



FIS ANTI-DOPING ACTIVITIES

Dublin 2005

**Sarah Lewis
Secretary General
International Ski Federation**



The International Ski Federation (FIS)

- 103 National Ski Associations
- 5'000 FIS calendar competitions per year
- 24'000 active athletes registered with FIS through National Ski Associations
- 6 FIS Disciplines (Alpine, Cross-Country, Ski Jumping, Nordic Combined, Freestyle, Snowboard) on programme of Olympic Winter Games

Fundamental Rationale for the Code and FIS Anti-Doping Rules

Anti-doping programmes seek to preserve what is intrinsically valuable about sport:

- "the spirit of sport";
- the essence of Olympism;
- how we play true;
- the celebration of the human spirit, body and mind

Doping fundamentally contrary to spirit of sport

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other participants
- Courage
- Community and solidarity

FIS – Commitment to Doping-Free Sport

- The International Ski Federation (FIS) is one of the most **active** and **innovative** International Sport Federations in the very complex **fight against doping**
- FIS is strongly **committed** to the fight against doping, in order to offer to all Athletes and Participants in every discipline **fair** and **safe** competitions
- The International Ski Congress **approved** the World Anti-Doping Code on 4th June 2004 – **integrated** into FIS Rules since November 2003

FIS Rules & Regulations

- FIS Anti-Doping Rules **apply** to each member **National Ski Association** and each **Participant** by virtue of the Participant's membership, accreditation, or participation in FIS, its National Ski Associations, or their activities or Events.
- A National Ski Association must **guarantee** that all FIS registered Athletes **accept** the Rules of the FIS, including the FIS Anti-Doping Rules compiled in accordance with the World Anti-Doping Code.



FIS Rules & Regulations

- FIS Anti-Doping Rules 2005/2006
- FIS Medical Guide 2005/2006
- FIS Event Organiser Medical Support Recommendations 2005/2006

FIS Website/Rules&Publications/Medical&Antidoping

<http://www.fis-ski.com/uk/rulesandpublications/medicalantidoping.html>

WADA Website: www.wada-ama.org

Organisation of FIS Anti-Doping Activities

- **FIS Anti-Doping Expert** defines:
 - Programme(s)
 - Testing
 - Timing
 - Targeting
- **FIS Office** supports anti-doping work handling:
 - Administration
 - Financing

Organisation of FIS Anti-Doping Activities

- **FIS Medical Committee** is responsible for:
 - **reviewing** the WADA Prohibited List in relation to **specific** knowledge about the FIS disciplines;
 - developing anti-doping **education** and **preventative** programmes for use by National Ski Associations;
 - **advising** on sports-specific information in regard to **characteristics** of disciplines and types of performance-enhancing substances.

Information about FIS Anti-Doping Activities

- Two specialist anti-doping **agencies** appointed by FIS to test at **World Cup Events** in the different disciplines
- Coordination with **National Anti-Doping Agencies** and FIS agencies for in-competition testing at World Cup
- Coordination with **WADA** for specific out-of-competition testing programmes

Information about FIS Anti-Doping Activities

- Testing in **Oberstdorf** largest in-competition programme outside Olympic Games
- **HGH** (human growth hormone) and **blood transfusion** included in FIS testing in the past season
- WADA regulations include **adding** new prohibited substances or methods within 15 days

International Federation Responsibilities

- **Define** International Registered Testing Pool
- **Collect** Whereabouts Information from FIS-IRTP
- Create **Process** for Therapeutic Use Exemption (TUE) applications
- **Results** Management
- **Education**



FIS International Registered Testing Pool

- Cross-Country Skiing, Ski Jumping, Nordic Combined and Alpine Skiing top 50 athletes
- Freestyle Skiing top 30 overall and top 6 disciplines
- Snowboarding top 10 in each discipline

- **26** different National Ski Associations
- **630** Athletes

Whereabouts Information

Whereabouts information may be provided either:

- by the **athlete** him/herself
- by the **National Ski Association** on behalf of the athlete
- by the **National Anti-Doping Agency**
- the **athlete is responsible** for its timely and accurate submission

Whereabouts Information

Important points to take into account:

- Information given by the athletes needs to be specific enough to enable FIS or WADA to conduct out-of-competition testing
- Whereabouts information is required for each day - this also applies to changes
- Information needs to be legible
- Updates can also be sent by sms

Therapeutic Use Exemptions (TUE)

- The World Anti-Doping Code allows athletes and their doctor to apply for **permission** to use substances or methods on the WADA list of prohibited substances, for therapeutic purposes
- If the application is **granted**, the athlete will receive a Therapeutic Use Exemption (**TUE**)

Therapeutic Use Exemptions (TUE)

- The skier **MUST** apply for a TUE for the therapeutic use of a Prohibited Substance or Prohibited Method **prior** to the use of a Prohibited Substance
- Except in **emergency** situations, a TUE application may be submitted no later than **21 days** before participation at an International Event
- An TUE application will **not** be considered for **retroactive** approval except in cases where emergency treatment was necessary

Therapeutic Use Exemptions (TUE)

A TUE can be granted **ONLY** in accordance with the following criteria:

- The athlete would experience significant **health problems** if he/she does not use the substance for which a TUE is requested
- The therapeutic use of the substance or method would **not enhance performance**
- There is **no** reasonable therapeutic alternative

ADAMS - Anti-Doping Administration Management System

- Coordination of Anti-Doping Activities through secure web-based platforms:
 - Athletes **Whereabouts**
 - **TUE** Management
 - **Clearing** House (laboratory results)
 - Doping **Control** (test planning and management)



Search for athletes

find

Non-Athlete only

athlete advanced search

new person list

15 matching records found

Name ADAMS ID#

Erb, Madeleine

New...

- TUES
- Whereabouts(2)
 - + Location Descriptors(1)
 - 2005(12)
 - Dec 2005, New
 - Nov 2005, Submitted**
 - Oct 2005, New
 - Sep 2005, New
 - Aug 2005, New
 - Jul 2005, New
 - Jun 2005, New

Athlete Whereabouts (Madeleine Erb)

Submitted on 12-Oct-2005, by Erb, Madeleine

Last updated 12-Oct-2005 10:24 AM GMT, by Erb, Madeleine from FIS

← November 2005 →

Calendar		Notes & Activities				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Training Location Bukarest	Training Location Bukarest	Training Location Bukarest	Training Location Bukarest	Training Location Bukarest
6	7	8	9	10	11	12
R1	R1	R1	R1	R1 09:00-17:00 Office	R1	R1
13	14	15	16	17	18	19
Training Location Bukarest	Training Location Bukarest	Training Location Bukarest	R1	R1	R1	R1
20	21	22	23	24	25	26
Training Location Bukarest	Training Location Bukarest	Training Location Bukarest	Training Location Bukarest	Training Location Bukarest	Training Location Bukarest	Training Location Bukarest

FIS Anti-Doping Activities - Education

FIS E-learning programme



- FIS E-learning is a **web-based** course launched in 2003
- Aim is to **reduce** doping abuse through **education** and **information** about doping
- Target groups: Athletes, Coaches, Doctors, other interested individuals

FIS Anti-Doping Activities - Education

FIS E-learning programme

- Ethics
- History
- Doping Controls
- Medical Information
- Effects & Side effects
- Leadership

FIS E-Learning



WELCOME TO FIS E-LEARNING


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FIS e-learning is an education programme on the subject of anti-doping and is designed using a proven virtual learning framework.

The object of the programme is to enable interested individuals and/or groups to learn the core elements of ethics and relevant knowledge of anti-doping issues.

FIS e-learning consists of an information section for all users and a course section developed for any persons who are interested, such as coaches, medical staff, team managers and athletes within the affiliated National Ski Associations of the International Ski Federation (FIS).



The International Ski Federation (FIS) has been involved in the development of the course section in co-operation with International Doping Tests & Management (IDTM). The FIS rules and procedures referred to are based on the World Anti-Doping Code and the World Anti-Doping Agency (WADA) International Standard. The information contained in the FIS Anti-Doping e-learning programme does not constitute the FIS Anti-Doping Rules or Procedural Guidelines and is not valid for any purpose as a substitute for the rules.



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FIS In-Competition Tests 2004/2005

including World Ski Championships

	Urine incl. Epo	Blood	HgH	Blood transfusion
Cross-Country	400	1506	12	72
Nordic Combined	105	245	6	18
Ski Jumping	63	6	6	
Alpine	186	56	56	
Freestyle	144			
Snowboard	197			
Total	922	1813	80	90



FIS Out-of-Competition Tests 2004/2005

**OOO tests conducted by FIS and WADA season
2004/2005**

188 Urine including Epo

111 Blood

24 HgH

***WADA Out-of-Competition Testing Period 1.1.-31.12.2004**