

Anti-Doping Briefing to Singapore Cricket Association

Presenter: Ms Yeo Say Po
Designation: General Manager
Date: 18 July 2011
Venue: SSC Silver Meeting Room

Overview

- Introduction and the Rules
- Prohibited List 2011 & Health Consequences
- Therapeutic Use Exemption (TUE)
- Testing
- Results Management

INTRODUCTION & THE RULES

Be a True Winner

What is Doping?

- 
- 1 Presence** of a prohibited substance in an athlete's sample
 - 2 Use** or attempted use of a prohibited substance or method
 - 3 Refusing** to submit to sample collection after being notified
 - 4 Failure** to file athlete whereabouts information & missed tests
 - 5 Tampering** with any part of the doping control process
 - 6 Possession** of a prohibited substance or method
 - 7 Trafficking** a prohibited substance or method
 - 8 Administering** or attempting to administer a prohibited substance or method to an athlete

Doping Scandals



Sri Lankan Opening Batsman,
Upul Tharanga

- ICC's random in-competition test at ICC Cricket World Cup in Mar 11
- **Glucocorticosteroids**
 - Prednisone and Prednisolone
- Drank herbal remedy for discomfort from shoulder injury
- **Disqualified ranking points earned at the World Cup**
 - Not taking responsibility for checking what he consumed

Why Do Athletes Dope?



- To Win
- More Power, Speed
- More Bulk
- Get results faster
- Peer pressure
- Injury
- Inadvertent use

World Anti-Doping Programme



www.wada-ama.org



Be a True Winner

Principle of *Strict Liability*



**You are solely responsible
for what you put
into your body**

Anti-Doping Rules

The International Cricket Council

Anti-Doping Code

Download from ICC Website:

http://icc-cricket.yahoo.net/anti_doping/code.php



Anti-Doping
Singapore

ANTI-DOPING RULES

Version 1.2

Download from ADS Website:
www.antidoping.org.sg

Anti-Doping Rules

- **Persons Subject to ICC Anti-Doping Code:**
 - Any player who participates or who has participated in the preceding 12 months (whether as a member of a starting XI or as an officially designated substitute) in an International Match
 - Any Support Personnel working, treating or assisting a Player

Anti-Doping Rules

- **Persons Subject to ADS Anti-Doping Rules:**
 - All members of SCA
 - Members of SCA's affiliated members, clubs, teams, associations or leagues
 - Individuals who participate in any capacity in any activity organised or authorized by:
 - SCA or its affiliated members, clubs, teams, associations or leagues
 - a National Event organisation, or a national league not affiliated with SCA

PROHIBITED LIST 2011

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Prohibited At All Times

- **Prohibited Substances:**

- S1: Anabolic Agents eg, Steroids
- S2: Hormones & Growth Factors eg, Insulin, EPO
- S3: Beta-2 Agonists eg, Asthma medication by injection/oral form
- S4: Hormone Antagonists eg, contraceptives, cancer, osteoporosis
- S5: Diuretics eg, weight loss products

- **Prohibited Methods:**

- M1: Enhancement of Oxygen Transfer eg, blood doping
- M2: Chemical and Physical Manipulation eg, urine substitution
- M3: Gene Doping eg, DNA transfer

Prohibited In-Competition Only



- **Prohibited Substances:**
 - S6: Stimulants eg, over-the-counter cold medicines, pseudoephedrine, weight loss products
 - S7: Narcotics eg, painkillers
 - S8: Cannabinoids eg, Marijuana
 - S9: Glucocorticosteroids eg, Anti-inflammatory for asthma and allergies
- **Sport-Specific**
 - P1: Alcohol
 - P2: Beta-Blockers eg, high blood medication

Health Consequences

- Stunted Growth
(youths)
- Heart & Liver diseases
- Uncontrolled anger
- Severe Acne
- High blood pressure
- Blood poisoning
- Crippling arthritis
- Mood Swings
- Death

Health Consequences

- **Males**

- Breast growth
- Impotence
- Sex drive disorders

- **Females**

- Deepening of voice
- Baldness
- Body and face hair
- Abnormal menstrual cycle

Supplements

- **Risks**
 - Possible positive tests, Health consequences
- **WADA, IOC or any ADO does not “endorse” or “approve” supplements**
- **Discourage use of dietary or health supplements**
 - Advocates proper nutrition
- **IOC Study on Supplements 2000-2001**
 - 14.8% of 634 products from 215 suppliers contained prohibited substances not declared on labels
- **Not subject to pre-marketing approval by Health Sciences Authority (HSA)**

Supplements

Authorities on teens taking protein supplements:

No need, if diet is okay

Ms Letty Shiu, a nutritionist from the Health Promotion Board's Youth Health division, said most people can meet their protein requirements from eating food such as "meat, beans and dairy products".

So they do not require protein supplementation.

- HPB Nutritionist

She added: "The SSC advises athletes to only regard the use of sports supplements as a part of a larger optimal sport nutrition plan, or for the clinical management of a nutritional problem.

"Any protein intake which is higher than what is recommended offers no added advantage and can be associated with increased fluid and calcium loss from the body.

"In addition, some studies have shown that a high protein diet can accelerate kidney disease in those at risk," she said.

- SSC Performance Nutritionist

Supplements

- Recent surge in positive tests from methylhexaneamine, a prohibited stimulant
 - Other names:
1,3-dimethylamylamine (DMAA), dimethylpentylamine (DMP) 4-methylhexan-2-amine, Geranamine, and geranium oil, extract, or stems and leaves
 - Sold as *over-the-counter* dietary supplement
 - Australia and USA have issued warnings to athletes

Check Your Medication

- **SSC's Sports Medicine Division**
 - Dr Cormac O'Muircheartaigh
Tel: 6500 5465
Email: cormac_o_muircheartaigh@ssc.gov.sg
- **Australian Sports Anti-Doping Authority (ASADA)**
 - <https://checksubstances.asada.gov.au/>
- **United Kingdom Anti-Doping (UKAD)**
 - <http://www.globaldro.com/uk-en/search/>
- **United States Anti-Doping Agency (USADA)**
 - <http://www.globaldro.com/us-en/search/search.aspx>

THERAPEUTIC USE EXEMPTION (TUE)

Why Do You Need a TUE?

- **Documented medical condition**
 - No alternative medication
 - Detrimental to health if not treated
- **Use of Prohibited Substance or Method for treatment**
 - TUE must be approved before use or treatment
- **An ADRV if sample tests positive without valid TUE**
 - Possible ADVL if level of substance in sample exceeds approved dosage

When Do You Apply?

- **Prohibited at ALL times**
 - Apply for a TUE immediately
- **Prohibited In-Competition only**
 - Apply at least 30 days before event

How to Apply for a TUE?

- **TUE Application Form (ADS or ICC)**
 - Complete with your Doctor
 - Provide supporting documents and reasons
 - Attach medical results, files, etc
- **Submit TUE Application Form**
 - Submit to ADS:
 - ADS RTP and DTP athlete and all other national-level athletes
 - Submit to ICC/ADS:
 - All Players subject to ICC Anti-Doping Code
 - NADO TUEs are recognised by ICC (provide copy of TUE application and medical documents to ICC for verification)



Asthma Treatment by Beta-2 Agonists

- Treatment using Salbutamol, Salmeterol by inhalation is allowed under 2011 Prohibited List
 - Declare Use on Doping Control Form at point of doping control test
- Alternate beta-2 agonists require a TUE
 - Complete medical file why the drug is prescribed



What Should You Do?



- Avoid drugs not prescribed by a medical doctor
- Inform your doctor that you are an athlete and about using drugs in the Prohibited List
- Apply for a TUE before use
- Be wary of supplements from the pharmacy or supermarket even though it says “natural”

TESTING

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ICC Testing Pools

- **National Player Pool (NPP)**
 - 11 male players from each of the top ranked National Cricket Federations in the ICC's official men's One Day International rankings

ICC Testing Pools

- **International Registered Testing Pool (IRTP)**
 - Committed anti-doping rule violations
 - Player in the NPP who has not played (as a member of a starting XI) in either an International or a Domestic Match for a continuous period of 3 months
 - Player in the NPP who is declared to have committed 3 NPP Player Violations within any 12-month period

ADS Testing Pools

- **Registered Testing Pool (RTP)**
 - IRTP athlete
 - Representing in major games
 - Committed anti-doping rule violation
 - Recovering from injury
 - Rapid and unexpected progress in performance
 - Returning from retirement
 - Training with personnel associated with doping practices
 - DTP athlete with persistent non-compliance with whereabouts requirements

ADS Testing Pools

- **Domestic Testing Pool (DTP)**
 - Athletes from sports with lower risk of doping
 - Representing in major games

Whereabouts Requirements

- **ADS / ICC RTP athletes: (for each quarter)**
 - Daily 60-minute time slot
 - Overnight Address
 - Competition Schedule
 - Training Schedule
 - Schedule for other regular activity, eg, school/work
- **Whereabouts Failures**
 - Filing Failure / Missed Tests
- **Anti-Doping Rule Violation if there is any combination of 3 Whereabouts Failures within an 18-month period**

Whereabouts Requirements

- **ICC NPP athletes: (for the upcoming month)**
 - Overnight Address with cricket team
 - Competition Schedule
 - Training Schedule
- **Whereabouts Failures**
 - Filing Failure / Missed Tests
- **Inclusion in IRTP if there is any combination of 3 Whereabouts Failures within a 12-month period**

Whereabouts Requirements

- **ADS DTP athletes: (for each quarter)**
 - Competition Schedule
 - Training Schedule
 - Schedule for other regular activity, eg, school/work
- **Whereabouts Failures**
 - Non-compliance with requirements / Unsuccessful attempts at testing
- **Inclusion into RTP if demonstrate persistent non-compliance**

Types of Doping Control Tests

- Urine and/or Blood Test
- In-Competition
 - Medallists, Random, Record Breakers, Targeted
- Out-of-Competition
 - No advance notice, anytime and anywhere
 - Targeted

Athlete Rights

- Have a *representative* to accompany you
- Have an *interpreter* (if required)
- Request any *information* about the doping control procedure
- Request a *delay* in reporting to the doping control station for valid reasons

Athlete Rights

- **Acceptable reasons for delay;**
 - Locating a representative and/or an interpreter
 - Victory ceremony
 - Compete in further events
 - Receive necessary medical attention
 - Fulfil media commitments
 - Warm Down
 - Obtaining photo identification
 - Completing a training session
 - Any other reasonable circumstances

Athlete Responsibilities

- Remain within direct observation of the DCO or Chaperone *at all times*
- Produce appropriate *photo identification*
- *Comply* with sample collection procedures
- Report *immediately* for a test, unless there is a valid reason for a delay

Doping Control Equipment



Sample Collection Vessel
and Kit



Partial Sample Kit



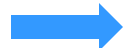
Blood Collection Kit

Always inspect these equipments for signs of tampering or contamination

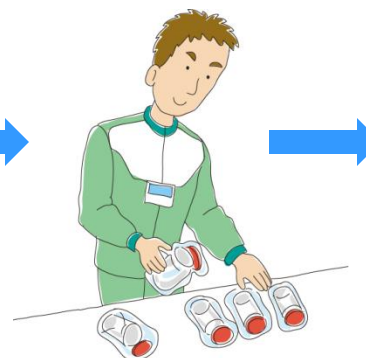
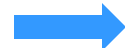
Doping Control Procedures



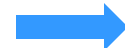
Notification



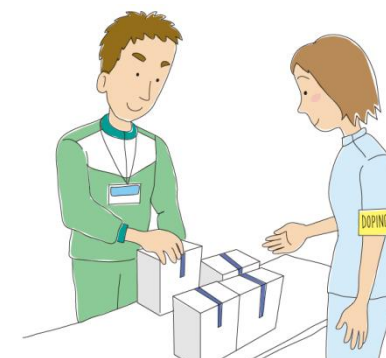
Report to DCS



Select Collection
Vessel



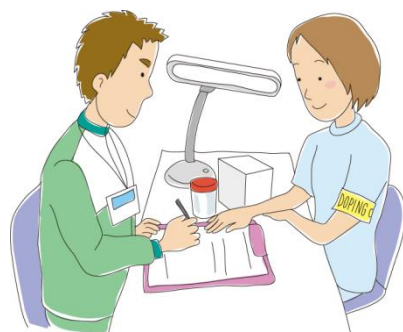
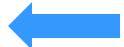
Provide Sample



Select Collection Kit



Process & Seal
Sample



Declare Medication
& Sign DC Form

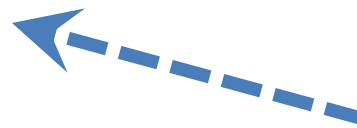
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Sample Collection



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Sample Collection for Minors



Athlete
Representative

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Doping Control Procedures



For details of the Doping Control Procedures, refer to:

- WADA Doping Control Video
- Doping Control Brochure
- ADS Website (Testing):
www.antidoping.org.sg



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What You Need to Note

- Do not over hydrate
- Always inspect all doping control equipments for signs of tampering or contamination
- Ensure unsealed urine sample remains within athlete's view at all times
- Only the athlete will maintain control of their own sample from provision till sealing of the bottles

RESULTS MANAGEMENT

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Results Management (RM)

- **Results management by ICC for Tests:**
 - Initiated by ICC
 - At International events
- **Results management by ADS for Tests:**
 - Initiated by ADS
 - At National events
- **Test results from laboratory reports an:**
 - Adverse Analytical Finding (AAF)
 - Atypical Finding

RM Process

- **RMA will conduct a review to determine if:**
 - Finding is consistent with an applicable TUE
 - Any apparent departure from the relevant anti-doping rules, or International Standards for Testing or Laboratories occurred
- **Once notified of a possible AAF (“positive”), an athlete has the right to:**
 - Request analysis of B sample
 - Attend and witness opening and analysis of B sample
 - Attend the disciplinary hearing
- **Provisional suspension**

Sanctions

- **Disciplinary Hearing**
 - National Anti-Doping Disciplinary Committee
 - IF Disciplinary Panel/Committee
- **Disqualification of results in event**
 - Forfeiture of medals, points and prizes
- **Disqualification of subsequent results**
- **Period of ineligibility**
 - Warning to Life Ban

Appeals

- ICC or ADS internal appeals process
 - National Anti-Doping Appeals Committee
- Court of Arbitration for Sport (CAS)
- ICC, ADS and WADA also has right to appeal a decision

Useful References & Resources

- **Websites**

- ADS
(www.antidoping.org.sg)
- WADA
(www.wada-ama.org)



Be a True Winner

- ICC
(www.icc-cricket.yahoo.net)

- **Publications**

- Athletes' Guide
- Doping Control Brochure
- Dangers of Doping Brochure
- Prohibited List 2011
(iTunes @ WADA website)

Contact Us

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