

**Anti Doping Danmark**  
**Annual Report**  
**2016**



## Annual Report 2016

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## Webpages

www.antidoping.dk  
www.renvinder.dk

## Apps (iPhone & Android)

Antidoping  
Stop Doping  
Stop Matchfixing

## Editors

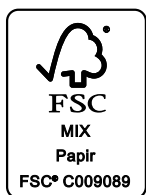
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Marie Overbye



## ADD's Area of Response

*ADD is according to Danish law, 'Law on promoting integrity in sport', a public independent institution with reference to the Ministry of Culture. It is ADD's responsibility to promote the fight against doping in sport.*

*ADD's activities include:*

- 1. Doping control*
- 2. Results management and prosecution of doping cases*
- 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*

*ADD conducts doping control and information-, education- and prevention-tasks in both the organised sport and in recreational sport, including fitness centres.*

*A legislative amendment in 2015 has created the possibility of establishing a Secretariat for the national platform to coordinate the fight against manipulation of sports competitions – colloquially referred to as matchfixing. ADD has been charged with this coordinating responsibility to protect Danish sports from matchfixing and will do so in cooperation with sports organisations, other authorities and relevant part-ners.*

*ADD's strategic objectives in the respective areas of activity is determined in a development agreement with the Ministry of Culture concerning 2016-2018.*

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# PREFACE

## Fair Competition and Clean Training

Fair competition and clean training - this is the mission statement which has now been formulated in earnest, and has served as a consistent benchmark of ADD's work in 2016. Work has been carried out on various fronts, but equal for all efforts have been the goal of ensuring fair competition and clean training for everyone passionate about sport.

This applies to everyone who participate in sport, from the most skilled elite athletes competing for Olympic and Paralympic medals, to fitness enthusiasts at local sports associations. And it applies no less to the devoted fan who has bet 100 kroner on victory for his or her favourite team.

It is also about Danes with a passion for fitness training who should be able to work out in clean training environments where each participant's upper arms, and fat percentage are the product of discipline and dedication rather than prohibited and harmful shortcuts. Just as parents should be able to send their teenage children to the local gym without worrying that they will be exposed to an environment filled with dubious role models and easy access to prohibited substances.

## Russian Cheating – When Reality Surpasses the Imagination

In the world of international sport the campaign for fair competition and clean training faced challenges in 2016. Reality surpassed the imagination and cast a shadow on international anti-doping efforts when Russia, in

an ugly echo of the doping programmes of the Cold War era, showed that some countries are still willing to take strong and incredible measures to cheat their way to success on the international sports scene. Reports revealed that for several years Russia has made use of sophisticated methods to circumvent the international anti-doping system. Positive doping results were faked into negative results in the anti-doping systems while practices such as the movement of doping samples through hatches in laboratory walls, which seemed like scenes from a bad movie, unfortunately turned out to be all too factual.

The Russian leaders and politicians responsible added a dimension to the deception when, through their behaviour and the way they responded to the criticism of the outside world and their denials of the documented systematic and institutionalised doping, set new standards for how low the public respect for sport, athletes and anti-doping work can sink.

## Focus on Good Governance

Russia's serious violations of anti-doping regulations and lack of willingness to acknowledge their transgressions and implement changes, and international sports organisations' subsequent hesitation to resort to sanctions, has reinforced the need for and sharpened the focus on good governance, both in anti-doping efforts and in the sport world as a whole - and, one might add, not least in the nation states.

Good governance is the foundation for ADD's fulfillment of its obligations in a correct and



transparent way with a view to securing athletes the best possible conditions. The contribution of the sports world to anti-doping efforts is crucial, but the events of 2016 showed that in a number of respects, the need for increased independence, especially where sports organisations are responsible for sanctioning athletes.

The work of improving governance within the area of anti-doping internationally is a matter which has been high on ADD's agenda in 2016. ADD has prioritised to participate actively in international discussions so as to endorse a harmonised and robust anti-doping system that ensures fair conditions in international competition. But also because ADD considers that the Danish sports community has something to contribute. We believe that the principles upon which our work is based are good ones, and for this reason we dare to make our voice heard in the wider world. In this context it is a clear advantage that there is a high degree of consensus within the sphere of Danish sports politics.

### **Cooperation Promotes Understanding – and Strengthens Our Efforts**

Efforts towards achieving fair competition and clean training are key elements in the fight against both doping and match-fixing. A major reason for the strong Danish efforts is the close cooperation between the many stakeholders in the sport community. This include

the many stakeholders in and around organised sport as well as the fitness environments, but in 2016 it also included authorities and other organisations whose work relate to both anti-doping efforts and measures to combat match-fixing. The challenges are complex and therefore - in order to achieve a significant effect - broad cooperation is necessary uniting all available resources, knowledge and competencies from the various stakeholders within the sport community.

The good news is that ADD senses a great deal of commitment to this cause and a willingness to cooperate. This can for instance be seen in the cooperation and dialogue with sports organisations and sports federations to promote doping-free environments in Danish sport. In Denmark we seek to have our house in order. We are strongest when, as in 2016, we stand firm and protect the rights of Danish athletes to compete clean internationally by pointing out highly critical circumstances in other countries' anti-doping efforts, and when we work towards achieving reforms and harmonisation of international anti-doping work.

As of 2016 ADD was tasked by the Danish Ministry of Culture to establish and manage the secretariat of the national platform to combat match-fixing. This collaboration is vital, and in this context a unique Danish platform model has developed in 2016. A signed cooperation agreement between ADD and the Danish National Police has been part of this work.



Equally, there is a great will to address the challenges of doping, and for this reason, with health as our point of departure, ADD has entered into an ongoing dialogue with individual fitness centres whereby ADD cooperates with other actors in the sports sector to promote clean training. In this context, in 2016 ADD entered into new, improved and more economical cooperation agreements with the branch organisation for commercial gym and fitness centres in Denmark, Danish Fitness & Health Organisation (DFHO).

This joint effort to promote clean fitness environments is aimed to prevent that Danes with a passion for health and fitness be tempted to take risky shortcuts as steroids can have adverse health effects not only in the short-term but also in the long run, as it was documented by an ADD-funded research project at Herlev Hospital in 2016.

I would like to take this opportunity to acknowledge the commitment and good cooperation we have enjoyed with all our partners, and urge anyone who is able and wishes to contribute to the work of fair competition and clean training in sport and in the fitness community to join the cause. Only through joint efforts can we ensure fair competition and clean training - and in this way show recognition and respect for the many people who are passionate about sport.

**Mette Hartlev, Chairman**

May 2017

# THE OLYMPIC AND PARALYMPIC GAMES – CHASING MEDALS

The Danish participants in the Olympic and Paralympic Games in Rio in 2016 gave their all and won a record number of medals for Denmark. This influenced ADD's efforts in the first half of 2016 in the run-up to the Games.

ADD conducted targeted testing to ensure that all Olympic competitors were tested out-of-competition prior to the Olympics. This program included additional analysis and international travel to carry out unannounced tests on athletes out-of-competition.

Additionally, ADD increased its information efforts by launching a designated Rio section on [www.antidoping.dk](http://www.antidoping.dk) and by sending out a newsletter to all potential participants in the Olympics and Paralympics.

The main aim of the activities was to safeguard athletes through doping controls and information on anti-doping obligations in order to avoid inadvertent violations.

## ADD's Olympic Preparations

ADD strives to contribute knowledge and experience in international contexts. For this reason, prior to the Olympics, ADD engaged in two international anti-doping initiatives aiming to consolidate the fight against doping.

ADD accepted the invitation to participate in the Pre Games Task Force. Together with five other national anti-doping organisations, WADA and the IOC, ADD helped to assess all Olympic participants on respect risk parameters such as physical education, ranking and participation in previous testing programmes, so as to improve target testing of high-risk athletes in the run up to the Olympics.

In cooperation with the international swimming federation FINA, ADD and a number of other national anti-doping organisations also participated in a target testing project prior to the Olympics with the specific purpose of developing smart testing plans for all of the expected top 8 Olympic swimmers.

### What does 'whereabouts' mean?

'Whereabouts' means a place of location. Athletes included in a Registered Testing Pool must report information concerning their whereabouts, including a daily 60 minute time slot when they can be located for doping control out-of-competition.



## Close Cooperation with Sports Federations

Cooperation with DIF, Team Danmark and the national sports federations was intensified in the Olympic year. However, cooperation, in particular with the national federations, takes place on a continuous basis and is crucial to ADD's anti-doping efforts - especially in the area of prevention.

This is especially relevant with regards to the planning of measures implemented in individual sports. Sports federations' knowledge of their sport, the feedback they receive concerning it, training programmes, athletes and support staff can all contribute to targeted doping control activities and prevention efforts, which ADD adapts and adjusts for each individual sport. At the same time federations comprise a key bridge between ADD and clubs, athletes, and support staff.

Information meetings for national federations, new information material and a series of individual meetings with federations in high-risk sports and federations with Registered Testing Pool athletes are just a few examples of activities implemented by ADD in 2016.

## Registered Testing Pool athletes

A group of national elite athletes have been selected to the national Registered Testing Pool. Athletes in this group are required to report the so-called whereabouts data.

ADD selects which athletes are to be included in the national Registered Testing Pool on the basis of a number of factors such as ranking and physical requirements in their respective sports. ADD selects athletes for the Registered Testing Pool in dialogue with the sporting federations, who have a fundamental knowledge of their athletes and sports. Danish athletes can also be included in a Registered Testing Pool under their international federations. Therefore some athletes are registered both via ADD and via their international federations. Athletes are informed directly if they are selected for a Registered Testing Pool.

# WHEN A STATE SUPPORTS A DOPING CULTURE

Three independent WADA reports published in 2016 demonstrated significant manipulation of the international anti-doping system by the Russian side, including instances of cheating by means of false reporting of positive samples and replacement of urine in samples. These revelations caused a period of turmoil in the world of international sports, turmoil which also reached Denmark.

ADD stated clearly what consequences these revelations ought to have: The exclusion of Russia from the upcoming Olympic Games in Rio. ADD's statement was based on the view that serious manipulation of the anti-doping system and the spirit of sport should have significant consequences, and that efforts must be made to guarantee fair competition for clean athletes.

ADD's position was supported by the the NOC and Sports Confederation of Denmark and the Danish Ministry of Culture, with Minister of Culture taking the initiative to make a declaration on Russia's actions signed by sports ministers from other European countries.

## Cooperation Between National Anti-Doping Organisations

When the turmoil had calmed and decisions on Russia's participation in the Olympics and Paralympics had been made, ADD participated in one of the first initiatives to discuss improvements to the international anti-doping system.

ADD hosted the so-called 'NADO Leaders Summit', which took place in Copenhagen in August 2016 and was attended by representatives from 17 national anti-doping organisations worldwide.

The NADO leaders in attendance discussed anti-doping efforts and found common ground on a number of concrete proposals for anti-doping reform. The so-called 'Copenhagen Reform Proposals' have since been incorporated as contributions to future anti-doping reforms in various international sports political contexts.

## Compromised Data

In the wake of the revelations about Russia a series of attempts were made by the hacking group Fancy Bear to illegally gain access to data held by anti-doping organisations. The group succeeded in illegally gaining access to part of WADA's database system, ADAMS, and a number of WADA and USADA's e-mails.

This affected Danish athletes, as Fancy Bear subsequently chose to publish TUEs for a number of Danish Olympic athletes.

When Danish athletes show confidence in the anti-doping system, the system must protect the information athletes submit to it. Accordingly, ADD viewed this leak of Danish athletes' personal medical data as a highly serious matter. In dialogue with the athletes in question and their sports federations, ADD chose to report the leak of data to the police.

## Copenhagen Reform Proposals

At the NADO Leaders Summit in Copenhagen in August 2016 participants from national anti-doping organisations signed up to the document 'Copenhagen Reform Proposals', which contains a series of concrete reform proposals for the international anti-doping system.

The focal point of the majority of these reform proposals was the implementation of good governance principles in the leadership and management of anti-doping.

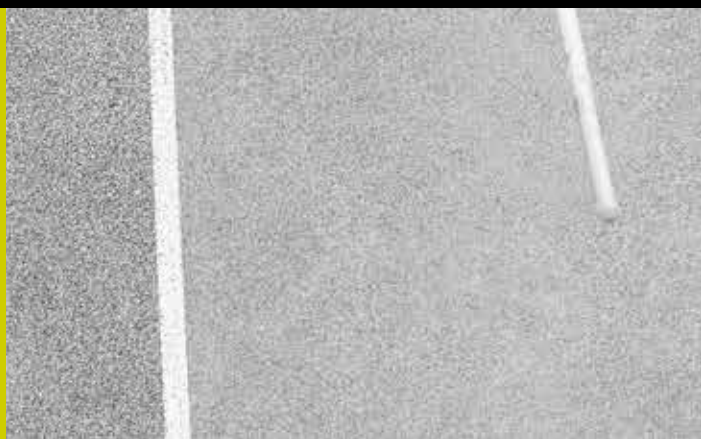
Among the specific proposals was increased independence for WADA's decision-making bodies. Further, it was proposed that WADA be strengthened, with the leaders of national anti-doping organisations proposing that WADA should be given a mandate to sanction a state if a situation similar to that which occurred in Russia were to arise again.



## Digital Burglary

2016 saw further examples of data being compromised as criminal hacking groups illegally gained access to data, including data held by WADA and the US anti-doping organisation USADA.

In 2016, ADD continued its effort to optimise its level of security - including IT security. The security breaches suffered by other anti-doping organisations confirmed the need for ADD to prioritise resources with a focus on securing the organisation's data.



# DOPING CONTROL AND PREVENTION – KEY ELEMENTS

Doping control is a key element of ADD's anti-doping activities. This applies to the daily work of detecting and preventing the use of doping and no less at special events such as this summer's Olympic Games where ADD was represented by four doping control officers and an observer as part of the WADA Independent Observer group.

The invitation to ADD to participate in the group of independent observers represents a significant recognition of ADD's work and credibility. At the same time, ADD's efforts in this regard were an opportunity to contribute to the development of international anti-doping efforts and to learn more about doping controls at a major event where a large number of doping samples were collected and analysed.

## Public Face

ADD's doping control officers (DCOs) and fitness consultants are key representatives of ADD, and comprise the organisation's primary public face. When athletes - from Olympic medalists to fitness enthusiasts - are in contact with ADD, they usually meet DCOs and fitness consultants.

Basic procedures are the same for DCOs and fitness consultants when they carry out doping control of athletes and fitness members

in Denmark, while some other functions differ. DCOs always collect samples when they are in contact with athletes either in or out-of-competition. In 2016 ADD's DCOs carried out almost 1,700 checks on athletes.

In contrast, fitness consultants do not always conduct doping controls when they visit commercial and association-based fitness centres. Here, prevention and dialogue are key activities, while doping control is used as a tool in the context of the overall effort. Out of approximately 1,200 visits carried out by fitness consultants in fitness centres in 2016, 75% focused solely on dialogue and prevention, while the remaining 25% of the visits were supplemented by doping controls.

## Doping Controls and Fitness Visits

ADD has a team of 34 DCOs who cover competitive sports and who are trained to conduct urine and blood tests.

In addition, 8 fitness consultants cover fitness visits and doping controls in fitness centers.

Urine samples will only be collected in cases where fitness consultants find it relevant.

DCOs and fitness consultants are engaged on a part-time basis.



## Therapeutic Use Exemption

Some athletes may suffer from diseases or disorders - chronic or temporary - that require treatment with medicine or methods that are prohibited according to WADA's Prohibited List. If these athletes wish to participate in competitive sport they are required to obtain a Therapeutic Use Exemption - called a TUE.

Any athlete must fulfill a number of criteria in order to be granted a TUE. The athlete must have a documented diagnosis, and the medication which the athlete is prescribed must solely serve to restore the athlete's physical condition to a normal level, so that he or she does not gain an unfair advantage as a result of the treatment.

Whether or not an athlete must apply for a TUE in advance of the treatment will depend on the athlete's age, level, sport and which doping category the medicine falls into. You can contact ADD at any time if you have any queries regarding TUE.

ADD's independent TUE Committee, consisting of four medical specialists, will assess whether the individual athlete can be granted a TUE on the basis of the documented diagnosis assess. Other criteria may apply if the TUE is to be granted under the authority of an international sports federation.

# #RENTRÆNING

## – RESULTS WITHOUT PROHIBITED SHORTCUTS

In 2016, ADD rolled out the #Ren (clean) campaign in fitness centers to raise awareness among members that it is possible to achieve tangible and appreciable results without resorting to the use of prohibited doping substances. The key elements of the campaign are the hashtags #RenTræning, #RenStyrke and #RenDedikation, which have been launched on social media via three athlete profiles. These athletes are committed to clean training and work to achieve the same results as the target audience of the campaign.

### For – Not Against

Some groups in fitness environments associate anti-doping campaigns with prohibition - all the things one is not allowed to do. With the #Ren campaign ADD has fundamentally sought to turn this image on its head by

communicating a positive message of pro-clean training in the battle against doping. To create a platform where fitness athletes have an opportunity, by using the hashtags, to engage in an online community around achieving and publicising good performances achieved without the use of doping.

ADD intended to create a user-driven campaign where athlete profiles become mediators of the campaign's message. The choice of a user-driven campaign was made to give the target audience ownership of the campaign and to enhance the credibility of the message in the target group.

ADD has received funding from the Danish Ministry of Health's 'Pool for Health Promotion and Disease Prevention' for the preventive work it is carrying out in the area of health and fitness, including implementation of the #Ren campaign.

The image displays three posters for the #Ren campaign, each featuring a different athlete in a gym setting. The first poster on the left shows Pelle Rind Jensen, a male athlete, performing a pull-up. The text above him reads: "REN TRÆNING – FORDI JEG ACCEPTERER MIN NATURLIGE GRÆNSE" with the hashtag #RenDedikation below. The second poster in the middle shows Stine Spurr Hansen, a female athlete, performing a deadlift. The text above her reads: "MIN PASSION ER EN STÆRK OG SUND KROP" with the hashtag #RenTræning below. The third poster on the right shows Jacob Beermann, a male athlete, performing a squat. The text above him reads: "MIT MÅL ER STYRKE. TEKNIK OG TÅLMODIGHED ER NØGLEN" with the hashtag #RenStyrke below. Each poster includes the athlete's name and the ADD logo at the bottom.



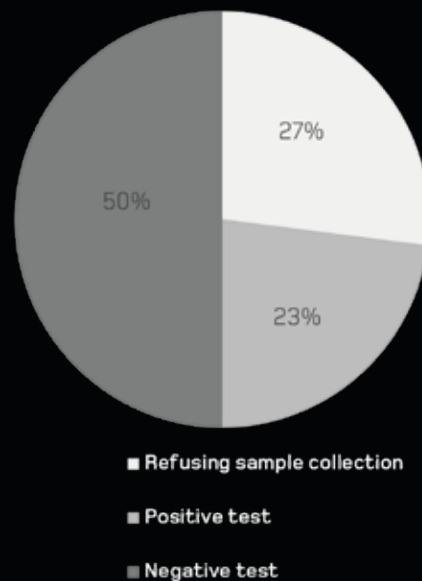
## Targeted Doping Control is Successful

When ADD visits fitness centres in Denmark, only members who are considered to potentially have used banned doping substances will be selected for doping control.

These targeted controls are carried out in order to remove bad role models from fitness centres, and the efforts of recent years confirm that fitness consultants succeed in spotting those fitness members who have taken banned doping substances.

In 2016, ADD carried out 1,234 visits, and in 308 of these, persons were notified for doping control. Half of these notifications resulted in a doping case.

## Results of Notifications



## New Cooperation Agreements for Gyms and Fitness Centres

ADD aims to cooperate with as many fitness centres as possible to achieve doping-free training environments. For this reason, ADD has introduced a price reduction of cooperation agreements in order to remove the price barrier for centres whose only obstacle to participation has been cost.

In addition to the price regulation, the new agreements will mean increased professionalisation of administrative procedures in connection with specific doping cases, while the ongoing cooperation and dialogue between the centres and ADD under the new agreements will be strengthened.



# VOCATIONAL STUDENTS AT RISK

In 2016, students at a number of vocational schools were at the centre of a special awareness campaign launched by ADD. The starting point for this campaign was the results of the study 'Youth Profile 2014' (Danish National Institute of Public Health), which showed that vocational school students have significantly greater experience using doping substances compared to high school students.

Specifically, ADD visited vocational schools. The starting point for the visits was ADD's #Ren campaign, with a focus on how to attain fitness goals in a clean and healthy manner. For this reason, the three fitness athletes from the #Ren campaign participated in events, sharing specific coaching advice with the young students serving as an example of how it is possible to perform well without the use of prohibited doping substances.

## Tailor-Made Visits

In 2016, schools with an interest in health have been given highest priority in order for ADD to gain experience in how best to carry out these educational visits to schools. The visits


have been tailored to the opportunities, ambitions and needs of each school. Schools have an intimate knowledge of their own environment and of how an ADD visit best contribute in their particular context.

Towards the end of 2016 and in order to look at possible areas of collaboration, ADD teamed up with the Danish Company Sports Organisation, which also runs health initiatives in a number of vocational schools. The two organisations' foundations and focus areas in the healthcare activities vary, but there is common ground and opportunities for bringing both organisations' skill set into play. One specific initiative has been a joint outreach at the Danish Skills Championship - a national championship for craftsmen - which took place in early 2017 with a focus on a healthy workout.

*The vocational school project was launched in 2016 and runs through to the end of 2017. The project has received support from the Danish Ministry of Culture's 'Funds for health promotion initiatives'.*







# STEROID USE HAS LONG-TERM CONSEQUENCES

While for some time there have been indications of the long-term consequences of using anabolic-androgenic steroids (AAS), concrete scientific studies on this matter have been lacking. In 2016, researchers at Herlev Hospital presented the first results of an extensive study of current and former male users of AAS, documenting what happens in the body following the use of AAS.

## Side Effects Can Last for Years

The first results of the study showed that the use of AAS can inhibit the body's own production of testosterone for several years after the use of steroids has been terminated. The results further indicate that some men may never regain their normal level of testosterone production.

A number of men experience side effects such as fatigue, reduced sex drive, impotence and depression - symptoms which may all be linked to decreased testosterone levels. The study further showed that there is not necessarily a correlation between the amount of AAS ingested and the subsequent consequences.

The project, which has gained international attention, has received support from ADD's research funds, and the results of the study are helping to establish a strong knowledge base for ADD's work to promote clean training environments.

# JOINT EFFORTS TO COMBAT MATCH-FIXING

In 2016, ADD's secretariat for the national platform to combat match-fixing was launched. This platform combines the resources of a range of organisations in a joint effort against match-fixing.

In the role of secretariat ADD is responsible for coordination, compiling of reports and the assessment and forwarding of cases to relevant organisations.

## Leading the Field

In an international perspective, Denmark has been at the forefront of efforts to establish a national platform to combat match-fixing.

Accordingly, other countries have looked to Denmark as a pioneer in the field, possessing key preliminary experience of the work. This has resulted in presentations and meetings with other integrity organisations, authorities and sports organisations from a variety of countries around the world who would like to incorporate the Danish experience into their efforts to combat match-fixing.

With the authority of the Danish Ministry of Culture, ADD fulfills the role of secretariat of

the national platform to combat match-fixing. Other participants in the platform include the NOC and Sports Confederation of Denmark, the Danish Football Association, Danske Spil (Danish State Lottery), the Danish Online Gambling Association, the Danish National Police, the Director of Public Prosecutions, the Danish Gambling Authority and the Danish Ministry of Culture. In 2016, ADD received 1 million kroner from the Danish Ministry of Culture for the purposes of setting up the secretariat for the platform.

## Synergy in Efforts to Combat Doping and Match-Fixing

The unique position of the secretariat of the national platform to combat match-fixing in ADD, which has hitherto engaged exclusively in the fight against doping, has provided an opportunity to work with the synergies which exist between efforts in both areas.

Both in anti-doping and in the fight against match-fixing and other unethical behaviour in sport, tools such as reporting, investigation and intelligence play a key role.

## Say Something If You See Something!

Ser eller hører du om matchfixing eller anden uetisk adfærd i idrætten, kan du indberette din viden til Stop Matchfixing-hotlinen – via [www.stopmatchfixing.dk](http://www.stopmatchfixing.dk), appen Stop Matchfixing eller telefon 70 70 70 94.





## #stopmatchfixingdk

In 2016, ADD contributed to the campaign 'Say something if you see something', aimed at raising awareness about match-fixing and about the possibilities for reporting it via the Stop Match-Fixing hotline.

The campaign involved the participation of ambassadors for the fight against match-fixing from football, handball, ice hockey, tennis and badminton.

In the autumn of 2016, top clubs from all five sports participated in a high visibility campaign in which teams and players had a team photo taken together with a sign which read 'Stop Match-Fixing'. These team photos generated a great deal of attention on social media, where both clubs and athletes helped to disseminate the pictures.

Selected ambassadors also contributed to a campaign video.

The stakeholders of the campaign were ADD, the Danish Ministry of Culture, the Sports Confederation of Denmark, the Danish Football Association and Danske Spil.

# INCREASED COOPERATION WITH THE POLICE

A crucial step in efforts to optimise investigative and intelligence efforts has been the establishment of dialogue with other authorities and organisations. In relation to this, the first formal cooperation agreement with the Danish National Police was adopted in 2016.

The agreement formalises cooperation between the two authorities and fulfills the legal criteria required in order to be permitted to cooperate on e.g. exchange of information, including personal information.

Specifically, the agreement opens up an opportunity to focus and coordinate the activities of the two authorities' to combat organised and economic crime relating to ADD's jurisdiction, while also enabling ADD and the police to share information.

## Enhanced Security

This cooperation agreement has been facilitated by virtue of the fact that ADD has further upgraded security. This applies both to physical security and procedures and to more formal security considerations, with all ADD staff receiving security clearance in 2016 with the help of PET, Danish Security and Intelligence Service.

## Increased Investigative Efforts

Cooperation agreements are central to ADD's investigative and intelligence work, which has been the subject of increased focus in 2016. In recent years, experience has shown that doping controls are not sufficient to combat doping. Irrespective of whether it is a case of state involvement in doping as in Russia or sale of steroids at the local gym, there is a need for a more holistic approach to the fight against doping. This requires that prevention and control efforts be supplemented by investigations and intelligence.

Specifically, it led to the appointment of an investigative staff member whose task it is to handle investigations and intelligence concerning both doping and match-fixing.

ADD receives its information in this respect from the two channels of reporting, 'Stop Match-Fixing' and 'Stop Doping', through dialogue with sport organisations, from monitoring statistics and from other sources of information. The information is stored in a database, and by means of appropriate software it is possible to detect patterns based on the information gathered.



90

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# NEW METHODS FOR DOPING CONTROL

At the end of 2016, via its collaboration with the Institute of Nutrition, Exercise and Sports at the University of Copenhagen and the Norwegian Laboratory for Doping Analysis, ADD received a grant of support from the Innovation Fund for a PhD project.

This research project will develop the use of dried blood spots for doping tests and analysis. Dried blood spots tests are carried out by pricking the finger of an athlete, from which a drop of blood is transferred to a sheet of paper. This dry drop of blood can then be analysed for the presence of prohibited doping substances.

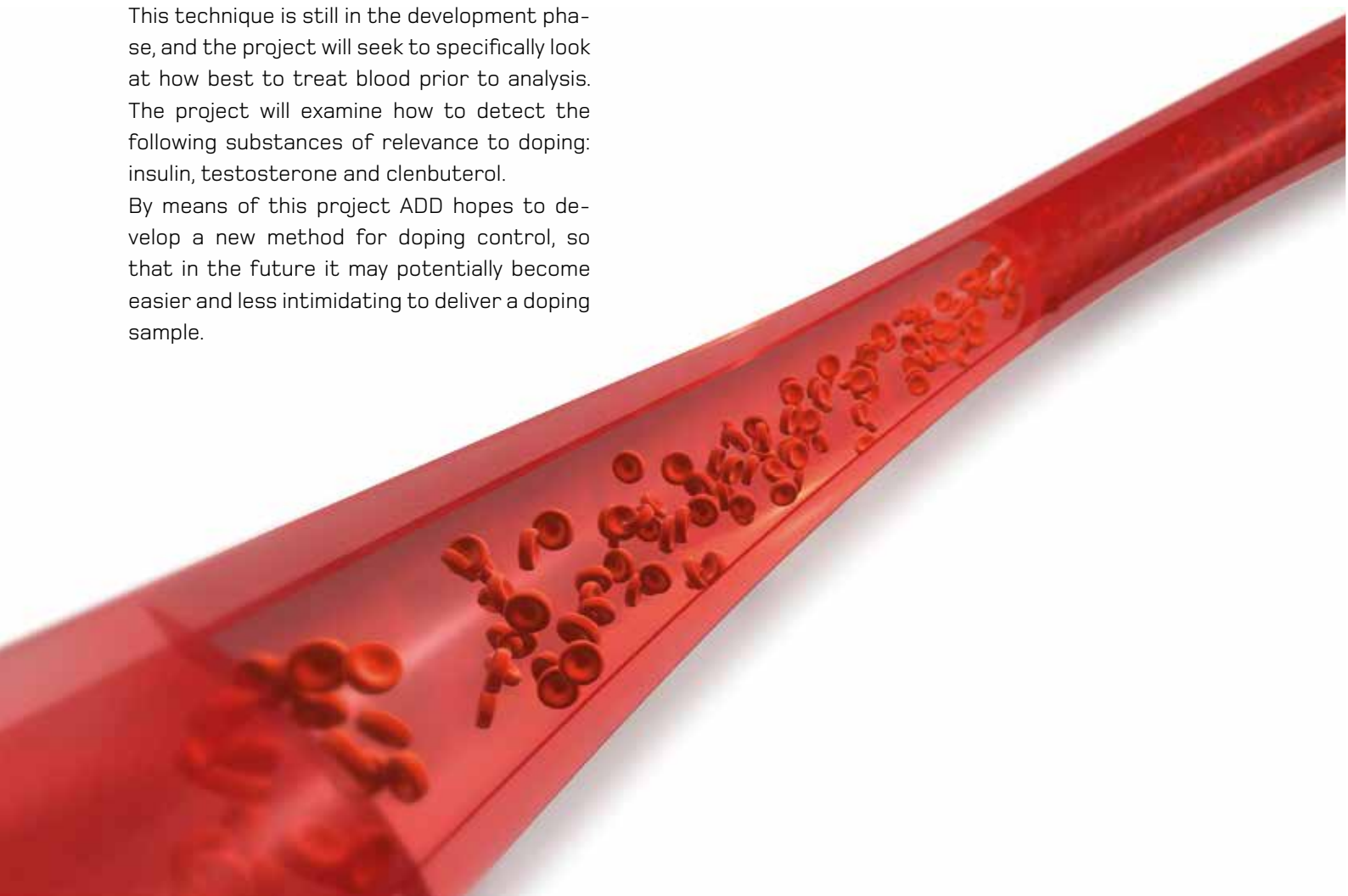
This technique is still in the development phase, and the project will seek to specifically look at how best to treat blood prior to analysis. The project will examine how to detect the following substances of relevance to doping: insulin, testosterone and clenbuterol.

By means of this project ADD hopes to develop a new method for doping control, so that in the future it may potentially become easier and less intimidating to deliver a doping sample.

## A Position on WADA's Panel

ADD has, via its position on WADA's Project Review Panel, increased the influence it exerts on international anti-doping work. The panel evaluates all research proposals received by WADA and submits all relevant applications to WADA's Health Medical and Research Committee.

Participation on the panel enables ADD to gain insight into the international research being carried out in the field of anti-doping.





# IT AND SECURITY – SAFEGUARDING ACTIVITIES

IT and security levels are major priorities for ADD. For this reason, in 2016, an added focus was placed on IT and security levels, and additional resources have been allocated to upgrading.

The aim of these measures has been to support ADD's status as a public authority, in light of the organisation being granted increased powers, including the allocation of the function of secretariat of the national platform to combat match-fixing, along with an increased emphasis on intelligence and investigations. This has increased the requirements for ADD and the wider world with respect to security.

## **Safeguarding of Data**

ADD handles athletes' personal information and data of relevance to anti-doping and match-fixing efforts. In line with developments in the field of IT and security, it is important for ADD to continuously keep the organisation updated and to implement upgrades such that data related to doping controls, information concerning athletes and submitted reports continue to be stored in a proper and secure manner.

Besides the granting of PET security clearance to all ADD staff, a range of specific IT and security measures have been carried out which have enhanced security at the organisation and increased knowledge, as well as improving awareness of procedures among employees.

# Annual Account 2016

PROFIT AND LOSS ACCOUNT	Note	Budget		
		2016	2016	2015
		in t.kr.	in t.kr.	in t.kr.
<b>REVENUE</b>				
Grants, Ministry of Culture		18,642	18,200	17,041
Grants, ISM awareness-raising and prevention		0	0	17
Grants, SUM 2015/2017	1	570	570	600
DFHO Fitness Centres		1,395	1,400	1,399
Ministry of Culture Municipality Project (satspuljemidler)	2	10	0	300
Grants, Ministry of Culture Exercise/Fitness 2013/2014	3	32	0	144
Grants, Ministry of Culture Fight Against Match-fixing	4	683	0	0
Grants, Ministry of Culture Vocational Schools Project	5	214	0	0
Grants, Danish Ministry of Culture Fitness Database	6	477	0	0
Other revenue		1,571	1,600	1,849
<b>Total Revenue</b>		<b>23,594</b>	<b>21,770</b>	<b>21,350</b>
<b>EXPENDITURE</b>				
Board of directors	7	359	348	274
Administration	8	3,944	3,745	3,621
Doping controls	9	13,243	11,495	11,240
Education and prevention	10	4,910	4,440	3,898
Medicine/TUE	11	177	230	256
Research activities	12	239	500	303
Quality system and management	13	110	90	83
International work	14	144	200	175
Reporting and bringing of cases	15	1,474	1,675	812
Fight against match-fixing	16	421	175	0
<b>Total expenditure</b>		<b>25,021</b>	<b>22,898</b>	<b>20,662</b>
<b>Profit/loss for year</b>		<b>-1,427</b>	<b>-1,128</b>	<b>688</b>
<b>Allocation of funds</b>				
Transferred to capital and reserves		<b>-1,427</b>	<b>-1,128</b>	<b>688</b>



<b>BALANCE SHEET</b>	<b>Note</b>	<b>2016</b>	<b>2015</b>
		in t.kr.	in t.kr.
<b>ASSETS</b>			
<b>Current assets</b>			
<b>Receivables</b>			
Receivables, debtors		144	282
Pre-paid		117	135
Receivables, other		78	20
<b>Total receivables</b>		<b>339</b>	<b>437</b>
<b>Cash and cash equivalents</b>		<b>5,219</b>	<b>6,003</b>
<b>Total current assets</b>		<b>5,558</b>	<b>6,440</b>
<b>TOTAL ASSETS</b>		<b>5,558</b>	<b>6,440</b>
<b>LIABILITIES</b>			
<b>Capital and reserves</b>			
Capital and reserves at the beginning of the financial year		2,220	1,532
Retained earnings		-1,427	688
<b>Total capital and reserves</b>		<b>793</b>	<b>2,220</b>
<b>Short-term debts</b>			
Suppliers of goods and services		1,703	1,789
Grants received in advance			
- Ministry of Culture Exercise/Fitness 2013/2014		0	32
- Ministry of Culture Vocational Schools Project		335	0
- Ministry of Culture Fitness Database		194	0
- Ministry of Culture Fight Against Match-fixing		317	0
- Ministry of Culture Municipality Project (satspuljemidler)		375	0
Holiday pay accruals		1,012	778
Other debts		829	1,621
<b>Total debts</b>		<b>4,765</b>	<b>4,220</b>
<b>TOTAL LIABILITIES</b>		<b>5,558</b>	<b>6,440</b>

# STATISTICS

## Doping Controls

### Elite og competitive sport

In 2016, 685 in-competition doping tests and 1,011 out-of-competition doping tests were carried out by ADD in the national program. In total 1,661 doping tests.

Women									
Sport	In-competition			Total in-competition	Out-of-competition			Total out-of-competition	Total
	Blood	Blood module	Urine		Blood	Blood module	Urine		
American football									
Athletics			32	32	3	10	15	28	60
Badminton			2	2		5	5	10	12
Basketball									
Boxing							1	1	1
Table tennis			1	1					1
Wrestling									
Cycling			5	5	4	5	9	18	23
Dance							2	2	2
Dart			1	1					1
Football									
Archery			1	1					1
Golf							2	2	2
Gymnastics			2	2					2
Handball			14	14			8	8	22
Ice hockey							7	7	7
Judo			2	2			2	2	4
Canoe/kayak			4	4	6	8	11	25	29
Karate			3	3					3
Kickboxing			2	2					2
Climbing									
Motocross									
Orienteering		1	5	6		2	3	5	11
Equestrian			4	4					4
Rowing			6	6		11	19	30	36
Rugby									
Sailing			1	1			1	1	2
Shooting							1	1	1
Squash									
Powerlifting			7	7	6		8	14	21
Surfing									
Swimming			2	2	9	20	28	57	59
Taekwondo			1	1			1	1	2
Tennis					1	2	2	5	5
Triathlon		1	18	19	4	16	27	47	66
Volleyball									
Weightlifting			6	6	1		12	13	19
<b>Grand total</b>	0	2	119	<b>121</b>	34	79	164	<b>277</b>	<b>398</b>

The ten sports tested most frequently were: Cycling (265), Football (179), Triathlon (171), Handball (140), Athletics (129), Swimming (109), Weightlifting (83), Ice hockey (81), Rowing (80), and Powerlifting (78).

Men									
In-competition			Total in-competition	Out-of-competition			Total out-of-competition	Total	Grand total
Blood	Blood module	Urine		Blood	Blood module	Urine			
		23	23			22	22	45	45
		32	32	4	11	22	37	69	129
		3	3		13	14	27	30	42
		17	17				17		17
		4	4	4		10	14	18	19
		3	3					3	4
		8	8	5		9	14	22	22
	1	106	107	3	61	71	135	242	265
						2	2	2	4
		2	2					2	3
		98	98	10		71	81	179	179
		1	1					1	2
		5	5			1	1	6	8
		2	2					2	4
		42	42	15		61	76	118	140
		38	38	6		30	36	74	81
		4	4					4	8
		8	8	5	3	9	17	25	54
		3	3					3	6
		11	11					11	13
		3	3					3	3
		8	8					8	8
		3	3		3	6	9	12	23
		2	2					2	6
		5	5	1	14	24	39	44	80
		26	26			19	19	45	45
		4	4					4	6
						2	2	2	3
						4	4	4	4
		16	16	6		35	41	57	78
		1	1					1	1
		18	18	1	9	22	32	50	109
		3	3			3	3	6	8
									5
		29	29	2	23	51	76	105	171
		12	12	1		5	6	18	18
		23	23	6	3	32	41	64	83
0	1	563	564	69	140	525	734	1.298	1.696

# STATISTICS

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## Fitness Centres

In 2016, ADD conducted 1,234 visits in the Danish fitness centres. One in four visits (308) resulted in at least one doping control.

383 persons were notified during the visits. Half the notifications resulted in a doping case as a result of a positive test or refusing sample collection.

	Visits - prevention and dialogue	Visits - prevention and dialogue, incl. doping control	Notifications*	Total visits
Associations (DIF, DGI and Danish Company Sports)	190	15	27	205
Commercial centres	736	293	356	1.029
<b>Total</b>	<b>926</b>	<b>308</b>	<b>383</b>	<b>1.234</b>

\* The number of notifications may vary from each visit with doping control. The number of notification therefore exceeds the number of visits including doping control.

	Refusing sample collection	Positive tests	Total number of cases
Associations (DIF, DGI og Danish Company Sports)	3	1	4
Commercial centres	100	87	187
<b>Total</b>	<b>103</b>	<b>88</b>	<b>191</b>

## Therapeutic Use Exemption- TUE

In 2016 ADD issued 96 Therapeutic Use Exemptions (TUE). TUEs for athletes in an international elite level are issued by their international federations and are not shown in this table.

Prohibited substance	Disease	Number of TUEs
Terbutaline	Asthma	45
Methylphenidate	ADHD	15
Prednisolon or other oral preparations	Inflammation	8
Insulin	Diabetes	7
Other	-	21
<b>Total</b>		<b>96</b>

## Contract Testing

ADD has conducted 307 doping tests on behalf of international and national federations etc.

Type	Commissioned by	Total blood	Total urine
DIF	Danish Athletics Federation	0	4
	Danish Triathlon Federation	0	6
	Lillerød Vægtløfter Klub (Lillerød Weightlifting Club)	0	16
<b>Total</b>		<b>0</b>	<b>26</b>
Out-of-competition tests commissioned by international federations (IF) and national anti-doping organisations (NADO)	Antidoping Norge	7	10
	Badminton World Federation	0	1
	Drug Free Sport New Zealand	1	1
	European Handball Federation	0	8
	Federation Internationale de l'Automobile	0	1
	International Orienteering Federation	2	2
	NOC Iceland	0	3
	Swedish Sports Confederation	0	2
	USADA	2	6
	World Curling Federation	0	1
<b>Total</b>		<b>12</b>	<b>35</b>
In-competition tests commissioned by national and international federations and other sports event organisers	Badminton Denmark	0	12
	Badminton World Federation	13	13
	Challenge Denmark	0	14
	Danish Athletics Federation	0	5
	Dansk Bicycle Club (Danish Bicycle Club)	0	2
	Dansk Døve-Idrætsforbund	0	3
	Danish Equestrian Federation	0	20
	Parasport Danmark	0	4
	European Handball Federation	0	12
	International Handball Federation	0	16
	International Ice Hockey Federation	0	12
	International Paralympic Committee	0	26
	International Association of Athletics Federations	0	10
	Postnord Danmark Rundt	0	15
	Union Cycliste Internationale/Danish Cycling Federation	0	11
	World Archery/Danish Archery Association	0	10
	World Curling Federation	0	8
<b>Total</b>		<b>13</b>	<b>193</b>
Others	Danish Professional Boxing Federation	0	4
	Faroe Confederation of Sports	0	26
	Hestevæddeløbssportens Finansieringsfond/ Dansk Galop/Dansk Travsports Centralforbund (Equestrian Sports Fund/Danish Canter/Danish Trot)	0	15
	Union Sportive des Polices d'Europe/Danish Police Sport Federation	0	8
<b>Total</b>		<b>0</b>	<b>53</b>
<b>Grand total</b>		<b>25</b>	<b>307</b>

# STATISTICS

## Doping Cases in Competitive Sports

Eight cases were disclosed in elite and competitive sports in 2016.

Case no.	Sport	Test type	Gender	Substance	Sanction
1	Powerlifting	In-competition	Female	Anabolic steroids	4 years suspension
2	Rugby	In-competition	Male	Cannabis	1 month suspension
3	Wrestling	Out-of-competition	Male	Whereabouts violation	1 year suspension (9 months suspended sentence)
4	Swimming	In-competition	Male	Higenamine	No sanction (acquittal)
5	Rugby	In-competition	Male	Terbutaline	Reprimande
6	Kickboxing	In-competition	Male	Clomifen and tamoxifen	2 years suspension
7	Cycling	Out-of-competition	Male	Refused sample collection	4 years suspension
8	Kickboxing	In-competition	Male	False name given	4 years suspension

Danish athletes sanctioned by other anti-doping organisations in 2016. The sanctions are recognised by ADD and the Sports Confederation of Denmark.

Anti-doping organisation	Sport	Test type	Gender	Violation	Sanction
World Curling Federation	Curling	In-competition	Female	Positive test	15 months suspension
NADO Vlaanderen	Swimmin	In-competition	Female	Positivev test	Reprimande

Foreign athletes with positive tests in ADD testing. The case was handed over to another anti-doping organisation for results management.

Sport	Test type	Gender	Violation	Handed over to
Wrestling	Out-of-competition	Male	Positive test	NADO Slovakiet



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