



BULL'S EYE THE ISSF IPOD ON DOPING

LOOKING BACK AND LOOKING AHEAD

AS ANOTHER CALENDAR YEAR OF SHOOTING COMPETITIONS GETS UNDER WAY, THE ISSF TAKES THE OPPORTUNITY TO REMIND ALL ITS ATHLETES AND THEIR RESPECTIVE NATIONAL FEDERATIONS OF THE IMPORTANCE OF MAINTAINING A ZERO-TOLERANCE ATTITUDE TOWARDS DOPING IN SHOOTING AND TO REITERATE THAT YOU ARE ALL AN INTRINSIC PART OF THE CONTINUED SUCCESS OF ISSF'S ANTI-DOPING PROGRAM.

A LOOK BACK TO 2014:

The Annual ISSF Doping Program Report

As we have done in the past, the first edition of the IPOD allows us to take a look back on the last year and to provide all readers with a summary of ISSF's anti-doping activities. ISSF is pleased to provide the following report on the ISSF's 2014 Anti-Doping Program in the form of a Q & A.

How many IN-competition doping controls did ISSF undertake in 2014?

At the ISSF World Championships, ISSF World Cups, ISSF World Cup Finals, European Championships: **453**

At all other Continental Events (including Junior Events, the Euro Cup Final, Asian Championships etc.): **159**

Therefore, the total number of in-competition doping controls undertaken under the umbrella of the ISSF in 2014 is: **612**

How many OUT-of-competition doping controls did ISSF undertake in 2014?

The total number of out-of-competition doping controls undertaken by ISSF in 2014 is: **24**.

How many anti-doping rule violations occurred and were decided at the international level in 2014?

As of December 31, 2014 there are 4 asserted anti-doping rule violation cases that have occurred at the -international level.

The prohibited substances involved in these four international level cases are as follows:

- > 1 case involves a beta blocker
- > 1 case involves a stimulant
- > 1 case involves an anabolic steroid
- > 1 case involves a diuretic

ISSF results management and disciplinary procedures are under way for these four cases and the final decisions will shortly be rendered by the ISSF Executive Committee Panel in accordance with the ISSF Anti-Doping Rules.

How many anti-doping rule violations occurred and were decided at the national level from doping controls collected in 2014?

As of December 31, 2014 there have been 12 anti-doping rule violations asserted at the national level. The prohibited substances involved in these national-level cases are as follows:

- > 8 cases involved beta blockers
- > 1 case involved a stimulant
- > 2 cases involve diuretics
- > 1 case involves a steroid

Nine of these cases have been resolved by national-level disciplinary panels in accordance with Code-compliant national anti-doping rules regulations. Three of these cases are still outstanding. In accordance with its obligations under the World Anti-Doping Code, ISSF will continue to monitor the disciplinary measures imposed at the national level to ensure that all decisions rendered in these national-level cases comply with the ISSF Anti-Doping Rules.

How many missed tests or failure to submit whereabouts information cases were reported in 2014?

There were no whereabouts failures or missed tests asserted against ISSF Registered Testing Pool athletes in 2014.

How many athletes in the ISSF RTP at the end of the year?

As you are surely aware, the International Level Registered Testing Pool (RTP) consists of the top ranked Athletes of the official ISSF World Ranking List which is published on the ISSF Internet website and updated monthly for each International Event.

On January 1st of each year, the International Level RTP shall consist of the top 5 Athletes of the official ISSF World Ranking List on that date. Once an Athlete moves into the top 5 ranked Athletes of the official ISSF World Ranking List during the current calendar year, he or she shall automatically be included in the International Level RTP for that whole calendar year.

Based on this definition, there were 160 athletes in the RTP at the end of the 2014: **66 Women and 94 Men** – to be exact.

How many people took the Anti-Doping Quiz?

320 people took the educational online quiz in the course of the Munich World Cup.

LOOKING AHEAD TO 2015...

ISSF is dedicated to maintaining and implementing its anti-doping program and promoting drug-free sport and shall continue to tackle all anti-doping issues with the same determination and conviction in 2015.

The ISSF Test Distribution Plan

The ISSF Anti-Doping Committee has successfully devised its 2015 Test Distribution Plan (TDP) with the objectives of planning and implementing the distribution of doping controls both in-competition and out-of-competition and of succeeding in effectively detecting, deterring and preventing doping practices in shooting sport throughout the 2015 competition calendar.

Prior to elaborating its 2015 TDP, a mandatory physiological risk assessment of doping in shooting was once again expertly and knowledgeably undertaken by the ISSF Anti-Doping and Medical Committees. Consequently, the TDP was elaborated based on the ISSF's unique understanding, knowledge and appreciation of shooting sport and its athletes.

ISSF's 2015 TDP complies with the Code and the International Standard for Testing and Investigations (ISTI) and respects the ISSF Rules, and shall be implemented by all ISSF Event Organisers throughout the 2015 calendar year. It shall also be evaluated, modified and updated periodically, as required by the ISSF.

Doping controls

As you all know, ISSF conducts a combination of random doping controls, targeted doping controls and mandatory TDP doping controls. The TDP governs which method of testing shall be utilised depending on and in accordance with athlete results and standings, with the testing intelligence officer's selections and on a random basis. The carrying out of doping controls shall be carefully monitored throughout the year to determine if both the amount of doping controls being conducted in-competition and out-of-competi-

tion and the doping control selection methods adequately fulfill the objectives of the TDP. Accordingly, ISSF doping control monitoring shall be founded on efficiency and efficacy all the while balancing the ongoing importance of deterrence and detection. It shall also be based on ISSF's intelligence gathering and shall include the acknowledgment of various red-flags such as significant performance improvements, suspicious behaviour, follow-up testing on atypical findings, filing failures and missed tests, etc.

The intention is to conduct roughly the same amount of both in-competition and out-of-competition doping controls in 2015 as in 2014. However, in light of the fact that MQS places for the 2016 Olympic Games are to be awarded this year, and that every athlete who obtains a Quota place must be tested, this may result in an increase in testing numbers. As usual, ISSF will report back to you on the outcome of its 2015 testing program at the beginning of 2016.

Education

Every year, ISSF urges all its athletes, all its member federations and everyone involved in shooting sport, be it shooter support personnel, trainers, doctors, parents, etc. to get educated or better educated on anti-doping. To this end, ISSF has established many educational vehicles through which it disseminates anti-doping information:

- The Information Portal On Doping (IPOD) section of the ISSF's Bi-Monthly publication, ISSF NEWS, serves both as an information medium and as a reminder to all individuals involved in our sport to respect various responsibilities and obligations with regards to anti-doping.
- The ISSF web-site provides a wealth of information on doping, rules and regulations, answers to common questions and various links to all relevant WADA documents and anti-doping materials.
- The Anti-Doping Outreach booth continues to be a success and positive educational tool for all our athletes who compete at ISSF World Cup in Munich. Accordingly, ISSF shall continue to promote educational initiatives through this informative and entertaining medium.
- The WADA website has valuable materials for athletes, coaches, trainers etc. All of these can be downloaded for free from the WADA website (www.wada-ama.org)

Anti-doping rules are consistently changing therefore it is important for everyone to stay abreast of the most recent developments and updated regulations. More importantly, it is imperative for athletes of all levels and from all corners of the world to become better informed on the dangers of doping and on the importance of respecting their obligations under both national and international anti-doping rules.

As ISSF has noticed in the past, and again this year, some national and international anti-doping rule violations could have been avoided had athletes been better informed with regards to the importance of obtaining Therapeutic Use Exemptions, or of seeking al-

ternative treatments to prohibited substances or of refraining from the use of supplements. More importantly, 10 of the anti-doping rule violations that occurred at the national or international levels in 2014 involved beta blockers. Beta blockers are prohibited both in-competition and out-of-competition in shooting because they are performance enhancing. The fact that in 2014, 10 doping cases involved the use of beta blockers is very disconcerting to ISSF and begs the following questions:

- Are athletes not being properly educated with regards to their responsibilities in relation to doping?
- Are athletes not aware that beta blockers are performance enhancing?
- Are athletes not being provided with reasonable treatment alternatives other than beta blockers if they have a medical condition that warrants such alternative treatment?
- Are athletes not aware that competing without a TUE while using a beta blocker (even if it has been prescribed) is cheating?
- Are athletes trying to get away with cheating hoping they will not be tested?

Every one must do more to educate our athletes on the fact that the use of beta blockers is prohibited. The simple reality is that because of the various performance enhancing effects beta blockers can offer to precision sport athletes, shooters that compete without a TUE while using beta blockers possess an unfair advantage over all other athletes. They are also breaking the Rules.

ISSF strongly believes that education is the cornerstone to successfully deterring all our athletes at all levels of competition from using performance enhancing substances. Based on the number of national and international doping cases reported in 2014, ISSF will endeavour in 2015 to work more closely with its national federations and with NADOs to facilitate the dissemination of educational materials. ISSF shall also continue to offer useful information on anti-doping on its website and to distribute various educational materials to athletes of all levels at as many events as possible. But, in the end, this responsibility does not lie solely with ISSF. Every one involved in shooting must also be proactive in educating themselves. ISSF trusts that you will contact ISSF directly should you require assistance in this regard.

The 2015 ISSF Anti-Doping Rules

As you should now know, ISSF has successfully completed the legal exercise of modifying its Anti-Doping Rules in order for them to comply with the new World Anti-Doping Code. As of January 1, 2015 it will be up to all of us to implement, both in theory and in practice, all the new elements of the ISSF Anti-Doping Rules and to comply with our respective obligations under the ISSF Anti-Doping Rules and the Code. This means that everyone involved in shooting must respect the amended ISSF Anti-Doping Rules and amended WADA policies because we shall all be bound by them. ISSF is ready to apply its new Anti-Doping Rules and is confident that the implementation of these new Rules will be seamless for all of us involved in shooting sport.

ISSF is always willing to answer any questions you may have about the meaning or impact of any provision of its Anti-Doping Rules and welcomes any questions any IPOD reader may have in this regard. Please remember that it is always better to ask questions and be well informed, than to risk the consequences of being ill-informed. As has been repeated again and again: Ignorance of the Rules is never a defence. Therefore, ISSF invites you to carefully read the 2015 ISSF Anti-Doping Rules and to acknowledge all your respective obligations under these Rules. The 2015 ISSF Anti-Doping Rules can be downloaded off the ISSF website.

Reminder regarding supplement use

ISSF believes the use of most supplements poses an unacceptable risk for athletes and their athletic career. While ISSF does not recommend the use of supplements, ISSF does acknowledge that many shooters will choose to use them to support the nutritional demands of training and travelling. But be forewarned that ultimately, under the principle of strict liability, 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 their body.

Final words: Thank you

If ISSF is proud of the work it continues to accomplish in carrying out its anti-doping program, it is equally proud to acknowledge the work that you have all accomplished in respecting your obligations with regards to anti-doping.

- > To ISSF national federations who have respected their testing, reporting and results management obligations;
- > To all medical staff for being mindful of the Prohibited List, offering Code-compliant consultations and properly filing out timely TUE applications;
- > To all athlete support personnel who continue to deter athletes to resort to the use of performance enhance substances by emphasizing the importance of proper training and nutrition and the adoption of ethical sporting values;
- > To ISSF RTP athletes who continue to submit timely and accurate whereabouts information; and,
- > To each athlete who has made a personal decision to not use prohibited substances or methods to enhance his or her performance and discouraged others to do so as well:

ISSF thanks you for taking your responsibilities with regard to anti-doping seriously and for protecting the integrity of shooting, for promoting the health and well-being of all our athletes and for respecting and honouring the intrinsic values of sport in general. Let us all pledge to continue to be steadfast in our concerted efforts of fighting doping in shooting in 2015...

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