



# ANNUAL REPORT



2006



## PREFACE



In February 2006 I got an unexpected call from the Chairman of Anti Doping Denmark's (ADD) Executive Board Professor, Dr. Med. Michael Kjær who told me that he wanted to resign from his position. The choice as his successor was me. It was a quick promotion from member of the Board to Chairman in about a year. Michael Kjær and I switched places, he is now a member and until 2008, I am elected Chairman.

2006 was an eventful year for ADD. For instance, ADD signed into a results contract with the Ministry of Culture that clearly formulates what ADD should achieve before 2008. In the results contract a number of objectives and standards are agreed upon, for instance increased testing of athletes in sports with an incriminating doping history were Denmark has a high international level, preventive test on recreational athletes, ongoing training and examination of our doping control officers, contributing to opinion formation in- and outside sports, strategic cooperation with external stakeholders. Doping is not just a problem in sports but also a problem in society in general. ADD has contributed to the harmonisation of international anti-doping policies, rules and regulation for all sports in all countries and ADD has also participated in the revision of WADC (World Anti-Doping Code).

In 2006 the Athlete Committee (AC) and ADD engaged in a cooperation where the athletes could view their dissociation with the use of doping. The campaign product is a gold coloured silicone bracelet on which it is printed: TRUE WINNERS and ADD's new slogan: HONEST SPORT. At first 2500 bracelets were produced and sold for d.kr. 25, - per bracelet. The money raised will go into further controls and anti-doping information. The campaign is a big success and the Board wishes to thank AC for their contribution.

2006 was a year where Denmark was the first country in the world which established a permanent doping control agreement with commercial fitness centres which states that all members of a fitness centre are obligated to participate in doping control. The legal basis for ADD's agreements with fitness centres is the Act on Promotion of Doping-free Sport which became effective from January 1st 2006. As a consequence of this new agreement, the Ministry of Culture pointed out managing director Rasmus Ingerslev from the organisation Danish Fitness and Health Organisation which was constituted in September 2006 as a new member of the Board of ADD. ADD's Board has worked all year on a 3-year plan to fight recreational doping which at the same time should uncover the size of recreational doping and the reasons for the abuse etc. The measures taken against recreational doping is expected to be implemented with financial support from the Ministry of Culture and the Ministry of the Interior and Health and the sports organisations.

I will conclude by thanking all good efforts who are working for a doping-free sport. This year special thanks are given to all doping control officers who are ADD's representatives every day of the year. Without a competent team of doping control officers ADD would not be one of the leading anti-doping organisations of the world, as it is the case today.

Jens Evald  
Anti Doping Denmark, Chairman





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## ABOUT ANTI DOPING DANMARK



THE EXECUTIVE BOARD 2006

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### The Executive Board

- Jens Evald, chairman
- Per Larsen, vice-chairman
- Michael Kjær
- Gert Nielsen
- Michael Andersen
- Rasmus Ingerslev
- Tonny B. Andersen
- Troels Sandager
- Regitze Siggaard
- Lars Bonde
- Berit Puggaard
- Rikke Rønholt

### The Executive Board 2006

- Michael Kjær, formand
- Per Larsen, næstformand
- Michael Andersen
- Jens Evald
- Gert Nielsen
- Niels Nygaard
- Søren Riskjær
- Eva Wulff Helge
- Troels Sandager
- Tonny B. Andersen
- Lars Bonde
- Berit Puggaard





## VISION, MISSION AND VALUES

### The legal basis

Pursuant to Act No. 1438 of 22 December 2004 and Executive Order No. 1447 of 14 December 2005 on the Promotion of Doping-free Sport, Anti Doping Denmark's responsibility is to fight doping in sport.

### Vision

Anti Doping Denmark's vision is to fight the use of doping in Danish sport and promote and develop national and international harmonisation of the anti-doping work, and thus maintain and develop Denmark's position among the pioneering countries in international anti-doping work.

### Mission

Anti Doping Denmark's activities include:

- Doping control
- Information and education
- Research into and development of methods to enhance the fight against doping
- Participation in international cooperative efforts to fight doping
- Provision of advice and support to public authorities within ADD's area of expertise.

In cooperation with the government and Danish sports organisations, ADD will fight the use of doping and strengthen the basic values of elite as well as lower level sport in Denmark.

In cooperation with WADA and international partners, ADD will create an optimal framework for its work in accordance with the Act on the Promotion of Doping-free Sport and relevant international rules.

### Values

In order to create the best possible conditions for fighting doping in Danish sport, ADD has based its work on the following three core values:

#### Quality

The Anti-doping work must be anchored in an ISO-certified quality management system in order to ensure that the work is planned and carried out in accordance with all international standards and guidelines, thus ensuring the best possible safeguarding of athletes' basic legal rights. The quality system must at all times be certified under the ISO 9001:2000 standard.

#### Independence

ADD's work may not be circumscribed by political and commercial interests or by stakeholder organisations. Only thus can the organisation's independence and credibility be ensured.

#### Expertise

ADD's work must be based on a high degree of international and national expertise and know-how.





## HIGHLIGHTS 2006

For Anti Doping Danmark, 2006 became an eventful year in many areas, some of which are mentioned here.

### Results contract with the Ministry of Culture

ADD entered into a three-year results contract with the Ministry of Culture which clearly states what ADD must achieve within the period 2006-2008.

The following objectives and goals were agreed for ADD:

- Emphasis on testing athletes in doping-related sports and in sports where Denmark has a high international level
- Preventive tests among non-elite athletes in organised sports (recreational athletes)
- Regular controls and in-house training of doping control officers
- To contribute to the moulding of attitudes on anti-doping within and outside sport
- To make information available to athletes, trainers, coaches, managers and other stakeholders
- To make educational programmes available to various target groups in sport in collaboration with organised sports
- To enter into a strategic collaboration with external stakeholders, as doping is not only a problem within sport, but for the entire community
- Support anti-doping research in order to collect and generate new knowledge
- Disseminate research results from supported projects
- Encourage new networks to involve themselves in anti-doping research.

### Harmonisation of international rules

ADD was a hard-working contributor to harmonisation of international anti-doping policies, rules and regulations for all sports in all countries. ADD will administer the anti-doping work in harmony with the obligatory elements in the World Anti-Doping Program (WADP), and ADD works to ensure that Danish athletes can compete in doping-free elite sport. ADD participates regularly in revision of international standards, including the prohibited list.

### The Council of Europe's Anti-Doping Convention – expert assessment

The anti-doping work in Denmark was assessed in October by experts appointed by the monitoring group for the Council of Europe's (CoE) Anti-doping Convention based on the national report. The expert group's evaluation of the visit and recommendations, if any, will now be described in a final report on Denmark in 2007.

### Cooperation with fitness centres

Denmark became the first country to succeed in establishing a permanent arrangement on doping control with fitness centres, under which all of the centres' members have a duty to submit to the current doping control rules. The arrangement has grown steadily over the last year, during which the problem with doping among recreational athletes has played a large role in the media and the daily work in the administration.



### Information

Abuse of anabolic-androgenic steroids among young Danes is widespread. It is estimated that between 10,000 and 50,000 young people, primarily men, use them. They are especially used in exercise and fitness centres all over the country.

Over the past year ADD worked on a longitudinal strategy against doping among recreational athletes which will also examine the extent of doping among recreational athletes, reasons for its use, and, for example, which resources this doping problem occupies in the health sector. The longer-term objective is that more young people who engage in sport for exercise as well as persons associated with these young people (support staff) acquire knowledge and insight into the downside of doping, and that in light of this; the young do not start using doping.







## THE EXECUTIVE BOARD AND ADMINISTRATION

In 2004 Brian Mikkelsen, Minister of Culture, and the sports organisations appointed a new board of directors made up of the following twelve persons as at 1 January 2006:

- Prof. Michael Kjær, dr. med. (chairman)
- Per Larsen, Chief Police Inspector, (vice-chairman)
- Michael Andersen, Managing Director
- Jens Evald, Professor, dr. jur.
- Gert Nielsen, Dentist and vice-chairman of The NOC and Sports Confederation of Denmark
- Niels Nygaard, Director, The NOC and Sports Confederation of Denmark
- Søren Riskjær, Director, Team Danmark
- Eva Wulff Helge, cand. scient., Team Danmark
- Troels Sandager, Head Teacher, Danish Gymnastics and Sports Associations
- Tony B. Andersen, Chief Sergeant, Danish Company Sports Federation
- Lars Bonde, National Coach, Team Danmark's coach committee
- Berit Puggaard, Assistant Director, The NOC and Sports Confederation of Denmark's active athletes group (appointed until the end of 2008).

Jens Evald took over as chairman from 1 March 2006. New board members were appointed by the Minister of Culture in 2006: Rasmus E. Ingerslev, Managing Director of Fitness.dk and board member of the Danish Fitness and Health Organisation, Regitze Siggaard, Chief Consultant, member of The NOC and Sports Confederation of Denmark's executive board, Rikke Rønholt, elite athlete and member of The NOC and Sports Confederation of Denmark and Team Danmark's Active Athletes Committee, Michael Andersen, Managing Director of Team Danmark, and Gert Nielsen, dentist and member of Team Danmark's board of directors. The following have resigned from the board of directors: Niels Nygaard, Eva Wulff Helge and Søren Riiskjær. The Organisation's daily operation is managed by the administration, which consisted of seven employees at the end of the year: Finn Mikkelsen, Head of Ad-

ministration, Jakob Berget, Head of Education & Information, Kirsten Thomsen, Technical Coordinator, Christina Friis Johansen, Quality Manager, Anders Lund, Project Manager, Trine Skov Møgelvang, Communication Coordinator and Michael Larsen, Project Employee.

In addition there are five part-time external employees, including a doctor for TUE certificates, doctors at the anti-doping hotline, and two post-graduates to answer questions on ADD's website.

Together with other national anti-doping organisations, ADD participated in an assessment of the database systems SIMON and ADAMS for management of data from the control work. The assessment and new tests are continuing in 2007 in order to finally develop the Danish data management system.

ADD has taken out extended insurance cover for doping control officers so that we can continue to test on behalf of other interested parties in and outside of Denmark.

ADD attended a meeting in the Ministry of Culture with the department's legal advice group on our contract with fitness centres. Under the act, standard contracts must be approved by the Ministry, and a consultation system associated with all agreements must be established.

ADD has an agreement with The NOC and Sports Confederation of Denmark's finance section on account management and wage payment. ADD elected the auditors KPMG.

### Assessment

The "Executive Order on the Promotion of Doping-free Sport" was implemented from 2006 onwards in connection with the "Act on the Promotion of Doping-free Sport (No. 1438 of 22 December 2004)".

The business plan for 2006 has been incorporated in the above results contract with respect to objectives and quality requirements for control, information, research, international activities and sale of external services. The IT area has been enhanced with respect to registration of both national and international data work in connection with controls.

In May the NOC and The NOC and Sports Confed-





## CONTROLS

eration of Denmark, The Danish Gymnastics and Sports Associations, Company Sports Federation, Team Danmark and the Ministry of Culture adopted a financing model for ADD up to 31.12.2010.

The financing model is based partly on a fixed basic grant from the organisations and partly on supplementary project funding from relevant partners. Each year ADD will describe specific projects which it wishes to undertake in relation to the five core areas. The funding will be discussed with the organisations, and if one or more of the main sports organisations and Team Danmark wish to support a given project, the Ministry will support it with up to 50% of the total costs, up to DKK 1 million per year. The sports organisations agree on a distribution ratio concerning that part of the project expense which is not covered by the Ministry. ADD may also seek funding from external sponsors. The basic grant amounted to DKK 11.4 million in 2006 and it will be indexed to DKK 11.85 million in 2007.

Doping cases are rising steeply among recreational athletes within and outside organised sport. This is the case not least in the country's fitness centres, just over 30% of which have now entered into an agreement on doping control with ADD.

### Doping controls

ADD carried out 2,396 doping controls in 2006, which is an increase of 6% compared with 2005 and more than ever before in Denmark.

### The NOC and Sports Confederation of Denmark

Of the total number of tests, 1,664 were performed on athletes under The NOC and Sports Confederation of Denmark. A total of 421 tests were performed within the Registered Testing Pool. A total of 66% of all tests were performed without notice in connection with training.

It is a target for all tests within all sports when Anti Doping Danmark maintains that two thirds of all tests should be out-of-competition tests. There are more within some sports and less in others such as cycling.

### Doping tests from 1992-2006

Year	Out-of-competition	In-competition	% Out-of-comp.	Internat.	DGI/DFIF*	Contract
1992	389	282	57.9 %	91		
1993	441	323	57.7 %	148		18
1994	535	234	69.5 %	82		17
1995	555	322	63.3 %	55		2
1996	562	292	65.8 %	188		
1997	558	343	61.9 %	138		
1998	544	338	61.6 %	97		
1999	615	397	60.7 %	142		2
2000	743	363	52.1 %	99		11
2001	788	441	64.1 %	64		33
2002	932	478	66.1 %	81		178
2003	1010	495	67.1 %	94	106	231
2004	1080	523	67.3 %	109	138	250
2005	1132	597	65.4 %	146	154	241
2006	1081	583	65.0 %	237	181	314

\*DGI = Danish Gymnastics and Sports Associations (DGSA)

DFIF = Danish Company Sports Federation (DCSF)







EPO analyses were performed on 53 urine samples from elite athletes in endurance sports. All analyses were negative. No blood samples were tested in 2006 as we are still awaiting international guidelines from WADA.

### Medical committee

The TUE committee has prepared rules for general exemptions for certain substances and methods on the prohibited list. The number of applications for exemptions to athletes under The NOC and Sports Confederation of Denmark has been comprehensive, as in 2005 (647). A total of 572 abbreviated TUE exemptions and 75 standard TUE exemptions were issued.

### Danish Gymnastics and Sports Associations/ Danish Company Sports Federation

166 doping tests were carried out in the Danish Gymnastics and Sports Associations, while 25 athletes from the Company Sport Federation were tested.

### Other controls

170 were carried out at international events as per current agreements. ADD also tested 67 on behalf of anti-doping organisations in other countries including ANADO (Association of National Anti-doping Organisations). In addition, four doping controls were sold to clubs.

Samples taken on behalf of the Danish Bodybuilding and Fitness Federation (DBFF) fell from 39 in 2005 to 7 in 2006, and together with the Ministry of Culture we are working on re-establishing the number of controls taken on behalf of DBFF in 2007.

The prison service in Denmark wants to introduce permanent doping controls in Danish prisons, and ADD participated in a trial project. The prison service has subsequently decided to extend the doping control to include all the country's prisons. ADD performed 47 tests in three prisons in 2006.

The Danish Professional Boxing Federation had 20 tests carried out. ADD also carried out 12 tests on two visits to the Faeroe Islands, while eight doping tests were performed at the fitness championships in Denmark.

ADD has entered into agreements on doping control in fitness and weightlifting centres with the purpose of preventing the use of doping outside organised sport. In 2006, 62 fitness centres entered into agreements with ADD. Two hundred and sixteen unannounced doping tests were made in the centres as opposed to 106 in 2005.

### Doping cases

The number of doping sanctions concern 0.6% of all samples in 2006 alone. There were 10 "positive" doping tests out of 1,664 tests, with subsequent sanctions. The doping cases come from power lifting (2), weightlifting (3), basketball (1), American football (1) and roller hockey (1).

There were 94 instances in which the administration reported a violation of the doping rules for the stakeholders. This is an increase of 45% compared to 2005. The recreational athletes continue to be the most frequent violators of the doping rules

### Doping control officers

This year's seminar for doping control officers was held in Zurich. We visited Berlinger A/S, which is the world's leading manufacturer of doping control equipment. The control officers also attended a mid-way seminar, and monthly newsletters provided an efficient and effective follow-up. The training of control officers and chaperones was a success with a reduction in the number of deviations, and there are also fewer unsuccessful sample collections to places where training has been cancelled.

Dopingsager	2005	2006
NOC	8	10
DGSA	17	18
DCSF	1	4
Fitness centers	24	44
DBFF	9	3
Danish Prisons	6	14
Club Contracts	0	1
IN TOTAL	65	94



### Analysis of doping samples

All Danish urine samples are analysed at the Section for Doping Analysis at the Hormone Laboratory at Aker University Hospital, Oslo, which is accredited to current standards. Most instances of doping concern anabolic steroids, but there has been a clear increase in the T/E ratio analyses during the past year, without seeing any increase in the violation of the doping rules.

In addition to the ordinary expenses of analyses of in-competition and out-of-competition tests, the costs of selected tests for analysis for EPO and many confirmations when detecting beta-2 agonists increased.

### Recertification and ISO certification expansion

Anti Doping Danmark's quality system was developed to satisfy the requirements of WADC and associated international standards. The quality system is certified to the ISO 9001:2000 standard. In December 2006 Det Norske Veritas performed a recertification audit in order to renew ADD's ISO certificate and at the same time expand the scope to include ADD's information and education activities.

Det Norske Veritas concluded that the elements in the quality system for both the control and the information and education activities meet the requirements of WADP and associated international standards, and have been implemented satisfactorily in relation to the requirements in the quality standard.

Three areas of improvement to enhance the efficiency of the quality system were found. The overall assessment of ADD was very satisfactory.

### Internal audits of the quality system

Three internal audits were performed in 2006 of the administration's administrative procedures for planning and case handling in connection with the doping control work. In addition, a field audit of the procedures for doping control in practice was performed.

A total of two minor deviations were found where it was not possible to follow the procedures described in the quality system in practice, and the procedures were thus subsequently adjusted. Det Norske Veritas judged that ADD's internal audit was of a "very high technical standard".

### Assessment

The target number of tests in 2006 was fully reached, with 1,664 tests compared with the planned 1,650. The share of out-of-competition tests was reached compared with the objective (66%).

The doping control officers have gained good experience and they contribute to quality-assured and effective and efficient controls. Corrections and adjustments are made via the newsletter, mid-way meeting and annual seminar for control officers. All deviations were reviewed and processed. We managed to gather information from elite athletes in the Registered Testing Pool, but it demanded considerable resources. The 421 tests within the Registered Testing Pool are clearly satisfactory compared with the objectives that were set. We also assisted a number of national federations with the performance of doping controls on behalf of the international federation.

The number of doping cases in elite sports (The NOC and Sports Confederation of Denmark) was a little higher than last year, while the relative distribution of violation of the doping rules in fitness centres and lower level sports is still high.



### Most tested sports in 2006

Federation	Number of tests
Football	176
Cycling	154
Handball	149
Icehockey	110
Powerlifting	96



## INFORMATION AND EDUCATION

Through targeted information and education of different groups, ADD intends:

- to stimulate and develop preventive anti-doping work in Danish sports
- to influence the surrounding world's attitudes to and knowledge of the doping problem and anti-doping work within sports.

### The internet

Anti Doping Danmark's website changed name in 2006 from [www.doping.dk](http://www.doping.dk) to [www.antidoping.dk](http://www.antidoping.dk). The new name will be indicated on ADD's future information material.

[www.antidoping.dk](http://www.antidoping.dk) is now the entry to all information and activities which ADD offers. The website has approx. 500 hits per day and it has been updated during the year with relevant information on doping and anti-doping as well as more than 170 news items, press releases and newsletters. In addition, we have implemented an audit of the Q&A page and the news page.

ADD's internet pages will in future be part of the quality system as up-to-date information is given to the athletes, through for example the prohibited list and the Drug Information Database as well as articles and possible campaigns aimed at moulding attitudes. As [www.antidoping.dk](http://www.antidoping.dk) functions as a primary entry to information for all ADD's stakeholders, we have started redesigning the website to make user interfaces and other frequently used functions clearer. This will also provide an opportunity to look into new functionalities and a review of the information which is already available on [antidoping.dk](http://antidoping.dk).

### Ask about doping

Ask about doping (»Spørg om doping«) handles more than 150 questions a month on everything to do with the anti-doping work. It has been recorded, among other things, that more than 200 enquiries annually concern dosage, effects and side effects of anabolic-androgenic steroids (corresponding to 47% of all enquiries about doping substances and dietary supplements). The other questions are on the use of creatine, vitamins, protein, the legality of dietary supplements, questions concerning growth hormones, insulin, clenbuterol, ephedrine etc. In addition answers are given to questions on doping controls, the prohibited list, exemptions from the list and schoolchildren's questions on doping.



### The anti-doping hotline

The doctors offering counselling by phone on the anonymous medical anti-doping hotline will in future collect data electronically. This will give more correct entries, save ADD double work and increase the possibility of preparing call statistics. The number of enquiries has been on the decrease, probably because a number of questions can be clarified directly on ADD's website or from answers on »ask about doping«. The anti-doping line received approx. 130 calls until 1 November 2006, which is slightly below the 2005 level.





### Information to specific target groups

ADD gave many lectures around the country in 2006 to the designated target groups. This work as well as the rest of ADD's information work was ISO certified in December 2006.

ADD's lecturers were given in fitness centres, schools, an integration school, upper secondary schools, clubs, associations and federations.

A new initiative in 2006 was a partnership with the School, Social Services and Police co-operation in Næstved Municipality and the fitness centre Scala on arranging a joint anti-doping evening for the whole town (athletes, fitness staff, leaders and coaches in associations). The event took place in the town's cultural centre »Musikstalden« and was useful to many people interested in sport.

ADD was represented at a very successful seminar about the fight against doping in sports held on 15 March at the Institute of Sports Science and Clinical Biomechanics at the University of Southern Denmark. We presented ADD's comprehensive efforts in the research area over the last couple of years, and we went through ADD's legal basis as well as the doping problem seen from different angles. Just under 100 persons attended.

On 26 October ADD held an inspiration and knowledge seminar for ADD's working partners at Idrættens Hus. Representatives from the board, committees, control officers, chaperones, the doping committee from The NOC and Sports Confederation of Denmark, doping tribunal and appeal committee as well as the Danish Gymnastics and Sports Associations, Association of Rifle Clubs and Company Sports Federation, the Ministry of Culture including the Minister of Culture.

ADD has had meetings with the Danish Football Players Association on the possibilities of working together in the anti-doping area, and participated in the elite trainer/coach committee with lectures on the Registered Testing Pool.



### ADD's new slogan

As ADD has not previously had a slogan which we could use in our communication, we drew up some criteria for a slogan with the purpose of developing one subsequently. The criteria were that the slogan was to:

- Gather the essence of ADD's work
- Complement the hand and the heart in ADD's logo
- Express ADD's attitudes and values
- Express what ADD works for every day
- Express what all athletes should live up to - both in elite and lower level sport

This was translated into ADD's new slogan: Anti Doping Danmark – »ÆRLIG IDRÆT« (HONEST SPORT)

It is ADD's wish that ÆRLIG IDRÆT, in line with our other information material, will help to visualise the values which should be forming the basis for Danish recreational athletes and elite athletes' behaviour and way of thinking. The slogan is now given on ADD's website, key chains, sports jerseys, posters etc.



**ÆRLIG IDRÆT**





### »Clean athlete« campaign

There was a lot of focus on the doping problem in 2006, and against this background ADD wanted to create attention to the fight for a doping-free environment, and at the same time take the opportunity to tell the athletes in the Registered Testing Pool about their obligations with respect to whereabouts. ADD thus had a functional New Balance training T-shirt made. It had "den rene vare" (the clean athlete) printed on the back and ADD's logo on the front.



The purposes of the campaign were:

- To give athletes the opportunity to demonstrate their rejection of doping
- To give them a tool to tell the world that their achievements are based on talent and training only
- To remind the Registered Testing Pool to submit their whereabouts for the next quarter

The target group was 154 athletes in the Registered Testing Pool who received the jersey as well as information on remembering to report their whereabouts.



### TRUE WINNERS – »ÆRLIG IDRÆT« campaign

Together with the Active Athletes Committee under The NOC and Sports Confederation of Denmark and Team Denmark, Anti Doping Denmark started working with the active athletes in 2006 on an initiative enabling the active athletes and the spectators to demonstrate their complete rejection of the use of doping to achieve results. The background to the campaign was the summer's events in sports such as cycling and athletics, which were both hard hit by positive doping cases.

The purpose of the campaign was and still is to give Danish athletes a clear opportunity to demonstrate their contempt for the use of doping, and at the same time manifest their support for the fight against doping. As far as the spectators are concerned, they must be able to believe that what they see is »true« – that the achievements are based on hard work and talent only.

The campaign's product is a golden silicone bracelet with TRUE WINNERS and ADD's slogan »ÆRLIG IDRÆT« (HONEST SPORTS) printed on it. At first, 2,500 bracelets were made. The price for the bracelet is DKK 40 and the amount collected is earmarked to further doping control and information against the use of doping. For this campaign Anti Doping Denmark developed an extra website ([www.anti-dopingshop.dk](http://www.anti-dopingshop.dk)) to handle the sale of bracelets and online payment with Dankort, Mastercard and other credit cards.





### Publications

ADD published »Anti-doping og mig 2007« (Anti-doping and me 2007) about doping control and rules in particular. The prohibited list is revised annually by WADA. Based on the list, ADD publishes a printed version of the Drug Information Database, »Præparatfortegnelsen 2007«, which is also available on [www.antidoping.dk](http://www.antidoping.dk). Excerpts are included in the pamphlet "Anti-doping og mig".

### Further development of educational material

The e-learning material DopingAkademiet, the Doping Academy, for elite coaches is used frequently by several national federations.

ADD also assisted in 2007 with dissemination of research results on doping at the sports congress held 1 – 3 February in Odense, Denmark.

### Prevention of lower level doping

The health consequences of the increasing use among recreational athletes is a significant problem – both with respect to information and subsequent follow-up and treatment. The motives for using doping in strength-related lower level sports are markedly different from the motives for using doping in elite sports.

The information effort directed towards recreational athletes should primarily focus on general preventive information on the consequences of using doping, by giving lectures in the relevant connections, further development of materials etc. and restructuring of [www.antidoping.dk](http://www.antidoping.dk) etc.

Over the past year ADD worked on a longitudinal strategy against doping among recreational athletes which will also examine the extent of doping among recreational athletes, reasons for its use and, for example, which resources this doping problem consumes in the health sector. Other outstanding tasks include the anti-doping hotline, ask about doping, specialised advice etc.

The measures taken against lower level doping are expected to receive support from the Ministry of Culture, the Ministry of Health and the sports organisations. The application covers a three-year action plan for activities against lower level doping.

### Assessment

ADD's internet pages will in future be part of the quality system, and up-to-date information will thus be given to athletes, for example through the prohibited list and the Drug Information Database as well as articles and possible campaigns aimed at moulding attitudes.

The cooperation with the health authorities, the police and tax authorities should be intensified further in order to limit the scale of doping. It is important to look at what it will cost society if nothing is done about the problem. It is a task for the long term to make it clear which parts of the lower level doping tasks are related to the national, municipality and local areas.







## ANTI-DOPING RESEARCH

The Minister of Culture and Anti Doping Danmark are focused on research. Denmark should be a pioneer in anti-doping research. The Ministry of Science, Technology and Development has shown the way to extra research funds via the Strategic Research Council, for research in "External sources of influences on the body, including doping". Two Danish research groups, one of which had researchers associated from Novo Nordisk, applied for contributions from this fund in 2006.

ADD contributes to developing new methods of analysis to reveal doping use, and will monitor developments and disseminate new knowledge within relevant research areas and create interest in anti-doping research among new and relevant research environments.

ADD granted funds to six projects to a total of DKK 999,896 within different specialised areas. The research committee had received nine applications for a total application amount of DKK 2,199,936. Grant recipients must report on the results to ADD.

### Recipients of research funds 2006

- The significance of testosterone on adjustment to resistance training, PhD student, cand.scient Thue Kvorning and Associate Professor Klavs Madsen PhD, Institute of Sports Science and Clinical Biomechanics, University of Southern Denmark, received DKK 100,000.
- Development of autologous blood transfusion test based on changes in blood profile, gene expression and antigene composition in peripheral blood cells, Jakob Mørkeberg, cand.scient, The Copenhagen Muscle Research Centre, received DKK 124,000.
- Attitudes to 'artificial' performance enhancement within sports and society, Head of Centre Bjarne Ibsen, Centre for research in Sports, Health and Society, received DKK 300,000.
- The significance of dexamethasone treatment for potassium balance and performance capacity, Nikolai Nordsborg, cand. scient., PhD, post-doctoral fellow, Department of Exercise and Sport Sciences, University of Copenhagen, received DKK 262,296.

- Asthma symptoms, bronchial hyper-reactivity and bronchial inflammation in elite athletes, Dr Thomas Lund, Respiratory and Allergy Research Unit, received DKK 213,600.

### ADD's assistance in pilot project/testing of CSC

ADD declined a partnership with Bispebjerg Hospital Dept. Z on extended testing of the CSC cycling team comprising 7-800 urine and blood samples and subsequent handling of possible doping cases. Such a partnership carries the risk of undermining the credibility which ADD has in relation to its partners, including the trust which athletes can reasonably be expected to have that ADD will carry out its controls on a safe legal basis, and where the consequence of a positive doping test is known by the athlete.

We have subsequently discussed possible solution models to fight against doping within cycling which comply with both national and international rules. The UCI is the only organisation which is in fact capable of handling the task, and ADD has stressed to the UCI that it is important to increase the anti-doping effort in pro-cycling and that the UCI supports the anti-doping work to the extent possible.

### Assessment

Following the latest years' initiatives, ADD's objective is becoming a success: Denmark is a pioneering country with respect to research in anti-doping. In addition to ADD's annual budget of DKK 1 million, three different research groups managed to obtain grants of DKK 3 million (Euro 535,000) for doping research from the government and WADA's research fund in 2006.





## INTERNATIONAL NETWORK

The Danish doping policy is based on international partnership. ADD cannot in isolation ensure that the fight against doping among Danish athletes reaches an optimum level.

Partnerships between WADA, IOC, the international and national federations are a precondition for effective and efficient anti-doping work. The same applies to coordination within the Nordic and EU frameworks and via the UN (UNESCO). Finally, ADD considers it an absolute precondition that the national governments implement the fight against doping in national legislation.



### **World Anti Doping Agency (WADA)**

The Minister of Culture, Brian Mikkelsen, continued as Vice-President of WADA in 2006. As Vice-President, Mr Mikkelsen acts as the top representative of the worlds' governments in the management of WADA.

WADA's work in setting up standards, establishing rules and coordinating the global anti-doping rules is of fundamental significance. And ADD and the Danish sports organisations have taken an active part in preparing the first draft of a new WADA Code which is to be adopted in 2007.

ADD was among just over 50 global stakeholders who submitted critical comments to WADA's draft prohibited list for 2006. The message was, among other things, that the resources in the anti-doping work should be concentrated on the real doping agents (health hazards, highly performance enhancing and serious cheating).

During the year, WADA carried out an analysis of how WADA's decisions influence the financial and administrative aspects of the national and international anti-doping work. This shows, among other things, that even minor changes to the prohibited list can have major economic consequences for the anti-doping organisations.





### **The Council of Europe (CoE)**

ADD participated in the Council of Europe's anti-doping work through the half-yearly meetings and attending important meetings in the coordination group and working groups (advisory group on education and chairing the database group). Important issues included revision of WADC, ADAMS and new safety provisions for transport of doping tests, database for international and national doping programmes and the UNESCO convention.

### **Nordic partnership**

An exemplary partnership exists between the Nordic countries with annual exchange of experience and systems. The two Nordic partnership meetings focused on WADC, research, athlete information, information and prevention and other common interest areas, e.g. social scientific research linked to anti-doping.

### **International Anti-Doping Arrangement (IADA)**

ADD attended two meetings on IADA's future role and revision of the code and continued development work for WADA. A new agreement for 2007-2010 has been approved by the ten IADA countries, and Denmark will take over the IADA secretariat from 2007-2009.

### **Association of National Anti-Doping Organisations (ANADO)**

ANADO was founded on 28 April 2003 as a forum where prominent national anti-doping organisations can exchange experience and knowledge. ANADO is a non-profit organisation where members pay in proportion to the number of tests the individual anti-doping organisations perform annually.

At the latest workshop and general meeting in November, the issues were whereabouts and how to develop new national anti-doping organisations. ADD also attended ANADO's meeting on information and education in London in May at which the Danish e-learning material was also presented.



### **UNESCO**

UNESCO has adopted a new convention on fighting doping within sport. With the UNESCO convention, governments have shown their commitment in the global fight against doping in the same way the international sports movement has already done with its acknowledgement and implementation of the world anti-doping code. Denmark was the third country to ratify the UNESCO convention in December 2005. The convention does not entail changes for Denmark as Denmark already complies with the Council of Europe's 1989 anti-doping convention.

### **Assessment**

ADD supports the international conventions and agreements on anti-doping which have been established and contributes technical expertise and experience. ADD has played an active part in practically all important international events, influencing current developments and decisions within the anti-doping work.





## SUMMARY OF ACHIEVEMENT OF GOALS FOR 2006

The objectives and goals are listed for each of the five activity areas from the results contract with indication of status remarks in the column on the right.

### Controls

Goal	Result	Degree of achievement
Min. 1,650 urine samples under The NOC and Sports Confederation of Denmark.	1,664 samples were taken in national federations under The NOC and Sports Confederation of Denmark.	Achieved
Min. 98% of all urine samples taken without notice.	99.3% taken without notice	Achieved
Min. 64% of samples taken during training (out-of-competition tests).	1,081 of the 1,664 samples taken under The NOC and Sports Confederation of Denmark are out-of-competition tests, corresponding to 66%.	Achieved
Min. 950 urine samples taken from international/national elite athletes and in doping-related sports.	1,565 samples were taken on this group of athletes under The NOC and Sports Confederation of Denmark.	Achieved
EPO analysis of min. 50 urine samples.	53 EPO analyses performed on athletes in endurance sports.	Achieved
Min. 170 urine samples taken in the Gymnastics and Sports Association/Association of Rifle Clubs and the Company Sports Federation.	156 taken in the Gymnastics and Sports Association. 25 taken in the Company Sports Federation.	Achieved
ADD's quality system re-certified to the ISO 9001:2000 standard.	The quality system was recertified in December with no deviations. The information and education area is now also covered by the certification.	Achieved
An increased number of controls have been carried out in exercise and fitness centres and other private or public institutions, companies or associations outside sport etc.	ADD had a contract with 62 centres at the end of 2006 and 216 samples were taken.	Achieved

### Handling of results, case handling and administration

Goal	Result	Degree of achievement
All positive test results must be reported to the relevant stakeholders in accordance with WADC within four days and with a 0% error margin.	All involved parties informed in due time.	Achieved
100% processing of all applications for exemptions from the prohibited list within three weeks.	All TUE applications processed within the stated timeframe.	Achieved





## Information and education

Goal	Result	Degree of achievement
Elite athletes		
A new list of prohibited substances has been prepared and published.	The list is published on <a href="http://www.antidoping.dk">www.antidoping.dk</a>	Achieved
An updated version of the Drug Information Database is issued on <a href="http://www.antidoping.dk">www.antidoping.dk</a> at the start of January each year.	The list is published on <a href="http://www.antidoping.dk">www.antidoping.dk</a>	Achieved
An updated handbook, "Antidoping og mig" (Anti-doping and me) is published at the start of January each year.	The handbook is published and distributed to relevant target groups.	Achieved
Trainers, coaches, managers and support staff		
Courses have been held for future trainers, coaches and managers in all organisations.	Training of Team Danmark's elite trainer/coach committee and The NOC and Sports Confederation of Denmark's certified trainer/coach training.	Achieved
Minimum one seminar has been held for sports medical professionals and elite trainers and coaches.	Postponed to spring 2007 due to too few enrolments.	Not achieved
Children and young people active in sport and their parents		
Minimum eight talks have been held in schools and youth environments.	Eight talks were given for this target group.	Achieved
Other people active in sport		
100% response to the five questions/answers function on <a href="http://antidoping.dk">antidoping.dk</a> within two weeks	The number of questions has exceeded ADD's capacity. An attempt was made to solve this in the latter part of 2006 by employing a new PhD student.	Not achieved
Min. 50 answers from the question/answer function published on <a href="http://www.antidoping.dk">www.antidoping.dk</a> .	More than 50 answered within all categories	Achieved
Goals across target groups		
Min. 120 news items have been published on <a href="http://www.antidoping.dk">www.antidoping.dk</a>	More than 120 news items published on Danish and international conditions	Achieved





## Research and development activities

Goal	Result	Degree of achievement
One million Danish Kroner in research funding distributed annually as per strategy.	The research committee had received nine applications for a total application amount of DKK 2,199,936.	Achieved
Network/partnership established with other interested parties with regard to support for Danish anti-doping research	One of the Danish anti-doping research groups worked together with Novo Nordisk, but did not gain funds from The Strategic Research Council.	Partly achieved
Results from supported projects published annually.	The majority of researchers supported by ADD presented their projects at the Danish Sports Medicine Association annual meeting in February 2006.	Partly achieved

## International cooperation

Goal	Result	Degree of achievement
ADD to be represented at all meetings in the monitoring group for the Council of Europe's anti-doping convention.	ADD represented at CoE	Achieved
Evaluation by the Council of Europe's experts in October 2006 to result in positive feedback in the subsequent report.	Evaluation performed 30 Oct.-1 Nov. 2006. Report pending.	Partly achieved

## Doping among recreational athletes outside organised sport

Goal	Result	Degree of achievement
The number of agreements entered into with fitness centres and other stakeholders to increase relative to the 51 centres which were part of the arrangement as of 1/1/2006.	ADD had a contract with 62 centres at the end of 2006 and 216 controls were performed. In addition, a partnership was established with the sector organisation Danish Fitness and Health Organisation which has participated in the preparation of new agreements. The Danish Fitness and Health Organisation is represented on ADD's board as of November 2006.	Achieved







## ANNUAL ACCOUNTS | JANUARY – 31 DECEMBER

### Accounting policies

The annual report was prepared in accordance with the provisions of the Danish Financial Statements Act and Executive Order No. 924 of 28 September 2005 on financial statements and auditing for grant recipients under the Ministry of Culture's area of responsibility which receive grants pursuant to the Danish Act on Certain Games, Lotteries and Bets (Lov om visse spil, lotterier og væddemål).

### Profit and loss account

	Note	2006	Budget 2006	2005
<b>Revenue</b>				
Grants, Ministry of Culture		4,064,000	4,064,000	5,500,000
Grants, The NOC and Sports Confederation of Denmark		2,336,800	2,337,000	2,300,000
Grants, Team Danmark		3,454,400	3,454,000	3,400,000
Grants, Gymnastics and Sports Association		1,320,800	1,321,000	1,300,000
Grants, Company Sports Federation		406,400	406,000	400,000
Grants, Ministry of Health		0	0	600,000
Grants, Ministry of Education		0	0	100,000
Other revenue		1,231,484	1,000,000	806,497
<b>Total revenue</b>		<b>12,813,884</b>	<b>12,582,000</b>	<b>14,406,497</b>
<b>Expenditure</b>				
Board of directors		268,620	300,000	352,632
Administration		3,316,970	3,230,000	3,865,693
Controls		7,102,854	6,870,000	6,736,044
Information and prevention		947,429	980,000	1,096,015
Medicine/TUE		128,637	130,000	130,507
Research activities		1,003,222	1,000,000	1,112,066
Quality system and management		49,037	70,000	70,206
International work		113,224	100,000	60,455
<b>Total expenditure</b>		<b>12,929,993</b>	<b>12,680,000</b>	<b>13,423,618</b>
<b>Profit/loss for the year</b>		<b>-116,109</b>	<b>-98,000</b>	<b>982,879</b>
<b>Allocation of funds</b>				
Transferred to capital and reserves		-116,109	-98,000	982,879





## Balance sheet

	Note	2006	2005
<b>ASSETS</b>			
Total tangible fixed assets		319,659	91,417
<b>Current assets</b>			
<b>Receivables</b>			
Debtors		186,773	117,449
Amount owed by The NOC and Sports Confederation of Denmark		55,933	0
Grants owed by the Ministry of Culture		0	1,500,000
Grants owed by the Ministry of Health		0	600,000
Other debtors		19,213	0
Total receivables		261,919	2,217,449
Cash at bank and in hand		3,937,961	1,965,546
Total current assets		4,199,880	4,182,995
<b>TOTAL ASSETS</b>		<b>4,519,539</b>	<b>4,274,412</b>
<b>LIABILITIES</b>			
<b>Capital and reserves</b>			
Capital and reserves at the beginning of the financial year		1,356,551	748,672
Adjustment to capital and reserves at the beginning of the financial year		0	-375,000
Retained earnings		-116,109	982,879
Total capital and reserves		1,240,442	1,356,551
<b>Short-term debts</b>			
Suppliers of goods and services		1,100,597	1,247,338
Reimbursement		1,375,000	1,375,000
Other debts		803,500	295,523
Total debts		3,279,097	2,917,861
<b>TOTAL LIABILITIES</b>		<b>4,519,539</b>	<b>4,274,412</b>





### Notes

The financial statements for the 2006 calendar year show a loss of DKK 116,000 compared with a budgeted loss of DKK 98,000.

The financial statements' balance sheet total amounts to DKK 4,520,000 and capital and reserves total DKK 1,240,000.

A number of circumstances of significance are explained below.

### Increasing number of tests

An additional 20% of fitness centres have started a working partnership with ADD and an increasing number of tests in Danish prisons results in other revenue being DKK 231,000 better than budgeted. This is an increase of 6% in the number of tests compared with 2005. The increasing number of tests can also be seen in the expenditure on controls, where the expenditure on fees, transport, forwarding and analysis costs is DKK 233,000 higher than budgeted, including extra costs of confirmation of a very large number of positive tests.

### Ministry of Health

In 2005 the Ministry of Health paid DKK 600,000 in grants to ADD for 2004 in connection with financing of the anti-doping hotline and analysis up to 2004. ADD received no support in 2005 and 2006, but is applying for grants from 2007.

### Events occurring after 31 December 2006

There have been no post balance sheets events which are estimated to materially influence the evaluation of the annual report.

### Allocation of results

It is proposed to transfer the loss for the year to the retained earnings account.

### Opinion

In our opinion the annual report gives a fair view of Anti Doping Danmark's assets, liabilities and financial position on 31 December 2006 and of the results of ADD's activities for the financial year 1 January – 31 December 2006 in accordance with the Ministry of Culture's Executive Order No. 924 of 28 September 2005.

Copenhagen, 19 April 2007

**KPMG C.Jespersen**

Statsautoriseret Revisionsinteressentskab





## ACT ON PROMOTION OF DOPING-FREE SPORT - ACT NO. 1438 OF 22 DECEMBER 2004

WE, MARGRETHE THE SECOND, by the Grace of God Queen of Denmark, hereby make it known that the Danish Parliament has passed and We have granted Our Royal Assent to the following Act:

### *Definition of doping*

- § 1. The Minister for Culture shall lay down further rules on which groups of substances and which performance-enhancing methods shall be treated as doping.

### *Anti Doping Denmark*

- § 2. Anti-Doping Denmark shall be a self-governing institution charged with promoting the fight against doping in sport.

- § 3. Anti-Doping Denmark's activities shall comprise:
- 1) doping control,
  - 2) information and education,
  - 3) research and development relating to the fight against doping,
  - 4) international collaboration on the fight against doping, and
  - 5) provision of advice and support for public authorities on matters within Anti-Doping Denmark's sphere of activity

- § 4. Anti-Doping Denmark shall be led by a board of 12 members appointed by the Minister for Culture. Four members shall be chosen by the Minister for Culture, two by Team Danmark, two by The NOC and Sports Confederation of Denmark (DIF), one by the Danish Federation of Company Sports (DFIF) and one by Danish Gymnastics and Sports Associations (DGI). The Minister for Culture shall also ensure that one member is appointed to represent coaches in top-level sport and one to represent active top-level athletes.

*Subst. 2.* The members of the board shall be appointed for a term of four years and may be reappointed for one further term. Should a member depart before the end of his or her term, a replacement shall be appointed for the remainder of that term..

*Subst. 3.* The Minister for Culture shall select the chairman of the board from among the members appointed by the Minister.

- § 5. The board itself shall determine its rules of procedure according to which the chairman shall be given the casting vote in the event of a tie.

- § 6. The day-to-day running of Anti-Doping Denmark shall be carried out by a secretariat, the senior management of which shall be appointed by the board of Anti-Doping Denmark.

- § 7. The Minister for Culture shall approve Anti-Doping Denmark's statutes and budget and its annual report and accounts.

*Subst. 2.* The Minister for Culture shall lay down further rules on the submission and auditing of accounts.

*Subst. 3.* The Ministry of Culture may obtain additional material for use by the National Audit Office of Denmark for a more detailed review of the accounts.

*Subst. 4.* Funding awards may be paid to Anti-Doping Denmark in advance.

*Subst. 5.* Awards granted may be cancelled, and awards paid may be required to be repaid, in the event that Anti-Doping Denmark does not fulfil the conditions for the award.

### *Participation of sports organisations and associations in the fight against doping*

- § 8. The Minister for Culture shall lay down further rules on the duty of sports organisations and associations to introduce and implement rules on doping control and sanctions as a condition for the issue of statutory funding awards.

*Subst. 2.* The Minister shall lay down rules to the effect that the awards referred to in paragraph 1 may be reduced or cancelled in the event of breaches of the rules laid down in paragraph 1.

### *The fight against doping in other sporting environments*

- § 9. In order to prevent the use of doping in sport outside the sports organisations referred to in section 8, Anti-Doping Denmark shall endeavour to enter into collaborative agreements on the fight against doping with the following parties:

- 1) owners of relevant businesses and others offering sports or related activities, including public bodies, and
- 2) groupings of athletes not affiliated to the sports organisations referred to in section 8.

*Subst. 2.* The collaborative agreements referred to in paragraph 1 shall ensure that the parties concerned implement doping control and sanctions in such a way as to comply with the guidelines applying to the sports organisations, cf. section 8.

*Subst. 3.* The Minister for Culture shall lay down further rules on the formulation of the collaborative agreements referred to in paragraph 1.





#### *Funding*

- § 10. The Ministry of Culture shall award funding to Anti-Doping Denmark each year.

*Subst. 2.* A condition for the payment of the award referred to in paragraph 1 shall be that Team Denmark and the sports organisations that are entitled to lottery/pools funding issue a grant to Anti-Doping Denmark to be determined in consultation with the Ministry of Culture.

- § 11. Anti-Doping Denmark may charge fees for services in relation to the collaborative agreements referred to in section 9.

#### *Entry into force etc.*

- § 12. This Act shall enter into force on 1 January 2005.  
§ 13. This Act shall not apply to the Faeroe Islands and Greenland.

*Given at Marselisborg Palace on 22 December 2004  
Under Our Royal Hand and Seal*

MARGRETHE R.

/Lene Espersen

#### **Executive Order No. 1447 of 14/12/2005 (current) on the Promotion of Doping-free Sport**

Pursuant to Section 1, Section 8(1) and Section 9(3) of Act No. 1438 of December 22nd 2004 on the Promotion of Doping-free Sport, the following provisions are hereby specified:

#### *Definition of doping*

- § 1. The agents and methods specified in Annex 1 (translation of WADA's (World Anti-Doping Agency) list of banned substances 2006) shall be deemed to constitute doping in the Act on the Promotion of Doping-free Sport and in this Executive Order.

#### *Minimum requirements regarding sports organisations*

- § 2. It shall be a precondition for qualifying for funding under the Act on Pools and Lotto to Team Denmark and the three major sports organisations The NOC and Sports Confederation of Denmark, The Danish Gymnastics and Sports Associations and the Danish Company Sports Federation that the organisations introduce and enforce rules on doping control and sanctions in accordance with the rules set out in Annex 2 (translation of the World Anti-Doping Code). Team Denmark

and the three sports organisations shall make it a condition for qualifying for support for sports associations or federations etc. and for individual athletes that they comply with the above doping rules.

*Subst. 2.* It shall be a condition for qualifying for funding under the Act on Funding for Youth and Adult Education for voluntary work pursuant to the work etc. for sports associations which are members of one of the organisations mentioned in Item 1 or leagues etc. which are members of one of these organisations that the association comply with the rules on doping control and sanctions set out in Item 1. The provision contained in Item 1 shall similarly apply to the allocation of indoor and outdoor facilities under the Act on Funding for Youth and Adult Education.

#### **Anti Doping Denmark's partnership agreements with exercise and fitness centres etc.**

- § 3. Pursuant to Section 9(1) of the Act on Promotion of Doping-free Sport, the Danish Anti-Doping Organisation shall seek to enter into partnership agreements with exercise and fitness centres and other private or public institutions, companies etc. which offer sporting activities or related activities as well as sports associations and unions with no connection to the sports organisations set out in Section 2. ADD may charge a contract fee for services pursuant to Section 11 of the Act.

*Subst. 2.* Such partnership agreements shall define doping in accordance with Annex 1, and the rules on doping control and sanctions agreed shall be in accordance with Annex 2.

*Subst. 3.* Such partnership agreements shall lay out detailed rules for the carrying out of doping controls and shall bind the institution, company or union etc. to advise its clients, members etc. of the consequences of entering into the partnership agreement.

*Subst. 4.* Such partnership agreements shall not be valid unless approved by the Minister of Culture.

#### *Effective date*

- § 4. This Executive Order shall come into force on January 1st 2006

