



# BULL'S EYE THE ISSF IPOD ON DOPING



## THE ISSF IPOD: ONE-YEAR ANNIVERSARY!

**THE ISSF ANTI DOPING PROGRAM 2009: A YEAR IN REVIEW** IT IS HARD TO BELIEVE THAT A FULL YEAR HAS ALREADY GONE BY SINCE WE STARTED THE ISSF INFORMATION PORTAL ON DOPING AS PART OF THE ISSF NEWS. BECAUSE OF THE POSITIVE REVIEWS RECEIVED FROM OUR READERS, WE CAN ONLY ASSUME THIS FEATURE HAS ACCOMPLISHED ITS MAIN PURPOSE: TO PROVIDE IMPORTANT USEFUL INFORMATION ON ALL KINDS OF ANTI-DOPING ISSUES.

AND SO, WE WILL CONTINUE TO PUBLISH THE ISSF IPOD TO PROVIDE INFORMATION ON CONTEMPORARY ANTI-DOPING ISSUES. OF COURSE, WE ENCOURAGE YOU TO SEND US ANY QUESTIONS YOU MAY HAVE ON ANTI-DOPING SO THAT WE MAY PROVIDE YOU, AND ALL OUR READERS, WITH AN INFORMATIVE ANSWER. THE ISSF THANKS YOU ALL FOR READING THE IPOD AND FOR RESPECTING AND FULFILLING YOUR RESPONSIBILITIES UNDER THE ISSF ANTI-DOPING RULES, THE WORLD ANTI-DOPING CODE, AND THE OLYMPIC MOVEMENT MEDICAL CODE.

## 2009

### A RENEWED COMMITMENT TO ANTI-DOPING

In January 2009 the ISSF vowed to renew its commitment to the fight against doping in sport and undertook many initiatives to accomplish this task. It is with great pride that the ISSF can announce that the World Anti-Doping Agency confirmed and publicly declared that the ISSF anti-doping program is fully compliant with the World Anti-Doping Program, the World Code and all WADA International Standards.

### CHECKLIST OF ACCOMPLISHMENTS:

The ISSF's major anti-doping endeavors and accomplishments in 2009, and your responsibilities in regard to each of these are as follows:

#### → ISSF ANTI-DOPING RULES:

The ISSF Anti-Doping Rules were completely revised in order to comply with the revised World Code. WADA confirmed the ISSF rules were compliant with the Code in February 2009.

> It is every ISSF national member federation, shooter and shooter support personnel's responsibility to adhere to and respect the ISSF Anti-Doping Rules.

#### → ISSF ANTI-DOPING EDUCATION

Educating our shooters and their support personnel became an important area of focus for the ISSF in 2009.

- The ISSF launched the WADA Athlete Outreach Model at the 2009 World Cup in Munich, inviting everyone at the event to take a fun computer quiz to test their anti-doping knowledge. It was a fun, interactive way to educate everyone involved on anti-doping. Prizes and various anti-doping materials were handed out to all participants. The feedback was so great that we will offer the same education booth at this year's 2010 World Championships in Munich.
- The ISSF revamped its anti-doping section on its website. This section of our website now offers a variety of important

information and links for shooters, coaches and medical personnel on all aspects of anti-doping.

- The IPOD was launched and continues to provide useful information to all ISSF News readers in four different languages.

> Everyone involved in our sport shares the responsibility of getting educated and of educating others on anti-doping, doping control procedures, banned substances and methods, sanctions etc.

#### → TESTING

The ISSF has increased both its in-competition and out-of-competition testing in order to comply with the WADA International Standard for Testing

- The ISSF conducted 533 in-competition tests and 38 out-of-competition tests in 2009.
- > You can visit the Doping Control section of the ISSF website to get better acquainted with doping control procedures.



### → RESULTS MANAGEMENT

The ISSF increased its monitoring of national results management procedures.

- This enhanced monitoring by the ISSF, along with a significant increase of procedural knowledge and anti-doping awareness demonstrated by our member federations, has resulted in more structured and disciplined reporting and sanctioning procedures.

> In the event of an anti-doping rule violation, athletes should be aware of their rights and responsibilities, and member federa-

tions must follow the results management procedures laid out in the ISSF Anti-Doping Rules. An outline of these rights, responsibilities and procedures is also available on the ISSF Website in the Results Management section.

### → SANCTIONS

Out of 533 doping control tests conducted by the ISSF at the international level only two resulted in anti-doping rule violations.

- Two international level athletes were sanctioned for anti-doping rule violations.

> Both cases involved beta blockers and both athletes were suspended for two years.

- Ten national level athletes were sanctioned for anti-doping rule violations by their respective National Anti Doping Agency or National Federation.
- Eight athletes were sanctioned for using prohibited substances,
- One athlete was sanctioned for evading sample collection, and
- One athlete was sanctioned for refusing to provide a sample.

## 2010

### LOOKING AHEAD TO 2010

As you can see, the ISSF worked hard in 2009 to successfully carry out its anti-doping activities!

>2010 should be no different.

It is an important year for shooters of all ages: among others, the World Championships are being held in Munich, Germany and the first ever Youth Olympic Games are being held in Singapore, Malaysia. Energized about the competition year ahead, the ISSF is determined to continue to fulfill its obligations under the World Code.

- We will increase out-of-competition testing and continue to monitor results management activities to ensure that all disciplinary procedures are properly carried out and that all our shooters' rights are respected.
- We will continue to educate all shooters and their support personnel on all anti-doping issues. And continue to encourage all of you to expand your anti-doping knowledge base in order to be increasingly aware of your respective responsibilities under the ISSF Anti-Doping Rules.

- We will actively keep the communication lines open between the ISSF, its athletes, its member federations, and basically everyone involved in our shooting sport.

### OUR COMMON GOAL

We must all have the common goal of keeping our shooters healthy and competing in an even playing field. Let's continue to work together to keep our sport – the shooting sport – clean.

> Let's make 2010 even better than 2009!

## THE IPOD QUESTION

A reader wonders about how to navigate through all the anti-doping information made available by various organizations.

### QUESTION:

**WHERE IS THE BEST PLACE FOR ME TO FIND ACCURATE INFORMATION ON ANTI-DOPING? IT SEEMS THAT SOMETIMES I AM REFERRED TO THE ISSF WEBSITE, SOMETIMES TO THE WADA WEBSITE AND OTHER TIMES TO MY NADO.**

### ANSWER:

There are in fact a growing number of places where information on anti-doping can be found and it may be hard to filter through all the information and know which one has authority over the other. The WADA Code, the Prohibited List and every WADA International Standard are the authorities for everything that has to do with doping. All these documents and a wealth of other useful and accurate information on anti-doping can be found

and downloaded from the WADA website ([www.wada-ama.org](http://www.wada-ama.org)). The ISSF is the international federation governing everything that has to do with Shooting Sport. The ISSF possesses its own set of Anti-Doping Rules that govern all its anti-doping procedures, including testing, Therapeutic Use Exemptions and sanctions. These ISSF Anti-Doping Rules have been confirmed to be fully compliant with the World Code. Therefore everyone involved in shooting must respect the ISSF Anti-Doping Rules and comply with their obligations under these rules. Accurate, up to date, information on the ISSF anti-doping program, including the ISSF Rules, can be found and downloaded at [www.issf-sports.org](http://www.issf-sports.org).

Every country's national anti-doping organization (NADO) has also drafted anti-doping rules that are supposed to comply with the World Code. NADO anti-doping rules are important because they govern the anti-doping activities of a whole country in all sporting

disciplines. Where a NADO's rules have been declared compliant with the Code, these national level rules must be respected by all athletes from that nation, alongside those of the athlete's international federation (in the case of shooters this is the ISSF), and the Code. NADOs also offer educational materials of all kinds for their athletes. Contact your national federation on how to obtain useful information from your relevant NADO.

### TO PUT IT SIMPLY:

All athletes, whether national or international, are bound by the Anti-Doping Rules of the Code, of their International Federation, and of their NADO. Every one of these entities can provide valid and useful information to you because in practice all their anti-doping rules and procedures should work together and complement each other.

> If you have a question for the ISSF IPOD please send it to [munich@issf-sports.org](mailto:munich@issf-sports.org).