



BULL'S EYE THE ISSF IPOD ON DOPING

1. WADA WORLD ANTI-DOPING CODE CONSULTATION AND REVIEW PROCESS 2. RISK OF SUPPLEMENTS

THE FIRST TOPIC DISCUSSED IN THIS EDITION OF THE IPOD IS WADA'S WORLD ANTI-DOPING CODE CONSULTATION AND REVIEW PROCESS. THE SECOND TOPIC FEATURES AN IMPORTANT REMINDER TO ALL SHOOTERS REGARDING THE RISKS OF USING OF SUPPLEMENTS.

1. WADA ANTI-DOPING CODE REVIEW AND CONSULTATION

The World Anti-Doping Code Review Process is currently under way. Every 4 years, after a practical application and implementation of its Rules has occurred world-wide, the World Anti-Doping Code is revisited so that it continues to better reflect the practical reality of the sporting world, the administrative, financial and legal challenges that all Signatories face and the ever-growing obstacles that the fight against doping in sport must persistently try to overcome.

Based on the comments made by Signatories and Stakeholders, the World Anti-Doping Agency (WADA) and a group of experts revisit every single provision in the Code. Provisions are maintained, modified, deleted and/or added in order to update the Code and ensure that it continues to be an applicable, germane and relevant legislative and regulatory document.

Now, two years since the latest version of the Code was approved, WADA has begun another lengthy consultation on the World Anti-Doping Code and International Standards, which harmonized the fight against doping for all countries and sports when they all came into effect eight years ago. WADA has contacted and communicated with all its Signatories and Stakeholders concerning the review and drafting process that will take place over the next two years in order to request their comments on the Code

and how it can be improved. This process involves three rounds of consultation ending with the adoption of the new Code at the WADA World Conference in Johannesburg, South Africa in November 2013.

The 1st Consultation Phase ended on 15 March, 2012. All Signatories and Stakeholders, like the ISSF, were asked to provide any input they may have had on an individual basis directly to WADA before that date.

During the 2nd Consultation Phase, additional comments will also be received. At that time, the Association of Summer Olympic International Federations' (ASOIF - which the ISSF is a member) Medical Consultative Group will begin coordinating a common position of the all the summer Olympic International Federations. The purpose of this group will be to endorse and advance to WADA the points and issues commonly raised by all Summer International Federations in all subsequent phases of the consultative process.

Accordingly, the ASOIF Council has scheduled a general meeting of all its members for the first half of 2013. The purpose of this meeting will be to convene a formal group review of the suggested changes to the Code and develop a final concerted position in regard to the latest draft of the new Code available at the time of that meeting. The ISSF will be attending and voice any all concerns or suggestions it may have with respect to the current Code.

Needless to say, everyone involved in sport will be affected by the changes brought to the new Code. International Federations and National Anti Doping Organizations

will need to render their Rules and activities compliant with the revised Code; National Federations that must run their programs in accordance with ISSF Anti-Doping Rules will need to re-adopt new rules and ensure that all their activities and actions comply with the ISSF Anti-Doping Rules; and all shooters will be subject to these new Rules when they come into effect in 2015.

Therefore, because every individual's feedback is vital to this important process, all athletes and individuals who have comments to make on the Code are invited to do so via their National Anti-Doping Organization or National Olympic Committee, or their National Federations or their International Federation, or on their own volition. To this end, WADA will continue collecting input and suggestions via comments that should be submitted through **WADACONNECT**.

Unlike previous years when comments were just randomly sent in to WADA via email or fax, WADA has introduced the new WADACONNECT online tool to facilitate the provision of comments by stakeholders. This new platform will be used to facilitate the work of the Code drafting team and the publishing of the final submissions on the WADA website at the end of each consultation phase.

Any individuals who want to submit comments to WADA are encouraged to use this online platform to create a user account and input comments, directly referencing the Articles that are of particular interest to them. If you have any questions about how to use WADACONNECT contact a WADA employee who will be able to answer your



questions at connect@wada-ama.org.

To submit comments you must visit <https://connect.wada-ama.org>. You can save your comments and then go back. But it is very important to note that all comments need to be officially submitted before each deadline in order for them to be considered. After each deadline, if they haven't been "submitted", they are lost.

- Do you have an interest in helping shape the future of drug-free sport?
- Do you have specific opinions about the way doping control is conducted?
- Have you ever wondered if there is a better way to prevent sport from becoming a competition among chemists?
- Do you have suggestions on how the World Anti-Doping Code could be better implemented?

All those who answered "yes" to any of these questions are invited to send any comments to WADACONNECT in accordance with the modules. The First Phase deadline to submit individual comments has ended. But if you have any truly constructive comments to offer, they will be accepted by WADA in the second Phase of the consultative process. Alternatively, you can submit them to ISSF and they will be submitted to ASOIF on your behalf. The timeline below offers some major benchmarks on what is otherwise a confusing staggered timeline for approval and implementation. (As you will see, the first phase deadline has lapsed.)

- March 15, 2012: Deadline for submitting comments for 1st phase (28 November 2011 – 15 March 2012)
- August 31, 2012: Opportunity to further input on specific areas as part of the 2nd phase of the process (1 June 2011– 10 October 2012)
- January 15, 2013: Possible opportunity to further input on specific areas as part of the 3rd Phase of the process (1 December 2012 – 1 March 2013)
- November 2013: Final 2015 World Anti-Doping Program revealed at International Conference on Doping in Sport
- January 2015: New anti-doping rules come into effect

ISSF is committed to working collaboratively to activate a values-based and principle-driven system within Shooting Sport and is dedicated to protecting the integrity of our sport from the negative forces of doping and other unethical threats. In advocating for sport that is fair, safe and open to everyone ISSF invites you to send WADA any comments you may have with regards to the Code so that you may also contribute to the Code review and consultation process.

2. REMINDER: BEWARE OF SUPPLEMENTS!

After the recent occurrence of many anti-doping violations resulting from supplement use, ISSF is again drawing attention to the extreme risk an athlete runs when using supplements.

Important sanctions were recently imposed on athletes by various sporting federations' anti-doping hearing panels for anti doping rule violations involving Methylhexanamine (MHEA) and Dimethylpentylamine (DMPA), two banned stimulants that are contained in many energy drinks, caplets and bars.

While it is easy to assume that an inadvertent anti-doping rule violation can only happen to others, in reality any athlete that uses supplements is at risk, even after taking any recommended precautionary steps.

WHY DIETARY AND NUTRITIONAL SUPPLEMENTS ARE UNSAFE

Dietary and nutritional supplements are defined as products containing "dietary ingredients" intended to supplement the diet. These include vitamins, minerals, amino acids, botanicals, herbs, and substances such as enzymes, organ and glandular tissues, metabolites, and other dietary supplements. Based on that definition, many shooters rightly question why supplements receive such negative reputations.

It is because nutritional supplements may intentionally contain prohibited substances or may be inadvertently contaminated with

substances found in the supplement can include one that is prohibited under anti-doping regulations.

Therefore supplements are unsafe because significant health risks associated with nutritional supplement use persist, and because adverse analytical findings and anti-doping rule violations continue occurring as a result of their use.

DO NOT RELY ON LABELS

Studies have shown that as many as 20 percent of supplements available to athletes can contain ingredients that are not declared on the label. Not surprisingly, a significant number of positive doping tests have been attributed to the misuse of supplements due to poor or incorrect labeling. But all shooters must be cautioned. In the end, the claim that the adverse analytical finding derives from the use of a poorly labeled dietary supplement is not an adequate defense in a doping hearing.

In a recent case, the athlete verified the ingredient list on a supplement's label and was convinced that it was safe to use. However, the label had failed to mention certain banned ingredients, MHEA to be exact, contained in small doses within the product itself. The use of that supplement resulted in the athlete being stripped of a medal and sanctioned for an anti-doping rule violation. In another recent case involving DMPA, the athlete's defense relied upon the fact that the supplement he took did not have any warnings on it. He also claimed that the ingredients on the label listed only natural products – Geranium oil (DMPA) specifically. But although it derived from the geranium plant,

YOU ARE ALL BETTER SAFE THAN SORRY

prohibited substances. It is also not uncommon for supplements to be cross-contaminated with banned substances during the manufacturing process if the manufacturer produces other products that contain prohibited substances.

Also, in many countries, the manufacturing of dietary supplements is not appropriately regulated by the government. In some cases, supplement manufacturers mislabel their products by not accurately specifying the contents or the relative amounts of each ingredient per dose. In other cases, the ingredients on the inside of the bottle may not match those listed on the outside label or package. In many cases, the undeclared

DMPA, is a banned stimulant. Therefore, the athlete was sanctioned. And so, after many recent anti-doping violations caused as a result of the use of mislabeled and contaminated supplements, many anti-doping organizations including ISSF are once again drawing attention to the extreme risk an athlete takes when using supplements.

ISSF'S POSITION REGARDING SUPPLEMENT USE

ISSF believes the use of most supplements poses an unacceptable risk for athletes and their athletic career. While the ISSF does not recommend the use of supplements, the ISSF acknowledges that many shooters will choose

to use them to support the nutritional demands of training and traveling. But, again, all athletes must be forewarned, ultimately, under the principle of strict liability, that athletes are responsible for any prohibited substance that may be found in their sample. Therefore, any shooter who uses a supplement and then tests positive for a prohibited substance will likely have to deal with the consequences of an anti-doping rule violation being asserted, regardless of how the prohibited substance got into his or her body.

> UNDERSTAND THE RISK

As indicated above, supplements may intentionally contain prohibited substances (which may or may not be clearly indicated on their list of ingredients) or may be inadvertently contaminated with prohibited substances. Some supplement manufacturers mislabel their products by not accurately specifying the contents or the relative amounts of each ingredient per dose. It is also not uncommon for supplements to be cross-contaminated with banned substances during the manufacturing process if the manufacturer produces other products that contain prohibited substances. The reality is that there continue to be significant risks associated with supplement use.

> EVALUATE THE RISK

All athletes have a personal responsibility to evaluate all the risks associated with supplements before using them.

The ISSF reminds all shooters that:

- Supplements which are advertised "for treatment of arrhythmia", or "heart stabilizing" or anything similar, are most likely to contain beta blockers which are strictly prohibited in and out of competition under ISSF Anti-Doping Rules and the WADA Prohibited List.
- Supplements which are advertised "muscle building" or "fat burning" capabilities

are the most likely to contain a prohibited substances, such as anabolic agents or stimulants.

- The terms "herbal" and "natural" do not necessarily mean that the product is safe. In fact MHEA is also known as geranium oil and though it has a "non-synthetic" name, it is a prohibited substance.
- Although pure vitamins and minerals are not prohibited on their own, shooters are advised to use reputable brands and avoid those combined with other substances; there is always a risk that it may contain traces of other pills also produced by the same manufacturer.

The risks associated with supplementation are clear – the responsibility for evaluating these risks ultimately rests with each individual athlete.

> MINIMIZE THE RISK

All shooters who choose to use supplements should take these precautions PRIOR to using the supplement in order to minimize their risk. These precautions may help demonstrate that the shooter was not at fault or not significantly at fault if a violation occurs as a result of supplement use. Although in most circumstances a violation will still be asserted, proof that the utmost caution was observed may be taken into consideration when the sanction is imposed.

- All shooters should make a direct enquiry to the manufacturer and get a written guarantee that the product is free of any substances on the WADA Prohibited List.
- All shooters should ask if the manufacturer makes any products that do contain prohibited substances at the plant where the supplement is produced. If prohibited substances are present in a manufacturing plant, the risk of cross-contamination with the supplement is very high – the product should not be used.

- Shooters should also verify that the manufacturer is prepared to stand behind its product. If not, their product should not be used.
- All shooters should collect elements of proof showing that sensible and obvious precautions were taken before taking the supplement to address the various risk factors associated with its use.

> ASSUME THE RISK

Finger pointing will not resolve the problem. Seeking advice from nutritionists or other health professionals regarding dietary supplement use may help reduce but cannot eliminate the risk of inadvertent doping. And even if experts recommend the use of a supplement, if the use of that product results in an anti-doping rule violation, the liability will still lie with the athlete. Athletes are responsible for everything they ingest and cannot blame others, even in the event of an unintentional adverse analytical finding.

FINAL WORDS

The recent sanctions imposed on athletes for anti-doping rule violations involving MHEA and DMPA are concrete proof that inadvertent anti-doping rule violations as a result of supplement use continue to occur. It is well-known that all athletes searching for a competitive edge often look to a supplement or special combination of nutrients to find it. However, research has shown that there are no quick-fix supplements for improving sports performance. Consuming a wide variety of foods and staying well hydrated are the basic cornerstones to reaching athletic potential. The ISSF encourages all its shooters to simply eat a well balanced diet and avoid supplement use altogether. You are all better safe than sorry.

Janie Soublière BSS. LLM. LLB.

Legal consultant, anti-doping in sport

KROMER PRECISION TARGETS



P.O. Box 429
CH-5600 Lenzburg 1
Switzerland
Phone: ++41 62 886 33 30
Fax: ++41 62 886 33 31
E-Mail: schiessen@kromer.ch
Internet: www.kromer.ch



Targets made
in Switzerland

Official supplier of the International Shooting Sport Federation
Official supplier of Swiss Shooting Federation SSV

