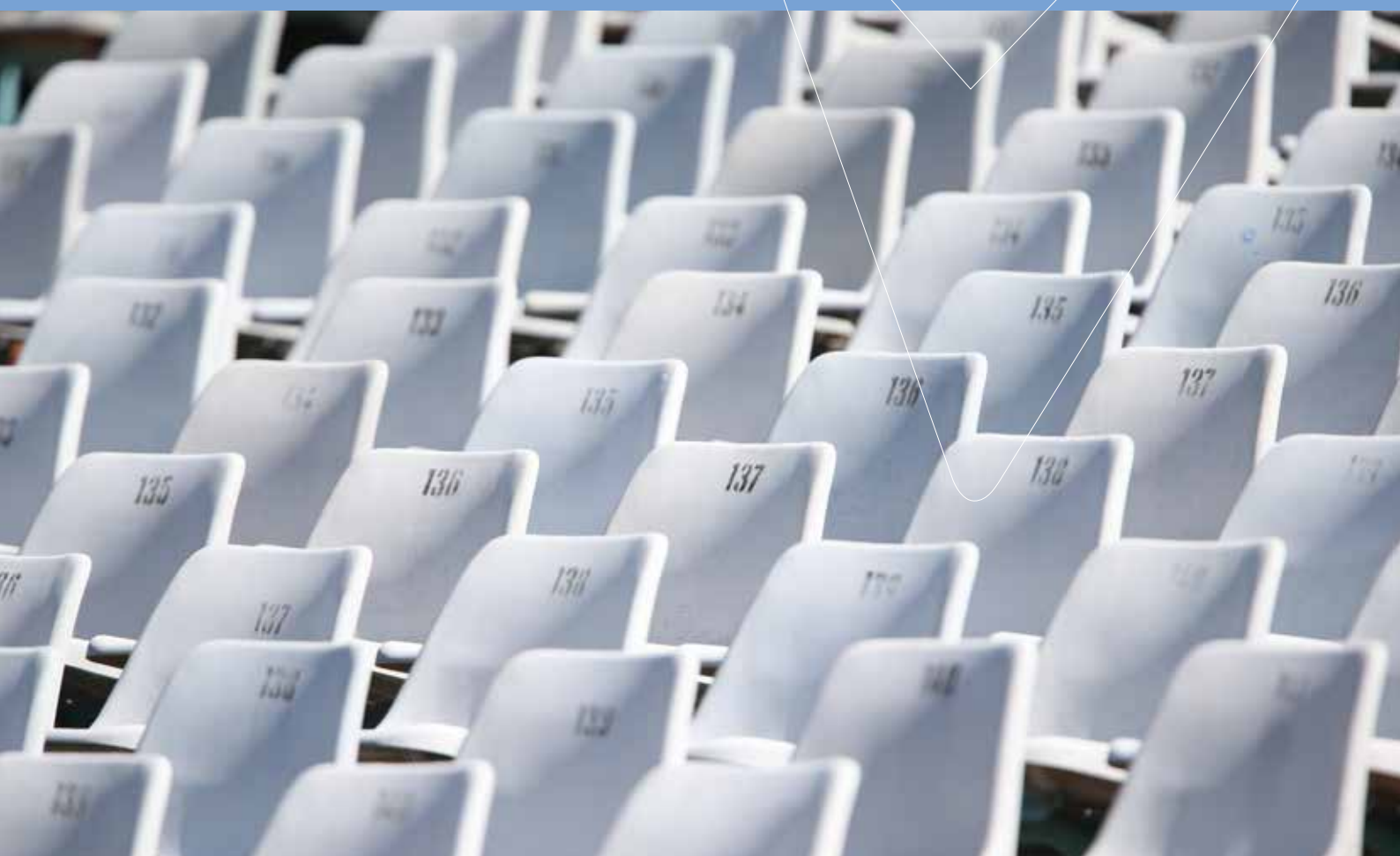


# Anti Doping Danmark

## Annual report 2020



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## Annual report 2020

### About ADD

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Ditte Okholm-Naut  
Bente Skovgaard Kristensen  
Lars Pedersen  
Henrik Puggaard

### Accountant

Ernst & Young  
Approved audit partner

### Bank

Jyske Bank

### VAT Registration

Anti-Doping Denmark as a self-governing institution is generally exempt from VAT.

## Introduction

This Annual Report provides an overview of Anti-Doping Denmark's (ADD) work and reports on ADD's framework agreement and strategy, as well as general activities carried out by ADD over the past year.

The Annual Report also includes financial reporting on the project funding ADD received from the Danish Ministry of Culture and Danish Ministry of Health covering 2020.

## Legal Framework

ADD has been established as a public independent institution with reference to the Danish Ministry of Culture. ADD's activities are described in the Danish 'Law on promoting integrity in sport' (Act No. 1168, 7 October 2015). According to § 3, ADD's activities include:

- 1) Doping control
- 2) Results management in relation to the fight against doping
- 3) Information and education
- 4) Research and development in relation to the fight against doping
- 5) International cooperation in relation to the fight against doping
- 6) Assistance to public authorities in activities related to ADD's area of response

In conjunction with the Danish 'Law on promoting integrity in sport (§ 11)', the Ministry of Culture issued order 'BEK nr. 1459' on 13 December 2019. This includes the Prohibited List and the World Anti-Doping Code and it also places the secretariat of the National Platform Against Match-fixing at ADD's headquarters.

ADD's revenue base is described in the Danish 'Law on the distribution of profits and proceeds from lotteries' (Act No. 1532, 19 December 2017). In accordance with the Danish 'Law on promoting integrity in sport (§ 11)', ADD also receives income from contracts and fees from cooperation agreements with, for example, commercial gyms and fitness centres or international associations that approach ADD to conduct doping control.

The framework agreement reported upon in this Annual Report addresses the above legal framework in accordance with the following five areas that also form the basis of ADD's organisation and daily work.

1. Organised sport
2. Fitness and public health
3. Investigation and results management of doping cases and preliminary investigations of match-fixing cases
4. Research and development
5. International cooperation

In 2020, the Minister of Culture submitted a proposal to amend the Elite Sports Act. ADD has been a consultative party in relation to the proposal and has pointed out that the special well-being function, which, in the bill, promises to secure athletes against ill wellbeing in the future, should be placed outside the sports associations in order to address potential conflicts of interest. Among other points, the bill calls for a change to ADD's legal framework regarding the composition of its board of directors. The bill will be finalised in the Danish Parliament (Folketinget) in 2021. In 2021, ADD will continue to contribute to the prioritisation and qualification of independent integrity work in sport.

## Board of Directors

ADD's Board of Directors remained unchanged in 2020. It was therefore comprised of the following members:

- Leif Mikkelsen, Former Member of Parliament (appointed for 2019-2022 by the Danish Ministry of Culture)
- Poul Gade, Senior Associate, Bech-Bruun (reappointed for 2019-2022 by the Danish Ministry of Culture)
- Berit Puggaard, Associate Director, TNS Gallup (reappointed for 2017-2020 by the Danish Ministry of Culture)
- Kim Dalhoff, Professor, Chief Physician, Doctor of Medicine, Bispebjerg Hospital Department of Clinical Pharmacology (reappointed for 2017-2020 by the Danish Ministry of Culture)
- Marie Overbye, Lecturer, PhD, University of Stirling (reappointed for 2017-2020 by the Sports Confederation of Denmark (DIF) and Team Denmark)
- Ditte Okholm-Naut, Director, GymDanmark (appointed for 2019-2022 by NOC Denmark, DGI and the Danish Association for Company Sports).

Four ordinary general meetings were held in 2020. Due to the COVID-19 pandemic, two out of the four general meetings were held online.

At the end of 2020 three members of the Board of Directors stood down after having held their post for two terms: Berit Puggaard, Kim Dalhoff and Marie Overbye. ADD extends its thanks to all for their work as members of the Board of Directors.

There were no incidents of conflict of interest in 2020.

## The organisation

At the end of 2020, ADD's Secretariat consisted of 17 full-time staff including its CEO, a temporary replacement for a staff member on maternity leave, a student assistant and a trainee who evaluated ADD's medication app in the second half of 2020. One staff member retired in 2020 and the Industrial PhD student who joined the Secretariat in 2019 had her contract extended and therefore continued her research work as a scientific employee. Following principles of transparency, Anti-Doping Denmark publishes its management's accumulated salary, which was DKK 1,978,000 in 2020.

ADD also employs 54 additional staff on an hourly or part-time basis, including lead doping control officers, blood collection officers, doping control officers and fitness consultants (equivalent to 6.75 full-time staff), to oversee the sample collection process in organised competitive sport and to carry out control and prevention work in fitness centres and gym facilities. In 2020 ADD employed more doping control officers and fitness consultants, which resulted in an increase in the total number of staff compared to 2019. The team of control officers has been expanded to ensure flexibility and efficiency in the test planning and execution. The expansion of this team of fitness consultants was prompted by a growing demand for ADD's services among fitness centres as well as the fitness centres' own motivation to prioritise proactive recruitment in 2021. Furthermore, four doctors are still involved in the handling of Therapeutic Use Exemptions (TUE), as well as one doctor who provides medical advice in relation to ADD's advice hotline.

## COVID-19

ADD was affected significantly by COVID-19 in 2020, both professionally and operationally. The nation-wide lockdown in the spring of 2020 meant that all staff had to work from home, fitness centres closed and the fitness consultants could not carry out their regular visits. Alternative control methods were therefore developed to allow doping control officers in organised sport to continue their controls of athletes in priority testing groups

whilst observing the strict COVID-19 regulations. And research was undertaken to identify a range of fitness centres that do not have cooperation agreements with ADD. Although Denmark, like most parts of the world, gradually reopened, national and international competitions were cancelled throughout 2020, international collaborations and conferences were cancelled or postponed, and towards the end of 2020 fitness centres were closed again and all ADD staff were sent back to their home offices. ADD's control officers complied with all of the authorities' regulations throughout this entire period and ADD invested resources in purchasing face masks, extra hand sanitiser, disposable gloves and visors, in addition to being even more diligent with general hygiene both in control situations and at the ADD secretariat.

Internationally, ADD was involved in drafting the international guidelines published by the World Anti-Doping Agency (WADA) after COVID-19 hit the sports world. The pandemic has made it slightly more cumbersome to carry out doping controls in organised sport and to visit the fitness centres. The infection rates, guidelines and rules regarding sporting events changed constantly, which demanded great flexibility and adaptability from ADD staff when planned controls, events and procedures were changed or cancelled at short notice. Despite these challenges, ADD managed to maintain its high-quality control programme and it was one of the national anti-doping organisations (NADO) that succeeded to maintain one of the highest testing capacities in the world over the past year.

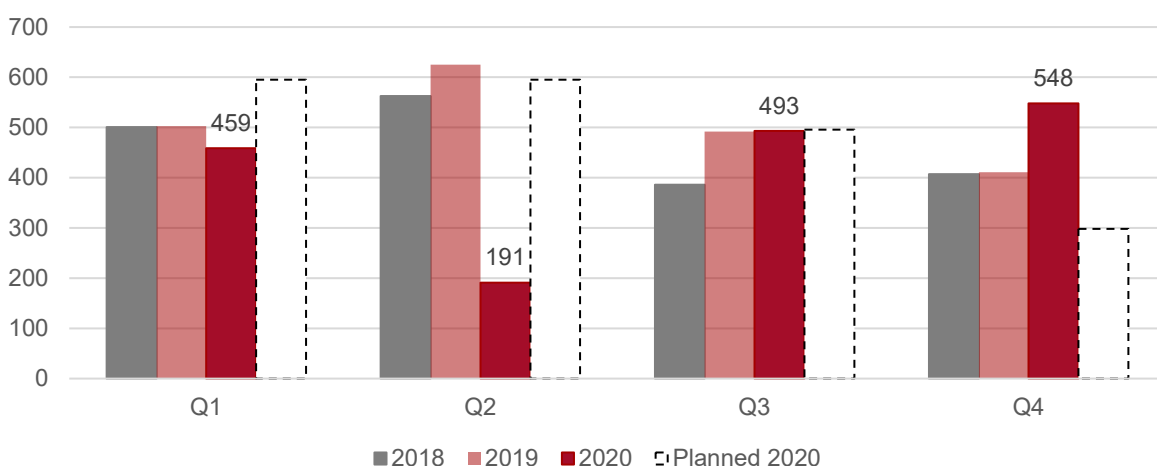
ADD developed an adapted testing method during the spring lockdown in 2020 which involved delivering testing kits to the athletes and allowing self-testing without a control officer being present during the sample collection. This was to ensure that the control process did not pose an infection risk to either the athlete or the control officer. Specific methods to measure and analyse the samples were implemented in collaboration with ADD's partner laboratory in Oslo, Norway, to ensure that the samples submitted were taken from specific athletes and that the samples were given at the scheduled time of the control. The method was trialled for one month in the spring of 2020 on athletes who were part of the priority testing group. The method attracted interest internationally and was presented at several international conferences and meetings as inspiration for other anti-doping agencies. During this period of global lockdowns ADD was one of the only NADOs in the world that continued to conduct doping controls.

# 1. Organised sport

## Doping control in organised sport

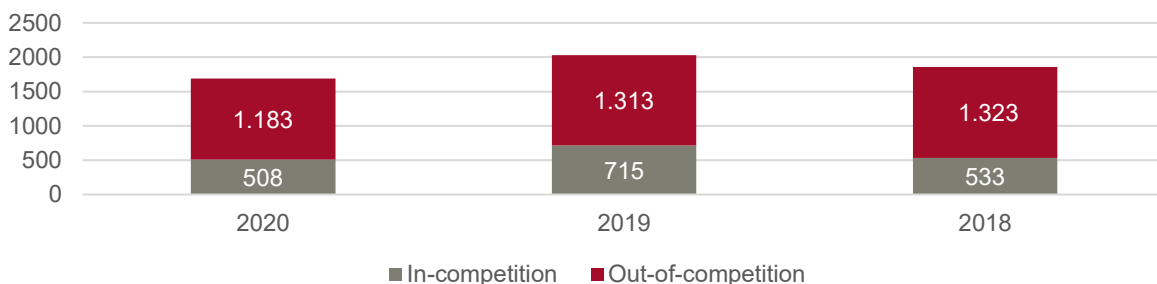
Although ADD took an innovative approach and developed an alternative testing method in the spring of 2020, doping controls in organised sport were still affected by COVID-19 in 2020. However, ADD still carried out 85% of its planned testing programme for the year and collected a total of 1,691 blood and urine samples in- and out-of-competition in 2020. In the second quarter of 2020, the control programme was characterised by a month without doping controls, due to the national lockdown and the subsequent interruption to sporting activities, until the alternative testing method was implemented among the prioritised testing group from 22 April-20 May 2020.

**Figure 1: Number of samples collected per quarter 2018-2020 compared with the number of planned tests in 2020**



The number of samples collected in-competition is determined by season schedules and depends on when tournaments take place, so there are natural fluctuations in the numbers of controls conducted in-competition in the different quarters. ADD collected 82% of the samples planned for the year in-competition and 86% of the samples planned out-of-competition. However, ADD managed to collect 112% of the planned samples from the priority testing groups, due to the alternative testing programme being implemented under lockdown in the spring of 2020, which was aimed at this group of athletes. The many tournaments that were cancelled over the course of the year did not have a significant impact on the relative proportion of samples collected in ADD's testing programme, where 63% samples were taken out-of-competition and 37% in connection with a competition, as ADD's ambition at the start of the year was to collect 62% out-of-competition and 38% in-competition.

**Figure 2: Proportion of samples collected in- and out-of-competition respectively in 2018-2020**



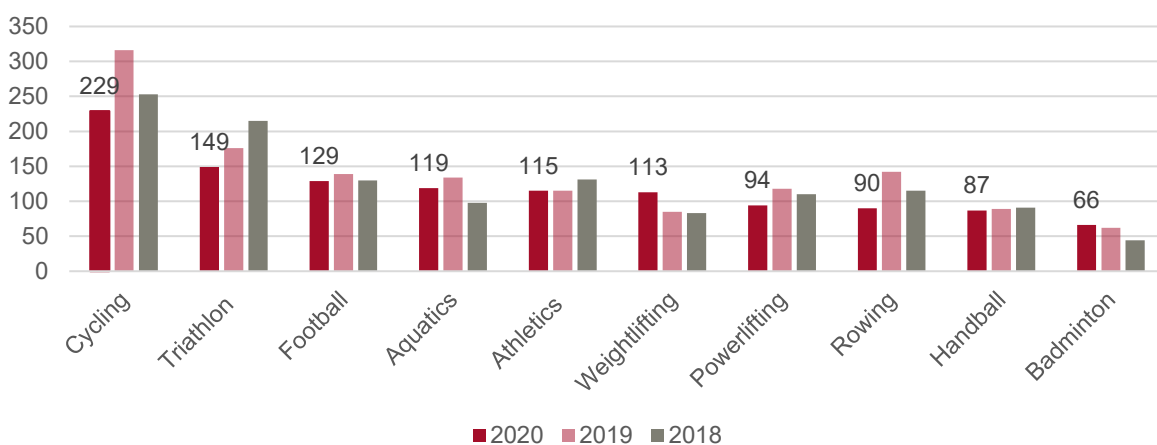
See Annex 1 for a comprehensive overview of samples collected from organised competitive sport, categorised by gender, sport, in- and out-of-competition tests, as well as the type of sample taken.

Specialised analyses of selected tests are an integrated aspect of ADD’s doping control programme. Therefore, ADD carried out 523 sport specific analyses of samples in 2020. The purpose of conducting sport specific analyses is to ensure more intelligent testing, and that athletes from different sports are tested for the most relevant substances commonly detected in their sports discipline. These specialised analyses are also a WADA requirement, as outlined in the document Technical Document for Sport Specific Analysis (TDSSA).

In 2020 ADD carried out an individual risk assessment, meaning that athletes in the priority testing group were subjected to a more intelligence-based, data-driven testing programme. Data from ADD’s knowledge about the athletes, including their biological passports, their performances and whereabouts, were used in an algorithm which, on the basis of these data, can calculate how often and when each individual athlete should be tested.

The ten most tested sports were the same as the previous year, with the exception of one sport. A notable difference in 2020 was the COVID-19 related drop in test activity across all sports. In addition, there were significantly fewer tests conducted in ice hockey, which caused it to fall out of the top 10 with badminton taking its place. This was due to the risk assessment introduced in 2020, which takes a number of different risk factors into account and deemed that the risk level and subsequent need for testing in ice hockey was lower than in previous years.

**Figure 3: The ten most tested sports in organised competitive sport in 2020**



See Annex 2 for further information on ADD’s risk assessment and testing activity.



### Requested samples

In 2020, ADD collected 221 samples. The requests came primarily from international federations and national sports event organisers. 52% of the requested samples were taken in-competition, whereas the remaining 48% were taken out-of-competition. 83% of the requested samples were urine tests, and the remaining 17% were blood tests. In 2020 there were no blood tests requested in-competition.

COVID-19 led to a significant number of cancelled international events and subsequently fewer requested tests. However, by the end of 2020 ADD had received more requests than anticipated because the entire European Championship in women’s handball was held in Denmark in December 2020 (and was not co-hosted by Denmark and Norway as originally planned) and ADD was called upon to collect all doping samples. ADD hopes to see a positive development in the number of requested tests in 2021, boosted by a cooperation agreement with the ITA and the increased normalisation of testing in the sporting world.

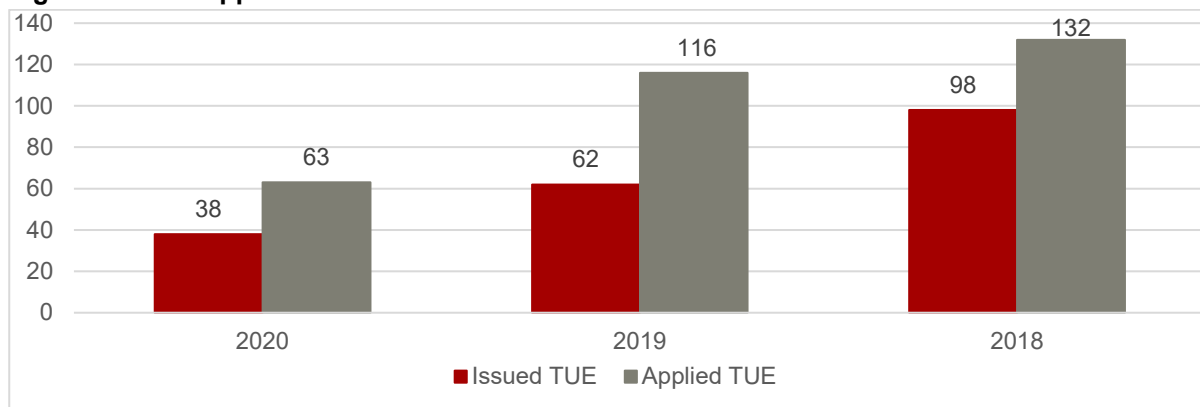
See Annex 3 for a comprehensive overview of requested doping tests in 2020.

### Therapeutic use exemptions (TUE)

Athletes who are considered as participating at an elite level nationally or internationally, according to ADD’s classification, and have a condition or illness that requires a type of treatment or medicine that is on WADA’s Prohibited List must apply for Therapeutic Use Exemptions (TUE). Other athletes who participate in competitive sports that are affiliated with a sports federation under NOC Denmark’s umbrella should only apply for TUE upon the request of ADD (retroactively). Most athletes who compete at an elite level internationally apply to their respective international federations for TUE. ADD issued 38 TUEs in 2020, which corresponds to 60% of applications received. The remainder were not issued because the athlete was not required to apply for a TUE in advance, took a legal preparation or did not meet the medical requirements needed to apply for a TUE. The types of substances applied for as exemptions were similar to those that were previously applied for as exemptions, with the asthma medication beta-2 agonist terbutaline being the most common.

The number of TUEs issued has decreased from 98 in 2018 to 62 in 2019 to 38 in 2020. There has been a similar decline in the number of TUE applications received, from 132 in 2018 to 116 in 2019 to 63 in 2020. ADD does not have overview of the number of TUEs issued to Danish athletes through the international federations. The decrease in the number of national applications and issued TUEs is most likely due to adjustments made in 2018-2019 that appear to have had greater impact in 2020. These included some substances being removed from WADA’s Prohibited List, a retroactive system for a larger group of athletes being introduced and ADD improving how it communicates about the topic, which have helped to reduce the number of superfluous applications received. It is also expected that the decrease can also be interpreted in light of sport having been more or less suspended for much of 2020 due to COVID-19.

**Figure 4: TUEs applied for and issued 2020-2018**



See Annex 4 for a full overview of TUEs issued by ADD in 2020.

### *Dried Blood Spots in organised sport*

In autumn 2020, ADD carried out the practical phase of its WADA-funded projects 'What is the athlete's preferred Dried Blood Spot (DBS) sampling site – Athletes' feedback and impact of sampling site (fingertip vs. upper arm) on the concentrations of endogenous testosterone' and 'Impact of sampling site (fingertip vs. upper arm) on the concentrations of ephedrine'. The projects aim to assess whether athletes prefer to have blood spot samples taken from their fingertip or from their upper arm and to investigate whether there is a difference in the concentration of substances (testosterone and ephedrine) between DBS samples taken from the fingertip and the upper arm and between DBS samples and traditional blood tests. The first phase of the project studied how the athletes experienced the DBS tests, whereas the second phase is focused on measuring the concentration of ephedrine in DBS tests and traditional blood tests in order to compare the two methods. The project has shown positive results and will be completed as planned in 2021 by presenting a report to WADA and drafting an article for submission to a scientific journal. The projects are contributing to the international collaboration that is aiming to get the method approved by WADA in 2021. WADA and the Danish Ministry of Culture are supporting the projects, which are being undertaken collaboratively between Anti-Doping Denmark, the University of Copenhagen and the WADA accredited laboratories for doping research in Oslo (Norwegian Doping Control Laboratory/*Norges Laboratorium for Dopinganalyse*; NLD) and Cologne (Center for Preventive Doping Research, Institute of Biochemistry – German Sport University Cologne).

## Prevention and Education

In the autumn of 2019, WADA adopted the International Standard for Education (ISE) in conjunction with its revised World Anti-Doping Code, which will come into force in 2021. The overall purpose of the ISE is to ensure that athletes and their support personnel (such as coaches and trainers) receive training to prevent intentional or unintentional breaches of anti-doping rules. ISE makes it possible to hold individual countries' NADOs more accountable for the quality of their training initiatives than before. One of the guiding principles of the ISE is that an athlete's first encounter with the anti-doping system should be through education rather than doping control. Coaches and other support personnel must know the rules and behave in accordance with anti-doping regulations, so they also need to receive appropriate training. To prepare for this transition, ADD operationalised and turned the content of the international standard into a comprehensive training programme for Danish athletes and their support personnel in 2020 so it is ready to roll out the programme when the ISE officially comes into force in 2021. Actions carried out in this area in 2020 include:

- Selection of a service provider and format for ADD's e-learning portal. The development and implementation of the portal will proceed in 2021.
- Setting a course plan for athletes in the priority testing groups and athletes who are returning to their sport after a suspension.
- Expansion of the prioritised training groups to include support personnel for athletes in the priority testing groups, individual support personnel who are returning after a suspension, athletes and support personnel who will participate in an Olympic or Paralympic Games, athletes and support personnel from selected sports associations, as well as coaches and health personnel, in specific courses.
- Development of a course plan template that can be customised to the individual sports associations' needs and identified training requirements.
- Development of the 'Train the trainer' programme for athletes and support personnel to learn how to take this education forward by conducting peer-to-peer anti-doping training within their own sports associations.

The revision of the World Anti-Doping Code and the introduction of the ISE mean that NOC Denmark and ADD will work together in the future to deliver training on the anti-doping regulations to Danish Olympic and Paralympic athletes. The first step has been to collaborate on developing an e-learning programme for Olympic and Paralympic athletes who are set to compete at the 2020 Tokyo Olympic Games (postponed until 2021).

As a supplement to the existing teaching materials, ADD launched an awareness video from World Rugby on the risks associated with taking dietary supplements and natural herbal products. In addition, ADD compiled the publication 'Recognise your responsibility' (*'Anerkend dit ansvar'*), which serves as a guide on anti-doping for coaches and support personnel.

#### *Launch and evaluation of medication app*

For several years, ADD has offered an app that has a medication search function, but in 2020 it launched a new, updated medication app. The updated app provides more detailed and varied information on different medications and prohibited substances and has the following features:

- Search function for medication according to the name of the preparation
- Search function for substances contained in particular medications
- Scanning of a medication's barcode
- Ability to save a selected medication and create a logbook of current and previous medications
- Receive direct notifications about changes to the doping status of medications saved in the app

In the second half of 2020 ADD completed an evaluation of the app with support from a trainee who specialises in sports studies and has experience in conducting quantitative and qualitative analyses. The results of the evaluation revealed a generally high level of satisfaction among users of the app and a willingness to recommend the app to others due its enhancement of the user's knowledge and thereby confidence in complying with the anti-doping rules. However, the app is not intended to be used alone but in combination with other sources of information such as general practitioners (doctors), WADA's resources, the Danish health authority's website sundhed.dk, and so on. The research highlighted that many athletes competing at an elite national or international level are still unfamiliar with the app, which is why ADD aims to increase the athletes' awareness and use of the app in 2021.

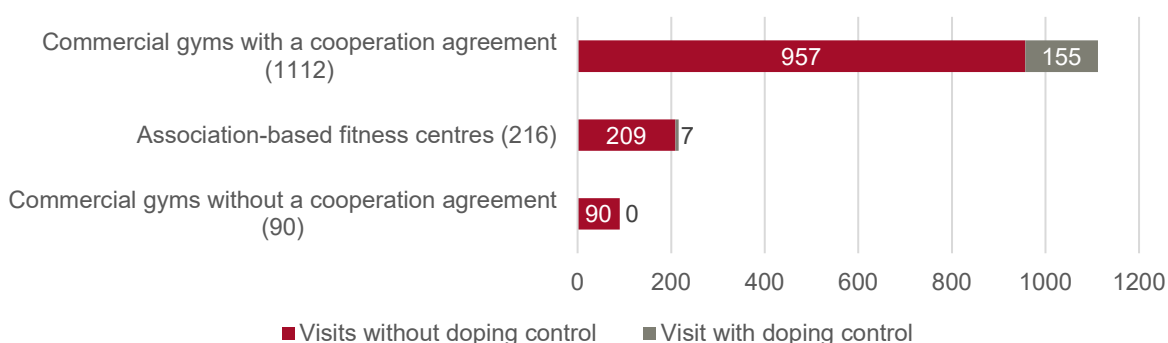
## 2. Fitness and public health

### Cooperation with commercial gyms and fitness centres

ADD's dialogue-based prevention efforts are at the core of its efforts to prevent doping in the numerous fitness centres located around the country that have cooperation agreements with ADD. ADD's fitness consultants who conduct site visits are visible in the gyms, maintain ongoing dialogue with staff and members, and carry out controls when relevant with a view to removing potentially unhealthy and inappropriate role models. ADD has increasingly observed that the centres want to promote clean training environments and that they see and utilise ADD as a relevant partner in achieving this. The frequency of the fitness consultants' visits to individual gyms and fitness centres is determined by the centres' profiles, histories, own initiative, intelligence and the concrete reports they receive. The fitness concept is funded by ADD's operating funds, income from cooperation agreements with commercial fitness centres and funding from the Danish Health Authority's pool for preventative health care and health promotion.

In 2020, ADD made a total of 1,418 visits to commercial and association-based fitness centres around the country. This includes 90 visits to commercial gyms that do not have cooperation agreements with ADD, with the aim of establishing a cooperation with these centres. The total number of visits was slightly lower than in 2019 due to all commercial gyms and fitness centres having been affected by COVID-19 related closures in 2020, which subsequently limited the number of planned visits. Despite the interruptions caused by COVID-19, the number of site visits still exceeded the goal of 1,000 visits because the fitness consultants increased their activity in the autumn to compensate for cancellations made in the spring.

**Figure 5: Number of visits to Danish gyms and fitness centres**



However, COVID-19 led to significant quarterly fluctuations in visits to gyms and fitness centres in 2020 compared with previous years.

All association-based fitness centres run by NOC Denmark, DGI and the Danish Association for Company Sports automatically have cooperation agreements with ADD in accordance with the Danish Anti-Doping Regulations for Recreational Athletes. A commercial centre can make a cooperation agreement directly with ADD or through being a member of the Danish Fitness & Health Organisation (DFHO). In 2020, 437 centres had cooperation agreements with ADD. There is a constant fluctuation in the number of centres with a cooperation agreement, so there were 386 at the end of 2020 in contrast to 398 at the end of 2019, which is a slight decrease of 3%. The decrease in cooperation agreements is primarily due to some fitness centres being sold or merged. The closure of gyms and fitness centres due to COVID-19 has hit the fitness branch hard, and ADD recognises that 2021 will place even more pressure on these centres' resources.

It is planned in 2021 for the fitness consultants to prioritise their outreach in centres without cooperation agreements to a greater degree than in previous years in order to establish agreements with more centres.

ADD has also entered into a cooperation agreement with the Danish Police to help prevent doping. The agreement allows ADD to visit police training facilities and police academies to conduct doping controls if necessary. The cooperation should have started on 15 March 2020, but it could only get under way in mid-June due to COVID-19. So far the cooperation has generally been affected by long periods of nation-wide lockdowns and suspensions of physical activities at the police academies due to the pandemic. Despite these challenges ADD carried out 17 visits in 2020, of which 14 were at police stations and 3 at academies. ADD has had positive communication with the key contacts and trainees, and there have also been promising conversations on the potential to expand the cooperation, for example, in the form of a training course conducted at the police academies.

ADD's paperless doping control system MODOC was rolled out to controls in the fitness sector in 2020 and doping control at ADD is now carried out electronically. In addition to its advantages relating to quality control, the new electronic system also allows an immediate transfer of information from the fitness consultant to the secretariat, where the data can be processed, quality checked and followed up promptly as needed.

#### *Dried Blood Spots in fitness*

On the basis of the results from the DBS projects in organised sport, ADD initiated a project in 2020 to develop methods for detecting prohibited substances through DBS tests in the fitness sector. The objective is to be able to offer more efficient and less intimidating doping controls in the gyms and fitness centres. During the project 50 positive samples are being collected to establish how DBS tests work in comparison with urine tests. In autumn 2020, ADD's fitness consultants were trained to use the DBS method and started collecting DBS samples in SATS and Fitness World gyms. However, the project was interrupted by the closure of fitness centres during the COVID-19 lockdowns and has therefore been extended into 2021. The project is being carried out in collaboration with the Norwegian Doping Control Laboratory (NLD) and the results of the study will be published together with NLD.

### 3. Intelligence, investigation and results management

#### Doping cases in organised sport 2020

##### *Organised competitive sport*

Six doping cases were presented to the Doping Tribunal under the national anti-doping regulations in 2020. Rulings were made on four of the cases, whereas two cases are still awaiting decisions from the Doping Tribunal. The rulings on these cases were delayed by COVID-19 as the lockdowns and gathering restrictions prevented the Doping Tribunal from meeting. The above cases were brought forward based on information gathered from doping controls, intelligence and in cooperation with other authorities, which underlines the benefits of ADD's strategy to broaden the scope of its anti-doping work and draw on more diverse sources than doping control alone.

The table below illustrates the doping cases brought forward in 2020. The year in which there was a ruling on the case is indicated in brackets in the "Case prosecuted" column.

**Table 1: Organised competitive sport cases reported under the national anti-doping regulations in 2020**

Sport	Test type	Gender	Violation	Case prosecuted
Cycling	Out-of-competition	M	Positive test: Ostarine and Ligandrol (SARM) (muscle building)	4-year suspension, case settled by appeal tribunal (2020).
Kickboxing	In-competition	M	Positive test: Cannabis (depressant)	1-month suspension (2020)
Triathlon	Intelligence-based	F	Support person involved in administering an illegal method	Acquitted (2020)
Athletics	Violation of sanction	M	Violation of sanction	Continuation of lifetime ban (2020)
Weightlifting	In-competition	M	Positive test: Testosterone (muscle building)	Pending Doping Tribunal hearing
Track cycling	In-competition	M	Positive test: Cannabis (depressant)	Pending Doping Tribunal hearing

The case in which the support person was acquitted is a sub-case of a larger case. Prior to the reporting of the case it was unclear, in relation to the practice, to what extent the supporting family member was subject to the Danish anti-doping regulations (DNA). The Doping Tribunal ruled that family members can be subject to the DNA as support personnel and the accused could be considered as support personnel in this particular case. However, the tribunal found that the family member had not breached anti-doping regulations through their supporting actions in this case.

Three cases were reported in 2019 but were not prosecuted until after ADD's Annual Report deadline for 2019. The table below illustrates these cases.

**Table 2: Doping cases reported in 2019 and prosecuted in 2020 after the 2019 Annual Report**

Sport	Test type	Gender	Violation	Case prosecuted
Swimming (coach)	Intelligence-based	M	Attempted use of oxandrolone (muscle building)	Acquitted (2020)
Taekwondo	In-competition	M	Positive test: Terbutaline (expands bronchial airway)	2-year suspension (2020). Athlete appealed to NOC Denmark's Appellant Body. 1-year in appeal tribunal (2020)
Para-sport	Out-of-competition	M	Positive test: SR9009 metabolites (increases endurance)	4-year suspension (2020)

The swimming coach's case was deemed a private matter that was not subject to anti-doping regulations according to WADA, so he was acquitted by the Doping Tribunal.

#### *Recreational sports clubs and fitness centres*

In 2020 ADD reported four cases from recreational sports clubs and fitness centres in accordance with the Danish Anti-Doping Regulations for Recreational Athletes. This number represented a decrease from the 10 cases made in 2019, which can be attributed to the closure of recreational sport and fitness for lengthy periods during 2020 due to COVID-19. These cases were reported on the basis of doping control and one case on the basis of intelligence.

The table below illustrates the cases reported under the Danish Anti-Doping Regulations for Recreational Athletes in 2020.

**Table 3: Cases reported under the Danish Anti-Doping Regulations for Recreational Athletes in 2020**

Sport	Test type	Gender	Violation	Case prosecuted
Weightlifting	Selected	M	Refused to submit sample	2-year motion, 4-year competition
Weightlifting	Selected	M	Refused to submit sample	2-year motion, 4-year competition
Weightlifting	Selected	F	Refused to submit sample	2-year motion, 4-year competition
Mountain biking	Intelligence	M	Attempt at possession	Pending hearing

#### *Doping cases in commercial gyms and fitness centres in 2020*

In 2020, the commercial gyms and fitness centres that have a cooperation agreement with ADD settled 95 cases based on doping controls conducted by ADD. In accordance with the cooperation agreement, the gyms and fitness centres must suspend members who test positive or refuse to participate in doping control. The suspension period is two years in the case of a first offense. In 2020 ADD's fitness consultants encountered nine people during their visits to the fitness centres who were suspended from training at centres that cooperate with ADD and had violated their sanctions. In these types of cases, the member is issued a new two-year suspension commencing from the date of the violation. People who are suspended from a centre with an ADD cooperation agreement are, via a reciprocal obligation between recreational sports organisations, excluded from:

- All recreational sport and fitness activities in fitness centres that are members of the Danish Fitness & Health Organisation (DFHO) or have individual cooperation agreements with ADD.



- Participating in recreational sport and fitness activities or competitions held under affiliation with NOC Denmark, DGI and the Danish Association for Company Sports that are approved or organised by a professional league or an organisation that organises international or national sports tournaments.
- To take an unpaid or paid position in an association or in independent institutions affiliated with NOC Denmark, DGI or the Danish Association for Company Sports.

This reciprocal obligation is monitored with assistance from the Doping Registry, which registers all suspended athletes for the period in which they are suspended from sport or fitness clubs.

**Table 4: Cases in commercial gyms and fitness centres**

	Total selected	Refused to submit sample	Positive test	Total cases
Men	162	55	36	91
Women	9	2	2	4
Total	171	57	38	95

The above table shows that 56% of the members who were selected for doping control were suspended, either as a result of a positive doping test or for refusing to participate in the control. This represents a slight decrease from 60% in 2019. But ADD continues to observe an upward trend in relation to the number of members selected for doping control and the subsequent number of suspensions compared with previous years (46% in 2018). This indicates that ADD's resources are being used in a more targeted and effective way, as there are significant costs associated with taking doping control samples. In addition to the time needed for fitness consultants to carry out the procedure, there are expenses associated with providing testing kits, transporting the samples to the laboratory in Oslo and analysing the samples. In 2020, 33% of members selected for doping control in commercial fitness centres declined to participate. ADD's interpretation of this statistic is that it is a well-known fact among gym users that if they have prohibited substances in their bodies they will be detected by ADD's doping controls. Many will therefore admit to using prohibited substances rather than agreeing to be tested, thus avoiding giving a urine sample under supervision.

#### *Investigation and intelligence*

Investigation is a key element of ADD's efforts to promote clean training and fair play, as it is ADD's duty, in accordance with the World Anti-Doping Code, to investigate potential breaches of sport's anti-doping rules. Investigation is part of ADD's work to combat doping in competitive sport and fitness environments. It is ADD's task to understand the reports and doping cases made on the basis of intelligence and investigation and refer the doping cases to the relevant judicial bodies in a similar way as it does in reference to positive doping samples. In its capacity as the Secretariat of the National Platform Against Match-Fixing, ADD also conducts preliminary investigations into match-fixing-related offenses. This also involves a significant amount of intelligence work. Intelligence is vital in combating both doping and match-fixing, as the greatest insights into the sport and fitness environments are to be gained from being in the environments themselves. ADD gathers information via two whistleblowing hotlines, Stop Doping and Stop Match-fixing, where anyone can easily, securely and anonymously share their knowledge or suspicion of doping or match-fixing via an online form on ADD's website or on the Stop Doping and Stop Match-fixing apps. Previously it was also possible to report information by telephone, but this option was phased out in 2020 as it was rarely used.

ADD also receives intelligence via other sources, which became an even more important part of ADD's intelligence work in 2020. ADD's cooperation with the Danish Customs Agency and the Danish Police consists of a reciprocal exchange of information that can contribute to investigations of criminal activity such as the production, import, sale and distribution of illegal substances and preparations, match-fixing and so on.



Similarly, conversations with persons of interest and information from doping control officers and fitness consultants provide insights into the environments.

In 2020, ADD received 89 reports in total. This was a drop from 146 in 2019, which can be explained in part by the extraordinary number of reports received in 2019 and in part by COVID-19 when it was particularly quiet on the intelligence front in the spring of 2020 as training environments were closed and competitions were postponed or cancelled. In addition, there was a significant drop in the number of unfounded reports, from 32 in 2019 to 1 in 2020, and an increase in intelligence from other channels, from 17 in 2019 to 29 in 2020. ADD interprets these figures as a positive trend as the intelligence is of increasingly higher quality, more precise and more valid.

**Table 5: Number of reports received in 2020**

	Whistleblower hotlines	Other channels	Unfounded reports	Total
Regarding doping	49	21	1	71
Regarding matchfixing	10	8	0	18
Total	59	29	1	89

#### *Intelligence training*

Doping control officers and fitness consultants are ADD's representatives in the field. They have a unique opportunity to get close to the athletes and training or competitive environments and have the potential to see or hear relevant information in connection with doping controls in organised sport and visits to gyms and fitness centres. This is why ADD wants to build skills among its control officers and consultants in intelligence-based work. In 2020 all doping control officers and fitness consultants completed an intelligence training course which has prepared them to be even more observant of the relevant intelligence-related information they encounter when carrying out their work as doping control officers or fitness consultants. ADD has noticed that this has already resulted in more reports, so it will systematically monitor this effect in the future.

#### Match-fixing

##### *The National Platform Against Match-Fixing*

The purpose of the National Platform Against Match-Fixing is to ensure an exchange of insight across the country and to coordinate efforts to prevent the manipulation of sporting competitions (match-fixing). The Platform includes representatives of the Danish Ministry of Culture, the Director of Public Prosecutions, the State Prosecutor for Serious Economic and International Crime, the Danish Gambling Authority, the NOC and Sports Confederation of Denmark (DIF), the Danish Football Association (DBU), Danske Spil (the national lottery), Danish Online Gambling Association and ADD. In addition, ADD has the role as the Secretariat of the National Platform Against Match-Fixing, which involves, among other duties, the task to receive reports and information on suspicions of match-fixing or other unethical conduct. The Secretariat validates the information received and conducts an initial investigation to determine whether there is a need to share the information further with an authority or whether the case should be referred to another department for processing. In the first-mentioned instance, the Secretariat can report the case to the police, whereas cases on violations of NOC Denmark's Match-Fixing Regulations are transferred to NOC Denmark's Match-Fixing Secretariat for processing. The work and collaboration carried out within the Platform will be evaluated in 2021 and ADD expects to be able to use the results and recommendations to shape the Platform's future work in cooperation with the other members.

## 4. Research and development in the field of anti-doping

### Supported research projects in 2020

In 2020 ADD allocated a total of DKK 1.1 million to five external research projects and one internal research project. It should be noted that ADD registers the whole funding amount in the year in which ADD has issued a grant to a research project cf. ADD's accounting policy, even though the project may be carried out over a number of years.

1. Detection of autologous blood transfusion by dried blood spots (DBS)  
DKK 100,000  
This study is examining DBS cards from a previous study on microdose blood transfusions and is focusing on new biomarkers detected in DBS. The results from this pilot study will be used for a larger scale application to the Partnership for Clean Competition.
2. Can Actovegin improve mitochondrial function and thereby endurance performance in trained athletes?  
DKK 189,750  
This study aims to determine whether the substance Actovegin is performance-enhancing in humans. The substance has been widely debated and was previously on the Prohibited List. The study is being carried out in Poland as the substance has not been approved in Denmark.
3. The detecting window of Clenbuterol in dried blood spots after consecutive administrations  
DKK 200,000  
This study is analysing the detection period for Clenbuterol in urine and DBS samples after consecutive administrations. At the same time, the study will examine a method of quantifying concentrations in DBS samples. The study will also measure cardiac side effects after Clenbuterol administration.
4. The health hazards of anabolic steroids  
DKK 120,000  
This project has previously received funding from the Research Committee. The project will evaluate the effect of anabolic steroids on fertility and mental illness. Funds have also been allocated to the publication process (data analysis and article writing).
5. Almost perfect, always flawed?  
DKK 334,295  
This study is examining the implications of self-tracking, social media and body image for fitness doping and consists of qualitative interviews and a quantitative analysis.
6. Developing new testing methods with dried blood spots in the fitness sector  
DKK 150,000  
This research project is being carried out by a scientific consultant at ADD. The project is examining the applicability of DBS in the fitness sector and the degree to which doping substances can be detected in DBS compared with urine samples, and is working towards developing a procedure for collecting DBS samples in a fitness setting.<sup>1</sup>

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<sup>1</sup> This project is described in more detail in section 2. Fitness and Public Health

## Completed projects, results and publications in 2020

### *Doping Agents in Denmark*

ADD is supporting a PhD project that will shed new light on the prevalence of doping in Denmark. The project consists of three sub-projects. The first is investigating, in collaboration with selected police districts in Denmark, the contents of seized doping units and the amount of counterfeit substances on the illegal market. The second is an analysis of substances and prohibited substances found in urine samples collected from criminal cases in 2019, as well as an analysis to determine whether there are noticeable patterns between the substances identified and the types of cases. The third part of the project is developing a method of detecting prohibited substances in small concentrations in urine and wastewater. All of these sub-projects are in progress, but the third one in particular is delayed due to the closure of universities and limited ability to collect groundwater due to COVID-19.

### *Drug use and prevention in gyms – development of an evidence-based intervention*

The objective of this research project is to investigate how steroid use in gyms and fitness centres can be prevented and to what extent this is possible. The aim is to develop an evidence-based intervention model that can be used to improve initiatives aimed at preventing the use of steroids and similar substances in gym environments. In 2020 the collection and analysis of data was completed in two of the four parts of the study. The results show that there is widespread disagreement among international anti-doping experts (both researchers and practitioners) that preventing steroid use in gyms is important for public health or that it is possible to prevent steroid use to some degree. Part three of the study is still in progress, but it has been interrupted by the COVID-19 closure of fitness centres, as this part of the project focuses on interviews with young male gym users. Part four of the study will consist of a prevention-based intervention using evidence from the other parts of the study.

### *Youth and fitness doping: qualitative exploration of the social context of fitness doping*

ADD has also supported the 'Youth and fitness doping: qualitative exploration of the social context of fitness doping' project. Among its conclusions is that personal trainers play a significant role in giving both training and nutritional advice, being a mentor and coach in addressing the youth's personal problems, and, in some cases, being an advisor and guide in the use of performance-enhancing substances and methods. For prevention purposes, it is therefore essential to pay attention to the personal trainers, their expertise and the responsibilities they have for their clients. This applies to the advice the trainer gives on using performance-enhancing substances, whereby the study shows that trainers can play a very direct, active and significant role in relation to young people's performance-enhancing substance use and can also indirectly influence young people to start using performance-enhancing substances.

### *The health hazards of anabolic steroids*

ADD supported the study 'The health hazards of anabolic steroids', which found a significant reduction in fertility among steroid users from 3 years before to 1 year after they returned a positive sample to ADD in a gym or fitness centre, and that over twice as many steroid users were diagnosed with infertility compared with the control group. However, fertility levels among steroid users were only 7% lower than a comparable control group over the entire monitoring period, which is why steroid users can almost 'catch up' with the control group after they stop taking anabolic steroids. The study shows that there is no difference between the two types of groups in relation to the proportion that seeks help to become pregnant.

### *Improving time- and cost-efficiency in doping analysis*

In 2019, ADD's first Industrial PhD student submitted her thesis called 'Improving time- and cost-efficiency in doping analysis'. The student received her doctorate in February 2020. The project was a collaboration between ADD, the University of Copenhagen and the WADA accredited laboratory in Oslo, and its objective was to evaluate and further develop the sample collection and analysis method 'dried-blood-spot method'

(DBS), which involves analysing dried out drops of blood for traces of prohibited substances. The research project was financed by ADD's research funds, the Innovation Foundation and Partnership for Clean Competition.

The project concluded that DBS-based analyses of testosterone esters and clenbuterol are accurate enough to be implemented as part of doping controls in elite and recreational sport. The dried-blood-spot method is also preferred among athletes to the usual methods of collecting urine and blood samples. Implementing this method will significantly reduce the time needed to carry out the tests and will therefore enable an increase in the frequency and number of tests conducted and the testing of many athletes over a short period of time. The PhD project has increased ADD's focus on DBS, and the method has attracted significant attention internationally and from WADA. Its findings are being used by WADA's dried-blood-spot steering committee, where ADD is represented, which is aiming to validate and implement the method by the 2022 Olympic Winter Games in Beijing.

## 5. International cooperation

International relations were greatly affected by COVID-19 in 2020, with cancelled sporting events and fewer physical meetings and conferences. But ADD continued to be active and strived to continue shaping international anti-doping work through a range of international, European and Nordic partnerships.

### *Revised anti-doping regulations*

The set of rules upon which the entire globe's anti-doping efforts are based, the World Anti-Doping Code, has undergone a process of revision in recent years. The revised regulations were adopted at WADA's World Conference on Doping in Sport in Katowice, Poland, at the beginning of November 2019 and came into force in January 2021. ADD therefore worked with organisations like the NOC Denmark to revise the Danish regulations in accordance with the new international regulations in 2020.

Among the major changes has been the introduction of a distinct International Standard for Education, which applies to all signatories of the World Anti-Doping Code. By obtaining its own standard, education is now on equal footing with doping control and investigation, which in turn reinforces the work being done to deliver education courses that ensure those responsible will uphold specific requirements, duties and preventative measures in the anti-doping field.

### *WADA's governance reforms*

The way in which WADA is structured and run has been subject to debate in recent years, and work to reform the organisation's governance structures has been ongoing. In 2020 a modification to its structure was adopted and ADD was part of the process, primarily through the Council of Europe. The reforms include the appointment of two independent members to WADA's Executive Committee from 2021. In addition, national anti-doping organisations like ADD will be represented on all of WADA's Standing Committees with the exception of the Compliance Review Committee and the Athletes Commission. These changes are positive in themselves. However, ADD will continue to work with other NADOs for further reforms of WADA's Governance structure in relation to attaining more influence for NADOs and independent athletes. From ADD's point of view, there is also a need for more transparency in WADA's decision-making processes and communication with stakeholders. The work towards reforming WADA's governance structures will continue in 2021, during which ADD will submit a survey response as part of a stakeholder consultation initiated by the Working Group on the Review of WADA Governance Reforms.

### *International Standard for Education of anti-doping staff*

Part of WADA's focus on education also includes training and education programmes for people working in anti-doping organisations. In 2020-2021 WADA is carrying out a pilot project in Europe called the Technical Working Group on Global Training, for which five working groups have been established. Each group is led by education experts from the Working Group and two of ADD's staff have been selected as the chairs of the 'Intelligence and Investigations Officers/Managers' group. In 2020 ADD's representatives facilitated the development of course materials for anti-doping staff working in intelligence and investigation.

### *Russia*

Towards the end of 2020, the Court of Arbitration for Sport (CAS) ruled on the case made against the Russian Anti-Doping Agency (RUSADA), which stemmed from Russia's violations of anti-doping regulations in connection with the Olympic Winter Games in Sochi in 2014, among other events. The main accusation was that a database from the Russian anti-doping laboratory had been manipulated before it was handed over to WADA to fulfil a number of conditions that would declare RUSADA as being "compliant" with the World Anti-Doping Code again. WADA's lengthy and extensive investigation showed that data had been deleted, added and manipulated in a way that could mask the Russian authorities' involvement in a multiyear systematic

doping programme. The manipulation was also intended to direct the blame towards, among others, the former head of the Russian doping laboratory, who today lives under US protection as a “whistle-blower”.

WADA called for a suspension of the Russian nation from all major sports events for four years. CAS ruled in favour of WADA’s charge on all points and found Russia guilty and, hence, “non-compliant”. The length of the suspension was, however, reduced to two years, and other sanctions were similarly softened, including allowing Russian athletes to compete in championships under a neutral name, flag and uniform during the suspension period. ADD of course respects the ruling from CAS. However, ADD is in agreement with several other NADOs and athlete organisations that the CAS system should be reviewed.

#### *ADD contributes to Council of Europe’s advisory committees*

In 2020 ADD supported the Ministry of Culture in the Council of Europe by being part of, among other things, CAHAMA (The Ad Hoc European Committee for the World Anti-Doping Agency), which is a forum that gives Europe’s representatives in WADA’s governing bodies their mandate. ADD is also a member of several of the Council of Europe’s advisory committees. In 2020 ADD was more involved in the work of the Advisory Committee on Education than usual due to the work being done to implement WADA’s new International Standard for Education.

#### *Group of Copenhagen*

ADD represents Denmark in the Group of Copenhagen, an international network coordinated by the Council of Europe with a focus on match-fixing. The network’s activities include surveillance of betting on international championships, risk analyses concerning match-fixing in individual countries and sports, a typology of different types of manipulation in the area of match-fixing, data protection strategies and mechanisms for the exchange of personal information, and assistance in establishing national platforms in new countries. Since the network was founded in Copenhagen in the summer of 2016, in which seven countries participated, 32 countries have now joined the network, including many from outside of Europe. The Group of Copenhagen held two official online meetings in 2020, as well as several meetings among coordinating sub-committees aiming to combat match-fixing leading up to Euro 2020 (postponed to 2021) and a SWAT analysis of the Group of Copenhagen.

#### *Nordic cooperation*

ADD has cooperates on an ongoing basis with other Nordic countries in the field of anti-doping via regular meetings and committees at the management level as well as in other specialist fields such as investigation, where ADD is the chair of its respective committee. This Nordic cooperation allows for an exchange of experience and coordination in relation to international collaboration with other bodies. The cooperation was affected by COVID-19 in 2020 and was limited to holding occasional virtual meetings.

In addition, ADD has cooperated with the other Nordic countries for several years to run a joint unit that monitors Athlete Biological Passports called the Nordic Athlete Passport Monitoring Unit (NAPMU), which is a key tool used in ADD and the other anti-doping organisations’ work. It was decided in 2020 that NAPMU should be made even more independent through a restructuring process, so that all NAPMU staff will be employed directly by the anti-doping laboratory in Oslo, for which ADD has advocated for several years. This ensures greater objectivity when reviewing the biological profiles, as all of the athletes’ personal information will be anonymised for NADO staff in the future. ADD also included NAPMU as a permanent member of regular intelligence meetings in 2020 in order to strengthen the transfer of intelligence and knowledge between NAPMU and ADD.

#### *Cooperation with other national anti-doping organisations*

In 2020 ADD’s CEO continued in his position as the chair of the Institute of National Anti-Doping Organisations (iNADO), which has as its Mission to work together across anti-doping organisations to support clean sport and “be an influential, international voice; seeking, sharing and promoting best practises and creating, leading

and growing a supportive, international member community”. Through its involvement in iNADO, ADD therefore helps shape international cooperation in the field of anti-doping, both in line with what the NADOs work towards and in the dialogue with WADA and other key actors. In 2020, iNADO completed its transition from being a British-based to a German-based organisation, so that the anchoring of iNADO in Germany and its Secretariat in Bonn would be effective from 2021.

#### *NADO leadership cooperation*

The revelations about Russia’s organised doping system in 2016 initiated an informal cooperation alongside the iNADO cooperation between directors of approximately 20 national anti-doping organisations from across the world. Since 2016 these NADOs have met several times to discuss and address international anti-doping issues and publish their recommendations for WADA and the IOC, including the question about banning Russia from all sports, the need to strengthen WADA and international anti-doping efforts through reforms of WADA’s governance structures, and similar matters. The group only conducted one virtual meeting during 2020 due to COVID-19, which was, however, attended by representatives from national athletes’ committees – including the Active Committees under NOC Denmark and Team Denmark – and from international athletes’ organisations. The meeting gave rise to the first joint statement from NADOs and the athletes, in which ADD joined the other actors in calling for reforms of WADA in order to ensure more independence, transparency and accountability for the organisation as well as to prevent conflicts of interest in the anti-doping system.

#### *Good governance among NADOs (NADGO)*

ADD was among the first NADOs which, as partners of an EU Erasmus+ supported project, tested organisations’ governance practices against 200 good governance principles. The aim of the project is for all NADOs to take inspiration and guidance from the results and, based on the recommendations generated, organise and manage themselves in accordance with the good governance principles. In addition to contributing to the development and interpretation of the principles within themes such as transparency, democratic processes, accountability and independence, ADD also assessed its own organisational practices against these principles. These results are included in the project, which should have been completed in 2020 but, due to COVID-19, its final report and conference have been postponed until May 2021. ADD will continue to work internally with good governance in 2021.

#### *Information security in an international context*

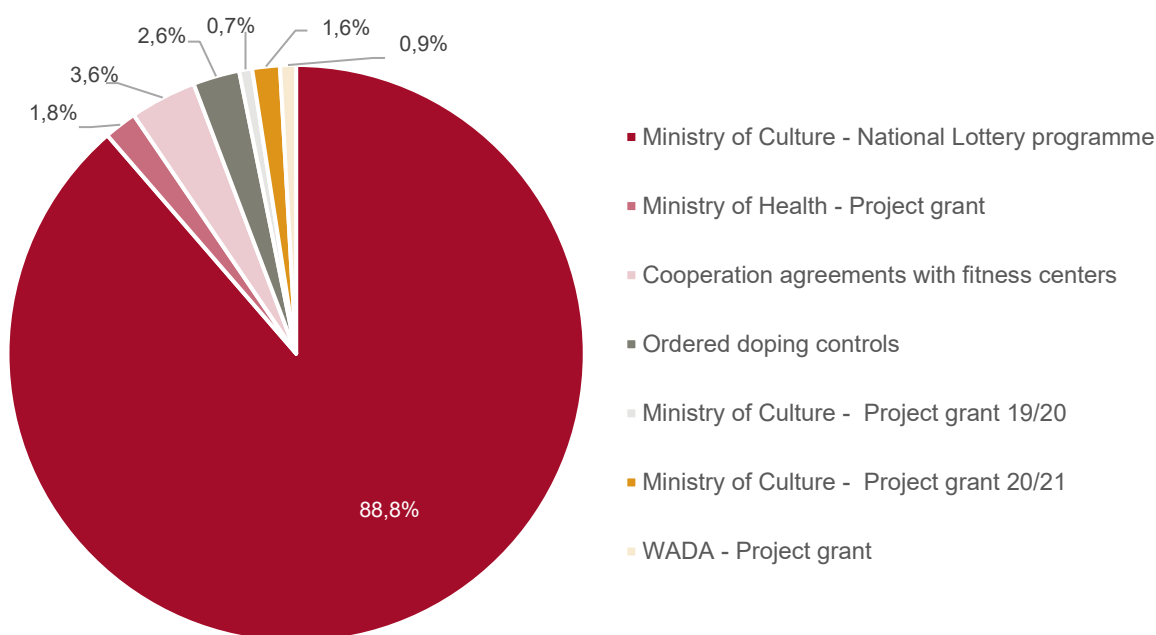
In 2020, ADD co-founded a voluntary working group comprising IT experts from the iNADO members and WADA, which aims to increase the individual anti-doping agencies’ focus on and competencies in cyber security and in turn protect athletes’ personal data across the world. ADD has contributed to the recommendations on how cyber security can best be implemented within the individual anti-doping organisations. Cyber security principles were presented to iNADO members via two webinars in December 2020.



## 6. Finance

ADD's total income in 2020 was DKK 28.7 million (DKK 28.8 million in 2019; the corresponding figures in brackets are provided for comparison with the equivalent income or expenditure for 2019), which includes an operating grant of DKK 25.4 million from the Danish Ministry of Culture. The remaining income consists of project support from the Danish Ministry of Culture and the Danish Ministry of Health, doping control contracts made with event and tournament organisers, and cooperation agreements with gyms and fitness centres and the police, as well as project support from WADA.

**Figure 6: Distribution of ADD's income in %**

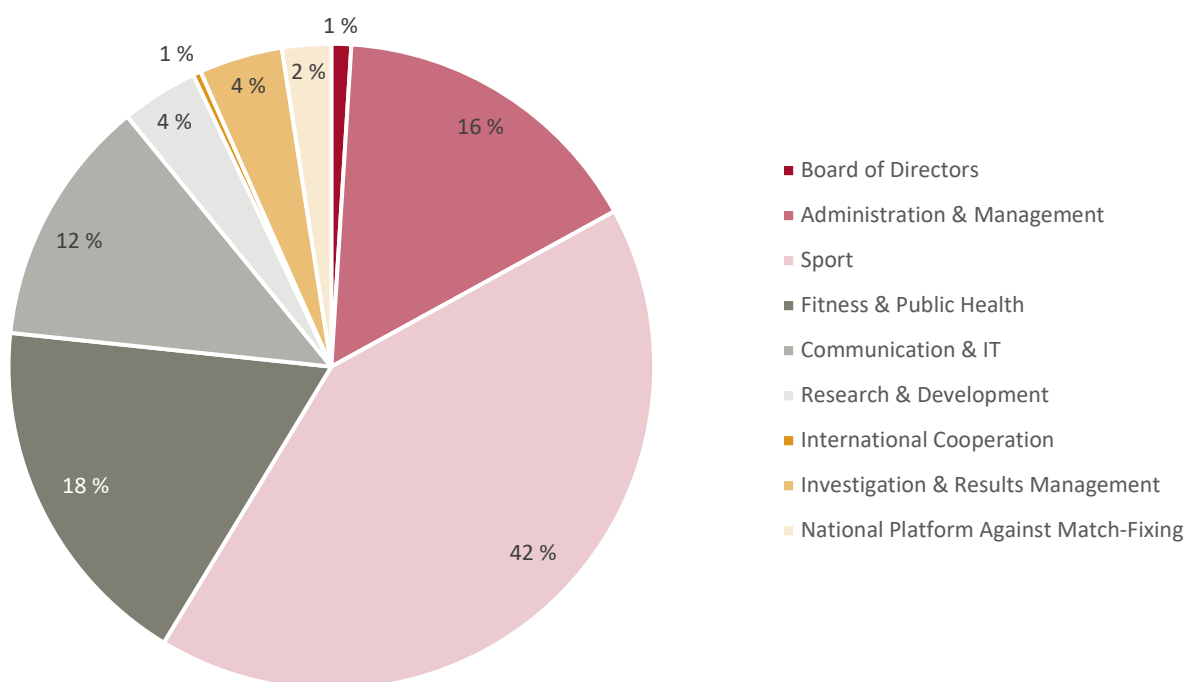


ADD's total expenditures amounted to DKK 28.4 (29.6) million and can be broken down into the following expense categories:

Board of Directors	0.3 (0.4) million	(note 1)
Administration and Management	4.6 (4.1) million	(note 2)
Sport	11.8 (11.6) million	(note 3)
Fitness & Health	5.1 (5.6) million	(note 4)
Communication & IT	3.5 (4.4) million	(note 5)
Research & Development	1.1 (1.4) million	(note 6)
International cooperation	0.1 (0.3) million	(note 7)
Investigations & Results Management	1.2 (1.2) million	(note 8)
National Platform Against Match-Fixing	0.7 (0.7) million	(note 9)



**Figure 7: Distribution of ADD's expenses in %**



The account indicates expenditures that are DKK 0.6 million less than expected. This is due to there being less overall expenditure across several areas because of the impact of COVID-19 on ADD's activities.

ADD budgeted for a 14% increase of expenditure in 2020 compared to 2019, which is the equivalent of DKK 1.9 million in organised sport. This was due both to an increase in doping control expenses and larger research and development projects. However, COVID-19 meant that fewer doping controls were carried out and development projects were postponed, which resulted in ADD spending only 2%, or DKK 0.3 million, more in 2020 than in 2019.

ADD spent DKK 0.5 million more on Administration and management in 2020 than in 2019, primarily due to the employment of a temporary replacement for a staff member on maternity leave and professional development for staff. By contrast, Communication and IT spent DKK 0.9 million less than in 2019, due to the extraordinary expenses associated with the development of ADD's medication app in 2019.

The accounts indicate a positive result for 2020 of DKK 0.3 million, which equates to DKK 1 million more than the budgeted negative result of DKK 0.7. The result is evaluated as satisfactory, as the deviations can essentially be attributed to external factors, especially COVID-19, which prevented some activities from being carried out as planned. This was taken into consideration in the accounting and project planning done throughout the year.

The total balance is DKK 8.6 million and ADD's equity at the end of 2020 was DKK 2.1 million.

## Annex 1: Doping control in elite and competitive sport

Sport	Women							Out-of-competition total	Total	Grand total
	In-competition			In-competition total	Out-of-competition					
	Blood	Blood module	Urine		Blood	Blood module	Urine			
American Football										29
Aquatics			14	14	6	16	33	55	69	119
Archery							6	6	6	7
Athletics			17	17	2	6	21	29	46	115
Badminton		1	12	13	1	5	11	17	30	66
Basketball										36
Boxing			3	3					3	53
Canoe/kayak			3	3	3	15	16	34	37	65
Cycling	1		27	28	2	10	15	27	55	229
Fencing							1	1	1	9
Football							6	6	6	129
Golf	1		3	4					4	9
Gymnastics							3	3	3	7
Handball			14	14			4	4	18	87
Ice hockey										51
Judo			2	2			3	3	5	13
Karate					1	1	2	4	4	4
Kickboxing			3	3			1	1	4	19
Motocross										11
Orienteering			1	1	3	8	17	28	29	53
Parasport					1		3	4	4	6
Powerlifting			3	3	4		9	13	16	94
Riding										1
Rowing			2	2	4	21	31	56	58	90
Rugby										22
Sailing							7	7	7	18
Shooting										11
Sport diving										3
Table tennis			4	4					4	10
Taekwondo					1		1	2	2	8
Tennis										9
Triathlon			3	3	9	18	39	66	69	149
Volleyball										12
Weightlifting			9	9	9		15	24	33	113
Wrestling										34
<b>Grand total</b>	<b>2</b>	<b>1</b>	<b>120</b>	<b>123</b>	<b>46</b>	<b>100</b>	<b>244</b>	<b>390</b>	<b>513</b>	<b>1691</b>

Men										
Sport	In-competition			In-competition total	Out-of-competition			Out-of-competition total	Total	Grand total
	Blood	Blood module	Urine		Blood	Blood module	Urine			
American Football			12	12			17	17	29	29
Aquatics			12	12	3	8	27	38	50	119
Archery							1	1	1	7
Athletics			20	20	5	15	29	49	69	115
Badminton			9	9		12	15	27	36	66
Basketball			10	10	6		20	26	36	36
Boxing			12	12	6		32	38	50	53
Canoe/kayak			5	5	5	7	11	23	28	65
Cycling	3	1	72	76	17	28	53	98	174	229
Fencing							8	8	8	9
Football			70	70	4		49	53	123	129
Golf			5	5					5	9
Gymnastics							4	4	4	7
Handball	4		23	27			42	42	69	87
Ice hockey			19	19	6		26	32	51	51
Judo	2		4	6			2	2	8	13
Karate										4
Kickboxing			6	6			9	9	15	19
Motocross			7	7			4	4	11	11
Orienteering			3	3	5	5	11	21	24	53
Parasport					1		1	2	2	6
Powerlifting			4	4	21		53	74	78	94
Riding							1	1	1	1
Rowing			3	3	4	8	17	29	32	90
Rugby	4		9	13			9	9	22	22
Sailing							11	11	11	18
Shooting			11	11					11	11
Sport diving			3	3					3	3
Table tennis			2	2			4	4	6	10
Taekwondo					2		4	6	6	8
Tennis			8	8			1	1	9	9
Triathlon			4	4	10	17	49	76	80	149
Volleyball			8	8			4	4	12	12
Weightlifting			24	24	6		50	56	80	113
Wrestling			6	6	3	4	21	28	34	34
<b>Grand total</b>	<b>13</b>	<b>1</b>	<b>371</b>	<b>385</b>	<b>104</b>	<b>104</b>	<b>585</b>	<b>793</b>	<b>1178</b>	<b>1691</b>

## Annex 2: Risk analysis and testing

Athletes who fulfil one or more of the following criteria are included in the priority testing group:

1. Athletes competing at an elite international level in high-risk disciplines in which Denmark is highly competitive.
2. Athletes identified on the basis of additional information such as intelligence or other indications such as remarkable progress in performance or a fluctuation in biological profile.

High-risk sports disciplines are determined through an annual risk assessment of different sports.

Denmark's international level is also reflected in the risk assessment's top-12 list of sports.

The risk assessment includes the effect of doping substances on endurance and muscle mass in the individual sports, and uses data from WADA's Technical Document for Sport Specific Analysis (TDSSA).

Placering	Sport
1	Triathlon
2	Cycling
3	Rowing
4	Powerlifting
5	Badminton
6	Athletics
7	Aquatics
8	Boxing
9	Kickboxing
10	Wrestling
11	Canoe/kayak
12	Weightlifting

Number of long-term sample storage in 2020: 84

Number of long-term sample storage, which are re-analysed in 2020: 0

Number of missed tests in the priority testing group in 2020: 8

Number of warnings: 0

Number of Biological Passport findings: 0

### Annex 3: Requested doping controls

Regi	Booked by	Blood		Urine		Total
		In competition	Out of competition	In competition	Out of competition	
International and national federations						
	International Floorball Federation (IFF)			4		<b>4</b>
	European Handball Federation (EHF)			84		<b>84</b>
	Badminton World Federation (BWF)		31	10	34	<b>75</b>
	Dansk Atletik Forbund (DAF)			6		<b>6</b>
	ITA for FINA		1		10	<b>11</b>
	ITA for IHF		1		11	<b>12</b>
	CCES on behalf of IFAF				4	<b>4</b>
	CCES on behalf of ICF		1		1	<b>2</b>
<b>Total</b>		<b>0</b>	<b>34</b>	<b>104</b>	<b>60</b>	<b>198</b>
Anti-doping organisations						
	RF		1		2	<b>3</b>
	ADN		2		2	<b>4</b>
<b>Total</b>		<b>0</b>	<b>3</b>	<b>0</b>	<b>4</b>	<b>7</b>
Others						
	DPBF				2	<b>2</b>
	Dansk Trav og Galop Union				8	<b>8</b>
	Lillerød Vægtløfter Klub					<b>6</b>
<b>Total</b>		<b>0</b>	<b>0</b>	<b>10</b>	<b>6</b>	<b>16</b>
<b>Grand Total</b>		<b>0</b>	<b>37</b>	<b>114</b>	<b>70</b>	<b>221</b>

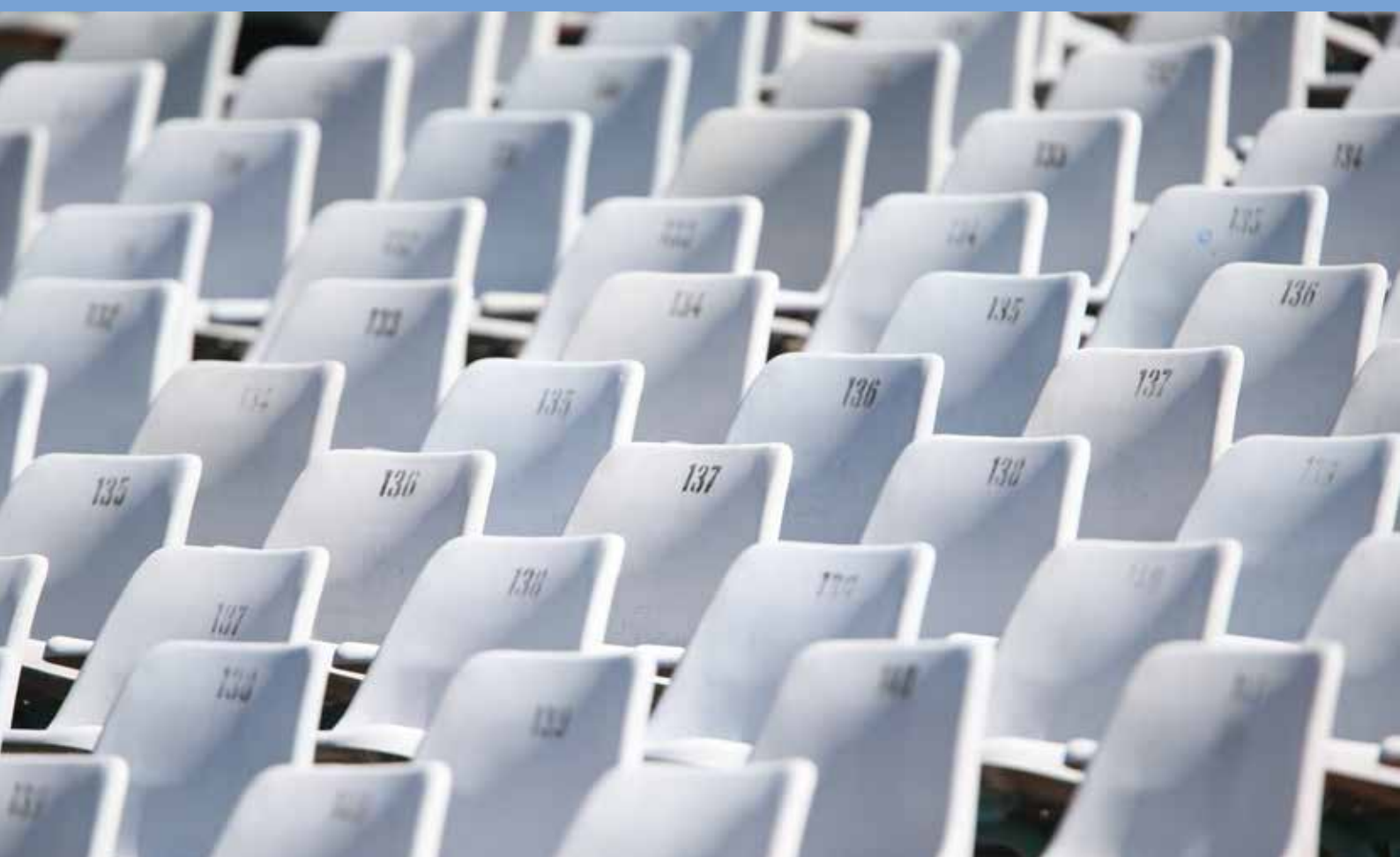
## Annex 4: Therapeutic Use Exemptions (TUE)

Number of Therapeutic Use Exemptions (TUE) issued by Anti-Doping Denmark.

<b>Prohibited substance</b>	<b>Disease</b>	<b>Number of TUEs</b>
Terbutaline	Asthma	10
Methylphenidate or other similar medicine	ADHD	10
Prednisolone or other oral preparations	Inflammation	5
Insulin	Diabetes	6
Others	-	7
<b>Total</b>		<b>38</b>

\*International elite athletes apply for TUE at the international federation.

Anti Doping Danmark works to  
promote integrity in sport



[www.antidoping.dk](http://www.antidoping.dk)

**ADD**  
ANTI DOPING DANMARK