WTF Anti-Doping Management & New Trends

World Taekwondo Federation
2017. 06. 22

www.wtf.org
Historical Precedents

**Lausanne 1999** - First World Conference on Doping in Sport

**Copenhagen 2003** - IOC accepted WADA World Anti-Doping Code as the basis for the fight against doping in sport

**Madrid 2007** - Obligation for the International Federations to adopt the Word Anti-doping Code

Alois Schloder

Sapporo 1972: first doping case in the history of Winter Olympic Games

The German ice hockey star received a prescription for a substance for circulation from the team doctor
Doping means athletes taking illegal substances to improve their performances.

There are five classes of banned drugs, the most common of which are stimulants and hormones. There are health risks involved in taking them and they are banned by sports' governing bodies.

Substances and methods are banned when they meet at least two of the three following criteria: they enhance performance, pose a threat to athlete health, or violate the spirit of sport.
Studies on the use of banned substances show that the most used are:

- Anabolic steroids, stimulants such as amphetamine and cocaine
- Diuretics (such as furosemide), ephedrine.
- Genetic doping and blood doping.

The groups of banned substances in both in and outside competition are: anabolic agents (such as anabolic androgenic steroids), hormones and related substances, beta-2 agonists, anti-estrogenic active agents, diuretics and other masking agents.
Sports performance today is the result of many factors, which act within the system, playing an important role in the athletes results.

More and more athletes want to reach outstanding performance, even with the cost of health. Although most of them are aware of the negative effects the use of banned substances creates, athletes continue to misuse illegal substances, under the impulse and the desire to become champions.
Anti-Doping Organizational Chart

WADA
The Code

CAS
IOC, IPC, IFs
Governments
NOCs, NPCs, NFs
NADOs, RADOs
Athletes & Entourage

Labs
Stronger sanctions for real cheats and more flexibility in other specific circumstances;

Greater emphasis on information gathering, intelligence and investigation;

Prohibited Association: behind many cheats there is a dishonest doctor, coach, agent or other entourage member;

Increased focus on prevention and values-based education to athletes and support personnel;

Smarter and effective testing programs;

Sample storage and re-analysis strategy.
Diuretics and masking agents are used to remove fluid from the body, which can hide other drug use or, in sports such as boxing and horse racing, help competitors "make the weight".

The main reasons for risking their health are:

- High level of athletic performances;
- Blind confidence in the drug and not in the athlete’s own body capabilities;
- Ignorance about the negative effects of substances;
- Large number of competitors for each category;
- Overloaded competition calendar etc.
2016 Annual Test Statistics

- Overall Number: 360 Tests (Under WTF Authority)

- In Competition Tests: **305 (84.7%)**
  - Out of Competition Tests: **55 (15.3%)**

- Number of tested athletes: 289
  - Number of tested countries: 59

- Type of Analysis:
  - Urine: **218**
  - TDSSA: **142**

- Number of Doping Cases: 27

  - Adverse Analytical Findings (AAFs): **23**
  - Atypical Findings (ATFs): **4**

- International Athletes: **17**
  - National Athletes: **10**
“The following Athletes shall be considered to be International-Level Athletes for purposes of these Anti-Doping Rules, and therefore the specific provisions in these Anti-Doping Rules applicable to International-Level Athletes (as regards Testing but also as regards TUEs, whereabouts information, results management, and appeals) shall apply to such Athletes:

A. Athletes who hold the following licence: Global Athletes Licence (GAL);
B. Athletes that compete in Events organized by the WTF or where the WTF is the ruling body;
C. All Athletes in the WTF Registered Testing Pool and Testing Pool.”
ADR Art 16 "Incorporation of WTF Anti-Doping Rules and Obligations of National Federations" (From WADA Code).

WTF Statutes Art 16.1(ii) : ii) MNAs shall include in their regulations the procedural rules necessary to effectively implement the WTF Anti-Doping Rules and the IPC Anti-Doping Code. The rules of every MNA shall specifically provide that all athletes, athlete support personnel and other persons under the jurisdiction of the MNA shall be bound by these rules.

The Chairs of each Continental Union Anti-Doping Committee are members of the WTF Anti-Doping & Medical Committee.

Recently WTF conducted a survey of all Member National Associations. The survey included questions on conformity with Article 16 of WTF Anti-Doping Rules.

After World Championships WTF will evaluate Anti-Doping Management at National Level and send recommendations to CUs for future implementations.
- Conduct and document a Risk Assessment to be a base for RTP & TDP
- Deliver meaningful, intelligent and effective Testing Programs
- Increase size of Registered Testing Pool (14 athletes vs 128 at the Rio Olympic Games)
- Conduct specific analyses In-Competition and Out-of-Competition
- Develop sample and re-analysis strategy
- Implement structured education programs
From 2017 WADA Code implementations become MANDATORY.

2017 Goal is to Keep WTF Compliance with the following actions:

<table>
<thead>
<tr>
<th>Action</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Conducting and documenting a risk assessment</td>
<td>This document will be the scientific base for create 2017 Test Distribution Plan &amp; Registered Testing Pool</td>
</tr>
<tr>
<td>Entering all 2016 DCFs into ADAMS</td>
<td>From June 2016 WTF is responsible to update all events Doping Control Forms into ADAMS. This practice will continue also in 2017</td>
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<tr>
<td>Provision of an adequate budget for anti-doping management</td>
<td>This is the key for make in place all implementations and keep our compliance. A new budget figures should be approved by WTF leadership ASAP</td>
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<tr>
<td>Delivering a meaningful Test Distribution Plan (TDP)</td>
<td>WTF will coordinate directly all events for the first time ensuring efficiency, transparency and intelligent test respecting WADA guidance. TDP will be reviewed and approved by another expert body to avoid internal conflict of interest</td>
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<td>Delivering a meaningful OOC Testing program</td>
<td>Increase number of RTP athletes to 60 including countries with limited Anti-Doping programs, para-tkd, suspended, injured and junior athletes.</td>
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</tbody>
</table>
From 2017 WADA Code implementations become MANDATORY.
2017 Goal is to Keep WTF Compliance with the following actions:

- **New Practices: Athlete Biological Passport & Athlete Passport Management Units**
  - WTF has started a management of 686 steroidal & haematological and 2 atypical blood passports for which WTF is the custodian.

- **Development of Whereabouts Management**
  - WTF has setup a remind system for ensure that athletes are filing Whereabouts by the deadline and will update in 48 hours every failure into ADAMS.

- **ADAMS**
  - WTF has set up a process in order to have the Sample Collection Authority of each event entering the DCFs into ADAMS within 15 business days and has also clean up the system of all double profiles.

- **Intelligence and Investigations**
  - WTF will appoint additional Anti-Doping Hearing panel members with expertise and experience in applying the Result Management principles of the Code. We have already set up also report doping tool on WTF website.

- **Education**
  - Development document in a short and long education plan working on WADA guidelines. Use WTF Website and GMS registration process as education promoter tool with existing WADA e-learning programs.
From 2017 WADA Code implementations become MANDATORY.

2017 Goal is to Keep WTF Compliance with the following actions:

- **Outreach Education**
  - WTF will continue delivering of outreach program in Senior WC and for the first time in Cadet WC & Para Taekwondo WC in Coordination with NADOs and OCs

- **Transparency**
  - All Committee Members will sign a confidentiality and conflict of interest agreement to ensure that TUE and Cases are reviewed in an independent manner

- **Statistics**
  - All statistics relating on 2016 Anti-Doping Management will be updating in WTF Website for the first time (Result Management, TUEs, Suspensions, etc.)

- **WADA-WTF Partnership To Quality**
  - WTF will continue to work on WADA-PTQ for identify new areas and improve existing practices

- **WADA Independent Commission Report & Compliance questionnaire**
  - WTF will investigate on McLaren Report Cases following IC & WADA guidance. WTF will also submit WADA Code compliance questionnaire for demonstrate his compliance
Testing
## RTP Size & Criteria

### WTF 2016 RTP List

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### RTP & TP

- **RTP**: Rank 14
- **TP**: Total Points
- **Para-Taekwondo**: Special Category

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[www.wtf.org](http://www.wtf.org)
WTF shall have the responsibility to ensure that every MNA conducts all national level testing on its athletes in strict compliance with WTF Anti-Doping Rules and WADA Anti-Doping Code. WTF should select a certain number of international athletes for Registered Testing Pool (RTP) and let them provide online filing of their whereabouts information on ADAMS of WADA website that is going to be used by ADOs such as WADA, IF and NADOs to locate the athletes for purpose of out-of-competition doping tests.

In this respect, it is the responsibility of the athletes on the RTP to make themselves available for testing.
Implementation for new testing requirements

- The value of WTF In-Competition Testing program today is around **300.000 USD**

- This amount only includes testing and analysis and does not cover the human power needed on the side of the organizers (coordination with NADOs, flight tickets, hotels, chaperones, etc). The cost for organizers in even higher.

- WTF from 2017, will cover all those expenses in order to fulfill all WADA requirements is controlling directly all testing management of WTF recognized events (promoted & multi-games not included).

- OC responsibility is just to provide basic things like chaperones & anti-doping facilities.
Implementation of TDSSA (Special Analysis)

Implementation of the TDSSA in 2016 is a **mandatory requirement**

![Bar chart showing ESAs, Blod, Urine, GH, and GHRFs across quarters 1 to 4](chart.png)
If OC manage Anti-Doping In Competition we risk that:

- Local players can be removed from the target athletes;
- Local players know before if doping test will be collected or not.

For this reason WTF should manage and control directly all Recognized Championships included in the WTF official Event Calendar.

In order to achieve all those implementations WTF is collecting 3 USD per registered athlete at the WTF recognized events.

This mean: 1) Less expenses for LOCs 2) More Intelligent & effective tests
If WTF test only medalists with the same criteria in all championships, the tests can become very predictable and we can lose the control of the rest groups. Like athletes that recovered from injuries or athletes under suspension.

For this reason we need to have experts that advise regarding testing planning, risk related to different countries and environments.

This is one more reason because WTF stipulated a partnership with DFSU (SportAccord). Work more close with NADOs & RADOs. Store samples in Labs.
The RTP is composed by 45 athletes to be tested 3 times/year each Out of Competition (135 OOCTs).

The Sub-RTP is composed by 15 athletes of lower importance to be tested 1 time/year each (15 OOCTs).

In competition test would be organized at 35~40 events per year (not including WTF Promoted Champs & Multi-Sports Events) and the organization and coordination of the tests would be done by WTF in cooperation with a Doping Free-Sport Unit (DFSU).

The number of the tests may vary in base of the grade & other Risk Factors of the pertinent event.

Steroidal Passport for all athletes tested under the authority of WTF & Management of ABP.
Education
We believe that the first and most important measure to prevent doping in TKD and beyond is and will remain education through information campaigns. Thus giving athletes the chance to be clean athletes!

A long-term solution to preventing doping is through effective values-based education programs. This solution can foster anti-doping behaviors and create a strong anti-doping culture.
Until 2015 Anti-Doping Education was addressed only for Senior Athletes & Coaches

From 2016 Juniors & Officials

2017 Education for Cadets & Para-Taekwondo Athletes

Medical Education for a better understanding
Taekwondo will be for the first time in Paralympic Games in Tokyo 2020.

From 2016 WTF are developing a new Para-Taekwondo Anti-Doping Program:

- 6 Para-Taekwondo Athletes was included in the WTF 2016 RTP, 18 Para-Taekwondo Athletes in 2017 (3 times more).
- Increasing number of In Competition Test (10% of K40 Athletes)
- Effective OOCT Plan
- IPC suggestions will be the key for further implementations
< 1st Taekwondo Medical & Anti-Doping Conference >

- 2017 WTF World Taekwondo Championships (June 22, 2017/ Muju, Korea)

Activities

- Sub Conference for Taekwondo Medical Experts

- Continental Committee Medical Chairs & Medical Doctor, Team physicians, WTF MNAs

- Injuries from Taekwondo / Prevention of Injury / Let’s kick Doping Out! / Taekwondo Cure Case Studies /
On-Line Education through WTF Webpage

EDUCATION TOOLS

"Let's Kick Doping Out!"

Effective prevention and clean sport values-based education programs are important to create a strong doping-free culture. WADA has developed resources for athletes, coaches, doctors and any other person who wishes to know more about anti-doping.

ALPHA – eLearning Tool for Athletes

ALPHA was developed by WADA with the input of eLearning specialists, athletes, anti-doping specialists and social scientists. It is currently available in 7 languages. The aim of this tool is to modify attitudes and have an impact on intentions to dope. It provides factual information about anti-doping (Ethical Reasons not to Dope, Medical Reasons not to Dope, the Doping Control Process, Rights and Responsibilities, TUEs, Whereabouts) and values based activities.

Play True Quiz

WADA’s Play True Quiz is an interactive computer game that tests athletes and their entourage’s knowledge about anti-doping. It is currently available in 36 languages. As an integral element of its Outreach Program, WADA devoted considerable resources to the development of this interactive computer game which has been showcased at major events including the Olympic Games, Paralympic Games and many international events.
A banner link to SPEAK UP!, WADA’s anti-doping report system, allows anyone who suspects doping is underway or who thinks that persons or organizations are not complying with the anti-doping code, to report what they know to WADA by opening a mailbox. The system is completely confidential.

NFs & athletes should report any information suggesting or relating to Anti-Doping Rule Violations to WTF and WADA.
<Election of Athlete Committee Chairs>
- 1 male and 1 female (Ex-Officio in WTF Council)

<Athlete Integrity Ambassadors>
- 1 male and 1 female (Chairs of Athlete Committee)

Activities
- Contribution on Anti-Doping Education
- Filming new Educational Videos against Doping
- Spreading Taekwondo Values & Integrity of Sport
- New Role Models for young generation
This compliance monitoring program is the most robust evaluation of anti-doping activity WADA has undertaken. Questions categorized into 7 sections: 1. ADAMS, Budgeting and Reporting; 2. Testing and Investigations; 3. Results Management; 4. Therapeutic Use Exemptions (TUE); 5. Education; 6. Data Privacy and 7. Anti-Doping Organization (ADO) information.

Over 300 questions in total
Thank you!