



ANTI-DOPING  
NORWAY

# What is efficient doping control?

A study of procedures and their justification in the  
planning and carrying out of doping control in sport

Dag Vidar Hanstad  
Sigmund Loland



2005

Play the Game  
Copenhagen,  
November  
6-10, 2005



NORGES IDRETTSHØGSKOLE



# premises

- use of drugs in sport: an ethical challenge
- fairness, health/rights, social image, concepts of performance, the natural/unnatural – human/inhuman
- here: certain performance-enhancing drugs ought to be banned
- an internal perspective: how to implement the ban

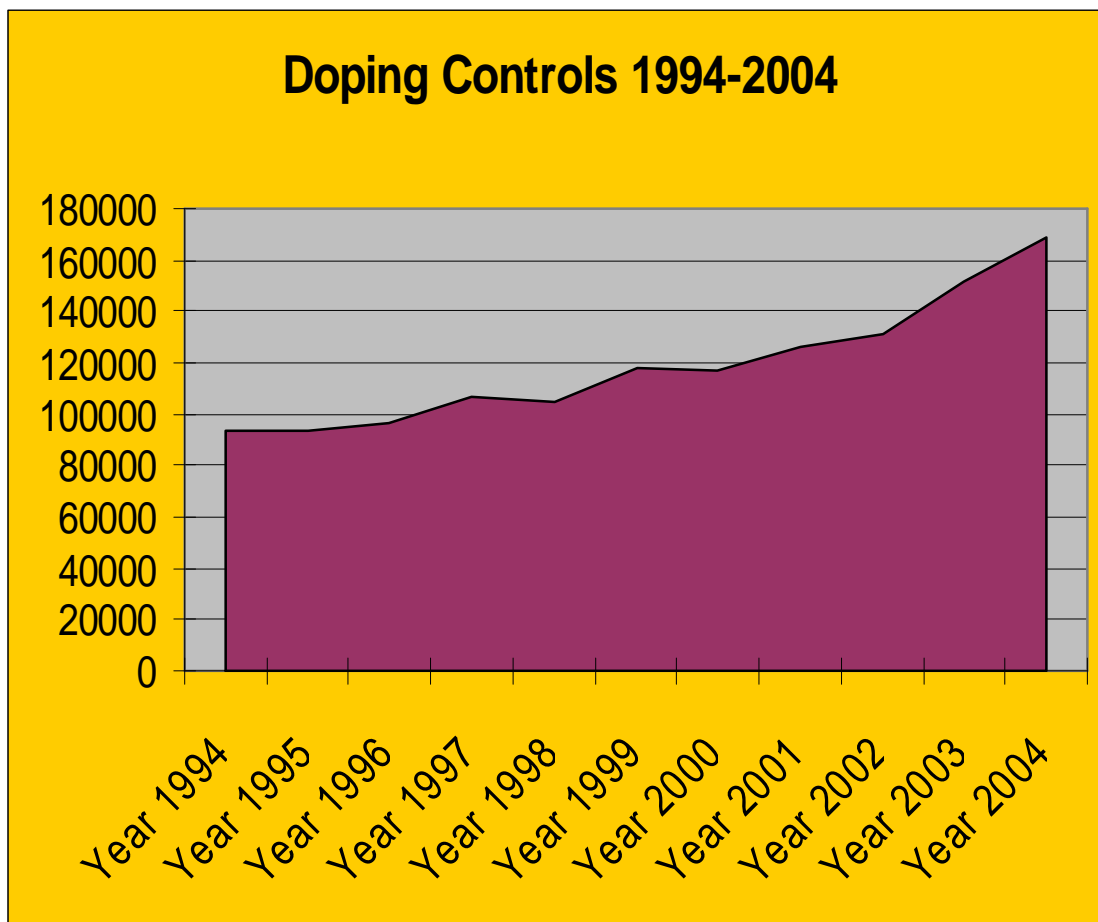
# disposition

- background
- mandate, methods
- analytic framework
- results and recommendations
- conclusions

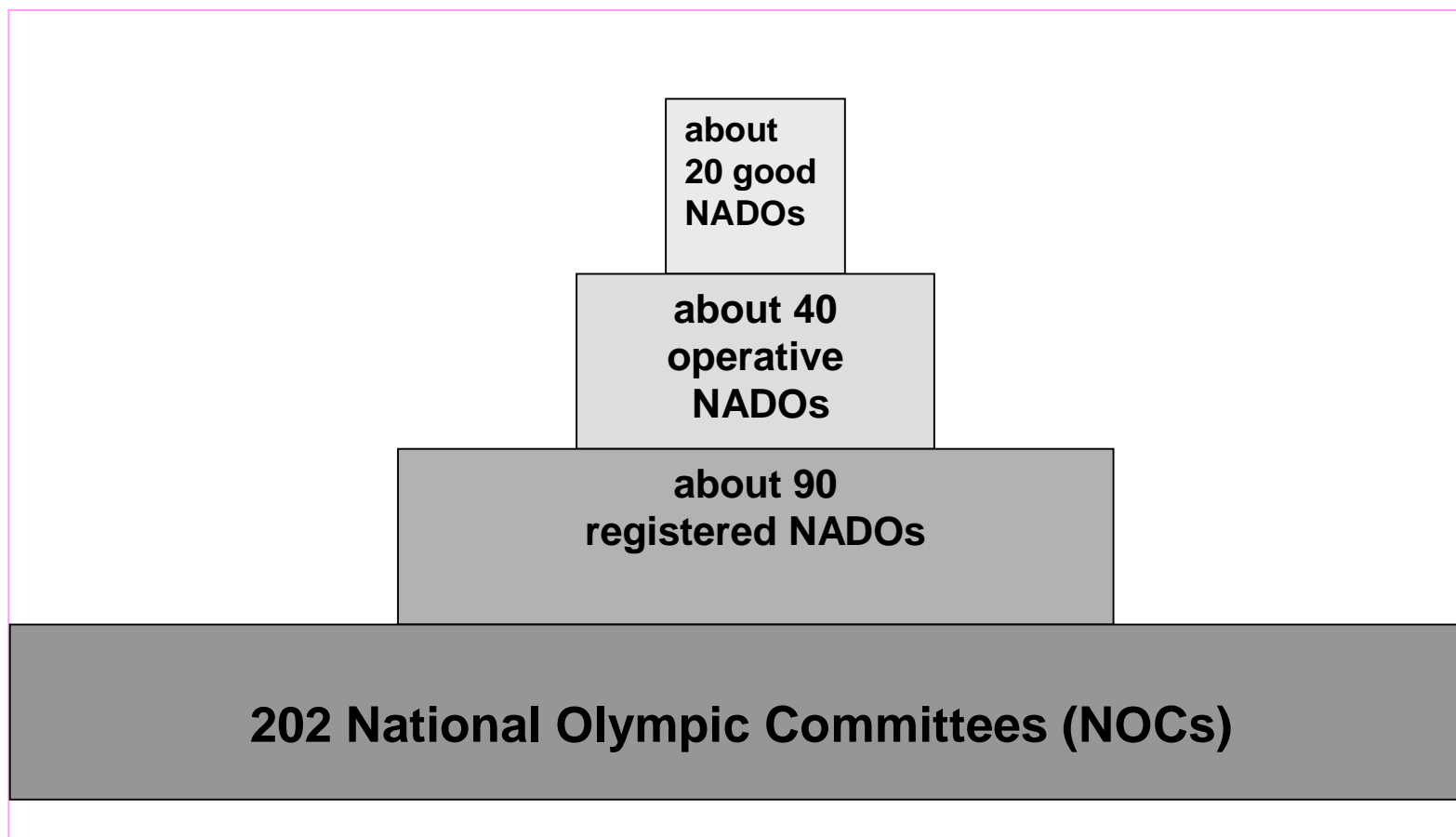
WADA 1999, WADC 2003 (WC, IS, MBP), the establishment of NADOs

–promising steps

but...



**1,72%  
analytical  
findings**



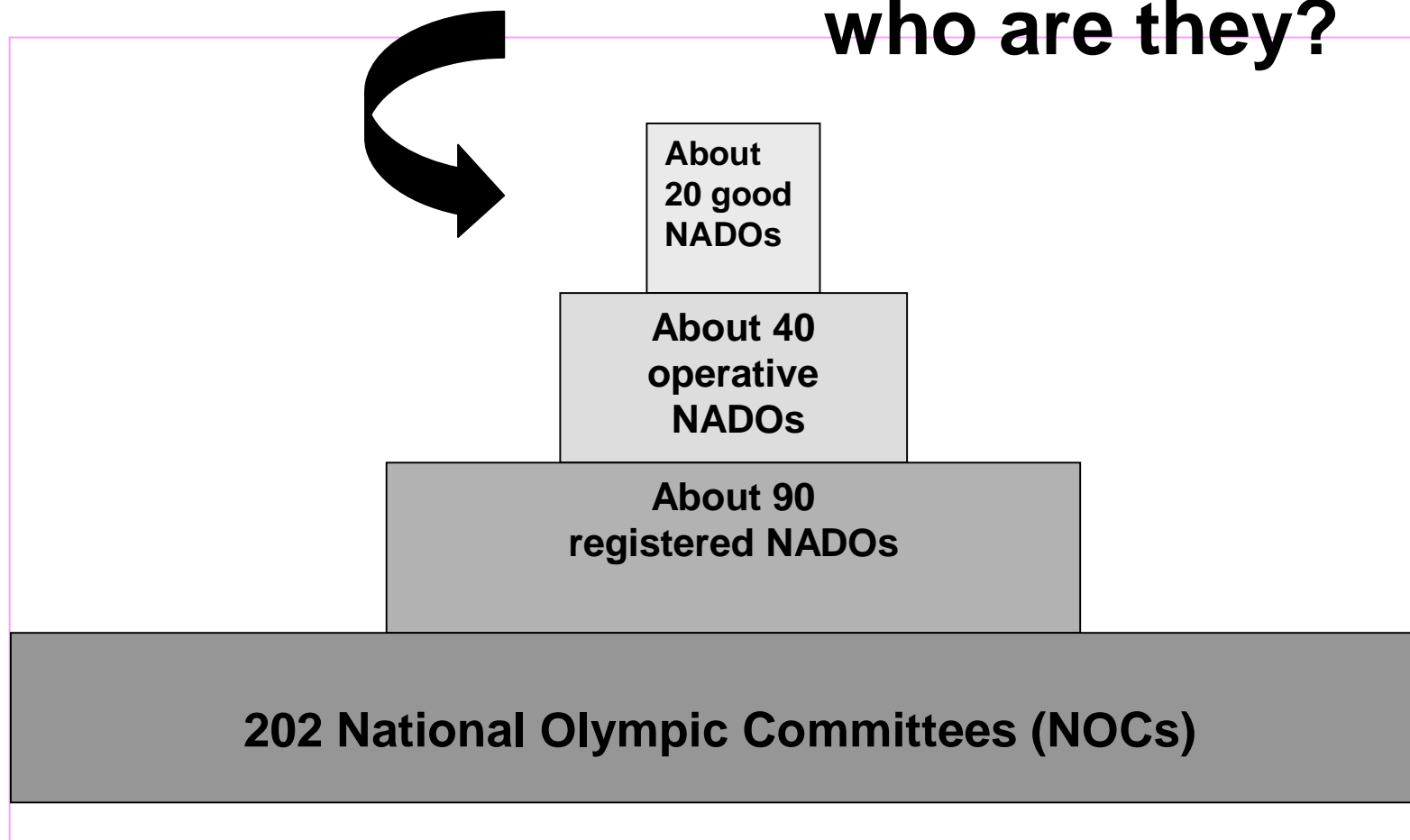
**good  
IFs?**

**about 15 IFs with  
control programmes**

**35 International Federations (IFs)  
in the Olympic Movement**



## who are they?



## Athens 2004

- 20 best nations won 240 gold medals
- 10 % of the nations won 80 % of the gold medals
- correspondence between good NADOs and medal winning nations?

## Athens 2004: Medals by nations

1. USA	35	39	29
2. China	32	17	14
3. Russia	27	27	38
4. Australia	17	16	16
5. Japan	16	9	12
6. Germany	14	16	18
7. France	11	9	13
8. Italy	10	11	11
9. Korea	9	12	9
10. Great Br	9	9	12
11. Cuba	9	7	11
12. Ukraine	9	5	9
13. Hungary	8	6	3
14. Romania	8	5	6
15. Greece	6	6	4
16. Norway	5	0	1
17. Netherlands	4	9	9
18. Brazil	4	3	3
19. Sweden	4	1	2
20. Spain	3	11	5



TM ©

ATHENS 2004



## critical questions

- quality of testing at the operational level?
- too much focus on quantity?
- are the same athletes/nations tested again and again?
- do some athletes escape testing regimes?
- ...
- what is efficient doping control?

## the AND/WADA mandate

1. describe organisational and financial terms for carrying out efficient doping control
2. describe different procedures and their justification in planning and carrying out doping controls
3. discuss critically the procedures in relation to the intention of detecting, deterring and preventing the use of doping

## premises and limitations

- not a representative study of the international status of doping control but identifying elements of best practice
- emphasis on well-functioning (N)ADOs
- not technical quality of tests and analyses but the practice of testing

# efficiency in doping control

- zero vision?
- *an optimal balance between the costs of control and the benefits of detecting, deterring and preventing*
- individual costs and benefits
  - time and energy vs fairness and health
- financial costs and benefits
  - 170' tests – 50 million USD annually
- socio-political costs and benefits
  - the social and political trust in, and support of, sport

## ADOs

- NADOs: USA, France, Norway, South-Africa and China
- IFs: IAAF and FISA
- WADA





## methods

- semi-structured interviews with key personnel
- study of texts and documents
  - research reports and books
  - WADA publications
  - ADO home pages

# results and recommendations



## the independency of ADOs

- WADA: "...impartial, objective, equitable, balanced"
- all ADOs: independence of sport and governments
- important distinction between financial and operational independence
- costs and benefits?
- *at the operational level there must be full public transparency of, and clear restrictions on the influence from, funding parties (WADA)*

## cooperation between NADOs and IFs

- lack of trust?
- overlaps and multiple testing
- new possibilities for cooperation: RTP, WA and preventive measures
- costs and benefits?
- *establish ADAMS now (WADA)*
- *establish a list of NADOs with resources (WADA)*
- *cooperation in terms of prevention measures (WADA)*

## the doping control officer (DCO)

- key personnel at the operative level
- China (273), US (86), France (539), South Africa (54)
- varying practices: recruitment and independence
- costs and benefits?
- *tentative standardisation of recruitment, education and routines (WADA)*
- *standardisation of accreditation and re-accreditation procedures (WADA)*

## registered testing pool (RTP)

- NADOs' and IFs' pool of elite athletes – OOC testing
- who are they and how many (national team Olympic athletes/recognised national federations)?
- how are non RTP-athletes followed up?
- costs and benefits?
- *tentative guidelines for prioritising (WADA)*
- *international athletes parts of efficient RTPs (ADOs)*
- *consider additional RTPs for deterrence and prevention purposes (ADOs)*

## whereabouts information (WA)

- for athletes in RTPs - costs
- varying practice
  - limits for reporting change of location
  - when does an athlete fail?
- harsh penalties: 3 failures lead to 3-24 months
- costs and benefits?
- *clear and operational rules (WADA)*
- *clear dead lines for athletes for changes in WA (WADA)*

## no-advance notice and advance notice

- when are tests advance notice and when are tests no-advance notice?
- why advance notice at all?
- costs and benefits
- *clear and operational definitions of no-advance notice (WADA)*
- *all (OOC) tests: no-advance notice! (WADA)*



## in-competition (IC) and out-of-competition (OOC) testing

Endurance sports with 1-3 days championships	'Secure' timing of doping regimes in advance of championships	EPO Anabolic agents	<b>80 % OOC</b>
"Concentration sports", e.g shooting	Tranquilizers (mostly) taken during the championship	Beta blockers	<b>80% IC</b>

# IC and OOC

- efficiency depends upon context
- IC simpler and cheaper, OOC more efficient to detect, deter, and prevent
- efficient distribution?
- *tentative principles with emphasis on OOC (WADA)*
- *context sensitive test distribution plans (ADOs)*

# target and random testing

- random vs non-random selection
- both testing forms efficient
- target testing: detection and deterrence
- random testing: deterrence and prevention
- challenge: definitions open to interpretations

	Target	Random
1. Eight athletes are drawn from the start/result list.		<input type="checkbox"/>
2. The best four + two random athletes are selected after a competition.	<input type="checkbox"/>	<input type="checkbox"/>
3. All athletes from a team/nation who participate in the discipline are selected.	<input type="checkbox"/>	
4. All athletes in the final heat are selected.	<input type="checkbox"/>	
5. Two named athletes from the RTP are selected for out-of-competition testing.	<input type="checkbox"/>	
6. Three athletes in a particular sport are drawn from the RTP.		<input type="checkbox"/>

	Target	Random	
7. IF/WADA draws two athletes from a nation without an anti-doping programme.		<input type="checkbox"/>	
8. IF/WADA select two athletes with a known identity from a nation without an anti-doping org.	<input type="checkbox"/>		
9. All elite athletes in a particular sport or club are selected.	<input type="checkbox"/>		
10. One athlete from a team sport is drawn for testing		<input type="checkbox"/>	
11. One athlete from a team sport is selected for testing	<input type="checkbox"/>		

# target and random testing

- *clear and operational definitions (WADA)*
- *priority on target testing (WADA)*
- *context sensitive test distribution plans (ADOs)*

## tip-offs and Investigation

- e-mail, phone calls, comments, conversations et cetera
- tip-offs more efficient than investigations
- costs and benefits
- *establish and announce official channels (web pages, hot lines et cetera) (WADA, ADOs)*
- *systematic routines for dealing with information (WADA, ADOs)*
- *athletes' rights, not a surveillance society (WADA, ADOs)*

# efficient doping control - conclusions

- improved and close coordination and cooperation between NADOs and IFs
- ADO independence at the operational level from sport and state
- good recruiting and educational programs for DCOs
- clear and operational definitions of target, random, no-advance notice, advance notice testing
- priority of no-advance notice over advance notice testing
- efficient RTPs and reliable and simple systems for WA



## final comments

- a less invasive and more fair and cost-efficient anti-doping regime
- critical issue: the lack of well functioning NADOs and IFs
- lack of resources and know how
- fairness in frameworks and procedures
- the imbalance between detection, deterrence and prevention (education)