



# BULL'S EYE THE ISSF IPOD ON DOPING

## FOCUS ON THE ISSF MEDICAL COMMITTEE



**THIS EDITION OF THE IPOD OFFERS A Q & A WITH THE CHAIRMAN OF THE MEDICAL COMMITTEE DR. LALLY.**

**Dr. James Lally is currently serving his second term as Chairman of the ISSF Medical Committee. He is the President and Chief Medical Officer of the Chino Valley Medical Center in California USA.**

**He works as the team physician for USA Shooting and is the Past-President of the USA Shooting Board of Directors.**

**Q. Dr. Lally, since you were first elected as Chairman of the Medical Committee, how have things changed?**

**A.** When I took over the important position of Chairman of the Medical Committee, the World Anti-Doping Agency was increasingly starting to put more pressure on International Federations to implement Code Compliant Anti-Doping Programs within their sport. Although at that time the ISSF had started building its anti-doping program, there was much work to be undertaken and many tasks to be accomplished.

**Q. What kind of work are you referring to and did the endeavor to become Code-compliant entail?**

**A.** There were three very important steps to be taken at the onset. First, we needed to ensure that we had our own ISSF Anti-Doping Rules, which complied with the World Anti-Doping Code and which reflected the nature of our sport and of our administrative

structure. Then, we needed to implement a more thorough in-competition and out-of-competition testing program. Thirdly, as a necessary complement to these initiatives, there was the requirement to enhance our educational materials and communication with our member federations to disseminate the information on anti-doping at all levels and to all those involved.

**Q. How were these initial tasks undertaken?**

**A.** Firstly, I sought out the services of Janie Soublière, a legal consultant in anti-doping. At that time, it was fortuitous that Ms. Soublière had just left her position as Manager of the Legal and Results Management at WADA. She was able to provide immediate assistance and unique expertise with all aspects of our anti-doping program and has continued to do so in order to answer to our ever growing obligations under the World Anti-Doping Code. Ms. Soublière's

assistance has been and continues to be invaluable to the ISSF. Her collaboration with the Medical Committee is of utmost importance to the sustenance of our anti-doping program. More importantly, thanks to the ISSF's ability to meet and surpass its obligations under the World Code, the relationship the ISSF now entertains with WADA is better than it has ever been.

**Q. What other responsibilities have been bestowed upon the ISSF by WADA in the last few years?**

**A.** The consistently increasing work load with regards to anti-doping has been amazing in its growth and the ISSF must constantly stay up to date with its responsibilities. There has been the revision of the World Code and the International Standards; the establishment of ADAMS, the computer database that all athletes, national member federations and laboratories must utilize; the imposition of most stringent out-of-competition testing programs; the requirement for greater and far-reaching education programs; the necessity of approaching and monitoring results management and legal matters in a process based, hands-on approach; and that is only to name a few!

**Q. That is a tall order!**

**A.** Yes. Needless to say there has been a significant increase in our time and energy expenditures with regards to anti-doping. Luckily, Barbara Wittmann, the anti-doping administrator at ISSF Headquarters, has done an outstanding job. She is an indispensable key to the success of our anti-doping program. Not only does she manage ADAMS and the whereabouts information obligations of athletes in the ISSF registered testing pool, she is also involved in



the process behind the medical committee's granting or denial of Therapeutic Use Exemptions. Barbara is the main contact at ISSF for all anti-doping matters, be it legal, administrative, medical and/or educational. The ISSF is lucky to have her.

**Q. How does this increased work-load and these added tasks impact the ISSF in general?**

**A.** Needless to say it has required an increase in our anti-doping budget! The cooperative spirit of the ISSF Executive Committee has been essential in our ability to meet our obligations and our objectives. In fact, the ISSF Executive Committee is dedicated to the fight against doping in sport, and committed to eradicating the use of drugs in shooting sport.

**Q. It is, or should be, well known that beta-blockers are strictly prohibited in shooting sport. Have there been anti-doping rule violations for beta blockers in the last year? Have there been other anti-doping rule violations?**

**A.** Although cases of inadvertent doping have been reduced over the years, in 2009, at the international level, the ISSF still has had 2 cases where athletes tested positive for beta blockers. In accordance with the Rules, the ISSF Executive Committee decided to suspend both of these athletes from all shooting competitions for two years. There were 10 national level anti-doping rule violations in 2009, 8 involving the use of prohibited substances, one involving a doping control refusal and one involving an evasion.

**Q. The revised version of the World Anti-Doping Code has provided more flexibility with regards to sanctioning. Has the ISSF adopted a similar approach?**

**A.** As a condition of remaining in the Olympic Movement, the ISSF must adopt all the changes made in the World Code and International Standards in its own Anti-Doping Rules. As such, revisions and errata are made every year to our Anti-Doping Rules so as to remain compliant with the World Anti-Doping Code. In any event, the ISSF remains steadfast in a strict application of the Rules with regards to the use of beta blockers and will not waver from this approach.

**Q. Has there not been some leniency added to the Rules with regards to the use of beta blockers?**

**A.** Yes. The use of beta blockers is strictly forbidden and prohibited for any shooter competing at the international level – re-

gardless of their age. But in very restricted circumstances, the ISSF has decided to grant some leniency to national level shooters aged 40 and over, who no longer compete at the international level, who possess a well documented medical history and for whom there exists no alternative medical treatment other than the use of beta blockers.

**Q. Why was this leniency worked in the anti-doping Rules?**

**A.** The ISSF is first and foremost a sporting federation who wants to promote its sport and the practice of its sport world-wide. As such, the ISSF wants to support and encourage shooters of all ages to participate in shooting sport events. Certainly, older shooters with well documented medical conditions, and who are not competing at the international level should not be prohibited from participating and competing in local and regional events. This is why the ISSF accepted to allow National Anti-Doping Organizations the right to grant Therapeutic Use Exemptions for beta blockers to athletes who fulfill the necessary criteria.

**Q. Can you tell us more about the members of the ISSF Medical Committee?**

**A.** The Medical Committee currently has 9 members all of whom are medical practitioners in their respective countries. 6 of these members sat on the previous Committee, namely, Dr. Rolf Bodin, Ms. Jean Coleman, Dr. Hannu Järvinen, Dr. Jean-Emmanuel Monneyron, Dr. Stefan Nolte, Dr. Reijiro Shimo. The medical committee is happy to welcome 3 new members this year, Dr. Gianpiero Cutolo, Dr. Francesco Fazi and Dr. Salman Khan. Every single one of these individuals is dedicated to fulfilling their tasks to the best of their ability. They are committed to the fight against doping and more importantly, again, they are all dedicated to ensuring that all our shooters are competing healthy and safe.

**Q. What are your expectations for the future?**

**A.** Because I am also privileged to sit on the International Olympic Committee medical committee, I am aware that there will be ongoing obligations and responsibilities

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**Q. What other initiatives are taken on by or alongside the ISSF Medical Committee with regards to anti-doping?**

**A.** Members of the Medical Committee often give conferences and educational workshops in their respective countries in order to ensure that our initiatives are as far-reaching as possible. For example, in August of 2009 Dr Salman Khan addressed the Asian Shooting Confederation and assembled a series of world-class lectures on all matters related to anti-doping. The Medical Committee also invites members of the ISSF Athletes Committee to sit in on its meetings and to provide feedback, suggestions, and concerns. All of these issues are discussed and implemented as needed. The Medical Committee is also responsible for reviewing all Therapeutic Use Exemption applications and for promoting healthy and safe sporting conditions both physically and psychologically.

with regards to anti-doping. Luckily, shooting is one of those sports where blood profiling and blood passports will neither become necessary nor be recommended. Still, the ISSF will need to continue to deter its athletes and their support staff from using drugs and to educate every one involved in our sport by utilizing all available mediums. The ISSF shall also persistently meet all its obligations through efficient and strategic in-competition and out-of-competition testing and by ensuring that communication lines remain open between the ISSF and its member federations in all matters related to anti-doping.

**THE BOTTOM LINE IS THAT COMMITMENT, COOPERATION AND COLLABORATION ARE OF UTMOST IMPORTANCE IN THE MAINTAINED SUCCESS OF OUR ANTI-DOPING PROGRAM.**