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## Preface

You are viewing the seventh Annual Report from the Anti-Doping Authority of the Netherlands. This is the second Annual Report to be published exclusively in digital form.

2012 was the year when the American cyclist Lance Armstrong was found guilty of a range of doping offences committed over a long period of time. The media and the public were so gripped by this story during the latter half of the year that attitudes towards the anti-doping policy began to change.

Media pressure on our organisation became even more intense as a result of the Armstrong case. In the closing months of the year, media interest increased to such an extent that it was impossible to respond to all the requests for information and comment. Nevertheless, the numerous contacts with the media resulted in an extremely large number of publications and broadcasts that included the Doping Authority's views and the information we provided.

Towards the end of the year, there were parliamentary questions about the resources and powers available to the Doping Authority for its work, and a motion was passed that was intended, among other things, to improve coordination between the various ministries with regard to doping issues. In part as a result of this media and political pressure, we expect the Doping Authority to be granted more resources and powers in the coming years so that we will be in a better position than now to bring even the highly complex cases to a successful conclusion.

However, in the 2012 financial year, we were still coping with the consequences of the cuts in previous years. We maintained our services - albeit often with difficulty - at the same level as in 2011. Digital information has come to play an increasing role in our prevention activities and, at the same time, the services we provide to the sports associations - assistance with disciplinary procedures, for example - have been given the highest possible priority.

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 1800 doping controls. In the end, 1,810 doping controls were carried out under the National Programme.

The Ministry of Health, Welfare and Sports granted two multi-year project subsidies and so the Doping Authority was able to make progress in 2012?? on a doctorate study of the efficacy of the global anti-doping policy, and on a knowledge management project that will make more and more doping-related information available to the public. Reports will be produced on both projects upon termination in 2014.

In 2012, the Doping Authority became involved in the wide-ranging international investigation of doping use in cycling in recent years. In close collaboration with WADA and a number of National Anti-Doping Organisations (NADOs) from other countries, we started to collect new evidence and a number of interviews were conducted with figures directly involved. In late 2012, it looked as though this investigation would be widening even further in 2013 and that it may not remain restricted to cycling alone. In view of the complexity of the entire subject, the matter will continue to take a lot of effort of Dopingautoriteit.

Despite the ongoing struggle to balance the responsibilities of the organisation and the available resources, we believe that, once again in 2012, we made an important contribution to the fight against doping in sport. We hope you will agree with us after reading this Annual Report.

The board

## **Chapter 1 2012 in brief**

### **Policy development**

2012 was the final year of the 2009-2012 Multi-Year Policy Plan. Although there will be an evaluation of this plan in the first six months of 2013, it is clear that most of the stated objectives were achieved during the period covered by the plan. The departures from the plan resulted from the cuts implemented by government during the planning period.

In the latter half of 2012, the new Multi-Year Policy Plan - for 2013-2016 - was drafted and adopted. The title given to the plan was *Between Ambition and Reality*, which expresses the conflict between what is desirable and what is feasible. The plan was completed before the Armstrong case hit the headlines and so it does not include the possible implications of this case for the Doping Authority.

### **In the news**

In 2012, the Doping Authority was in the news on many occasions, in most cases as a source of expert and objective comment on current events and as an organisation that provides compact and reliable information for journalists and others involved in publicity relating to doping.

The publicity relating to the Dutch Whereabouts app launched in February 2012 was very positive. This innovation was seen as an important way of helping elite athletes in the National Testing Pool (NTP) to fulfil their obligations in as user-friendly a way as possible. Another enjoyable and informative activity was the series of radio broadcasts in the *Lunch* programme that the NCRV broadcasting organisation devoted to the Doping Authority.

In the early months of 2012, it looked as though the investigations looking at the doping record of the American cyclist Lance Armstrong would fail to produce any result but, in the latter half of the year, the USADA published its condemnation of Armstrong. This case alone generated an unprecedented wave of publicity that involved the Doping Authority, but it also generated more and more questions about other cyclists (including Dutch cyclists) and cycling in general. Towards the end of the year, furthermore, there were signs that an increasing number of journalists were starting to look at other sports.

### **Case management**

The number of cases resulting in disciplinary proceedings was virtually unchanged from 2011. Improvements in the quality of the disciplinary proceedings - in particular at the Institute for Sports Law (ISR) - meant that the majority of the cases were completed in accordance with the regulations in first instance and so the number of appeals was limited. In 2012, the Doping Authority did not have to submit any judgements at all to the Court of Arbitration for Sport (CAS) in Lausanne. The Doping Authority was involved in an advisory capacity in a number of CAS cases.

In 2012, anti-doping organisations from other countries passed on a strikingly high number of cases to us for disciplinary proceedings. In cases of this kind, proof can be difficult because the organisations transferring the cases to us are not willing or able to provide the required evidence. As a result, cases in which this is expected to be a problem are no longer taken into consideration.

In 2012, the Doping Authority was also involved - as the instigator of a case or as an adviser to the athlete - in a number of cases in which in-depth follow-up investigations were required to determine the athlete's degree of guilt or negligence. The risk of violating the doping regulations unintentionally continues to be significant, and this includes positive findings as a result of eating contaminated food or contaminated nutritional supplements.

## **Collaboration**

In 2012, collaboration with both our principals was perhaps more intensive than ever. There were extensive consultations with the Ministry of Health, Welfare and Sport about the Doping Act announced by the Minister for 2013. Furthermore, in the latter half of the year under review, there were constructive consultations about the possible upgrading of the position of the Doping Authority.

THE NOC\*NSF has established a Doping Sounding Board Group comprising seven directors from sports associations. The Doping Authority CEO attends the meetings of this group in order to facilitate optimal coordination with "the sports".

At the national level, the goal is to establish closer cooperation with relevant organisations. In one case, an agreement was established to regulate the terms of a partnership. The higher public profile of the Doping Authority has brought an increasing number of organisations to our door to see where possible alliances can be useful.

At the international level, our alliances with foreign NADOs and the WADA have become much more intensive in the context of the follow-up investigations resulting from the Armstrong case.

## 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 legitimate 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, but also focus on the rights and, in particular, the duties of support staff, as well as factors that exacerbate or mitigate the risk of doping.

With the *fitness training* target group, the emphasis is on guest classes during the numerous fitness training courses. These classes look at 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 four sites (the corporate site [www.dopingautoriteit.nl](http://www.dopingautoriteit.nl), and the sites [www.100procentdopefree.nl](http://www.100procentdopefree.nl), [www.eigenkracht.nl](http://www.eigenkracht.nl) and [www.doping.nl](http://www.doping.nl)) are important channels for communications with the various target groups. In addition, athletes, fitness athletes, and support staff use the Doping E-mail Line (since 2012, questions can only be asked by e-mail).

New legislation relating to cookies meant that it was not possible to record visitor statistics for the entire year. Those figures have therefore not been included in this annual report.

### 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. The campaign is based on the survey of Dutch elite athletes conducted every four years. That survey showed that the vast majority of elite athletes are opposed to doping. In addition to providing information, this campaign focuses on changing attitudes and behaviour.

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

The campaign's site plays a central role: all information about the campaign can be found there. Twenty-four news flashes appeared in 2012 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 2012, the number of statements increased from more than 23,000 to more than 25,000.

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. In 2012, Vince Smoke (baseball) joined the ranks, and his contribution included a video on the site. Roll-up banners were produced for six ambassadors.

### ***Foto van een banner***

#### **Information meetings**

Members of the National Testing Pool (NTP) 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 47 information meetings for elite athletes and their immediate support staff.

In 2012, online information was organised for elite athletes for the second year. The latest elite sport survey (2010) showed that athletes very much want to be informed digitally. In 2011, 103 athletes studied the online information and appreciation levels were high. In 2012, this number was much lower: 32.

#### **Outreach Events**

There were seven outreach events in 2012. The idea is to deliberately target events/competitions, where large groups of athletes (particularly young and talented athletes), but also 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, the KNSB Jubilee, National Youth Tennis Championships and Regional Championships, World Basketball Championships (woman under 17), World Cycling Championships (road race), the KNWU Cycling Day and the ISU World Cup (jointly with the ISU).

#### **Doping fan booklet**

A doping fan booklet appeared again in 2012, 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 new prohibited list came into force, the fan booklet was sent to all A and B athletes and 'High Potentials' designated by the NOC\*NSF. 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 were also asked to distribute the booklet to athletes and support staff. In addition, the doping fan booklet was handed out during information meetings, outreach events and at fairs. DCOs take booklets with them for handing out during doping controls. The doping fan booklet can also be purchased separately.

#### **Stay Negative! Folder**

2012 saw the publication of a small compact folder entitled *Stay Negative!* 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 folder was distributed

through all the sports associations, Olympic Networks, all Sport Medical Institutions (SMIs) and all Professional Football Organisations (BVOs).

### **Articles**

A topical doping subject is discussed every month in the NOC\*NSF elite sport magazine *Lopend Vuur*. Eight articles were published in 2012.

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

In 2012, a video was produced with ambassador Churandy Martina in addition to the video with Vince Rooi.

### **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 2012 in various sports magazines.

### **Meeting of sports associations**

A meeting was organised for the third time for the staff of sports associations (Together against doping). It took place on 11 November in Nieuwegein and was attended by 40 people from both sports associations and Olympic Support Centres. 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 aim is to organise an association meeting of this kind every year. The subjects covered in 2012 included recent developments in the doping policy, the latest information about our elite sports plans, how disciplinary proceedings are conducted and an evaluation of the prevention policy.

### **Developments**

Doping educational activities are focusing increasingly on talented athletes (International Talent, Dutch Talent, High Potentials). In this context, work continued in 2012 on a project for promising athletes: *Talents Only*. As well as a brochure, it will also include information and videos on the site. *Talents Only* will be launched in the spring of 2013.

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

The therapeutic use exemption arrangements were relaxed slightly again in 2012. Exemptions for widely-used  $\beta_2$  agonists such as salbutamol and salmeterol had already been dispensed with; from 1 January 2012 onwards, this was also the case for inhaled formoterol.

In the end, exemptions were granted in 82 cases. Only one application was refused.

	<b>2009</b>	<b>2010</b>	<b>2011</b>	<b>2012</b>
Granted	278	140	111	82
Refused	48 (14.7%)	12 (7.9%)	8 (6.7%)	1 (1%)

Most exemptions in 2012 related to the use of methylphenidate (35%; the same percentage as in 2011). Other medication for which exemptions were often granted included prednisone (24%, 11% in 2011) and insulin (12%, 5% in 2011).

Taken as a whole, the applications came from 21 different sports associations, ten fewer than in 2010. Most applications this year were, once again, from the Royal Dutch Cycling Union (KNWU, 21%) and the Royal Netherlands Swimming Association (KNZB, 15%).

Three associations accounted for 7% of the applications: the Dutch Judo Association (JBN), the Athletics Union and the Royal Netherlands Skating Association (KNSB).



## **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 container (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 and during educational activities, and there is a promotional leaflet. In late 2012, 171 fitness centres were participating in the campaign.

To generate additional interest in the Own Strength campaign at fitness centres, a 'winter campaign' was launched in December 2012, continuing through January and February of 2013. The campaign consisted of additional web postings on the [www.eigenkracht.nl](http://www.eigenkracht.nl) site, an announcement about the campaign on the site, an advertisement in Fit!Magazine and a mailing campaign targeting more than 800 fitness centres that are members of Fit!vak. A telephone campaign was also initiated to encourage fitness centres to use the educational materials provided by Own Strength and, in that way, to be included on the list of Own Strength Centres (on the website). That resulted in 30 new centres, raising the total number of participating centres to 171. A telephone campaign was launched in February 2013 to determine what visitors to the participating fitness centres think about the materials. There will be a report on the survey in late March.

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

The Own Strength site plays a central role in the campaign. 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 postings 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, clear 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 a wide range of information about the Own Strength campaign.

In 2012, a total of 56 factual news reports were posted on the site. They were written by three external experts (journalists or specific experts) from the fitness/body-building branch and by our own prevention officers. One was a press release from the Dutch Food and Consumer Product Safety Authority (NVWA) relating to the ban on methylhexanamine.

### **Videos**

Own Strength uses videos more and more. Ten instruction and expert opinion films were produced in 2012. Five of them have now been posted on the site. The other five are still being processed.

### **Fitness courses & meetings**

In 2012, the Own Strength campaign included about 15 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. There were also presentations on three occasions at fitness conferences.

### **Clean Hunks**

Clean Hunks are fitness athletes/body builders who have demonstrated that you can build up an impressive physique without dope. There are twelve of them in all. 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*. 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. The publication was suspended in 2011 but it started again in 2012. Four articles were published in 2012.

Two articles were also published in *Fitness Expert* and contributions have been made to other magazines.

### **Advertisements**

The advertisement for men from the Own Strength campaign was published in all the 2012 issues of Sports & Fitness.

### **Steroids clinic**

Cosmetic athletes with medical complaints or questions were regularly referred to the steroids clinic in the Kennemer Gasthuis hospital in Haarlem. These issues were also part of the standard coverage in our own article in Sport & Fitness. In 2012, Sport & Fitness devoted a complete article to the Steroids Clinic.

### **Collaboration with the fitness branch**

On 22 April 2012, the Doping Authority and Fit!vak signed an agreement to collaborate more and in more concrete ways to combat doping in fitness centres. The Doping Authority and Fit!vak meet every six months to discuss progress.

In the context of a European project *Fitness against Doping*, we teamed up with the Europe Health and Fitness Association (EHFA), 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. We participated in an EHFA Technical Expert Group for Anti-Doping.

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

The booklet *Drug Info, doping. Hard facts about doping* was published in 2000. It is now out of date and so work has started on a new, improved edition. Extensive research and a lot of writing went into this new book in 2011 and 2012. It will be published in 2013.

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

Anti-Doping Denmark obtained a subsidy from the European Commission with four other countries (Sweden, Cyprus, Poland and the Netherlands) for a project bringing together knowledge and experience from different countries with the aim of optimising the strategy to stop steroids. The project started in April 2011 and ended with a congress on 19 and 20 March 2012 in Copenhagen. The findings from the project have been described in a report.

Following up on the alliance, the Swedish project partner (STAD) went on a working visit to the Doping Authority on 13 September.

## **SUPPORT STAFF**

In addition to the focus on athletes, there has been an increasing emphasis in recent years on a range of athlete support staff. They can play an important role in both a positive and negative sense. Trainers and coaches in particular play a prominent role. Sports doctors and paramedics are also important.

### **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. In 2013, the brochure will be revised and reprinted in the 100% Dope Free house style.

In December 2012, the *Stay Negative!* folder was distributed with the NL Coach magazine (8,000 copies).

### **Trainer/coach courses**

In collaboration with the NOC\*NSF 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. In 2012, the generic module for level 3 was taught once. The videos made for this module are also used in other coach courses.

### **Presentations and outreach events**

There were presentations at a range of courses and refresher courses, such as the Sports Physiotherapy masters course, two Sports Nutrition coaches, cycling union courses for team managers, soigneurs and level-4 coaches, the Sports Management minor of the Dutch Hogeschool for Tourism and Leisure, Sports Psychology of the Radboud University Nijmegen, the skating union course for level-4 coaches, the table tennis association coaching course (level 4), and the boxing association coaching course (level 3). There was also an outreach event during the National Coach Congress on 14 December.

## GENERAL PUBLIC

### www.dopingautoriteit.nl

The overhauled corporate website went online in February 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 immediately after release. A total of 601 ANP news releases were published on the site in 2012 (after correction for revised releases). We contributed 26 releases of our own to the site in 2012.

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 E-mail Line

The Doping Infoline is *the* front office of the Doping Authority, manned alternately by four operators. The telephone service was shut down with effect from 1 January 2012 and the service is now available exclusively by e-mail. The name has therefore been changed to the Doping E-mail Line. All substantive questions are processed every working day and recorded anonymously in a database.

In 2012, the total number of e-mails was 995, which compares with the total of 941 e-mails and phone calls in 2011. This is an increase of 6%. See the table for all the figures.

### Doping E-mail Line 2012

Category	2012	2011	Difference (%)
Total number of e-mails	995	530	+ 465 (+88%)
Number of e-mails per working day	4.0 e-mails	2.1 e-mails	+ 1.9 (+90%)
Percentage men	57%	55%	+2%
Percentage women	43%	45%	-2%
Background	1 Unknown (49.9%) 2 Athlete (27.0%) 3 School pupil (6.0%) 4 Other (4.7%) 5 Parent (3.4%) 6 Trainer/coach/support staff (2.9%) 7 Doctor (2.9%) 8 Association employee (2.0%) 9 Physiotherapist (0.8%) 9 Partner (0.1%) 10 Family/acquaintance (0.1%)	1 Unknown (35.8%) 2 Athlete (34.9%) 3 School pupil (8.9%) 4 Parent (7.2%) 5 Other (4.2%) 6 Trainer/coach/support staff (3.4%) 7 Association employee (2.8%) 8 Doctor (1.1%) 9 Physiotherapist (0.8%) 9 Partner (0.8%) 10 Family/acquaintance (0.2%)	
Percentage elite athletes	84.3%	75.7%	+8.6%
Percentage grassroots athletes	15.7%	24.3%	-8,6%
Top-five doping categories	1 Glucocorticosteroids (26.2%) 2 Anabolic substances (20.0%) 3 Stimulants (17.7%) 4 B2 agonists (13.1%) 5 Peptide hormones etc. (6.9%)	1 Anabolic substances (38.8%) 2 Glucocorticosteroids(19.0%) 3 B2 agonists (15.5%) 4 Stimulants (11.2%) 5 Peptide hormones etc. (8,6%)	
Top-five questions	1 Prohibited list (26.9%) 2 Supplements (21.8%) 3 TUE (8.2%) 4 School project (7.0%) 5 Doping control (5.0%)	1 Prohibited list (25.7%) 2 Supplements (24.5%) 3 TUE (9.5%) 4 School project (8.6%) 5 Action & risks (7.8%)	
Branch of sport	1 Unknown (70.5%) 2 Fitness (4.9%) 3 Cycling (4.6%) 4 Athletics (1.9%) 5 Baseball and softball (1.6%)	1 Unknown (63.2%) 2 Fitness (8.9%) 3 Cycling (4.2%) 4 Swimming (3.0%) 4 Athletics (3.0%)	
Referral	1 Doping Authority site (32.8%) 2 NZVT (Dietary supplements) (19.8%) 3 100% Dope Free website (12.8%) 4 Internal (10.9%) 5 Own Strength website (9.4%)	1 Doping Authority site (30.7%) 2 NZVT (Dietary supplements) (22.6%) 3 Own Strength website (17.8%) 4 100% Dope Free website (9.4%) 5 Other (5.9%)	
Day by day Monday Tuesday Wednesday Thursday Friday	23.7% 23.9% 16.4% 19.7% 16.3%	29.2% 21.3% 20.9% 16.0% 12.5%	-5.5% +2.6% -4.5% +3.7% +3.8%

Month by month	January	6.8%	10.3%	11.0%	7.9%	8.7%	9.6%	9.4%	10.0%	7.2%	8.9%	-2.7%	+0.9%
	February	8.0%	7.6%	6.2%	6.3%	9.7%	8.1%	5.3%	5.5%	5.1%	10.2%	+1.0%	+0.7%
	March											0.2%	-0.1%
	April												
	May												
	June	10.6%	6.7%				8.9%	11.3%				+2.3%	+0.7%
	July											+1.2%	-0.5%
	August											+1.7%	-4.6%
	September												
	October												
	November												
	December												

### Press contacts

Every year, there is a press conference for the national media. This year, it was organised on 4 December 2012.

Twenty-six press releases were published during the course of the year.

There were also more than 500 individual contacts with the media, both print and broadcast.

## **Chapter 3 Doping controls**

### **Controls in practice**

#### **General**

In 2012, 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 is on the very top levels of Dutch sports. 2012 was an Olympic year and so testing was intensified in the sports with participants at the Olympic and Paralympic Games in London. Otherwise, the Doping Authority was able to conduct more targeted controls for specific individuals and/or groups, with occasional doping controls at competition levels immediately below the very top. The number of follow-up investigations and specific, supplementary analyses increased further. Once again, a lot of attention was paid to the whereabouts system. Some elite athletes, if they are members of national or international testing pools, are required to report some of their daily activities to the Doping Authority or the international federation. Innovative technology was used to make it easier for athletes to report their whereabouts. This Dutch approach was the first step towards worldwide standardisation.

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

Pursuant to the elaboration of the 2009 World Anti-Doping Code (WADC) 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. For example, before using any medicines, they must apply for a therapeutic use exemption from the TUE committee. They must also provide whereabouts information throughout the year and attend an educational activity organised by the Doping Authority. In 2012 there were 14 sports associations with athletes in the NTP. This is fewer than in 2011, when there were 20. The number of athletes is broadly similar to the number in 2011 (430 athletes in 2012 as opposed to 452 athletes in 2011 at the start of the year). Once again in 2012, athletes were only required to provide whereabouts information to one organisation: either the international federation or the Doping Authority. During the course of 2012, WADA gave the Doping Authority reading access to whereabouts information relating to Dutch athletes in the ADAMS global whereabouts system. As a result, the Doping Authority can now retrieve whereabouts information about Dutch athletes, helping to ensure that the information available to the Doping Authority is up-to-date.

In 2012, as in the previous year, the Doping Authority also drew on information from external sources such as websites 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.

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

The Doping Authority conducted two types of doping control for Dutch Sports in 2012: controls in the context of the national programme and doping controls on behalf and for the account of third parties, including the World Anti-Doping Agency (WADA), international federations (IFs) and foreign NADOs. The Doping Authority's responsibilities also included controls pursuant to official records, "target controls" when there were specific suspicions, and various types of follow-up investigations. Controls in the Netherlands included not only Dutch athletes, but also athletes from other countries, sometimes on behalf of other NADOs.

#### **The National Programme – underlying principles**

As in previous years, the Ministry of Sport and the NOC\*NSF made funding available in 2012 for the implementation of the national control programme on behalf of the Dutch sports associations. The rising costs of doping controls resulted in fewer controls being

carried out. The available budget meant that a national programme of 1,800 controls was possible in 2012. In accordance with the NOC\*NSF policy, approximately 400 of these controls were earmarked for controls pursuant to records and qualification limits, the implementation of "target controls" and follow-up investigations. On the basis of the anti-doping policy formulated with THE NOC\*NSF, the Doping Authority spread the remaining 1,300 controls among the sports associations. A mathematical distribution model which includes information such as international and national doping incidence rates is used to decide on this allocation.

### **The National Programme – implementation**

In 2012, 1,810 controls were conducted as part of the national control programme. These were all urine tests.

The 1,810 doping controls conducted as part of the national control programme covered 29 Olympic sports and 16 non-Olympic sports in a ratio of 80:20. There were no doping controls in a number of sports that are less susceptible to doping.

Box

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

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

The percentage of out-of-competition controls in the national programme was 42%. Compared with 2011, the percentage of out-of-competition doping controls fell slightly. In addition to the national control programme, the Doping Authority conducted a supplementary testing programme in the run-up to the Olympic and Paralympic Games in London before the Dutch athletes set off for the British capital. These additional controls, which were financed by the NOC\*NSF, have been included in the overview of "Doping controls for third parties".

Of the 1,810 contingent controls conducted for sports in the Netherlands, 1,183 involved men (65%) and 627 women (35%). The male-female distribution in 2012 was therefore, once again, a reflection of the Dutch sports world.

### **Doping controls for 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 controls for international events in the Netherlands.

On the basis of assignments from third parties, a total of 734 doping controls were conducted, an increase of 17% compared with 2011.

The majority of the additional doping controls conducted for Dutch and foreign associations and organisers were in-competition controls (81%). 458 men and 276 women underwent these controls.

### **Doping controls - total**

The controls for the national control programme and the controls for third parties together make up the total doping control programme conducted in 2012. A total of 2,544 doping controls were carried out. In all cases, they were urine tests. The Doping Authority did not conduct any blood tests at its own initiative in 2012.

Table 1 General overview of doping controls conducted in 2012

<b>Doping controls conducted by the Doping Authority</b>	
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Conducted by the Doping Authority for Dutch Sports as part of the national control programme	1.810
Conducted by the Doping Authority for foreign sports organisations and other organisations	734
<b>Total conducted by the Doping Authority</b>	<b>2,544</b>

<i>Number of doping controls</i>	<i>2012</i>	<i>2011</i>
National programme	1,810	1,965
On behalf of third parties	734	628
Total	2,544	2,593

#### Box

*Total number of doping controls: the top five*

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

The total number of 2,544 doping controls for Dutch sports and sports organisations was 2% down on 2011 (2,593 controls).

Table 2 Overview of the number of doping controls conducted in 2012

Sport	Conducted (contingent)	Conducted (other)
Athletics	116	27
Car racing	0	0
Badminton	6	12
Basketball	59	0
Billiard sports	21	0
Bobsleigh	14	0
Boxing	14	0
Bowling	8	0
Bridge	0	0
Cricket	12	0
Curling	5	0
Draughts	0	0
Dance sport	12	0
Darts	8	8
Fitness and Hiphop	0	2
Frisbee	0	0
Disabled sports	0	0
Go	0	0
Golf	12	1
Gymnastics	42	0
Handball	53	0
Archery	13	12
Equestrian sports	17	16
Hockey	48	64
Baseball and softball	88	0
Ice hockey	20	0
Indoor and outdoor bowls	0	0
Boules	0	0
Judo	63	0
Karate Do	13	0
Mountaineering and climbing	13	0
Korfbal	35	2
Strength sports	79	0
Air sports	0	0
Minigolf	0	0
Modern and military pentathlon	0	0



Motor sport	46	0
Underwater sport	0	0
Eastern martial arts	4	0
Racquetball	0	0
Life-saving	7	1
Rowing	97	2
Roller sports and bandy	14	0
Rugby	36	0
Skating	131	113
Chess	0	0
Fencing	13	4
Shooting	21	1
Skiing	14	0
Squash	20	0
Taekwondo	15	0
Table tennis	10	8
Tennis	17	9
Triathlon	28	0
Football	115	119
Volleyball	44	62
Water skiing	8	9
Water sports	25	16
Cycling	237	164
Swimming	137	82

Table 3 Number of in-competition and out-of-competition controls in 2012

Sport	In competition	Out of competition
Athletics	78	65
Car racing	0	0
Badminton	16	2
Basketball	37	22
Billiard sports	21	0
Bobsleigh	0	14
Boxing	6	8
Bowling	8	0
Bridge	0	0
Cricket	12	0
Curling	0	5
Draughts	0	0
Dance sport	12	0
Darts	12	4
Fitness and Hiphop	2	0
Frisbee	0	0
Disabled sports	0	0
Go	0	0
Golf	12	1
Gymnastics	12	30
Handball	52	1
Archery	22	3
Equestrian sports	12	21
Hockey	68	44
Baseball and softball	32	56
Ice hockey	20	0
Indoor and outdoor bowls	0	0
Boules	0	0
Judo	24	39
Karate Do	8	5
Mountaineering and climbing	12	1
Korfball	28	9
Strength sports	59	20
Air sports	0	0
Minigolf	0	0
Modern and military pentathlon	0	0
Motor sport	25	21
Underwater sport	0	0
Eastern martial arts	0	4
Racquetball	0	0
Life-saving	6	2
Rowing	32	67
Roller sports and bandy	0	14
Rugby	24	12
Skating	197	47
Chess	0	0
Fencing	10	7
Shooting	21	1
Skiing	0	14
Squash	20	0
Taekwondo	13	2
Table tennis	8	10
Tennis	14	12
Triathlon	24	4
Football	114	120

Volleyball	88	18
Water skiing	17	0
Water sports	16	25
Cycling	301	100
Swimming	158	61

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

Doping controls were not completed in 130 cases in 2012.

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 (in the cases of doping controls without whereabouts information).
  - 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.
- 92% of these cases involved out-of-competition controls.

When doping controls are prevented from taking place, attempts are made to conduct a control with the athlete in questions as quickly as possible thereafter.

In 2012, a total of 87 definitive whereabouts failures were recorded, including filing failures (the failure to provide the relevant information correctly and on time) and missed tests (in which the athlete is not present at the stated location within the one hour time slot). For 10 athletes, this was their second infringement within 18 months. In one case, the whereabouts failure was the third infringement in 18 months by the same athlete and proceedings were initiated by the athlete's international federation for an infringement of the doping regulations (see also table 5). The top three of Filing failures comprised KNBSB, KNZB and NBB athletes respectively. The top three of Missed tests comprised KNRB, KNBSB and KNWU athletes respectively. The leading numbers of Whereabouts failures were accounted for by the KNBSB and KNZB. It should be pointed out that associations with a large number of athletes in the National Testing Pool are more likely to have athletes who fail to meet whereabouts obligations.

### **EPO and related substances**

In 15% of cases, the urine samples were also analysed for EPO. This is slightly less than in 2011 (18%). This slight fall can be explained by the reduction in the number of controls in the National Programme from 1,965 in 2011 to 1,810 in 2012. The EPO analyses were a feature of various branches of sport, with cycling, skating and athletics constituting the top three. Various samples were also analysed for somatropine, hexarelin and testosterone use.

### **Unannounced doping controls**

The total percentage of out-of-competition controls was the same as in 2011 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 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 and also controls at the level just below the very top.

### **Mobile doping control station**

In 2012, the mobile doping control station was used extensively at locations where establishing a fixed doping control station was difficult. The mobile station is used for, among other things, outdoor sports such as motor sport, cycling, water sports, equestrian sports, and triathlon. The mobile doping control station was used for a total of 12 different sports.

### **Findings**

In 2012, 82 cases with adverse findings were registered with the Doping Authority. In 76 cases, anomalous A urine samples were found; on one occasion, there was an anomalous A urine sample in combination with a non-analytical finding. Together, this amounted to 77 cases with an anomalous A sample. Five cases involved non-analytical findings only.

The incidence of adverse findings (including non-analytical findings) - 82 in 2,544 controls - was 3.2%. The percentage was 1.2% down on 2011 (4.4%).

#### *Graph*

*Number of findings as a proportion of doping controls*

2012	2,544	3.2%
2011	2,593	4.4%
2010	2,805	3.0%
2009	2,636	2.8%
2008	2,667	2.7%
2007	2,729	3.7%
2006	2,825	4.8%
2005	3,052	4.0%
2004	2,848	1.9%
2003	2,876	1.3%

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

Of the 77 files with anomalous A urine samples, 45 files involved cases reporting only a T/E ratio higher than 4 (35 times) and/or an anomalous steroid profile (10 times: an atypical finding). This is 58% of the anomalous A samples. In 2012, the Doping Authority initiated isotope ratio mass spectrometry analysis (IRMS) in all these cases. In none of the 45 cases did subsequent investigation show that the increase was a result of exogenous factors and the Doping Authority therefore classified the results as non-adverse findings.

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

In three cases, it was found that a therapeutic use exemption had already been granted for the therapeutic use of the prohibited substance found. These files were therefore closed and did not therefore result in proceedings with the sports association in question. On two occasions, a substance was found that is either permitted or not, depending on how it is administered; on both occasions, the administration method was permitted and the athletes in question had also listed the substance on the doping control form. The Doping Authority again concluded that these results were negative (see table 4).

### **Case that could not be pursued**

In one case (an anomalous A urine sample in combination with a non-analytical finding), it emerged after an assessment that the case could not be pursued by the association in question because the athlete was not a member of the association. Athletes must be members of an association in order to be subject to anti-doping regulations. The athlete participated in a competition organised officially under the regulations of the association for which membership was a prerequisite. The Doping Authority has talked to the management of the Association to prevent similar cases in the future.

### Classification according to the WADA Prohibited List

Upon classification at the group level in accordance with the WADA Prohibited list 2012, a substance and/or a high T/E ratio, or an atypical steroid profile was found in the 77 anomalous A samples referred to above.

Four urine samples contained metabolites of two performance-enhancing substances (or their metabolites) and one urine sample contained a metabolite of a performance-enhancing substance and a high T/E ratio. Substances from the category of anabolic substances were found in 50 of the 82 cases. On 15 occasions, these were stimulants and, on eight occasions, metabolites of cannabis were found. The percentage in the anabolic substances category fell sharply by 41% in 2012. This fall was primarily caused by a lower number of urine samples with a T/E ratio in excess of 4 or an atypical steroid profile.

#### Graph

##### Detected substances and initial adverse findings

	2011	2012
Anabolic substances	85	50
(T/E ratio >4)	(51)	(37)
(Atypical steroid profile)	(30)	(10)
(substances found)	(4)	(3)
Peptide hormones, growth factors and related substances	1	0
B2 agonists	3	0
Hormonal and metabolic modulators	0	2
Diuretics / masking substances	0	4
Stimulants	12	15
Cannabinoids	8	8
Glucocorticosteroids	3	3
Beta blockers	1	0
<b>Total</b>	<b>113</b>	<b>82</b>

In 2012, there was an increase in several groups of substances, including the use of hormonal and metabolic modulators, diuretics/ masking substances and stimulants, and a decline in the groups of peptide hormones, growth factors and associated substances and b2 agonists. An explanation for the fall in the findings in the b2 agonist group may be the fact that, in 2012, inhalation of the asthma medication formoterol in low doses was permitted by the prohibited list. Once again, as in 2011, there was no finding in 2012 in the category 'anti-oestrogenic substances'.

### Cases resulting in proceedings

In 2012, the Doping Authority initiated proceedings in 31 cases in 15 different sports because of possible infringements of the regulations of the sports association involved. Most of these 31 cases related to strength sports, followed by cycling. The athlete was a male in 28 cases and a female in three cases.

In seven cases, the TUE committee granted a retrospective therapeutic use exemption for the use of the substance found. The relevant sports associations were advised that, from the point of view of the Doping Authority, there were no longer any grounds for proceeding with these cases. In all cases, the associations in question did indeed terminate the proceedings.

In six of these 31 cases, the results were not from doping controls conducted by the Doping Authority but doping controls involving Dutch athletes that were conducted abroad. The result management relating to these controls was transferred to the Doping Authority by the relevant NADO or IF. This was done because the athletes in question were Dutch citizens and/or because, at the time of the control, they were not members of a foreign sports association but were members of a Dutch association.

In 11 of the 31 cases in which proceedings were initiated, the laboratories found metabolites of stimulants. Eight different sports disciplines were involved in 2012.

The percentage of cases in which proceedings were initiated, including the six controls conducted by colleagues in other countries, was 1.7% (31 cases under national anti-doping regulations from 1,810 contingent controls). The percentage of cases in which proceedings were initiated in 2012 pursuant to controls conducted on Dutch territory by the Doping Authority as part of the national programme was 1.4%. This percentage exceeded the stated target for 2012 of a maximum of 1% positive cases in Dutch athletes.

Table 5 Adverse analytical findings and non-analytical findings in 2012; situation at time of finalisation of annual report (ISR = Institute for Sports Law, TP= Testing Pool)

<b>Sport</b>	<b>finding/substance</b>	<b>number</b>	<b>action taken by sports organisation</b>
Athletics	metabolite and artefact of hydrochlorothiazide	1	therapeutic use exemption granted after the event (not TP), file closed
Basketball	furosemide	1	IF appeals committee: 1 year suspension
Billiard sports	metabolite and artefact of hydrochlorothiazide	1	therapeutic use exemption granted after the event (not TP), file closed
Billiard sports	attempted evasion, metabolite of cannabis	1	athlete not a member of sports association, case impossible to pursue
Billiard sports (not NL)	metabolite of cannabis	1	proceedings instituted with sports association
Hockey	MDMA, metabolite of cocaine	1	sports association: 1 year suspension
Hockey	metabolite of methylphenidate	1	therapeutic use exemption granted after the event (not TP), file closed
Ice hockey	methylhexaneamine	1	proceedings instituted with sports association
Judo	metabolite of cocaine	1	proceedings instituted with sports association

Strength sports	attempt at evasion	1	disciplinary committee ISR: 6 year suspension, appeal by athlete
Strength sports	metabolite of cannabis	2	ISR disciplinary committee: 2 year suspension
Strength sports	metabolite of cannabis	1	proceedings instituted with sports association
Strength sports	metabolite of methandienone, methylhexaneamine	1	ISR disciplinary committee: 2 year suspension
Strength sports	methylhexaneamine	1	proceedings instituted with sports association
Strength sports	methylhexaneamine	1	ISR disciplinary committee: 2 year suspension
Strength sports	T/E ratio >4, metabolite of tamoxifen	1	ISR disciplinary committee: 2 year suspension
Strength sports (not NL)	metabolite of drostanolone	1	ISR disciplinary committee: 2 year suspension
Rugby	MDA, MDMA, methylhexaneamine	1	ISR disciplinary committee: 2 year suspension
Rugby	metabolite of methandienone	1	ISR disciplinary committee: 2 year suspension
Shooting	T/E ratio >4	1	therapeutic use exemption granted after the event (not TP), file closed
Tennis	3 whereabouts failures in 18 months	1	proceedings instituted with international federation
Volleyball	methylphenidate	1	therapeutic use exemption granted after the event (not TP), file closed
Volleyball (not NL)	metabolite of cannabis	1	sports association: reprimand
Water skiing and wakeboarding	metabolite of cannabis	1	ISR disciplinary committee: reprimand
Water skiing and wakeboarding	metabolite of cannabis	1	proceedings instituted with sports association
Water sports	methylphenidate	1	therapeutic use exemption granted after the event (not TP), file closed
Cycling	attempted evasion	1	ISR disciplinary committee: 1 year suspension
Cycling	attempted evasion	2	ISR disciplinary committee: acquittal
Cycling	metabolite of tamoxifen	1	ISR disciplinary committee: 2 year suspension
Swimming	metabolite of methylphenidate	1	therapeutic use exemption granted after the event (not TP), file closed
<b>Total</b>		<b>32</b>	

*\* A Dutch athlete who underwent a control in another country, with the result management of the case being transferred to the Doping Authority in 2012.*

## **Chapter 4 International Affairs**

### **Council of Europe – Monitoring Group and Advisory Groups**

The Advisory Group on Education met twice in Paris: on 15 April, when Bart Coumans 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. Steven Teitler was present on behalf of the Doping Authority.

Both the scientific and legal advisory groups of the Council of Europe met (in June and July respectively) to discuss the 2013 prohibited list and the planned changes to the code. From a NADO perspective, there is a strong wish for more practical clarity and a say about the content of the WADA rules.

### **European Union**

In 2012, a new initiative was launched in response to steps taken by the European Union to tackle the risks associated with the possible presence of doping in nutritional supplements. In the Netherlands, we have had the NZVT system since 2003. Over the years, a range of systems have been established in different countries and it is not always clear to what extent athletes, and elite athletes in particular, can rely on those systems. This international initiative aims to inform athletes and support staff, through SportAccord and the iNADO, about high-quality testing systems. It is expected to go operational in 2013.

### **Institute for National Anti-Doping Organisations - iNADO**

Immediately after the iNADO was established, the Doping Authority joined this umbrella organisation. In the latter half of the year under review, the organisation took shape with the appointment of a director, the establishment of an office in Bonn, and with the gradual development of products and services for the members.

### **International Anti-Doping Arrangement - IADA**

The Doping Authority was present at the annual meeting of this group of 11 countries.

### **Olympic and Paralympic Games, London**

In 2012, the Doping Authority not only implemented an additional doping control programme the run-up to the Games in London, staff from the Doping Authority were also active during the Games. Five Dutch DCOs conducted doping controls on behalf of the organising committee in London. In addition, the elite sports information officer of the Doping Authority was active as a member of the WADA Athlete Outreach Team during the Olympic Games in London.

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

Over the course of 2012, there were many, wide-ranging contacts with WADA. There were almost daily consultations about the correct management of Dutch doping infringements, which is monitored by WADA. In addition, close collaboration with WADA developed in ongoing investigations, particularly in cycling, and that pooling of forces will probably become structural in the years to come.

As in other years, a response to the draft prohibited list was sent to WADA in the summer. The Doping Authority coordinates the Dutch response on behalf of the NOC\*NSF, the NOC\*NSF Athletes' committee and the Ministry of Sport. Once again, it was pointed out that the prohibited list must have a sound practical and scientific basis. Responses were also drafted in the course of the year to a range of technical documents associated with WADA's International Standard for Laboratories.

### **Miscellaneous**

A prevention officer from the Surinamese Anti-Doping Authority (SADA) completed a traineeship in the Doping Authority's Prevention department.





## **Chapter 5 Legal Affairs**

### **Contributions to doping cases**

One of the main legal activities involves the submission of arguments in doping cases. These arguments set out the position of the Doping Authority with regard to the relevant provisions in the Doping Regulations, the International Standards, the facts of the case, and the arguments stated by the athletes in their defence. Submitting arguments in this way gives the Doping Authority the opportunity to describe the legal framework for disciplinary committees, to discuss crucial provisions in the Doping Regulations and/or International Standards, and to respond to the defence arguments of the athlete in question (on the basis of case law from the CAS and elsewhere). The Doping Authority also answers a range of supplementary questions (from the disciplinary committees) and/or defence arguments (from the athletes).

### **WADA Appeal**

WADA receives the results from the doping controls conducted throughout the world by all WADA-accredited laboratories on an anonymous basis. This allows WADA to submit enquiries to NADOs and international federations about the results of doping cases. In practice, this means that WADA asks the Doping Authority to state whether a sanction has been imposed and, if so, what that sanction is, when doping controls have produced positive results. WADA then decides whether more information is required to determine whether the Code has been applied and observed correctly in the case in question. In two cases, this review led WADA to submit an appeal in two cases in 2012. In one case, the appeal was submitted to the appeals committee of the IST. In the other case, WADA appealed to the CAS against a decision by the appeals committee.

### **Explanatory Statement accompanying the National Doping Regulations (NDR)**

At the request of the Institute for Sports Law (ISR) and a range of sports associations, the Doping Authority is developing an Explanatory Statement to accompany the NDR. The NDR are based on a combination of the World Anti-Doping Code (WADC), different International Standards, Dutch law, national and international case law, the Dutch approach to implementing doping controls, and the role of the Doping Authority. Almost every provision in the NDR reflects a large or varied number of intentions, historical factors, international rules/procedures and case law. Disciplinary judges (and associations) often know little or nothing about this background. The Explanatory Statement is intended to remedy this and, in that way, contribute to the correct and full application of the NDR, particularly in doping cases.

### **Code Revision**

In 2012, WADA distributed two draft versions of the revised WADC (which is due to come into force on 1 January 2015). The first draft proposed Draconian sanctions (standard suspensions of four years for many infringements, an Olympic ban that could include several Olympic Games, and far-reaching team penalties).

A positive development involves placing a greater emphasis on performance enhancement in the criteria for including substances on the prohibited list.

The Doping Authority has, in consultation with its policy partners (the Ministry of Sport, NOC\*NSF and the NOC\*NSF Athletes' Committee), sent a response to this draft version of the WADC to WADA. The Doping Authority also responded to this first draft Code through the contribution from the Council of Europe.

The second draft version of the revised Code was drastically amended with respect to the first draft. This draft still contains the proposal to establish a prohibited list in which the performance-enhancing effects of the substances play a central role. Considerable improvements have been made with respect to the previous version in the field of mitigating sanctions. The Doping Authority has also responded to this second draft version. The final consultation phase will end in March 2013. The definitive 2015 WADC will be adopted by WADA in November 2013 during the World Conference on Doping in Johannesburg.



## Chapter 6 Scientific research

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

- a continuous survey of the scientific literature based on the identification of doping-related relevance;
- 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.

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 2012, approximately 300 relevant articles were added to this archive, which means that the total number of articles available is now more than 2,900. The number of relevant publications has 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. Data collection continued in 2012. The project will continue until late 2014.

#### *Steroids polyclinic*

Endocrinologist Pim de Ronde has set up a polyclinic in the Kennemer Gasthuis in Haarlem targeting people with health problems caused by anabolic steroids. The polyclinic is open once a week and it has now received approximately 200 visitors. The Doping Authority is playing an advisory role. This "steroids clinic" has now been recognised as an official expertise centre by the Dutch association of tertiary medical teaching hospitals (STZ).

#### *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 Professor Haisma, the professor of pharmaceutical history Toine Pieters and student Toon van der Gronde are drafting a review of the current situation in this field. This article has now been accepted by the British Journal of Sports Medicine. Publication will follow in 2013.

#### *Sociological Research Program*

As part of WADA's "Sociological Research Program", a research proposal has been submitted and approved in collaboration with four other NADOs with supervision from the University of Potsdam. The study will focus on possible performance indicators for NADOs

and it will continue until the end of June 2014. On behalf of all the NADOs concerned, the Doping Authority will have an advisory and coordinating role.

#### *Other matters*

A working party has been established for exchanging experiences with six other scientific members of staff working for the national anti-doping organisations of Switzerland, Norway, Great Britain, Germany, 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.

We also supervised and made assessments of several students who looked in depth at doping topics as part of their studies. The emphasis was on health-related and forensic training.

We acted as a referee on three occasions for the *British Paper of Sports Medicine* and once for the *Journal of Sports Sciences*.

We participated in discussions about counterfeit medical products at two meetings arranged by the Medicines and Medical Technology directorate of the Ministry of Health, Welfare and Sport. We also supplied input at a separate session about progress with the policy agenda for counterfeit medicines and medical devices. For the Social and Cultural Planning Office, we participated at a number of meetings looking at the report "Strengthening the sports data infrastructure".

#### **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 October 2012. This year, the conference focused on preventing doping use. This was the eleventh scientific conference organised by the USADA and the tenth occasion upon which the Doping Authority was invited.

We were represented in July 2012 at the International Convention on Science, Education and Medicine in Sport in Glasgow. This was a pre-Olympic conference that was co-organised by the International Olympic Committee and the International Paralympic Committee. The Doping Authority was invited to a mini-conference looking at the relationship between asthma medicines and doping regulations.

#### **Dietary supplements**

In 2012, 160 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 again in 2012 by, among other things, the finding that one submitted batch was rejected because of the unexpected presence of various stimulants in what was otherwise a standard product. In total, on 31 December 2012, there were 373 product-batch combinations on the NZVT website ([antidoping.nl/nzvt](http://antidoping.nl/nzvt)), representing 188 products, 37 producers and 17 substantive categories. In 2012, there was interest in the NZVT from countries including the United States, South Africa and Indonesia.

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)) and, with support from the European Union, a new attempt was launched in 2012 to establish international agreement so that all athletes have at their disposal an overview of supplements associated with the lowest possible doping risks. This line will be continued in 2013.

## Chapter 7 Knowledge management

### Doping.nl project

Work on [www.doping.nl](http://www.doping.nl), which began in 2011, continued in 2012.

The aim is to establish a site with an international appeal that experts throughout the world will see as a source of easily accessible doping-related information.

It has been decided to do this using the Internet: [www.doping.nl](http://www.doping.nl). In practice, this means that the domain **www.doping.nl** has been separated from the other Doping Authority sites and that it will continue as an "independent" source for the knowledge management project. The website will be in English.

It will address a large number of different target groups who all share a basic understanding of, and interest in, the field. They include:

- NADOs and IFs
- other international organisations active in the field of doping (IOC, WADA, Unesco, Council of Europe, European Union)
- professionals/semi-professionals
- journalists, lawyers, scientists, directors, researchers, athletes
- groups associated with athletes: coaches, doctors, physiotherapists

The aim is to bring together sound, up-to-date, information about a number of doping-related subjects. The site could also serve as a source with links to information about the different subjects.

A number of specific areas are being prioritised for the time being:

- 1) legal (for example: CAS decisions, disciplinary committees (national and international), legislation and so on);
- 2) information about substances;
- 3) scientific information (particular examples being scientific literature that is free of copyright and literature references).

The website went online in 2012. Collecting and providing access to information is a shared duty. The responsibility for collecting information therefore resides with different members of staff who focus on their own fields.

This often requires specialist knowledge, with the interpretation of the data providing added value. There are brief consultations every two weeks to monitor the progress of the project.

There is a deliberate emphasis on encouraging people and organisations from other countries to share information.

The particular focus in 2012 was on collecting and posting CAS decisions, collecting and posting scientific literature (or abstracts) and educational material (mainly videos).

## **Chapter 8 People & organisation**

### **Board of Management**

The Doping Authority has a board with three members: a chair, a secretary and a treasurer. The secretary is nominated by the NOC\*NSF, and the treasurer is nominated by the Ministry of Health, Welfare and Sport. A 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 CEO. 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 2012, 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 2012, the office organisation comprised 14 people and there was one vacancy, amounting to 12.3 FTEs. For an overview, the reader is referred to annex 3.

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

In addition to the permanent staff, there were 27 part-time Doping Control Officials at the end of 2012 (20 men and 7 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. The annual quality audit was conducted by an external auditor in the autumn of 2012 and no anomalies were found.

A Complaints Procedure was adopted and published on the website in May 2011. This procedure was not used at all in 2012.

### **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 ten independent doctors.

## Annex 1 Financial

### Balance sheet as at December 31, 2012

<b>Assets</b>	<b>2012</b>	<b>2011</b>	
<i>Fixed assets</i>			
Tangible fixed assets	€ 58.703		€ 94.570
<i>Current assets</i>			
Receivables	€ 147.235	€ 220.866	
Cash and bank balances	€ 937.677	€ 687.843	
	€ 1.084.912		€ 908.709
<b>Total assets</b>	<b>€ 1.143.615</b>		<b>€ 1.003.279</b>
<b>Liabilities</b>			
<i>Foundation reserve</i>			
Other reserves	€ 283.800	€ 248.151	
Egalisation reserve Ministry of Health, Welfare and Sports	€ 121.207	€ 89.224	
Reserve for doping controls	€ 168.698	€ 142.665	
Reserve for special purposes	€ 90.000	€ 80.000	
	€ 663.705		€ 560.040
<i>Long-term liabilities</i>			
<i>Current liabilities</i>			
Trade creditors	€ 155.181	€ 168.134	
Taxes and social premiums	€ 54.255	€ 64.369	
Other liabilities and accrued expenses	€ 270.474	€ 210.736	
	€ 479.910		€ 443.239
<b>Total liabilities</b>	<b>€ 1.143.615</b>		<b>€ 1.003.279</b>



**Statement of revenue and  
expenditure for the year  
2012**

	<b>2012</b>		<b>2011</b>	
<b>Revenue</b>		€ 2.482.322		€ 2.572.260
Direct costs of testing	€ 951.641		€ 1.034.479	
Project revenues	€ 1.441.552		€ 1.572.834	
		<b>€ 2.393.193-</b>		<b>€ 2.607.313-</b>
Salary and wages	€ 634.514		€ 706.615	
Social charges	€ 81.271		€ 90.237	
Retirement benefit costs	€ 58.635		€ 63.795	
Depreciation tangible assets	€ 21.722		€ 29.588	
Other staff expenses	€ 45.697		€ 43.775	
Housing costs	€ 81.878		€ 82.176	
Office expenses	€ 84.990		€ 70.463	
Car cost	€ 15.441		€ 16.521	
Selling fees	<b>€ 18.834-</b>		€ 25.708	
General costs	€ 114.630		€ 124.574	
Recharged staff costs and overhad costs	<b>€ 1.119.944-</b>		<b>€ 1.253.452-</b>	
<b>Sum of operating costs</b>		€ -		€ -
<b>Balance of income and expenses</b>		€ 89.129		<b>€ 35.053-</b>
Interest income and similar income	€ 15.061		€ 6.849	
Interest payable and similar charges	€ 525		€ 837	
<b>Financial income and expenses</b>		€ 14.536		€ 6.012
<b>Net loss</b>		€ 103.665		<b>€ 29.041-</b>

## **Annex 2**

### **Members of Board of Management, Advisory Board and TUE committee (as at 31-12-2012)**

#### **Board of Management**

Dolf Segaar, chairman

Marc Benninga, secretary (NOC\*NSF nomination)

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

#### **Advisory Board**

Bert Boucher (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) until 09-05-2012

Manuela de Jong (KNMG) from 09-05-2012 onwards

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

Marjon van Eijnsden-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 31-12-2012)**

#### **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
Nader Shirazeh	whereabouts officer
Vacancy	doping controls 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 31-12-2012)**

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

## Annex 5 Overview of publications and presentations

### Articles

De Hon O & Coumans B, Doping in de sport. MFM - tijdschrift over praktijkgerichte farmacotherapie 2(1): 11-6, 2012.

Stoele FWJ, Doping, dokters en dispensaties. Linnaeus Wetenschaps Magazine 20(3): 41-2, 2012.

Van der Gronde T, de Hon O, Haisma HJ & Pieters T, Gene doping: an overview and current implications for athletes. Br J Sports Med *Accepted for publication*.

De Hon O & Coumans B, Doping in de huisartsenpraktijk. Huisarts & Wetenschap. *Accepted for publication*.

Ram H, Proportionality and the application of the World Anti-Doping Code. ISLJ - The International Sports Law Journal 2012 (1-2), p. 8-11

### Contributions to books

De Hon O, Kuipers H & Pluim BM, Contra-indicatie 100 - Sportbeoefening; doping. In: Commentaren Medicatiebewaking 2012/2013. Stichting Health Base, Houten, pages 1009-21, 2012.

De Hon O & Ram H, De Dopingautoriteit. In: Jaarboek Sportgeneeskunde 2011, Van Beek P, C Kanne, M Kessel & N Eyssen eds., Arko Sports Media, Nieuwegein, 2012, pages 74-6.

### Abstracts

De Hon O, The evidence for performance enhancing effects of inhaled  $\beta$ 2-agonists? International Convention on Science, Education and Medicine in Sport 19-24 July, Glasgow (UK), session S113.

<http://www.routledgeonlinestudies.com/images/docs/ICSEMIS%20abstract%20merge.pdf>

### Columns

April 2012; De prevalentie van dopinggebruik in de topsport.

<http://www.sportknowhowxl.nl/alleen-op-de-wereld/7008>

August 2012; Maar ze gebruiken toch allemaal in de topsport?

<http://www.bsl.nl/blogs/2012/08/23/maar-ze-gebruiken-toch-allemaal-in-de-topsport/>

### Oral presentations

- 'Criminaliteit en Doping'; Hogeschool Rotterdam, Rotterdam, 14 February & 11 December.
- 'Proportionality: who helps the athlete?'; Rotterdam Law School, Rotterdam, 1 March.
- 'Slanker, Strakker, Sterker'; Blinde vlek in de zorg, VWS Middagsymposium, Utrecht, 15 March.
- 'Voorbestemd voor goud?'; Discussion evening !!about genetics and Sport, Public Programme, debatcentrum LUX, Nijmegen, 4 June.
- 'The evidence for performance enhancing effects of inhaled  $\beta$ 2-agonists?'; ICSEMIS conference, Glasgow, Scotland, 21 July.
- 'Handhaving dopingregels: ook wij kunnen het niet leuker maken'; Tax Service, Papendal, 9 October.
- 'Dopingbeleid'; Utrecht Law College, Utrecht, 29 October.
- 'Sport is te mooi voor doping'; Toegepaste Inspanningsfysiologie, Human Movement Sciences, VU University, Amsterdam, 19 November.

- 'Implementing an anti-doping policy'; European Disabled Golf Association, Amsterdam, 8 December.
- 'Doping: positie en taken van de Nationale Anti-Doping Organisatie'; VU Law College, Amsterdam, 11 December
- 'Van prestatiedruk naar prestatiedrug?'; KPMG, Amstelveen, 12 December.

## **Annex 6 Abbreviations**

ADAMS	Anti-Doping Administration and Management System
ANP	Algemeen Nederlands Persbureau
BVO	Professional Football Organisation
CAS	Court of Arbitration for Sport
CIOS	Centraal Instituut Opleiding Sportleiders
DCO	Doping control official
DIL	Doping Infolijn
EFAA	European Fitness and Aerobic Association
EHFA	European Health and Fitness Association
EPO	Erythropoietin
EYOF	Europe Youth Olympic Festival
TUE	Therapeutic Use Exemption
HP	High Potential
IADA	International Anti-Doping Arrangement
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
ISU	International Skating Union
IT	International Talent
JBN	Judo Association Netherlands
KNBSB	Royal Dutch Baseball and Softball Association
KNLTB	Royal Dutch Lawn Tennis Association

KNMG	Royal Netherlands Medical Society
KNMP	Royal Netherlands Pharmaceutical Society
KNMV	Royal Dutch Motorcycle Association
KNRB	Royal Dutch Rowing 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
NBB	Dutch Basketball Association
NDR	National Doping Regulations
NGS	Dutch Association for Sports Massage
NK	Dutch Championships
NOC*NSF	National Olympic Committee*Dutch Sports Confederation
NPN	Natuur- en gezondheidsProducten Nederland
NT	National Talent
NTP	National Testing Pool
NTTB	Dutch Table Tennis Association
NVWA	Dutch Food and Commodities Authority
NZVT	Dutch Safeguards System for Dietary Supplements in Elite Sport
RIVM	National Institute of Public Health and Environmental Protection
ROC	Regional Training Centre
SADA	Surinamese Anti-Doping Authority
SMI	Sports Medicine Institution
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
WADC	World Anti-Doping Code
WK	World Championships