

Annual Report

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2004



PREFACE

The highlight of the year 2004 was the global consent to The World Anti-Doping Code from more than 200 countries and signatures from almost all international federations and national anti-doping organisations. The real challenge in the following year will be to guarantee that all parties actually implement and follow the new rules.

The law on prevention of doping in sport was passed on December 22nd 2004 in the Danish parliament. It was effective from January 1st 2005. This law is a manifestation of the responsibility the state and the sport federations possess with regards to fighting against doping in sport and in fitness centers and health clubs etc. By this law, Anti Doping Danmark (ADD), who has the practical responsibility for fighting against doping, became a permanent self-governing institution.

The board of ADD determines the policy of ADD and the directions for the work of the institution.

A new board was elected in July 2004. This report marks the transition between the old ADD with two boards and two secretariats and the new independent institution with one board and one secretariat.

From the beginning, the strategy of ADD's board has been to establish a close relationship between the board, the committees and the secretariat. In order to improve this relationship, some board members are also working in one of the four committees ("task-force" groups) consisting of specialists in the relevant areas.* There are various areas where assessments and recommendations are required in addition to the professional expertise:

* The composition of the committees is described in Appendix 2.

The Committee for Research and Medicine, which also includes members of the Medical Committee (TUE Committee), has the responsibility to initiate, coordinate and fund research in anti-doping and to support Anti Doping Danmark with expert knowledge on medical issues related to doping. In the research area the intention is to fund research projects for 1 mill. Danish kroner, involving as many subject fields as possible.

The Medical Committee (TUE Committee) has the primary responsibility to make sure that WADA's guidelines for Therapeutic Use Exemptions are followed. In this area it has been necessary to establish profound qualitative handling of TUE with simplified procedures.

The Committee for Doping Control and Judicial Affairs has the primary responsibility to secure that ADD is able to maintain a goal-oriented, reliable and effective doping control which reveals the abuse of doping in Danish sport and which has a visible preventive effect.

The means in this respect is to develop year plans, to engage in international activities and special control activities, to enter into contracts with external partners, to prepare new laws and to hold courses and seminars.

In 2005 the goal is to conduct 1650 doping controls and to reserve resources to improved investigation in selected sports. We wish to maintain ADD's position in the international anti-doping field including engagement in an active exchange of experiences with WADA Vice Chairperson, the Danish Minister of Culture, Brian Mikkelsen, and national anti-doping organisations on important doping issues.

The Committee for Information and Education focuses on various communication channels like the homepage, the e-learning site, the "Doping Academy", publications etc. and on developing a strategy and action plan for the information and education area. In the information area, ADD has emphasised projects which spread like "ripples in a pond" which lead to as much information as possible.

The intention is to reorganise the Anti Doping Hotline so that an anonymous e-mail enquiry will potentially evolve into a personal contact/clinical consultation.

On every board meeting there is a 30-40 minute professional session in order to improve the professional knowledge in the board and secretariat.

Thus, the new board has emphasised a strong professional foundation in all areas of the anti-doping work. This will be formulated in the strategic plan which will be adopted by the institution in 2005.

The goals set out for 2004 have been met for all areas of Anti Doping Danmark. This is primarily due to a strong and persistent effort by the secre-

tariat, the board, the committees and the doping control officers and escorts.

In addition, there has been a positive attitude from athletes, federations and organisations and other partners who are participating in the fight against doping in sport.

The Minister of Culture and his officials must be praised for a persistent effort in order to prepare and arrange UNESCO's Anti Doping Convention which makes it possible for all governments in the world to subscribe to the World Anti Doping Code.

The intention is that all governments have subscribed to the code prior to the start of the Winter Olympic Games in February 2006.

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ANTI DOPING DENMARK

Anti Doping Denmark (ADD) is a self-governing institution charged with promoting the fight against doping in sport.

ADD was changed in August 2004 from an organisation with two boards and two secretariats (control and information) into a single permanent body with only one board (12 members) and one secretariat.

The Ministry of Culture (4) and the sports organisations (6) elect the board members. The Minister for Culture shall also ensure that one member is appointed to represent coaches in top-level sports and one to represent active top-level athletes.

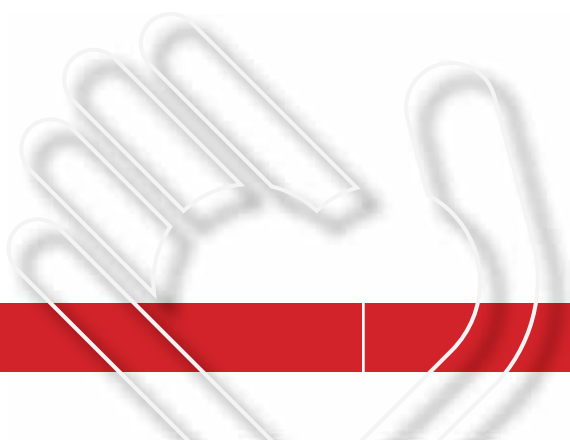
By the end of the year ADD had five employees, 50 doping control officers and 14 escorts.

ADD is funded by the Ministry of Culture, the Danish sport federations and Team Denmark.

It is ADD's objective that Denmark asserts itself in all international relations as a nation which fights against doping uncompromisingly, by information and education as well as by effective doping controls.

ADD's activities shall comprise:

- 1) Doping control in sport
- 2) Information and Education
- 3) Research and development relating to the fight against doping
- 4) International collaboration on the fight against doping
- 5) Provision of advice and support for public authorities on matters within ADD's sphere of activity



MAIN OUTPUTS IN 2004

- ADD implemented the WADA Code in May 2004.
- ADD conducted 1603 tests in 43 sports associations under the Danish Sports Confederation. The tests were conducted on a no-notice basis and 67% were out-of-competition tests. An Additional 157 tests were collected after international events.
- In the national program 21 athletes delivered positive tests, but in the ADD-program we totally found 75.*
- Re-certification of the Danish Doping Control Programme under DS/EN ISO 9001:2000 and the International Standard for Doping Control (ISDC).
- ADD has successfully introduced doping control in fitness centres and professional boxing.
- The entire organised sporting community in Denmark became part of ADD's overall concept that includes both control and information in the fight against doping.
- ADD arranged a seminar on supplementary diet products on the National Museum of Arts in Copenhagen.
- Both the number of questions and users on ADDs homepages kept the high level from 2003. Furthermore www.doping.dk was redesigned.
- ADD made a national campaign for the Doping Hotline and the number of calls has increased.
- The number of sequestrations of anabolic steroids in Copenhagen Airport has increased.
- ADD publicised a debate book to all the gymnasiums and high schools in Denmark.
- The Minister of Culture awarded the chairperson of Danish Bodybuilding, Ms. Mona Gudjonsson with the Anti-Doping Award 2003 for her fight for a clean sport.

*) The 75 positive tests include positive tests performed in prisons as well as private fitness centres!

DOPING CONTROL

ADD collected 2100 doping tests in 2004, which is the highest annual number of tests ever conducted in Denmark. ADD has conducted 71 tests of Danish international athletes at 12 training sessions or competitions abroad (Italy, Spain, Poland, and Greece). In addition, 66 athletes with residence abroad were tested during training sessions in Denmark. Another 497 tests were conducted in connection to international events in Denmark, or special arrangements/events. Among those are: Danish Gymnastics and Sports Associations (DGI) 117, Fitness centre-agreement 93, Prisons 41, Bodybuilding 39.

All Danish candidates for the Olympic Games in Athens 2004 were tested intensively in 2003 and 2004, and ADD collected 50 urine EPO samples in endurance sport.

The 10 Most Tested Sports in 2004:

Football	166
Handball	139
Cycling	126
Ice Hockey	101
Power Lifting	94
Track and Field	91
Swimming	82
Weight Lifting	74
Rowing	64
American football	50

In May 2004 ADD implemented the WADA Code, which provides uniform anti-doping standards to be employed by all anti-doping bodies.

According to the NOC and ADD policy, athletes who are identified for inclusion in the OOC testing pool, are responsible for submitting quarterly Athlete Location Forms, as well as updates to their schedule throughout the quarter. Any athlete who does not comply with the requirement may be subject to a missed test. These regulations were implemented in December 2004.

The administration of Therapeutic Use Exemptions (TUE) for athletes who need to be treated with a substance or method that is on the Prohibited List and the administration of whereabouts, have been very costly and demand a lot of resources of manpower internal and external.

The re-accreditation audit in November 2004 confirmed that ADD still live up to all the requirements set by the international quality management standard DS/EN ISO 9001:2000.

A "Blood Profile Project" was initiated in co-operation with the Hormone Laboratory in Oslo and Anti Doping Norway. The aim is to improve our understanding of variation of blood components in elite athletes during various training levels and environments. The project will be finished in the end of 2005.

Doping Infractions

Strict control of elite athletes is being practised during competition and even more extensively

during training, where in some disciplines drug misuse is most frequent.

In 2004 21 doping infractions were brought before DIFs doping tribunal and 21 sanctions were imposed.* Weightlifting 5, powerlifting 5, cycling (3), ice hockey 2, and table tennis, basketball, boxing, American football, swimming (1), shooting all 1. The numbers in () indicates tests taken by international federations.

The number of positive tests make up 1,1% (0,7% in 2003) of the total number of tests.

ADD found no positive tests for EPO.

Providing analysis services, ADD continued to enjoy the effective partnership with the WADA accredited doping laboratory at Aker University Hospital, Oslo, Norway. The partnership surrounding analysis and transport has worked irrefragable.

Other Sportsorganisations

The Danish Gymnastics and Sports Association (DGI) signed an agreement with ADD and in 2004 117 tests were conducted and 5 doping infractions were found. In addition, the Danish Federation of Company Sports (DFIF) has signed a similar agreement with ADD, with 18 tests conducted and 3 sanctions. All the athletes tested in DGI and DFIF were non-elite athletes.

Testing by contracts

In Greenland 12 tests were conducted both in and out-of-competition and 1 was sanctioned. In The Faeroe Islands 21 athletes were tested. No athletes were found positive.

Prison service tests have been conducted in two open national penitentiary; Ringe and Sdr. Omme. In 41 samples 12 were containing forbidden substances. The project was evaluated in 2004 and will continue in 2005.

Fitness Centres

ADD conducted 93 tests in fitness centres and 20 doping infractions were found. Another 4 infractions were seen by the national fitness competitions.

*) Overall, ADD had 75 sanctioned infractions, which may be the highest score in the world.

INFORMATION AND EDUCATION

Doping.dk

ADD's official homepage contains a number of information issues on doping designed for athletes, coaches and the support personnel as well as the large number of persons outside organised sports in Denmark. The number of users of the site has been steadily increasing since the launch in spring 2001, but in 2004 ADD changed the method used to register the number of users. Nevertheless, the actual amount of persons using www.doping.dk is still the same as in 2003, with approximately 12.000 users each month.

The inquisitiveness on the site is still high and a monthly average of little less than 200 questions far exceed ADD's expectations. The majority of questions is regarding general information about doping.

To be able to attract interest from all parts of the population and to keep a position as a credible centre of knowledge on doping, www.doping.dk was redesigned in 2004 and it is expected that more new and user-friendly features will be added in 2005.

The Anti Doping Hotline

The Anti Doping Hotline is an anonymous telephone advisory service. The hotline was established in year 1995, and during the 1990s it was the only formal information service on doping. The establishment of ADD in 2000 and launching of ADD's homepage, are probably the reasons why the number of questions to the Anti Doping Hotline is decreasing. In 1999 the hotline received approximately 800 calls and in 2004 that number had decreased to 200 calls, which is a minor increase

from the year 2003. The typical profile of the Anti Doping Hotline user is a man of 20-35 training in a fitness centre. Although no decisions have been made, ADD expects to change the structure of the hotline in 2005!

The Anti Doping Academy

The secondary school is one of the most important target areas for the information efforts. In 2002 ADD developed the internet-based teaching tool, "The Anti Doping Academy" for this specific group. Our objective was to provide the pupils with insight into how to treat one's body and why to avoid falling for the doping temptation.

As the Internet medium constantly changes, it is important that The Anti Doping Academy is dynamic so that the young users of the site continue to find it interesting. The Academy underwent both qualitative and quantitative studies in 2004 and the Anti Doping Academy will be updated in 2005.

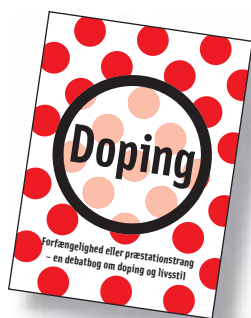


E-learning on Doping to Elite Coaches

Coaches are some of the top athletes' primary sources to information. ADD begun the development of "DopingAkademiet", an internetbased educational tool on doping to elite coaches. Besides supplying the coaches with facts of different kind of drugs, effects and side effects, rights and duties this material gives an introduction to doping control. "DopingAkademiet" also gives the coaches a chance to reflect over some of the ethical aspects on doping. The e-learning material will be publicised in 2005.

Book to Gymnasiums on Doping

In 2004 ADD released the book "Vanity or pressure to perform- an Anthology about doping", free of charge to all high schools and gymnasiums in sets of 32. The debate book can be used in several different subjects and holds themes like "Body and Identity", "Consequences of Doping", "Power, Democracy and the Body" and "Performance and Chemistry". The Vice-president of WADA, the Danish Minister of Culture, Brian Mikkelsen, wrote the preface in which he states; "...I hope this publication can contribute in keeping focus on the importance of the fight against doping. Doping is cheating. Doping is a threat to sport and must be fought consistently and without tolerance for the "doping-cheaters"". The anthology can be used in different subject as P.E, Biology, Social Science, Mathematic, Danish and English.



The Airport Report

In Denmark it is prohibited to import, produce, distribute and possess preparations found on the doping list of WADA. There are about 300 different substances on this list. In order to uncover the consumption of doping in Denmark, ADD has, in cooperation with the Central Customs and Tax Administration, made a statement of sequestrations in Copenhagen Airport. The statement, based on data collected from 2000 to 2004, shows that the total number of sequestrations of substances (anabolic steroids, growth hormones and EPO) had fallen from 188 in 2000 to 94 in 2003 and 76 in 2004. Unfortunately the number of pills and millilitres of anabolic steroids has risen and is higher than the 2003-level.

Year	Number of pills	Grams	Millilitres	No of sequestrations
2000	86.195	NA	NA	188
2001	38.389	5.686	1.548	171
2002	58.166	2.573	1.850	114
2003	18.510	623	815	94
2004	36.524	2.240	933	76

Seminar on Supplementary Diet

ADD arranged a seminar on supplementary diet products on the National Museum of Arts in Copenhagen in February 2005. Athletes as well as coaches, dietists, researches and producers were represented. A living debate and big press coverage made the seminar a success.

INTERNATIONAL CO-OPERATION

The Minister of Cultures Anti-Doping Award 2003

The Minister of Culture awarded the Chairperson of Danish Bodybuilding and Sport, Mona Gudjonsson with the Anti-Doping Award 2003. Ms. Gudjonsson was awarded for her exceptional efforts against doping and has shown personal courage and determination in the fight against doping in an activity that for years was closely affiliated with the use of illegal substances. Her efforts have introduced doping tests both in- and out of competition.

International activities have represented a major part of ADD's workload in 2004 and the board wishes to follow up on the development and distribution on activities in international programs in 2005.

ADD has taken part in the Monitoring Group for the Anti Doping Convention under the Council of Europe. Important parts of these efforts have been the preparation of a new global anti-doping convention through UNESCO and the Database on National Anti-Doping Programs. The database is in progress of a technical development and will become an online solution from 2005.

The Ministry of Culture and the Vice Chairperson of the Foundation Board and Executive Committee for World Anti Doping Agency (WADA) have also been closely involved in the preparation of the International Convention Against Doping in sport, drafted under the auspices of UNESCO, the united Nations body responsible for education, science and culture. The UNESCO Convention will allow governments to support the code as a basis for the fight against doping.

Denmark has also been involved in different activities under the action plan for International Anti Doping Agreement (IADA), which ensures the highest international quality of control. One main focus has been on developing Model Rules for Anti-Doping organisations. ADD has also

RESEARCH

In October 2004 a research committee was established under ADD consisting of leading Danish researchers with relation to doping. The object of this committee is to initiate, coordinate and fund research in doping matters.

The committee funded projects for one million DKK in 2004 to eight submitted anti-doping projects. The titles are as follows:

- "The importance of endogene and exogenous added growth hormone for the connective tissues collagene decomposition in ligament and muscular tissue in training"
- "Elite sports and development of Asthma; Bronchial inflammation and treatment"
- "EPO, caffeine and ephedrine's central performance-enhancing effects"
- "Health hazards, cardiovascular function and determination of DYNEPO in urine and blood after prolonged DYNEPO treatment"
- "Blood doping and VO2 max, influence

FINANCING

Expenditure 04

	2004
	1000 Dkk
Board	135.274
Administration	2.245.964
Doping control	6.030.446
Information	1.260.443
Research	1.000.000
Quality system /audit	16.080
International activities	59.664
Total	10.747.871

Total revenue for ADD in 2004 was 12.4 mio. DKK from organisations (Team Danmark (Danish Elite Sports Organisation): 3.400.000 DKK, Danmark Idræts-Forbund (Danish Sports Confederation: 2.300.000 DKK, Danske Gymnastik og Idrætsforeninger (Danish Gymnastics and Sports Associations): 1.300.000 DKK, Dansk Firmaidrætsforbund (The Danish Federation of Company Sport): 400.000 DKK), and the Danish government (The Ministry of Culture: 4.000.000 DKK and the National Board of Health 600.000 DKK).