authority acts when it receives reports of one or more possible doping infringements. Incidentally, since the guideline was published, no reports have been processed.

## Chapter 6 Scientific research

The scientific activities of the Doping Authority consist of the following:

- a continuous survey of the scientific literature based on relevance to doping;
- conducting and initiating research that serves the purposes of the national and international anti-doping policy; and
- the diffusion of scientific doping expertise, both inside and outside the organisation.

Scientific knowledge is used more and more often in the early stages in practice in the light of findings from doping controls. Traditionally, the scientific activities are considered to include the 'nutritional supplements and doping' project.

### Survey of scientific literature

To ensure it is informed about the latest developments, the Doping Authority keeps a close eye on new publications of doping-related scientific literature and saves copies of the relevant articles in its archives. In 2011, approximately 200 relevant articles were added to this archive, which means that the total number of articles available is now more than 2500. The number of relevant publications increased perceptibly in recent years; doping is a topic that has also been a focus of increasing interest in scientific circles.

The information from the available literature is actively distributed and serves as the basis for internal advice for, among others, the Control and Prevention department. This information is also used to answer specific scientific questions from doctors, lawyers, journalists, students and other interested parties.

### Research

#### *Efficacy of anti-doping policy*

December 2010 saw the start of a doctorate project entitled 'The efficacy of anti-doping policy'. The research will focus on a multidisciplinary approach to this wide-ranging field, looking in particular at the areas of prevention, detection and sanctions, and how these have been brought together in the current anti-doping approach at the international level and in the Netherlands. The doctorate supervisor is Professor Maarten van Bottenburg, the professor of sports development at Utrecht University. The research plan was written and refined in 2011 and there was a visit to the WADA head office to discuss the plans and, where possible, to link up with existing WADA initiatives.

#### *Steroids polyclinic*

In 2010, the Medical Centre of the Free University of Amsterdam established a dedicated polyclinic for people with health problems resulting from the use of doping/muscle enhancers. The person behind this polyclinic, Dr. Pim de Ronde, changed jobs and so the polyclinic moved during the course of 2011 to the Kennemer Gasthuis in Haarlem. Initially, this polyclinic is intended to map out the actual perceived damage to health; at a later stage, it may be possible to use this setting for scientific studies. Athletes will not receive guidance in the use of anabolic steroids. The polyclinic is open one evening a week and it has now received approximately 150 visitors. The Doping Authority is playing an advisory role.

#### *Gene doping*

The first steps were taken in 2011 on an update of the report on gene doping from 2004. Of course, developments in this field are under continuous observation, in part through contacts with the Dutch member of the WADA Expert Group on Gene Doping, the professor of pharmaceutical gene modulation, Hidde Haisma. Together with the professor

of pharmaceutical history, Toine Pieters, and one of his students, a publication is being drafted about the current situation in this field.

#### *Other matters*

A working party has been established for exchanges of science-related experience with six other scientific members of staff working for the national anti-doping organisations of Switzerland, Norway, Great Britain, Canada, the United States and Australia. Once every two months, there is a telephone meeting about ongoing studies and specific scientific doping issues. The chair revolves at each meeting.

The Doping Authority participated in discussions about fake medical products at a meeting arranged by the Medicines and Medical Technology directorate of the Ministry of Health, Welfare and Sport. In addition, under the auspices of the NOC\*NSF and the Mulier Institute, we were involved in a number of discussions and written exchanges during the drafting of the Sector Plan for Sports Research and Sports Education for 2011-2016 entitled The Foundations for the Olympic Ambitions. Furthermore, in response to an invitation from Social and Cultural Planning Office, we attended an expert meeting about the Knowledge Infrastructure in the field of (more specifically, the sub-session 'Talented Netherlands', in other words elite sports).

Two courses were followed and completed at the Dutch Forensic Institute: crime prevention (February/March) and Bayesian statistics (May/June).

We supervised and made assessments of several students who looked in depth at doping topics as part of their studies. Particular mention should be made of Michel Riemersma of the 'Applied ethics' masters course at Utrecht University and his thesis 'Is the inclusion of cannabis on the anti-doping list morally wrong?' and Suzanne Bosman of the 'forensic science' masters course at the University of Amsterdam and her thesis 'State-of-the-art analysis of anabolic steroids in human blood, urine, hair and saliva'.

Finally, we acted as a referee twice for the International Journal of Sports Medicine.

#### **Dietary supplements**

In 2011, 140 product-batch combinations were added to the website. This is the highest number ever, a sign that the Dutch Dietary Supplements system (NZVT) is still catering to a significant need of athletes and their support staff. The NZVT was established in 2003 and the fact that a system for testing dietary supplements is still required was demonstrated in 2011 by, among other things, the rejection of one batch because of the unexpected presence of steroids in what was otherwise a standard product. In total, in late 2011, there were 283 product-batch combinations on the NZVT website ([antidoping.nl/nzvt](http://antidoping.nl/nzvt)), representing 169 products, 38 producers and 17 substantive categories.

The Doping Authority also acts as an adviser to a comparable initiative from the British company HFL (see [www.informed-sport.com](http://www.informed-sport.com)).

## **Chapter 7 Knowledge management**

### **The importance of knowledge**

Professional expertise and understanding of the various fields linked to anti-doping policy are essential for the Doping Authority. Our work cannot maintain a high standard if we do not have correct, up-to-date and comprehensive knowledge relating to, for example, biochemistry, medicine, law and communications. Collecting, managing, arranging access to and communicating this knowledge are therefore part of the day-to-day work of all the members of our organisation.

### **Knowledge acquisition**

Staff of the Doping Authority regularly attend congresses and conferences that are relevant to their field (and also make contributions of their own at those events). During periodical 'knowledge meetings' for the entire staff, developments are explained and discussed. For DCOs, a refresher course was organised again for 2011 in addition to the coaching and refresher training involved in the day-to-day work.

### **External access**

The three websites of the Doping Authority make extensive knowledge available to 'the public'. A lot of new information was added in 2011. The website [www.dopingautoriteit.nl](http://www.dopingautoriteit.nl) contains, for example, extensive information about procedures and rules, as well as current media reports relating to doping. The website [www.eigenkracht.nl](http://www.eigenkracht.nl) contains a large number of articles about diet, training and associated subjects, and the website [www.100procentdopefree.nl](http://www.100procentdopefree.nl) supplies information that is relevant for elite athletes.

### **Project**

To make improvements in internal knowledge management at our organisation, but above all to open up much more relevant information to 'the public', a four-year project was launched at the end of 2010. This is a relatively large project that will create access in the years to come to increasingly large amounts of doping-related information for everybody interested in our field. In early 2012, the website developed for this purpose, [www.doping.nl](http://www.doping.nl) will go online.

## **Chapter 8 People & organisation**

### **Board of Management**

The Doping Authority has a board with three members: a chair, a secretary and a treasurer. The NOC\*NSF nominates the secretary, and the Ministry of Health, Welfare and Sport nominates the treasurer. In 2011, the post of secretary passed from Conny van Bentum to Marc Benninga. A full list of the members of the board can be found in annex 2.

The board delegates the responsibility for day-to-day matters, and for policy preparation and implementation, to the director. In other words, the board provides 'overall' direction.

### **Advisory Board**

Under its articles of association, the Doping Authority has an Advisory Board. At year-end 2011, the Advisory Board comprised seven members (meaning that the board is up to strength), who all represent specific interest groups or a specific area of expertise. The Athletes' Committee has also appointed a deputy (Hinkelien Schreuder) who will take over from Femke Dekker (the usual Advisory Board member representing the Athletes' Committee) when required. The task of the Advisory Board is to advise the board, either on request or at its own initiative. It meets a few times a year. A list of the members of the Advisory Board can be found in annex 2.

### **Office staff**

The Doping Authority has two departments (Control and Prevention), three administrative officers and a secretarial department with two members of staff. At year-end 2011, the office organisation comprised 13 people and there was one vacancy, amounting to 11.8 FTEs. For an overview, the reader is referred to annex 3.

### **Doping Control Officials (DCOs)**

In addition to the permanent staff, there were 28 part-time Doping Control Officials at the end of 2011 (20 men and 8 women, see annex 4), who were appointed under 'minimum hours' contracts.

### **Quality**

Anti-doping policy places considerable importance on delivering quality. Many doping organisations therefore work with quality systems. This is particularly relevant for the implementation of doping controls: the National Doping Regulations require ISO certification as a precondition for conducting controls. However, other tasks such as the granting of therapeutic use exemptions and prevention activities should, in our view, also meet ISO standards. The Doping Authority and its predecessors in law received ISO certification back in 1998.

Furthermore, in May, a Complaints Procedure was adopted and published on the website. The procedure describes how the Doping Authority processes complaints about its actions. It should be pointed out that no single complaint was received during the year under review.

### **Therapeutic Use Exemption Committee (TUE committee)**

One of the provisions in the doping regulations relates to the procedure for the use of prohibited medication. The Doping Authority has established, for the Dutch sports associations, a committee known as the Therapeutic Use Exemption Committee (TUE committee), which consists of independent doctors.

In formal terms, the TUE committee was a committee of the sports associations. Consequently, any change in the membership of the committee meant that every sports association had to take a decision at board level about the appointment of the members of the TUE committee.

This situation was amended in 2011 with effect from the introduction of the new therapeutic use exemption annex accompanying the NDR. Since then, the TUE committee has been a committee of the Doping Authority.

## Annex 1

### Balance sheet as at December 31, 2011

<b>Assets</b>	<b>2011</b>	
<i>Fixed assets</i>		
Tangible fixed assets		€ 94.570
<i>Current assets</i>		
Receivables	€ 220.866	
Cash and bank balances	€ 687.843	
		€ 908.709
<b>Total assets</b>		<b>€ 1.003.279</b>

### Liabilities

<i>Foundation reserve</i>		
Other reserves	€ 248.151	
Egalisation reserve Ministry of Health, Welfare and Sports	€ 89.224	
Reserve for doping controls	€ 142.665	
Reserve for special purposes	€ 80.000	
		€ 560.040
<i>Long-term liabilities</i>		
<i>Current liabilities</i>		
Trade creditors	€ 168.134	
Taxes and social premiums	€ 64.369	
Other liabilities and accrued expenses	€ 210.736	
		€ 443.239
<b>Total liabilities</b>		<b>€ 1.003.279</b>

### Statement of revenue and expenditure for the year 2011

<b>Revenue</b>	<b>2011</b>	
Direct costs of testing	€ 1.034.479	€ 2.572.260
Project revenues	€ 1.572.834	
		<b>€ 2.607.313-</b>
Salary and wages	€ 706.615	
Social charges	€ 90.237	
Retirement benefit costs	€ 63.795	
Depreciation tangible assets	€ 29.588	
Other staff expenses	€ 43.775	
Housing costs	€ 82.176	
Office expenses	€ 70.463	

Car cost	€ 16.521	
Selling fees	€ 25.708	
General costs	€ 124.574	
Recharged staff costs and overhad costs	€ 1.253.452-	
<b>Sum of operating costs</b>		€ -
<b>Balance of income and expenses</b>		€ 35.053-
Interest income and similar income	€ 6.849	
Interest payable and similar charges	€ 837	
<b>Financial income and expenses</b>		€ 6.012
<b>Net loss</b>		€ 29.041-

## **Annex 2**

### **Members of Board of Management, Advisory Board and TUE committee (as at 31-12-2011)**

#### **Board of Management**

Dolf Segaar, chairman

Conny van Bentum, secretary (NOC\*NSF nomination), until 16-05-2011

Marc Benninga, secretary (NOC\*NSF nomination), from 16-05-2011

Charlotte Insinger, treasurer (Ministry of Health, Welfare and Sport nomination)

#### **Advisory Board**

Bert Bouwer (on behalf of Dutch coaches)

Arnold Brons (VSG)

Femke Dekker (Athletes' Committee of the NOC\*NSF)

Francien Huurman (on behalf of Dutch athletes)

Annemieke Horikx (KNMP)

Saskia Sterk (Rikilt)

Carl Verheijen (KNMG)

#### **Therapeutic Use Exemption Committee (TUE committee)**

Marjon van Eijsden-Besseling

Edwin Goedhart

Leo Heere (chair)

Ed Hendriks (chair)

Jan Hoogsteen

Hans Keizer

Harry Koene

Hans Jurgen Mager

Huib Plemper

Hans Vorsteveld



## **Annex 3**

### **Office staff (as at 31-12-2011)**

#### **Management / secretarial department**

Herman Ram	chief executive officer
Chui Har Lee-Tang	secretary
Gerdi van Driel	administration officer

#### **Administrative staff**

Olivier de Hon	scientific policy assistant
Steven Teitler	policy assistant for legal affairs
Frans Stoele	information manager

#### **Control Department**

Koen Terlouw	head of department
Jeroen Brakels	account manager
Fienie Verhagen	senior officer for doping controls
Jan Kroes	senior officer for doping controls
Vacancy	whereabouts officer

#### **Prevention Department**

Bart Coumans	head of department
Erik Duiven	elite sport educator
Hans Wassink	grassroots sports educator

## **Annex 4**

### **List of Doping control officials (as at 31-12-2011)**

Gerda Aarnoudse  
Ton Bieber  
Henk Bieber  
Ellen van de Bunt  
Koos van de Bunt  
Dick Doornik  
Sally Fischer  
Jan Fransen  
Rob Keja  
Jan Kroes  
Bram Lasschuijt  
Karin Lindhout  
Gonnie Monsieurs  
Rob Moonen  
Victor Niemeijer  
Astrid Pennings  
Cees Rab  
Geeta Ramdajal  
Frans van Riel  
Hans Scholtz  
Cees Smid  
Jaap Stomphorst  
Fienie Verhagen  
Ton Verhagen  
Alex Vermeulen  
Gerrit Vooren  
Cor van Weert  
Ton Zasada

## **Annex 5 Overview of publications and presentations**

### *Articles*

Pluim B.M., De Hon O., Staal J.B., Limpens J., Kuipers H., Overbeek S.E., Zwinderman A.H. & Scholten R.J.P.M.,  $\beta$ 2-agonists and physical performance: a systematic review and meta-analysis of randomized controlled trials. *Sports Med.* 41(1): 39-57, 2011. (nominated for the 2011 Cosmed Award for Sports Medicine).

De Hon O., Sport is te mooi voor doping. *Nederlandse sociëteit voor extra corporale circulatie; NeSECC Uptodate* 1: 17-8, 2011.

### *Contributions to books*

De Hon O., Contra-indicatie 100 – Sportbeoefening; doping. In: *Commentaren Medicatiebewaking 2011/2012*. Stichting Health Base, Houten, pages 933-45, 2011.

De Hon O. & Ram H. De Dopingautoriteit. In: *Jaarboek Sportgeneeskunde 2010*, Van Beek P., Kanne C., Kessel M. & Eyssen N. eds., Arko Sports Media, Nieuwegein, 2011, pages 66-8.

De Hon O., Whereabouts-regelgeving valt sporters zwaar. In: *Jaarboek Sport – beleid en onderzoek 2010/2011*. Elling A., de Wit R., van Rens F., de Jong M., de Groot-Nuijten S., Breedveld K., van Leeuwen J. & Eyssen N., eds., Arko Sports Media, Nieuwegein, 2011, pages 97.

Coumans B. Illegale doping gekocht via internet levert extra (gezondheids)risico's op. In: *Jaarboek Sport – beleid en onderzoek 2010/2011*. Elling A., de Wit R., van Rens F., de Jong M., de Groot-Nuijten S., K Breedveld, van Leeuwen J. & Eyssen N., eds., Arko Sports Media, Nieuwegein, 2011, pages 97.

De Hon O., VUMC start polikliniek anabole steroïden. In: *Jaarboek Sport – beleid en onderzoek 2010/2011*. Elling A., de Wit R., van Rens F., de Jong M., de Groot-Nuijten S., Breedveld K., van Leeuwen J. & Eyssen N., eds., Arko Sports Media, Nieuwegein, 2011, pages 98.

### *Abstracts*

De Hon O., Eijs I. & Havenga A., Dutch elite athletes and anti-doping policies. (Poster at 3<sup>rd</sup> IOC World Conference on Prevention of Injury & Illness in Sport). *Br J Sports Med* 45(4): 341-2, 2011.

De Hon O. & van Bottenburg M., Methoden om de prevalentie van dopinggebruik te bepalen in de topsport. (Presentation at 2011 Sports Research Day). Hogeschool van Amsterdam, pages 45-6.

### *Oral presentations*

- 'Sport is te mooi voor doping'; NeSECC, Nieuwegein, 6 January.
- 'Sport is te mooi voor doping'; Toegepaste Inspanningsfysiologie, Human Movement Sciences, VU University, Amsterdam, 19 January and 30 November.
- 'Sport is te mooi voor doping'; Royal Dutch Motorcycle Association congress, Arnhem, 22 January.
- 'Criminaliteit en Doping'; Hogeschool Rotterdam, Rotterdam, 15 February & 15 November.
- 'Doping en Sportfysiotherapie'; Professional Master Sportfysiotherapie, Utrecht, 18 februari.

- 'Anti-dopingbeleid voor sportartsen', 'Epidemiologie van dopinggebruik' and 'Voedingssupplementen & doping'; three presentations for the NIOS course for sports doctors, Bilthoven, 4 March.
- 'The anti-doping Poldermodel'; LanCon Education, Rotterdam, 8 March.
- 'Doping & voedingssupplementen'; Symposium Lamberts Performance, Doetinchem, 2 April.
- 'Doping: het recht van de Code en het recht eromheen'; Johan Cruijff University, Amsterdam, 8 April
- 'Het grijze gebied tussen voedingssupplementen en doping', Diëtistendagen NVD, Noordwijkerhout, 8 and 9 April.
- 'De sportdiëtist en doping'; Post HBO Sportdiëtetiek, Hogeschool van Amsterdam, 19 April.
- 'De sportdiëtist en doping'; Post HBO Sportdiëtetiek, Hogeschool van Arnhem and Nijmegen, 26 May.
- 'NZVT – experiences 2010'; HFL Advisory Panel on Nutritional Supplements, Fordham, United Kingdom, 12 April.
- 'Doping: positie en taken van de Nationale Anti-Doping Organisatie', and 'Doping: het Nationaal Dopingreglement (NDR)'; two presentations for the VU University Amsterdam, Amsterdam, 14 June.
- 'Talent tegen Doping! Regels en procedures 2011'; KNHS meeting for Paralympic Team, Ermelo, 4 July.
- 'Sport is te mooi voor doping'; Master Sportfysiotherapie SOMT, Amersfoort, 6 september.
- 'Europa en het mondiale antidopingbeleid'; Haagse Hogeschool, The Hague, 7 September.
- 'De vinger op de zere plek'; Sports Associations meeting, Nieuwegein, 11 October.
- 'Doping Prevention in Fitness Centers in the Netherlands', University of Nicosia, Cyprus, 26 October.
- 'NZVT: een update'. Annual Congress of Dutch Association for Sports Nutrition, Ede, 4 November.
- 'Methoden om de prevalentie van dopinggebruik te bepalen in de topsport'; Sports Research Day, Amsterdam, 4 November.
- 'The Whereabouts app'; IADA, Paris, France, 13 November.
- 'Dopinggebruik & hartproblemen'; 5<sup>e</sup> Hartsymposium Twente, Enschede, 19 November.
- 'Sport is te mooi voor doping!'; Post HBO Sportdiëtetiek, Hogeschool van Arnhem and Nijmegen, 1 December.
- 'De (sport)arts & de hulpvraag'; Congress of Association for Sports Medicine, Kaatsheuvel, 2 December.
- 'Het beleid van de Dopingautoriteit'; Fontys Hogeschool, Tilburg, 19 December.
- 'De fysiologie van doping'; Labsymposium Jeroen Bosch Ziekenhuis, Den Bosch, 22 December.

## **Annex 6 Abbreviations**

ADAMS	Anti-Doping Administration and Management System
ADS	Anti Doping Services
ANADO	Association of National Anti-Doping Organisations
ANP	Algemeen Nederlands Persbureau
CAS	Court of Arbitration for Sport
CIOS	Centraal Instituut Opleiding Sportleiders
DCO	Doping control official
DIL	Doping Infolijn
EFAA	European Fitness and Aerobic Association
EPO	Erythropoietin
EYOF	Europe Youth Olympic Festival
TUE	Therapeutic Use Exemption
IADA	International Anti-Doping Agreement
IF	International Federation
INADO	Institute for National Anti-Doping Organizations
IRMS	Isotope Ratio Mass Spectrometry
ISL	International Standard for Laboratories
ISO	International Organization for Standardization
ISR	Sports Judicial Institute
IST	International Standard for Testing
ISTUE	International Standard for Therapeutic Use Exemptions
KNLTB	Royal Dutch Lawn Tennis Association
KNMG	Royal Netherlands Medical Society
KNMP	Royal Netherlands Pharmaceutical Society
KNMV	Royal Dutch Motorcycle Association
KNSB	Royal Netherlands Skating Association
KNVB	Royal Dutch Football Association

KNWU	Royal Netherlands Cycling Union
KNZB	Royal Netherlands Swimming Association
LOOT	National Consultation Education and Elite Sport
NADO	National Anti-Doping Organisation
NDR	National Doping Regulations
NGS	Dutch Association for Sports Massage
NOC*NSF	National Olympic Committee*Dutch Sports Confederation
NPN	Natuur- en gezondheidsProducten Nederland
NTP	National Testing Pool
NZVT	Dutch Safeguards System for Dietary Supplements in Elite Sport
RIVM	National Institute of Public Health and Environmental Protection
ROC	Regional Training Centre
T/E	Testosterone/Epitestosterone
USADA	United States Anti-Doping Agency
VSG	Association for Sports Medicine
VWS	Ministry of Health, Welfare and Sport
WADA	World Anti-Doping Agency