

Anti Doping Danmark

Idraettens Hus
Broendby Stadion 20
DK-2605 Broendby
Phone: +45 43 26 25 50

Board

Mette Hartlev, chairman
Poul Gade
Berit Puggaard
Kim Dalhoff
Troels Borring
Marie Overbye

ADD's area of response

Anti Doping Danmark (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 in relation to the fight against doping**
- 3) Information and education**
- 4) Research and development in relation to the fight against doping**
- 5) International cooperation in relation to the fight against doping**
- 6) Assistance to public authorities in activities related to ADD's area of response**

ADD conducts doping control and information-, education- and prevention-tasks in both organised and 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 match-fixing. ADD has been charged with this coordinating responsibility to protect Danish sports from match-fixing and will do so in cooperation with sports organisations, other authorities, and relevant partners.

Organisation

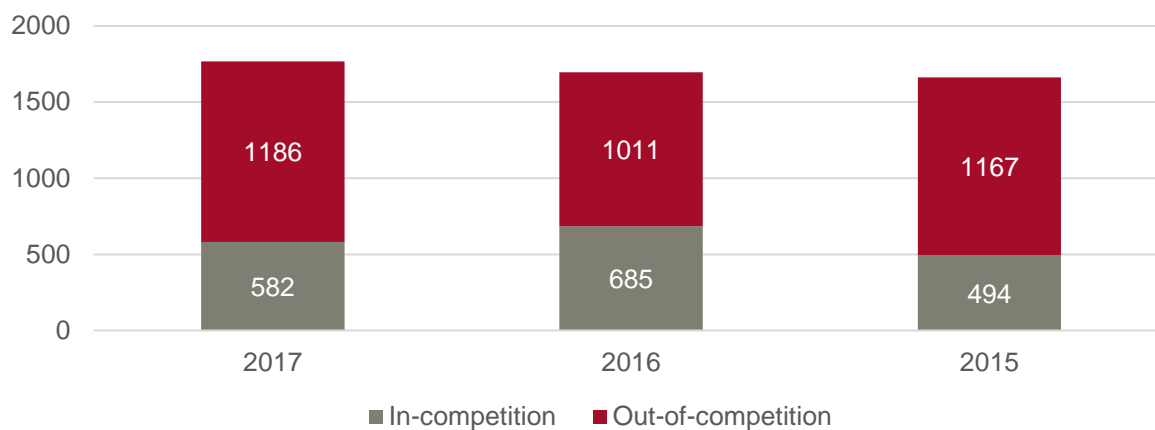
At the end of 2017, ADD had 14 full-time staff, including its CEO. It also employed 40 additional staff on an hourly basis, including lead doping control officers, doping control officers and fitness consultants, to oversee the sample collection process in organised competitive sport and to carry out control and prevention work in fitness centres and gym facilities.

Doping control

Doping control in organised competitive sport

In 2017, ADD collected a total of 1,768 samples in organised competitive sport (see figure 1) – an increase from 1,696 samples in 2016 and 1,661 in 2015.

Figure 1: Number of samples collected in- and out-of-competition from 2015-2017



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

ADD also observed a significant increase in the number of samples requested by other NADOs, federations and event organisers in 2017. In total, ADD collected 546 samples in 2017, in contrast to 332 in 2016.

Under the national anti-doping regulations, six cases were prosecuted from the organised competitive sport tests in 2017, which are shown in table 1.

Table 1: Cases prosecuted under the national anti-doping regulations

Case nr.	Sport	Test type	Gender	Violation	Case prosecuted
1	Cycling	In-competition	Male	DMBA	Warning
2	Powerlifting	In-competition	Male	GW1516 sulfone	4-year suspension
3	Powerlifting	Out-of-competition	Male	Tampering with sample. Clomiphene	4-year suspension
4	Cycling	In-competition	Male	Terbutaline	Warning
5	Basketball	In-competition	Male	Cannabis	1-month suspension
6	Powerlifting	Out-of-competition	Male	Anabolic steroids	4-year suspension

In addition to the cases listed above, ADD handed over a single case involving a foreign athlete to another anti-doping organisation for results management, as shown in table 2.

Table 2: Additional case involving foreign athlete who returned a positive test to ADD. The case was transferred for results management to another anti-doping organisation.

Sport	Test type	Gender	Violation	Transferred to
Cycling	In-competition	Male	Anabolic steroids	NADO Poland

Therapeutic Use Exemptions (TUE)

ADD issued 98 Therapeutic Use Exemptions (TUE) in 2017, which is approximately the same number as in 2016. The types of substances were also similar to those previously exempted, such as asthma medicine beta-2 agonist terbutaline, which was the most common exemption, followed by medicines to treat ADHD and diabetes.

See Annex 2 for an overview of the TUEs issued.

Athlete Biological Passport Agreement

In the Nordic region, Anti Doping Danmark works together with the anti-doping agencies in Norway, Sweden and Finland to administer and manage Athlete Biological Passports in the Nordic Athlete Passport Monitoring Unit (NAPMU). NAPMU is based at Anti-Doping Norway's headquarters, but all countries contribute to the financing and management of the unit.

In addition to monitoring Biological Passports among athletes in the Nordic countries, NAPMU has entered into a cooperation agreement to monitor athletes competing under the Turkish and Kenyan anti-doping agencies' programmes, as well as the Badminton World Federation.

Doping control in recreational sports clubs and fitness centres

ADD selected 13 club members for doping control whilst visiting recreational clubs including association-based gyms and fitness centres, and four of these tests resulted in doping cases.

Table 3: Number of people selected for doping control and resulting doping cases in recreational sports clubs and fitness centres

Total selected	Refused to submit sample	Returned positive result	Other evidence (e.g. admission)	Total cases
13	2	1	1	4

Doping control in commercial gyms and fitness centres

Doping control in Danish commercial gyms and fitness centres is part of a collective preventative response to exercise-related doping. This doping control is targeted and aims to remove unhealthy role models from the centres that are affiliated with ADD.

In total, ADD selected 271 members for doping control whilst visiting commercial gyms and fitness centres. Of these 271 tests, 140 resulted in a doping case, either because the member did not participate in the test or because they tested positive to a prohibited substance.

Table 4: Number of people selected for doping control and resulting doping cases in commercial gyms and fitness centres

Total selected	Refused to submit sample	Returned positive result	Total cases
271	69	71	140

*There have been two further cases in which members who have violated their sanctions have been issued a new sanction commencing from the date of the violation.

Increasing focus on women

In recent years, ADD has observed an increased focus on doping among women in fitness centres. This has been evident in the rising number of inquiries to ADD, from gyms and fitness centres in particular, about suspected cases of doping among women.

ADD sees a greater need than ever before to broaden and strengthen its efforts against doping among women in fitness. Therefore, ADD will employ a new fitness consultant in 2018, who will be focused on tackling substance use in this particular target group.

Whistleblower hotlines

ADD collects information both from and about the sport sector in regards to doping and match-fixing. This information is gathered from, among other sources, its two hotlines Stop Doping and Stop Matchfixing, where anyone can easily, securely and anonymously share their suspicions of doping or match-fixing.

Table 5: Number of reports made to the Stop Doping and Stop Matchfixing hotlines

	Number of reports	Number of these reports that were dismissed due to spam, irrelevant information, etc.
Stop Doping	60	4
Stop Matchfixing	32	13
Total	92	17

Cooperation agreements to strengthen efforts against doping and match-fixing

In 2017, ADD aimed to expand its number of formalised cooperation agreements with other authorities and relevant organisations. It therefore entered into a cooperation agreement with the Danish Gambling Authority and the Danish tax authority (SKAT).

Also in 2017, ADD entered into a cooperation agreement with the international private gaming operator, Kindred Group.

Prevention of substance abuse

Preventative efforts in organised competitive sport

United on fair play

In 2016, ADD implemented a pilot project in which three national sports federations, used resources produced by ADD to develop anti-doping and match-fixing policies and action plans to address cases of ethical violations in their own federations. The overall aim was to produce a handbook that could guide other individual federations in formulating their own policies and plans based on their specific needs and contexts.

In 2017, ADD completed the 'United on fair sport' ('Sammen om fair idræt') handbook, drawing from the experience of the three specialist federations taking part in the pilot project. The handbook was published and promoted to the broader network of national sports federations.

Stop Doping – say something if you see something!

In 2017, ADD wanted to raise awareness about its doping hotline for whistleblowers. It therefore launched a new awareness-raising campaign with promotional materials including online banners on its website, stickers distributed to sports facilities, business cards aimed at athletes and a collaboration with the National Olympic Committee and Sports Confederation of Denmark (DIF) via a review in its magazine Idrætsliv (Sports Life).



The campaign's target group was people who are active in organised competitive sport who may be reluctant to share their knowledge or suspicions of doping activity.

Preventative efforts in gyms and fitness centres

ADD's fitness concept

ADD's fitness concept is at the core of its efforts to prevent and combat doping in Denmark's gyms and fitness centres. Key to these efforts are ongoing consultations with members of these fitness centres and, in particular, the staff who know the centres and their members best. In 2017, ADD's fitness consultants reinforced this cooperation by paying more visits to the country's gyms and fitness centres, increasing the number of visits from 1,234 in 2016 to 1,509 in 2017.

Figure 3: Number of visits to Danish gyms and fitness centres

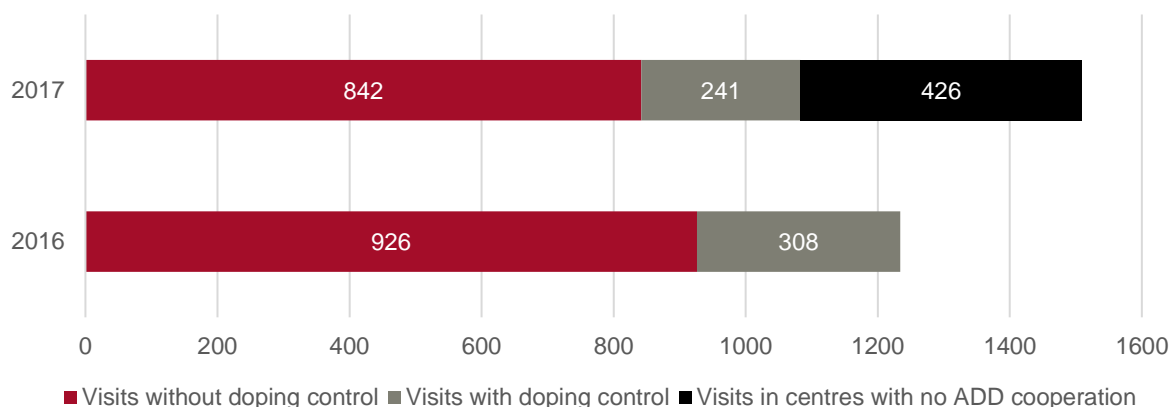


Table 6: Number of visits to Danish gyms and fitness centres affiliated with ADD

	Prevention and consultation visits	Prevention and consultation visits including doping control*	Total
Association-based centres	145	12	157
Commercial centres with cooperation agreement	697	229	926
Total	842	241	1083

*The number of people selected for doping control (271) shown in table 4 is greater than the total number of doping control visits (241), because on some occasions more than one person was selected.

The number of fitness centres affiliated with ADD rose significantly in 2017. At the end of 2016 the number of centres with an ADD cooperation agreement was 309. In 2017, the increased efforts in fitness centres without a cooperation agreement resulted in a net increase of 11% to 342 centres with a cooperation agreement by the end of the year.

Employees of the fitness sector are important role models for gym members. ADD has therefore prioritised collaborating with staff who can train and guide current and future employees in the sector. ADD took part in two regional centre management meetings in Denmark's largest fitness chain, Fitness World. In addition, ADD has entered into formal cooperation agreements with and given presentations at three fitness instructor training courses.

#RenTræning

In line with the ongoing efforts in the fitness sector, ADD's #Ren (with the dual meaning clean and pure) campaign continued, whereby its two hashtags #RenTræning (clean/pure training) and #RenStyrke (clean/pure strength) carried the message of creating a doping free training environment

in gyms and fitness centres. The three fitness personalities profiled in the campaign continued to use the campaign's hashtags as part of their training in 2017.

An evaluation of the campaign showed that ADD has succeeded in choosing communications channels that reach the campaign's target group when they are in their training environment. This means that people who work out specifically to build their muscle strength, and who may be tempted to try banned performance-enhancing substances, are those who are exposed to the campaign's messages.

Research

Supported projects

In 2017, ADD supported five external research projects as well as an internal business PhD study with a total amount of DKK 1,124,000.

The five supported external project were (to the value of DKK 920,000):

1. The effect of tramadol (University of Copenhagen, DKK 150,000)
2. Inhibitory effects of the chronic use of long-acting beta-2 agonists in endurance training (University of Copenhagen, DKK 150,000)
3. Adverse effects of anabolic androgenic steroids on fat and muscle insulin resistance (Herlev Hospital, DKK 200,000)
4. Is anabolic androgenic steroid abuse causing accelerated cellular aging? (University of Southern Denmark, DKK 220,000)
5. Health and social consequences of androgenic anabolic steroids (Bispebjerg Hospital, DKK 200,000)

In addition to the abovementioned studies, ADD allocated DKK 204,000 to the PhD study 'Improving time- and cost-efficiency in doping analysis', a collaboration between Anti Doping Denmark, Aker University Hospital in Oslo and the University of Copenhagen with support from the Innovation Fund Denmark.

Herlev Hospital study: Long-term side effects of anabolic androgenic steroid use

The Herlev Hospital study investigated the long-term side effects of anabolic androgenic steroid use among men. Preliminary results of the research project on topics such as production of testosterone, insulin resistance, cardiovascular complications and effects on blood pressure, have been published as academic articles in internationally renowned journals, and the project in general has attracted national and international attention.

The study has provided ADD with a stronger theoretical basis on which it can target its actions to prevent and combat the use of anabolic androgenic steroids, and it has also better equipped ADD to answer questions about steroid users that typically come from medical practitioners who encounter steroid users as patients.

International cooperation

ADD continued its close cooperation with the Faroese Sports Federation (Færøernes Idrætsforbund) by providing specialist training for doping control officers and preventive information activities. In

collaboration with Sweden, Norway and Finland's anti-doping agencies, ADD carried out targeted doping control in Iceland which involved collecting blood samples from Icelandic athletes.

Participation in WADA committees

ADD has chosen to accept invitations to sit on relevant WADA research committees, including:

- Project Review Panel: Evaluating and recommending research projects to WADA
- Performance Profiling Working Group: Analysing athletes' performance data over time to carefully plan future doping control actions
- WADA Blood Expert Group: Working to further develop the Athlete Biological Passport

Other international cooperation agreements

ADD is a member of the Institute of National Anti-Doping Organisations (iNADO), which is the umbrella organisation for the national anti-doping agencies. In 2017, ADD's CEO was elected as an iNADO Board Member, which has given ADD a more central position in this strategic international work.

Other activities

Focus on stricter data protection laws

Over the years, ADD has strived to develop and reinforce its data security procedures – and this applies to both physical documentation and digital data. Among its initiatives in 2017 were to establish a better framework for sending, receiving and storing encrypted data, prepare for increased security measures regarding mobile devices such as mobile telephones, tables and portable computers, which can store or give access to personal data, and employ targeted procedures to prevent the ongoing threat of an advanced cyber-attack.

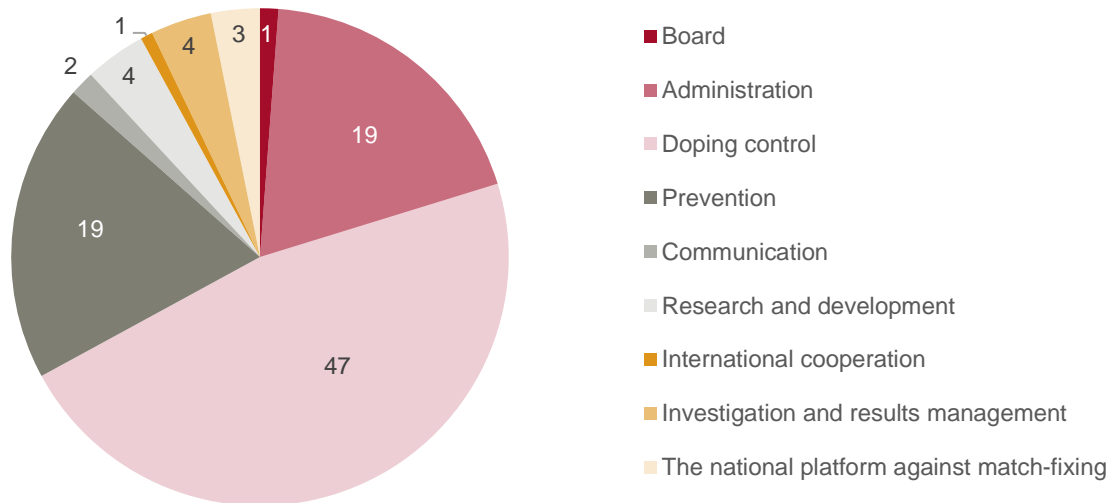
Finance

ADD's total income in 2017 was DKK 26.6 million, which includes an operating grant of DKK 22.1 million from the Danish Ministry of Culture. The remaining income consists of project support from the Danish Ministry of Culture, doping control contracts made with event and tournament organisers, and cooperation agreements with gyms and fitness centres.

ADD's total expenditures amounted to DKK 25.3 (25.0)1 million and can be broken down into the following expense categories:

Board of Directors:	DKK 0.3 (0.4) million
Administration:	DKK 4.8 (4.6) million
Doping Control:	DKK 11.8 (12.2) million
Prevention:	DKK 4.9 (5.1) million
Communication:	DKK 0.4 (0.4) million
Research and Development:	DKK 1.0 (0.2) million
International Cooperation:	DKK 0.2 (0.1) million
Investigation and Results Management:	DKK 1.0 (1.1) million
National platform for the fight against match-fixing:	DKK 0.8 (0.9) million

Figure 4: ADD's expenditures in percent



Annex 1

Doping controls in elite and competitive sports

Women										
Sport	In-competition			Total in-competition	Out-of-competition			Total out-of-competition	Total	Grand total
	Blood	Blood module	Urine		Blood	Blood module	Urine			
American football										35
Athletics			14	14	1	9	18	28	42	130
Badminton			6	6	2	2	4	8	14	35
Basketball			4	4			4	4	8	33
Boxing			6	6	1		3	4	10	45
Table tennis			1	1			3	3	4	9
Wrestling							1	1	1	45
Cheerleading			3	3					3	5
Cycling		1	10	11	2	11	13	26	37	229
Football					6		7	13	13	134
Golf										5
Gymnastics							2	2	2	3
Parasport		0	0	0	0	0	0	0	0	9
Handball			24	24	6		18	24	48	94
Ice hockey										107
Judo							1	1	1	14
Canoe/kayak			6	6	4	14	14	32	38	75
Karate			1	1			8	8	9	20
Kickboxing			3	3			1	1	4	19
Motocross										3
Orienteering			3	3	1	7	7	15	18	36
Equestrian			1	1					1	3
Rowing			7	7	2	21	26	49	56	108
Rugby										45
Rollerskating										4
Sailing							1	1	1	1
Skiing										8
Skating					1	6	6	13	13	15
Squash										6
Powerlifting					4	1	9	14	14	86
Swimming			2	2	12	20	26	58	60	98
Taekwondo			2	2	2		3	5	7	18
Tennis			1	1	2	2	2	6	7	11
Triathlon		4	19	23	5	22	32	59	82	173
Volleyball			6	6					6	17
Weightlifting			6	6	10	1	17	28	34	90
Grand total		5	125	130	61	116	226	403	533	1,768

Men										
Sport	In-competition			Total in-competition	Out-of-competition			Total out-of-competition	Total	Grand total
	Blood	Blood module	Urine		Blood	Blood module	Urine			
American football			23	23			12	12	35	35
Athletics		1	22	23	4	22	39	65	88	130
Badminton			5	5		7	9	16	21	35
Basketball			19	19			6	6	25	33
Boxing			11	11	4		20	24	35	45
Table tennis			3	3			2	2	5	9
Wrestling			8	8	9	4	23	36	44	45
Cheerleading			2	2					2	5
Cycling		1	55	56	23	47	66	136	192	229
Football			46	46	12		63	75	121	134
Golf	1		4	5					5	5
Gymnastics							1	1	1	3
Parasport					1	2	6	9	9	9
Handball			32	32			14	14	46	94
Ice hockey	1		52	53	9		45	54	107	107
Judo			2	2	1		10	11	13	14
Canoe/kayak			9	9	4	8	16	28	37	75
Karate			4	4	2		5	7	11	20
Kickboxing			11	11			4	4	15	19
Motocross							3	3	3	3
Orienteering		2	10	12		3	3	6	18	36
Equestrian			2	2					2	3
Rowing			20	20	1	12	19	32	52	108
Rugby			22	22			23	23	45	45
Rollerskating							4	4	4	4
Sailing										1
Skiing					2	3	3	8	8	8
Skating							2	2	2	15
Squash			6	6					6	6
Powerlifting	1		8	9	12	1	50	63	72	86
Swimming			5	5	2	11	20	33	38	98
Taekwondo			3	3	3		5	8	11	18
Tennis			4	4					4	11
Triathlon		1	28	29	5	15	42	62	91	173
Volleyball			7	7			4	4	11	17
Weightlifting			21	21	13		22	35	56	90
Grand total	3	5	444	452	107	135	541	783	1,235	1,768

Annex 2

Therapeutic Use Exemption (TUE)

Therapeutic Use Exemptions issued by Anti Doping Denmark.

Prohibited substance	Disease	Number of TUEs
Terbutaline	Asthma	39
Methylphenidate	ADHD	15
Prednisolon or other oral preparations	Inflammation	8
Insuline	Diabetes	7
Other	-	29
Total		98



Anti Doping Danmark works to
promote integrity in sport

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