



BULL'S EYE THE ISSF IPOD ON DOPING

BETA BLOCKERS: STAY AWAY FROM THEM!

ISSF INFORMATION PORTAL ON DOPING THIS EDITION OF THE ISSF IPOD FOCUSES ON BETA-BLOCKERS AND PROVIDES USEFUL INFORMATION ON THE TOPIC FOR ALL ATHLETES, COACHES AND MEDICAL PERSONNEL.

In all ISSF regulatory documents, through our anti-doping communications with our member federations, and by providing educational materials to all athletes and athlete personnel, the ISSF makes it abundantly clear that the use of beta blockers is strictly prohibited for any shooter competing in ISSF competitions.

→ Under the WADA Prohibited List and ISSF Anti-Doping Regulations, beta blockers are prohibited substances both in and out-of-competition in shooting sport.

→ The ISSF does not, under any circumstances, grant Therapeutic Use Exemptions for the use of beta blockers.

→ There are no possible or plausible excuses for the use of beta blockers for ISSF shooters.

→ The use of beta blockers by a shooter will almost automatically result in a 2 year ban from competing in any shooting events.

WHAT IS A BETA BLOCKER?

Beta blockers, also known as beta-adrenergic blocking agents, are drugs that block norepinephrine and epinephrine (adrenaline) from binding to beta receptors on nerves.

By blocking the effect of norepinephrine and epinephrine, beta blockers reduce heart rate; reduce blood pressure by dilating blood

vessels; and may constrict air passages by stimulating the muscles that surround the air passages to contract.

HOW ARE BETA-BLOCKERS PERFORMANCE ENHANCING?

Beta blockers help fight anxiety and serve as muscle relaxants. They lower the heart rate and reduce tremors.

Some people, particularly musicians, use beta blockers to avoid stage fright and tremor during public performance and auditions. The physiological symptoms of the fight/flight response associated with performance anxiety and panic (pounding heart, cold/clammy hands, increased respiration, sweating, etc.) are significantly reduced, thus enabling anxious individuals to concentrate on the task at hand.

ARE BETA-BLOCKERS BANNED IN ALL SPORTS?

No. Beta blockers fall under the P2 Section of the WADA Prohibited List as a substance prohibited in particular sports.

Although they have no recognizable benefit in most sports, it is widely acknowledged that they are beneficial to sports such as archery and shooting. Again, this is because they lower the heart rate, minimize anxiety and reduce muscle tremors.

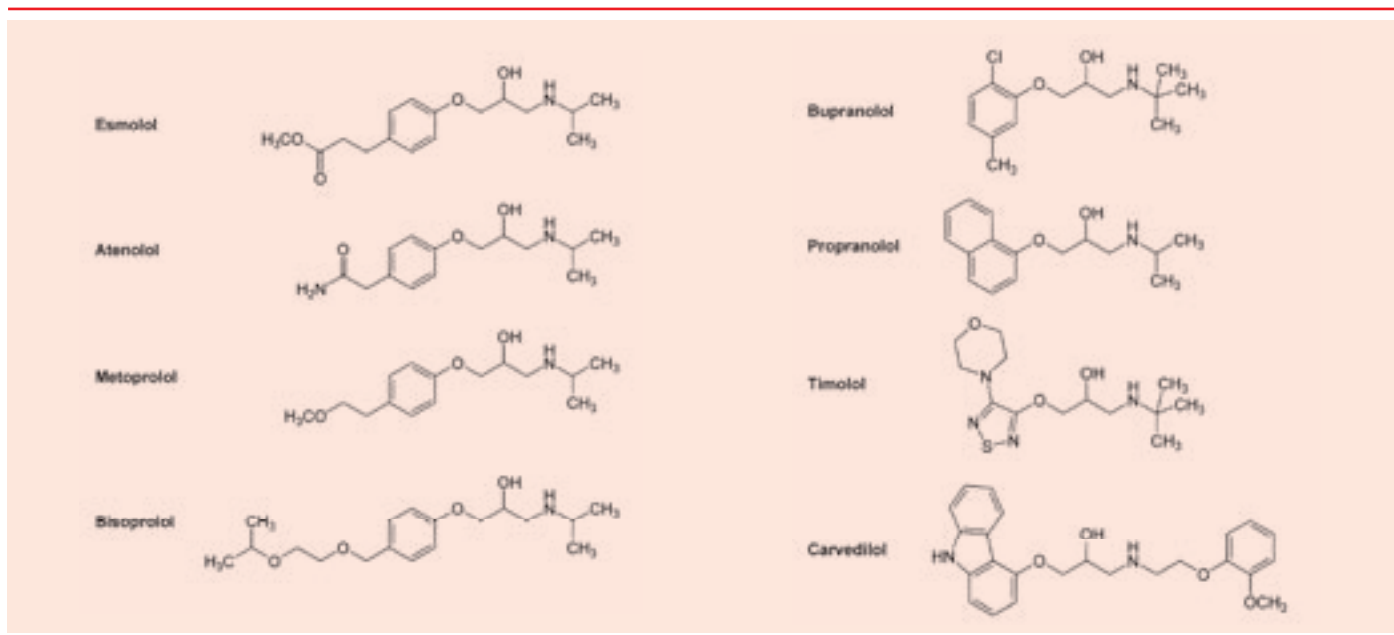
That is why in Archery (FITA) and Shooting Sport (ISSF), the use of beta blockers is prohibited both in competition and out of competition.

WHAT ARE SOME COMMON MEDICAL NAMES FOR BETA BLOCKERS?

The list provided contains some but NOT ALL common names for beta blockers.

- Acebutolol
- Metoprolol
- Bisoprolol
- Esmolol
- Propranolol
- Atenolol
- Labetalol
- Carvedilol
- Nebivolol
- Alprenolol
- Carteolol
- Levobunolol
- Mepindolol
- Metipranolol
- Oxprenolol
- Pindolol
- Nadolol
- Timolol
- Sotalol
- Nevibovolol
- Amosulalol
- Landiolol
- Tilisolol

This is NOT an exhaustive list. There are many other medications which may contain beta-blockers. There are also a variety of "old fashioned home remedies" and cultural/ethnic preparations like herbs and potions which may contain beta-blockers.



All shooters and their medical personnel must ensure that anything ingested by the athlete does not contain any beta blockers. To avoid an inadvertent use of beta-blockers, it is strongly encouraged that all shooters:

- Stay away from over-the counter preparations,
- Stay away from supplements,
- Refrain from using any substance that does not have a label clearly indicating the ingredients on the bottle, and
- Check the ingredients of all medications before their use.

→ ASK IF YOU ARE NOT SURE; YOU ARE BETTER SAFE THAN SORRY.

BUT... I DIDN'T KNOW MY MEDICATION CONTAINED BETA-BLOCKERS!

This will never be a valid defense.

The WADA Code and ISSF Anti-Doping Regulations make doping a strict liability offence. Case law confirms that a strict application of the rules is mandatory. This means that it is every shooter's responsibility to check every thing he/she ingests. If beta blockers are found in a shooter's urine sample, even if the athlete claims he or she did not know that medication or preparation contained beta blockers, this will not be a valid defense. In all likelihood, this anti-doping rule violation will result in a 2-year ban.

→ In the 2008 Beijing Olympic Games, 50m Pistol silver medalist, and 10m Air-pistol bronze medalist Kim Jong-su tested positive for the beta-blocker, propranolol. Although he claimed he was not aware that the herbal preparation he ingested contained beta-blockers, he was disqualified from the Olympic Games by the International Olympic

Committee and received a 2 year sanction by the ISSF Anti-Doping Hearing Panel.

NEED MORE REASONS TO STAY AWAY FROM BETA BLOCKERS?

If getting banned for 2 years and risking putting an end to your shooting career is not enough, the use of beta blockers can also have the following reverse effects,

- Low Blood Pressure
- Slow Heart Rate
- Impaired Circulation
- Loss of Sleep and insomnia
- Heart Failure
- Asthma
- Nausea
- Headaches
- Dizziness
- Muscle Cramps

BOTTOM LINE

- The use of beta blockers is strictly prohibited for all ISSF shooters.
- Check the ingredients of anything you ingest and any medication that is given to you before taking it.
- ASK if you are not sure
- Seek other medical alternatives.
- If you plead ignorance, it will not absolve you from an anti-doping rule violation or a sanction.

→ STAY AWAY FROM BETA BLOCKERS!

THIS EDITION'S ISSF IPOD QUESTION:

We thank all of you who have submitted questions and comments to the ISSF IPOD. The question and topic we have chosen to share with our readers in this Edition relates to the Copenhagen Declaration on Anti-Doping in Sport:

Question:

"I heard something in the news about the Copenhagen anti-doping declaration. What exactly is this and why is it important?"

Answer:

The exact title of the document is the Copenhagen Declaration on Anti-Doping in Sport. It was developed in 2003 to complement the World Anti-Doping Code.

Basically, it is the political document through which governments showed their intention to implement the World Anti-Doping Code through ratification of the UNESCO Convention. Although it is a political declaration, it is not legally-binding.

The Declaration takes the form of statements of intent on behalf of national governments to take action in support of compliance with the Code and towards the development of an international anti-doping convention.

Declarations of intent include: to encourage compliance of national sporting organizations and individual athletes with the Code; to cooperate with and support the work of WADA, particularly in the international harmonization of anti-doping standards; and to support the financing of WADA.

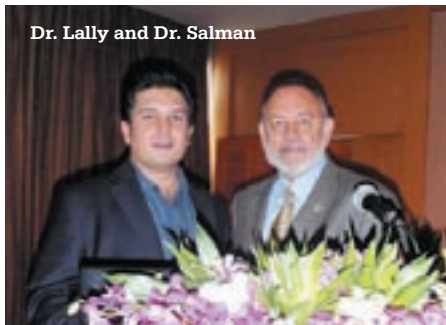
In October 2005 UNESCO adopted the International Convention against Doping in Sport which formalized this governmental support for the World Anti-Doping Code.

As of August 2009, 192 countries have signed the Copenhagen Declaration on Anti-Doping in Sport.

If you want to submit a question to the ISSF IPOD please send your question to wmschreiber@issf-sports.org

ASIAN SHOOTING CONFEDERATION (ASC) ANTI DOPING WORKSHOP BANGKOK 2009

The Asian Shooting Confederation Anti-Doping workshop for coaches and officials received a special guest in Dr. James Lally who flew in from L.A., USA just for this event. Dr. James Lally is the Chairman of ISSF Medical Committee and is the final authority on all cases related to doping and T.U.E. in the sport of shooting.



Dr. Lally and Dr. Salman

The other contributors to the event where Dr. P.S.M. Chandran, Chairman of ASC Medical Anti-Doping Committee; Mr. Mahmoud Ali, Manager RADO M.E & Yemen (OCA); Dr. Yousef Abul, Medical committee member ASC and Dr. Salman Khan, Medical and Anti-Doping Officer ASC.

The workshop began with a speech from H.E. Sheikh Salman Al Sabah, President ASC, delivered by H.E. Kim Il Hwan, Vice President of ASC. In his speech, the President thanked H.E. Sheikh Ahmad Fahad Al-Sabah; President of the OCA and he thanked the ISSF for the support and encouragement given to ASC on all of its endeavors in particular this ASC Anti-Doping workshop. The workshop took off with a presentation by Dr. Salman who talked about the definition and philosophy of Anti-Doping. He cited ex-

amples of prominent athletes of the past and present who suffered the adverse effects of doping ranging from punishment to death. He described how the World Anti-Doping Association came in to being and its achievements so far.

Mr. Mahmoud Ali took over to describe the structure of Anti-Doping organization of



Mr. Mahmoud Ali

the world and particularly in Asia. The technical aspect of the workshop began with the presentation by Dr. Lally on therapeutic use exemptions, its applications and procedures.

Mr. Yousef Abul in his presentation described the procedure of sample collection, documentation and chain of custody. Mr. Yousef emphasized on the do's and don'ts during sample collection and also the rights of athletes and pointed out the things that the athletes should be careful about during the entire process.

Dr. Lally explained the whereabouts and out of competition testing. He described how random testing is one of the most effective tools in bringing about better compliance amongst athletes. Finally, Mr. Mahmoud Ali gave his presentation on result management and communication, describing how

the result of analysis of samples is handled and the process it goes through before being declared. He covered various aspects of result management including opening and analysis of the B sample, appeals and in the unfortunate incidence of a positive result, the handling of the news media and disclosure.

The participants interacted continuously and posed very interesting and intelligent questions to the experts. The attendees also answered a quiz as a part of the workshop which again was discussed question by question in details.

The closing words of wisdom and valuable advice came from Dr. Chandran who pointed out the existing factors, which prompt the vulnerable athlete to cheat. He underlined the important role of the administration and coaches in negating such factors by proper guidance and vigilance. Dr. Chandran expressed his deep gratitude towards the organizers of the workshop and said that the level of activity of the ASC Medical Committee has drastically increase in the recent past and encourage all of its members and officials to keep up the pace. He acknowledged the support, wisdom and farsightedness of the President of ASC, H.E. Sheikh Salman Al Sabah and under his leadership ASC has become an organization of significant positive influence in sports.

Dr. James M. Lally
Chairman of ISSF Medical Committee



The meeting was concluded with the distribution of the ASC Diploma in Doping Control to all participants, followed by a photo session.



“ISSF 100 years shooting sport 1907 – 2007”

(A 320 page book that covers the ISSF chronicle; the first 100 years of an international federation in two parts; firstly the history of the ISSF and secondly the statistical part)

