

Anti Doping Danmark

Annual report 2019



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About ADD

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VAT Registration

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

Legal Framework

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

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

In the past, ADD's work, objectives and organisation were primarily structured based on the above division of tasks. This meant, for example, that doping control on one side and educational and campaigning activities on the other (hereafter referred to as prevention) were widely seen as separate efforts in the organisation set in different organisational frameworks. However, the work on integrity in sport has evolved in recent years. Developments in this area, including WADA's recommendations as well as the experience ADD has gained, have indicated that it is worthwhile and effective to consolidate the specialised efforts of doping control and prevention. For example, doping control is part of the preventive efforts because it has a preventative effect when inappropriate role models are removed from sporting environments and their fellow athletes then experience the risk of suspension. Therefore, ADD's work has evolved into a more holistic and integrated approach, which, rather than focusing on "doping control" and "prevention", targets two primary settings: organised sport and gyms or fitness centres. This is reflected in ADD's strategy for 2019-2022.

Legislation states that ADD must provide "Advice and assistance to public authorities on cases that fall within the scope of ADD's work". However, from ADD's point of view, this statement is no longer fully comprehensive, as ADD now advises a diverse range of stakeholders that extend beyond public authorities. This development corresponds with doping being recognised as more than just a problem for sporting environments, as well as ADD expanding the scope of its work to help combat match-fixing.

It is also stated in the Danish 'Law on promoting integrity in sport' (§ 10a) that the Minister of Culture may introduce regulations for the placement of a secretariat, establishing a platform for the coordinated efforts to combat the manipulation of sports competitions – normally called match-fixing. The Minister of Culture placed the secretariat in ADD with the ministerial order on the Promotion of Integrity in Sport of December 16, 2015, which states in section 7 that the Secretariat for the National Platform Against Match-fixing is located at ADD.

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

Board of Directors

Two new board members were appointed in 2019. Leif Mikkelsen took over the post as Chair of the Board from Mette Harlev, who stepped down after having held the post for two terms, while Ditte Okholm-Naut replaced Troels Barring as a member of the board.

In 2019, ADD's Board of Directors was comprised of:

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

Four ordinary general meetings and one extraordinary general meeting were held in 2019.

Organisation

At the end of 2019, ADD's Secretariat consisted of 18 full-time staff including its CEO and an Industrial PhD student. At the end of 2018, ADD's Secretariat consisted of 16 full-time staff.

ADD also employs 50 additional staff on an hourly basis, including lead doping control officers, doping control officers and fitness consultants (equivalent to 6.75 full-time staff), to oversee the sample collection process in organised competitive sport and to carry out control and prevention work in fitness centres and gym facilities. In 2019 ADD employed more doping control officers and fitness consultants, which resulted in an increase in the total number of staff compared to 2018. The team of control officers has been expanded to ensure flexibility and efficiency in the test planning and test execution. The expansion of this team of fitness consultants was prompted by a continually growing demand for ADD's services among fitness centres.

Two of the Secretariat's staff also work part-time on outreach and contribute to specific activities out in the field. Furthermore, four doctors are still involved in the handling of Therapeutic Use Exemptions (TUE), as well as one doctor who provides medical advice in relation to ADD's advice hotline.

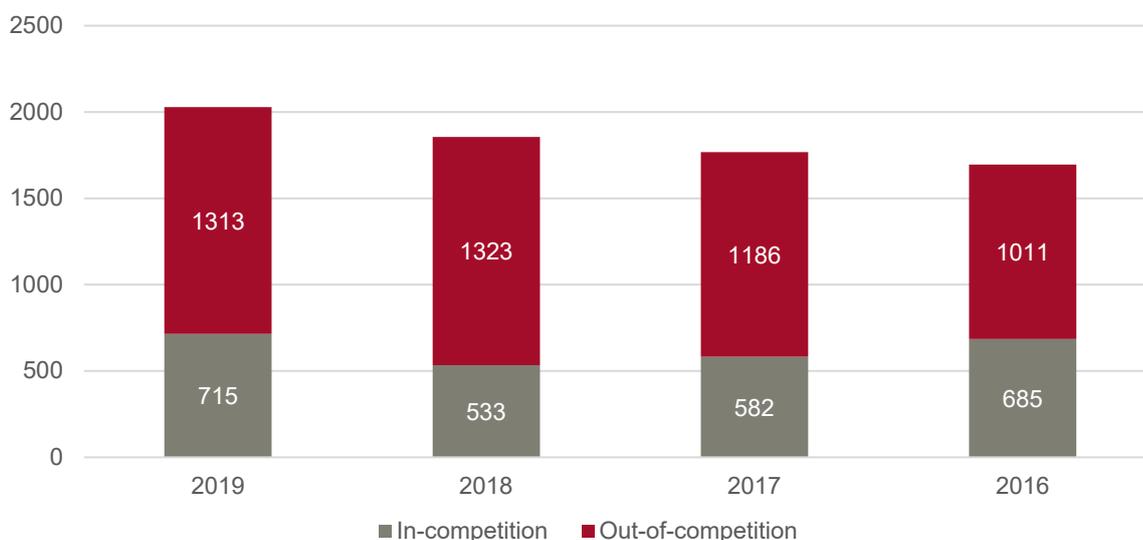
Organised sport

Doping control in organised competitive sport

ADD's doping control programme for organised competitive sport is based on a systematic risk assessment conducted on the basis of, among other factors, the sport, the sports discipline, the level of the athlete and the season schedule. From 2020 risk assessments will be individualised to the specific athlete.

In 2019 ADD increased its doping control efforts, conducting 9.3% more tests than in 2018. Each year ADD aims to increase the number of tests it conducts. In 2019 ADD collected a total of 2,028 blood and urine samples in- and out-of-competition.

Figure 1: Number of samples collected in- and out-of-competition from 2016-2019

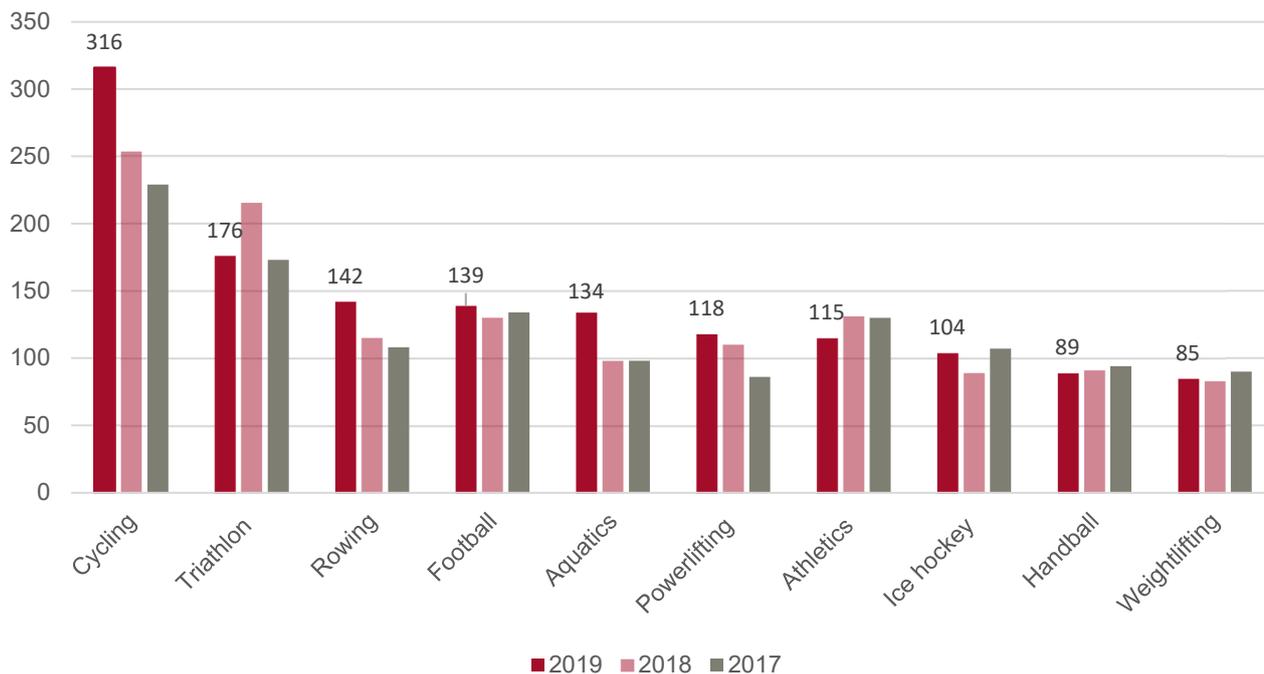


See Annex 1 for a comprehensive overview of samples collected from organised competitive sport, categorised by gender, sport, in- and out-of-competition tests, as well as the type of sample taken.

Specialised analyses of selected tests are an integrated aspect of ADD's doping control programme. Therefore, ADD carried out 636 sport specific analyses of samples in 2019. The purpose of conducting sport specific analyses is to ensure more intelligent testing, and that athletes from different sports are tested for the most relevant substances commonly detected in their sports discipline. These specialised analyses are also a WADA requirement, as outlined in the document Technical Document for Sport Specific Analysis (TDSSA).

In 2019 ADD conducted tests in 34 sports. The ten most tested sports are the same in 2019 as they were in 2017. The year 2018 was an exception because canoe/kayak replaced weightlifting as one of the ten most tested sports, although it should be noted that in 2019 there were 85 tests conducted in weightlifting and 84 in canoe/kayak. Therefore, very minor differences in the numbers of tests conducted can determine which sports feature in the top ten list. The different placing of individual sports on the list in 2018 and 2019 is primarily due to changes in the numbers of athletes in ADD's registered testing pool. In 2019 there were more cyclists, swimmers and rowers included and fewer triathletes, and cycling as a sports discipline moved up in the overall risk assessment.

Figure 2: The ten most tested sports in organised competitive sport in 2019



Requested samples

In 2019, ADD collected 406 samples in correspondence with requests coming primarily from international federations and national sports event organisers. 68% of the requested samples were taken in-competition, whereas the remaining 32% were taken out-of-competition, 79% of the requested samples were urine tests, and the remaining 21% were blood tests. Blood tests are requested only by international federations and are primarily conducted out-of-competition.

See Annex 2 for a comprehensive overview of requested doping tests in 2019.

Therapeutic Use Exemptions

Athletes who are considered as participating at an elite level nationally or internationally, according to ADD's classification, and have a condition or illness that requires a type of treatment or medicine that is on WADA's Prohibited List must apply for Therapeutic Use Exemptions (TUE). Other athletes who participate in competitive sports that are affiliated with a sports federation under NOC Denmark's umbrella should only apply for Therapeutic Use Exemptions upon the request of ADD (retroactively). ADD issues TUE only to athletes who compete at an elite level nationally, whereas athletes who compete at an elite level internationally apply to their respective international federations for TUE. ADD does not have an overview of the number of TUEs issued to Danish athletes through the international federations.

ADD issued 62 TUEs in 2019, a slight decrease from the 71 issued in 2018. The types of substances applied for as exemptions were similar to those that were previously applied for as exemptions, with the asthma medication beta-2 agonist terbutaline being the most common. There was also a decline in the number of TUE applications received. ADD received 116 applications in 2019, a slight decrease from 132 in 2018 and a significant decrease from the 199 received in 2017. This decline is due in part to the fact that some substances have been removed from the WADA Prohibited List. ADD has also improved how it

communicates about the topic, in connection with its transition to a new website, which can also explain the drop in applications received.

In 2019 ADD issued 53% of the Therapeutic Use Exemptions sought. The remainder were not issued because the athlete was not required to apply for a TUE in advance, took a legal preparation or did not meet the medical requirements needed to apply for a TUE.

See Annex 3 for an overview of issued TUE.

Prevention

Adoption of WADA's new International Standard for Education

In recent years ADD has increased its preventive efforts in organised competitive sport, which has primarily involved educating the athletes and their support personnel. At the same time, there has been a growing realisation internationally that doping cannot be combated by conducting doping controls alone. Rather, it demands a more holistic approach whereby education and prevention initiatives, particularly for young elite athletes, are essential in stopping the emergence of unhealthy cultures in sporting environments. The doping scandal involving Russian athletes, in particular, has helped bring attention to the importance of a healthy sports culture, and this is also reflected in WADA's decision to adopt an International Standard for Education in 2019, developed in conjunction with its revised World Anti-Doping Code, which will come into force in 2021. The Standard recognises that most athletes want a clean competition and have no intention of using banned substances or methods that breach anti-doping rules. Therefore, one of the guiding principles of the International Standard for Education is that an athlete's first encounter with the anti-doping system should be through education rather than doping control, and that the athlete's support personnel (such as coaches and trainers) should also receive appropriate training.

During 2019, as in 2018, ADD dedicated resources to clarifying and refining the content of the Standard. Two staff members sitting on the Council of Europe's Advisory Board on Education carried out this work, both through formal hearings and through meetings organised by WADA and the Council of Europe. ADD has focused on ensuring that the Standard can be transferred to the many sports systems and different anti-doping efforts that are carried out across countries around the world. A key element of the Standard is the specific minimum requirement for education among the countries that have committed to complying with WADA's World Anti-Doping Code. The requirements make it much easier for WADA to maintain a high standard among individual countries' anti-doping organisations and their work in this area.

In 2019, work commenced on compiling a guide to how this work should be carried out in practice in the "drafting group – the education guidelines". Two employees from ADD were appointed to this working group, where they are contributing to, among other things, the guide's best practice examples. This work will continue in 2020, when the guide is expected to be completed.

At the same time, the new International Standard for Education creates an opportunity to supplement the minimum standards with standards for fitness doping. Denmark is among the most advanced countries when it comes to combating doping in commercial gyms and fitness centres, and the new Standard is likely to further advance the progress that is already evident. Several countries have begun to take an interest in the area, as indicated by the diverse range of participants who attended ADD's 'Fitness Doping and Public Health' conference in the autumn of 2019.

Educating Danish athletes and their support personnel

ADD's e-learning course, 'Clean Winner', guides the user through the fundamentals of anti-doping. The course's target group is the athletes, coaches, sports officials, employees of sports organisations and students from schools or youth education programmes. The course consists of seven modules that use fact-based reading materials, videos and exercises to provide the user with basic knowledge about anti-doping-related topics such as doping control, prohibited substances, the side effects of doping, dietary supplements, Therapeutic Use Exemptions (TUE), whereabouts and anti-doping rules in general. Some federations require athletes to refresh their knowledge on these anti-doping materials annually, which is why a 'Clean Winner – revision module' was developed and launched in 2019. The 'Clean Winner – revision module' is available on ADD's website.

Parents and guardians of young elite athletes play a role in their children's athletic careers and activities that involves the same obligations as other support personnel. However, not all parents know, and so ADD developed a guide for parents of elite athletes in 2019 to make them more aware of their roles and responsibilities. The guide is intended as a reference resource for parents which informs them how they can best fulfil their supporting role in sport by, for example, proactively influencing athletes' values and behaviour and shaping their stance against doping. The guide contains information on medicines, supplements and TUEs, as parents often approach ADD to make similar inquiries. The guide also highlights risk factors parents should look out for relating to their child's susceptibility to substance use, as well as prevention tools for parents to consciously present themselves as role models who create a positive sports culture for their child, the athlete. 'Guide for parents of elite athletes' is available on ADD's website.

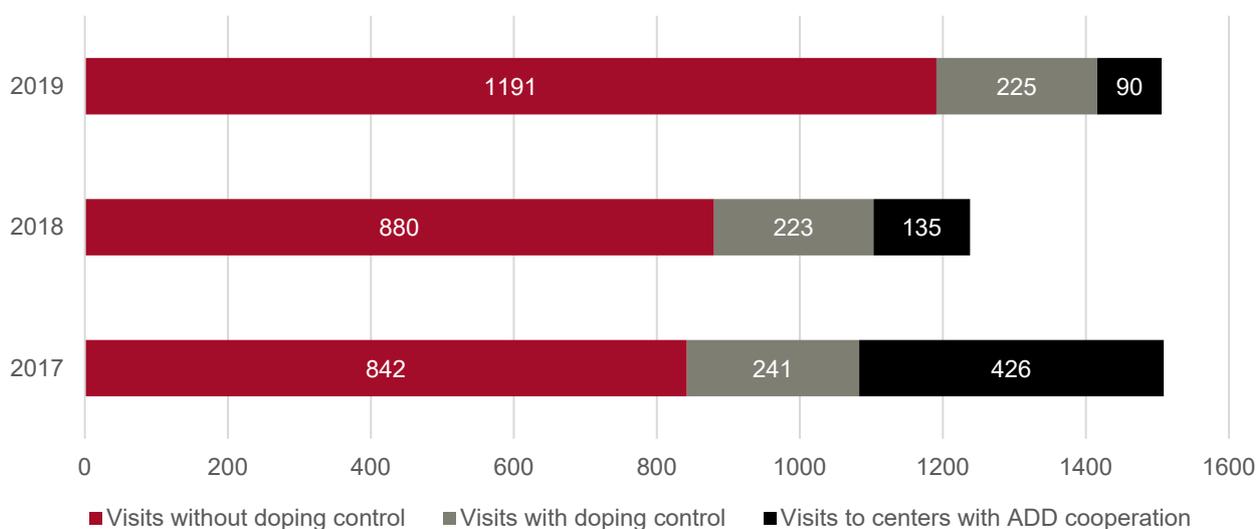
Fitness and public health

Cooperation with commercial gyms and fitness centres

A vision of clean and healthy training environments is at the core of ADD’s preventative efforts in the many ADD-affiliated commercial gyms and fitness centres located across the country. ADD has employed fitness consultants across Denmark who are visible at the gyms, maintain ongoing dialogue with staff and members, and carry out controls when relevant with a view to removing potentially unhealthy and inappropriate role models. ADD has observed overall that the centres want to promote clean training environments and that they see and utilise ADD as a relevant partner in achieving this. This is evident, for instance, in the regular reports and feedback ADD receives from the centres, which allow targeted preventative measures to be taken to combat doping.

Visits to Denmark’s gyms and fitness centres are the focal point of ADD’s fitness concept. In 2019, ADD made a total of 1,506 visits to commercial and association-based fitness centres around the country. The 90 visits to centres that do not have cooperation agreements with ADD all involved commercial gyms. The total number of visits, which dropped in 2018, rose to more usual figures in 2019. The lower number of visits in 2018 was due to the departure of a member of staff, due to illness and another going on maternity leave. In 2019, ADD boosted its outreach in fitness centres by allocating more hours to fitness consultants. However, due to a period in which a position was vacant, this is not fully evident in the figures.

Figure 3: Number of visits to Danish gyms and fitness centres – outreach visits and with/without doping control



Visits to centres that do not have ADD agreements were carried out without doping controls, as ADD is not authorised to conduct doping controls without having a cooperation agreement with the centre.

Table 1: Number of visits to Danish gyms and fitness centres – commercial and association-based

	Visits without control	Visits with control	Total
Commercial gyms and fitness centres with cooperation agreements	998	209	1,207
Association-based recreational fitness centres and gyms connected to NOC Denmark, DGI and Danish Company Sports Federation	193	16	209
Commercial gyms and fitness centres without cooperation agreements	90	0	90
Total	1,281	225	1,506

A commercial centre can make a cooperation agreement directly with ADD or through being a member of the Danish Fitness & Health Organisation (DFHO). In 2019, 435 centres had cooperation agreements with ADD. There is a constant fluctuation in the number of centres with a cooperation agreement, so there were 398 at the end of 2019 in contrast to 383 at the end of 2018, which is an increase of 4%. Since the end of 2016, the number of ADD-affiliated centres has risen by 29%.

All association-based fitness centres run by NOC Denmark, DGI and the Danish Association for Company Sports automatically have cooperation agreements with ADD in accordance with the Danish Anti-Doping Regulations for Recreational Athletes (Dopingreglementet for motionsidræt).

ADD's 'fitness concept' is funded by its operation grant, income from cooperation agreements with commercial gyms and fitness centres and pool funds from the Danish Ministry of Health. In 2019, ADD once again reduced its fee for commercial gyms and fitness centres to have a cooperation agreement with ADD. The price dropped from an annual fee of DKK 3,800 to DKK 3,500, a decrease of 8%. ADD's operation grant covered the price reduction. ADD has reduced its fee in order to keep the price of having a cooperation agreement with ADD low, so that cost does not prevent fitness centres from cooperating with ADD.

Development of paperless anti-doping control system for use outside of organised sport

To increase the efficiency of its doping control work, ADD has contributed in recent years to developing a paperless anti-doping control platform for sport (MODOC). After successfully implementing this new system, ADD developed it further in 2019, in cooperation with PWC, so that it can also be used for doping controls conducted outside of organised sport, such as in fitness centres or other actors with whom ADD has cooperation agreements. These non-WADA controls require a special doping protocol that will be implemented electronically in MODOC.

Prior to the development of this protocol in MODOC, ADD modified the protocols that are used outside of organised sport in accordance with relevant GDPR rules. This updated version of the protocol has been used as the basis for paperless doping controls conducted outside of organised sport. The updated protocol is also printed in both Danish and English, so that the fitness consultants always have physical copies of the protocols on hand as a back-up in case problems arise with MODOC's electronic system. The fitness consultants were trained to use MODOC in autumn 2019 with the aim to start using it in early 2020.

International cooperation between agencies and authorities

Cooperation between agencies and authorities across countries in 2019 resulted in a Dane, Jacob Sporn-Fiedler, being sentenced on 14 November to five years and four months in prison for smuggling 16 tonnes of

illegal substances worth £12 million into the UK in what is regarded as the world's biggest doping case. The November 2019 sentencing marked the end of several years of investigation starting with a larger seizure of anabolic steroids at Heathrow Airport in London in 2014. The UK's National Crime Agency led the investigation and cooperated with agencies in over 26 countries, including the Danish Customs Agency, the Danish Police and ADD, who helped solve the case.

This case has highlighted that there is a huge market for illicit substances. It is therefore essential for ADD's anti-doping efforts to be supported by initiatives to block the distributors, who make it all too easy to obtain these substances, also in Denmark. ADD urges the police to prioritise actions that make it even more difficult to bring illegal substances into Denmark. ADD also made this point in connection with the case.

Offer of treatment for substance abusers

Treatment for substance abusers in fitness and sport is not currently available in Denmark. But the topic was raised in 2019 in consultations with various institutions and organisations, in ADD's medical panel meetings and in the media in connection with the publication of the journal article 'Health and social consequences of androgenic anabolic steroids' (read more on p. X.)

ADD's medical panel was consolidated via a commissariat in January 2019. The panel aims to share knowledge and experience and to equip each other and the public with information on fitness doping, including its consequences, best practices in prevention and guidance on available treatments. The panel is comprised of 21 specialist doctors.

Investigation and results management of doping cases and preliminary investigations of match-fixing cases

Investigation and intelligence

Investigation is a key element of ADD’s efforts to promote clean training and fair play, as it is ADD’s duty, in accordance with the World Anti-Doping Code, to investigate potential breaches of sport’s anti-doping rules. But investigation is not only a key aspect of ADD’s work in competitive sport. ADD also conducts investigations in order to combat doping in fitness environments. It is ADD’s task, in the context of anti-doping rule violations, to handle results management and refer doping cases to the relevant judicial bodies.

In its capacity as the Secretariat of the National Platform Against Match-Fixing, ADD also conducts preliminary investigations into match-fixing-related offenses. This also involves a significant amount of intelligence work. Intelligence is vital in combating both doping and match-fixing, as the greatest insights into the sport and fitness environments are to be gained from being in the environments themselves – among the athletes, club members, managers, staff and support personnel, as well as those who move in those circles or are in contact with them.

Intelligence from sporting environments

ADD gathers information via two whistleblowing hotlines, Stop Doping and Stop Match-fixing, where anyone can easily, securely and anonymously share their knowledge or suspicion of doping or match-fixing via an online form, the Stop Doping and Stop Match-fixing apps or by telephone. ADD also receives information through channels other than the whistleblowing hotlines, which ADD started to register in 2019. In 2019, ADD received 146 reports from the two hotlines:

Table 2: Number of reports submitted in 2019

	Whistleblower hotlines	Other channels	Unfounded reports¹	Total
Concerning doping	78	14	7	99
Concerning match-fixing	19	3	25	47
Total	97	17	32	146

ADD did not receive many more reports than last year, where 136 reports came in, but it did present more cases to the relevant judicial bodies based on the information it received. This is due to the higher quality of the reports submitted in 2019.

In 2019, two doping cases were presented in accordance with the National Anti-Doping Rules that were instigated by information gathered from the sports communities. ADD owes thanks to these communities because, as mentioned, it is in these environments that the most important information lies. This is why it is very encouraging to find that sports communities have a desire to be doping free, as this in turn leads to substance abusers being identified and inappropriate role models being removed from sport, and subsequently creates fairer competition and a healthier sports culture in these communities.

Cooperation with authorities

If ADD receives intelligence about criminal activity such as the production, sale and distribution of doping substances, organised match-fixing and so on, the information is validated and transferred to the appropriate

¹ Spam or similar

authority. In 2019, on the basis of reliable whistleblower reports, ADD delivered information to the National Police of Denmark's Centre for Investigation (NEC) and the Danish Customs Agency.

In 2019, ADD also entered into an agreement with the Danish Customs Agency stating that the agency would share data on seized doping substances with ADD quarterly. The Danish Customs Agency's data has allowed ADD to make a case against a swimming coach who had imported illegal substances (see Table 3), and the data also comprises part of a burden of proof in another case regarding the national anti-doping regulations. This underlines that ADD's cooperation with authorities is a valuable aspect of the anti-doping work.

In summary, ADD presented three cases instigated by the intelligence reports submitted, two on the basis of intelligence received from the sports community, and one on the basis of intelligence from the Danish Customs Agency in 2019.

Doping cases

In 2019, ADD reported and presented doping cases to the relevant judicial bodies in organised competitive sport, recreational sport clubs as well as the commercial fitness centres. The following section outlines these cases.

Organised competitive sport

Twelve cases from organised competitive sport were presented under the national anti-doping regulations in 2019, which is twice as many cases as in 2018. It is worth noting that three of the cases were brought forward on the basis of intelligence, which is without precedent, also ADD makes ongoing efforts to test in a more strategic and intelligent way. As the number doping cases are low in absolute numbers, the percentage of cases can appear to vary dramatically from year-to-year. To compare with past figures, in 2015 there were 11 doping cases made, though two were passed on to international federations.

The table below gives more information about the doping cases made in 2019 and their outcomes. The year in which there was a ruling on the case is indicated in brackets in the "sanction" column.

Table 3: Organised competitive sport cases reported under the national anti-doping regulations

Sport	Test type	Gender	Violation	Case prosecuted
Weightlifting	In-competition	M	Positive test: Methylhexaneamine (stimulant)	2-year suspension (2019)
Boxing	In-competition	M	Failure to participate in doping control	2-year suspension (2019)
Weightlifting	Out-of-competition	M	Positive test: Clomiphene and Tamoxifene (increase testosterone levels)	4-year suspension (2019)
Triathlon	Intelligence-based	F	Used illegal method: Intravenous infusion (increases plasma volume and can mask other substances)	1-year suspension (2020)
Triathlon (sports official)	Intelligence-based	M	Administered illegal method: Intravenous infusion (increases plasma volume and can mask other substances)	4-year suspension (2020). ADD appealed to NOC Denmark's Tribunal, case not yet settled.
Swimming	In-competition	M	Positive test: Higenamine (stimulant)	2-year suspension (2019). Athlete appealed to NOC Denmark's Tribunal, case upheld by the tribunal (2020).
Para-sport	Out-of-competition	M	Positive test: SR9009 metabolites (increases endurance)	Temporary suspension. Pending Doping Commission hearing.
American football	In-competition	M	Positive test: Cannabinoids (cannabis) (depressant)	6-month suspension (repeated offence) (2020)
Boxing	In-competition	M	Positive test: Drostanolone (physique-enhancing)	4-year suspension (2020)
Basketball	In-competition	M	Positive test: Cannabinoids (cannabis) (depressant)	1-month suspension (2020)
Swimming (coach)	Intelligence-based	M	Attempt at using oxandrolone (physique-enhancing)	Temporary suspension. Pending Doping Commission hearing.
Taekwondo	In-competition	M	Positive test: Terbutaline (expands bronchial airway)	2-year suspension (2020). Athlete appealed to NOC Denmark's Tribunal, case not yet settled.

There were also cases involving Danish athletes that were sanctioned by anti-doping agencies other than ADD. In 2019, there were two international cases involving Danish athletes. The table below gives more information about these cases.

Table 4: International cases involving Danish athletes

Sport	Authority	Test type	Gender	Violation	Case prosecuted
Football	Australian Sports Anti-Doping Authority (ASADA)	In-competition	M	Positive test: Cocaine (stimulant)	2-year suspension
Equestrian	International Federation for Equestrian Sports (FEI)	In-competition	F	Positive test: Furosemide (diuretic)	The athlete has applied for a retroactive Therapeutic Use Exemption (TUE). The case is being processed.

Recreational sports clubs and fitness centres

Ten cases from recreational sports clubs and fitness centres were reported under the anti-doping regulations. These cases involved participants in recreational sport and fitness clubs or associations affiliated with NOC Denmark, DGI and the Danish Company Sports Federation. Doping control initiatives carried out in recreational sports clubs and fitness centres have primarily focused on specific association-based fitness centres, but several visits have also been made to sports associations and clubs, where gym users, club members and competitive athletes train side-by-side in disciplines such as strength training and weightlifting. A high proportion of these cases came from these disciplines.

Table 5: Recreational sport and fitness cases reported under the national anti-doping regulations

	Total selected	Refused to submit sample	Positive test	Total cases
Men	26	6	4	10
Women	0	0	0	0
Total	26	6	4	10

The above figures show that 39% of the participants who were selected for doping control were reported as a case, either as a result of a positive doping test or for refusing to participate in the control.

In 2019, the Doping Tribunal for Recreational Athletes settled seven out of the 10 cases presented. A ruling was made on the remaining three in January 2020. In nine out of the 10 cases, the Doping Tribunal for Recreational Athletes suspended the selected participant from participating in sport or fitness activities run in conjunction with NOC Denmark, DGI and the Danish Association for Company Sports, as well as in fitness centres that have cooperation agreements with ADD for two years and for four years from sports under the national anti-doping regulations. In one case, the athlete was banned for life due to recurring doping cases.

Commercial fitness centres

In 2019, ADD presented 143 cases to commercial fitness centres with an ADD cooperation agreement. In accordance with the agreement, the fitness centres are to suspend members who have refused to participate in a doping control or have tested positive in a doping control test from fitness activities in their centre for two years in the case of a first offense.

People who are suspended from a centre with an ADD cooperation agreement are, via a reciprocal obligation between recreational sports organisations, excluded from:

- All recreational sport and fitness activities in fitness centres that are members of the Danish Fitness & Health Organisation (DFHO) or have individual cooperation agreements with ADD.
- Participating in recreational sport and fitness activities or competitions held under affiliation with NOC Denmark, DGI and the Danish Association for Company Sports that are approved or organised by a professional league or an organisation that organises international or national sports tournaments.
- To take an unpaid or paid position in an association or in independent institutions affiliated with NOC Denmark, DGI or the Danish Association for Company Sports.

Table 6: Cases in commercial fitness centres

	Total selected	Refused to submit sample	Positive test	Total cases
Men	218	78	54	132
Women	19	4	7	11
Total	237	82	61	143

The above figures show that 60% of the members who were selected for doping control were suspended, either as a result of a positive doping test or for refusing to participate in the control. This is a significant proportion and a large increase compared to the previous year, where 46% of the selected members were subsequently suspended. This is due to an increased focus on targeting particular participants for doping controls, and that the fitness consultants are now told whether the people they select have tested positive or not, so they can then identify whether there is a correlation between the characteristics of the type of substance use they have observed and a member who may be using a similar substance. The significant proportion of suspended participants in 2019 indicates that ADD's resources are being used effectively as there are costs associated with taking doping control samples. The costs are connected to testing kits, transporting the samples to the laboratory in Oslo and analysing the samples. However, it is not ADD's goal to maintain the 60% rate of suspensions among those who were tested as the need to select a relevant athlete in a specific situation, for example to learn more about how doping profiles look and develop, will always be the most important.

From a financial perspective, it is also interesting that there were more people in 2019 who refused to participate in doping control than in 2018. In 2018, 26% of those selected declined to participate in doping control, whereas in 2019 the proportion was 36%. When individuals refuse to cooperate during control, ADD saves the cost of a potential doping test. ADD's direct interpretation of this statistic is that it is a well-known fact among gym users that if they have prohibited substances in their bodies they will be detected by ADD's doping controls. Many will therefore admit to using prohibited substances rather than agreeing to be tested, thus avoiding giving a urine sample under supervision.

During their visits to gyms and fitness centres, ADD's fitness consultants also encounter people who have a sanction barring them from training in centres that have an ADD cooperation agreement. In 2019, there were nine cases of suspended members who had violated their sanctions. As a result, these people were issued a new sanction commencing from the date of the violation.

Secretariat of the National Platform Against Match-Fixing

ADD's role as the Secretariat of the National Platform Against Match-Fixing involves, among other duties, the task to receive reports and information on suspicions of match-fixing or other unethical conduct. The Secretariat validates the information received and conducts an initial investigation in order to add value to the information. Subsequently, the Secretariat decides whether there is a basis upon which to report a real case of match-fixing in a criminal sense or whether the case should be referred to another authority for processing. In the first-mentioned instance, the Secretariat reports the case to the police, whereas cases on violations of NOC Denmark's Match-Fixing Regulations are transferred to NOC Denmark's Match-Fixing Secretariat for processing.

The Secretariat has experienced challenges in both instances. The challenge with the police is convincing them to take on the case and investigate it. Regarding violations of NOC Denmark's Match-Fixing Regulations, the challenge is a lack of clarity on the division of responsibilities and tasks. ADD also regards that, from a good-governance perspective and to ensure independence, ADD should take more responsibility for investigating cases thoroughly before handing them over to NOC Denmark's Match-Fixing Secretariat to

avoid potential conflicts of interest that could result from NOC Denmark investigating cases under its own umbrella. In a memo to the Danish Ministry of Culture, ADD outlined these concerns and also invited NOC Denmark to discuss the division of responsibilities in the handling of match-fixing cases in sport. In the memo, ADD also argued that its role as secretariat of the national platform for the coordinated work against match-fixing should be formally strengthened in the legislation, for example by moving the designation of ADD as the secretariat from the ministerial order to the law, and that the basis for the exchange of personal data can be strengthened by a change in the law.

Public authorities, sports organisations and the betting branch are all represented on the National Platform Against Match-Fixing. In December 2018, a working group under the National Platform Against Match-Fixing published a SWOT analysis of the pros and cons of the platform and its organisation, as well as potential to develop the platform and Danish efforts to combat match-fixing. In early 2019, the SWOT analysis was applied to the platform. Two physical meetings were also held as part of the platform in 2019.

Research and development in the field of anti-doping

Supported research projects in 2019

ADD allocated a total of DKK 1,387,677 to three external research projects and one Industrial PhD project in 2019:

- Doping Agents in Denmark, Aarhus University, DKK 720,000.
This PhD project will shed new light on the prevalence of doping in Denmark by developing a new method of detecting prohibited substances in small concentrations in urine and wastewater. As part of the project the method will be introduced in selected gyms and at larger sporting events in Denmark.
- Determining the potential of hepcidin and erythroferrone to detect rHuEPO misuse, University of Copenhagen, DKK 310,000.
The objective of funding this PhD sub-project is to increase the current windows of detection for prohibited substances.
- Drug prevention in gyms - development of an evidence-based intervention, Aarhus University, DKK 78,576.
The objective of this research project is to develop a method of intervention based on interviews with international stakeholders, those delivering the interventions and young male gym users, and to conduct a pilot test of the method.
- Improving time- and cost-efficiency in doping analysis, University of Copenhagen and ADD, DKK 279,101.
The objective of this co-financing of an Industrial PhD is to evaluate and further develop a method of analysis called 'dried-blood-spot method', which involves testing a dried out spot of blood for traces of substances. See more on p. 19.

Results of supported projects in 2019

ADD supports research projects of a high professional standard that could potentially be applied in practice. For the same reason, ADD considers it important to report on the findings of these research projects and how they can be used in efforts to combat doping.

Registry study: 'Health and social consequences of androgenic anabolic steroids'

The registry study has proven that the misuse of anabolic steroids can cost lives, and that there is a link between fitness doping and criminal activity, of which the latter finding has never been proven before. The registry study has therefore uncovered new knowledge and insights into steroid use. With their findings, the researchers behind the study, from Bispebjerg Hospital, have contributed to the knowledge base underpinning national and international arguments on the consequences of anabolic steroid use and their work is essential in preventing and treating steroid abuse.

The registry study included a group that had tested positive for anabolic steroid use and a control group of similar people from the general public. A mapping of health data revealed that the steroid users had a significantly worse health profile than the control group. For example, the steroid users had twice as many hospital referrals as the group from the general public, three times the mortality rate, and a long list of serious illnesses and ailments in which they stood out as being overrepresented. Steroid users are particularly overrepresented in the treatment of cardio-vascular disease, infertility and gynecomastia, which are symptoms related to the side effects of the anabolic steroids.

The researchers at Bispebjerg Hospital demonstrated that the group was also linked to criminal activity, and that men who have taken anabolic steroids are nine times more likely to be sentenced to prison than the general public in Denmark. The completed registry study showed that 18.5% of the group that had taken anabolic steroids had received a prison sentence for violent behaviour. This was compared to 2.7% of the control group consisting of similar people from the general public. The registry study also showed that the group of gym-based substance users had received longer sentences than the control group, which points to more serious crimes. The average sentence of the gym-based substance users was 90 days, whereas it was 70 days for the control group. However, it is important to note that the registry study's findings do not indicate a causality between fitness doping and criminal activity, rather it documents that gym-based substance users are overrepresented in crime statistics in comparison with the general public.

The PhD project 'Improving time- and cost-efficiency in doping analysis'

In 2019, ADD's first Industrial PhD student submitted her thesis called 'Improving time- and cost-efficiency in doping analysis' and received their doctorate in February 2020. The project was a collaboration between ADD, the University of Copenhagen and the WADA accredited laboratory in Oslo, and its objective was to evaluate and further develop the sample collection and analysis method 'dried-blood-spot method', which involves analysing dried out drops of blood for traces of prohibited substances. The research project is financed by ADD's research funds, the Innovation Foundation and Partnership for Clean Competition.

Dried-blood-spot testing is a new potential testing method that could make it easier, cheaper and less intimidating for athletes to provide a doping sample. However, in order for the method to be adopted and implemented, it must be proven to detect traces of relevant substances. The research project sheds light on the most effective way to test for traces of testosterone esters and clenbuterol in a single drop of blood. Testosterone esters and clenbuterol are two of the most common substances detected in elite and recreational sport.

The researcher behind the PhD project, Sara Amalie Solheim, concludes, based on the results of her research, that dried-blood-spot testing for testosterone esters and clenbuterol is sufficiently specific and sensitive – and therefore also accurate enough to be implemented as part of doping controls in elite and recreational sport. The dried-blood-spot method is also preferred to the usual methods of collecting urine and blood samples from athletes. Introducing this method will significantly reduce the time needed to carry out the tests and will therefore enable an increase in the frequency and number of tests conducted and the testing of many athletes over a short period of time. An example of where this would be most beneficial is in connection with major sporting events.

As the research project has shown that the dried-blood-spot method is a useful way to detect testosterone esters, more experiments will be conducted in 2020 to test whether the method can be used to detect prohibited substances that are commonly used in Danish gyms and fitness centres. The results will help determine to what extent ADD can supplement its testing methods in gyms and fitness centres with the dried-blood-spot method. Being able to implement this method will increase the efficiency and decrease the cost of testing in centres that have an ADD cooperation agreement.

Another aspect of the PhD research consisted of developing a procedure to collect dried-blood-spot specimens, training a pilot group of doping control officers and trialling the method at doping controls. The doping control officers and blood doping control officers were trained through the project to collect dried-blood-spot specimens, and samples were taken from 19 athletes at the Danish weightlifting championships in 2019. The small amount of blood was taken by a device that pricks the athlete's forearm with a row of fine needles, after which the blood is applied to a piece of absorbent filter paper. The feedback received from the

athletes was positive, with 17 out of the 19 athletes tested stating that they preferred the dried-blood-spot test to the usual urine and blood testing methods.

Part of the research project has also involved evaluating the types of testing devices and filter paper that are most effective in carrying out the dried-blood-spot tests.

The project's findings are being used by WADA's dried-blood-spot steering committee, which is aiming to validate and implement the method by the 2022 Olympic Winter Games in Beijing. ADD is represented on the steering committee.

Fitness Doping and Public Health Conference

ADD works in a systematic way to prevent doping in gyms and fitness centres by visiting, corresponding with and cooperating with the Danish gyms. Denmark is one of only a few countries that does this, so ADD is subsequently among the most advanced agencies working in this area. That is why there is a growing interest in the Danish approach internationally, and other countries are drawing on Denmark's knowledge and experience in fitness doping prevention. In addition to practical experience, the Danish approach is based on research into motives behind the use of performance-enhancing drugs in gyms, health-related side effects and so on. Against this backdrop, ADD has been motivated to support international development in this field by organising an international research conference in order to engage even more actors in the work to combat doping in fitness centres through both research and practice. Stimulating more interest in the area will ultimately strengthen the pool of knowledge and experience underpinning the Danish efforts.

Many diverse stakeholders were represented at the international 'Fitness Doping and Public Health' conference held in Copenhagen in 2019, including National Anti-Doping Organisations (NADOs), research institutions, public authorities, municipalities and treatment facilities. We received extremely positive feedback from the conference delegates. A session for municipalities about anti-doping work at the municipal level was also held in conjunction with the conference.

International cooperation

Denmark's anti-doping work cannot stand alone. Many Danish athletes compete against athletes who are primarily subject to the anti-doping work carried out in their respective countries and by their respective international federations. If ADD is to succeed in enabling fair competition for Danish athletes, its work should therefore also be viewed in an international context. This is why ADD engages in international cooperation to combat doping at both the European and global levels.

WADA

2019 marked the culmination of several years' work to revise the regulations upon which the entire globe's anti-doping efforts are based: the World Anti-Doping Code and its corresponding international standards. The revised regulations were adopted at WADA's World Conference on Doping in Sport in Katowice, Poland, on 5-7 November 2019 and will come into effect on 1 January 2021.

Prior to the adoption of the revisions, ADD gave its input and presented Danish points of view, values and interests in all possible contexts. ADD has therefore been in ongoing dialogue with WADA on the regulations and, both independently and in collaboration with the Danish Ministry of Culture and NOC Denmark, contributed with proposals to revise the regulations under the auspices of the Council of Europe. In his capacity as the chairman of the Institute of National Anti-Doping Organisations (iNADO) umbrella, ADD's CEO has had the opportunity to influence the drafting of the regulations in a number of areas.

ADD's contribution has, among other things, ensured ADD's ongoing work with both organised competitive sport and recreational sport and fitness, as well as protecting athletes' legal rights and the interests of the anti-doping organisations.

As mentioned above, ADD is also represented on WADA's new dried-blood-spot steering committee.

In November 2019, WADA's World Anti-Doping Code Compliance Review Committee published a report on Russia's numerous and serious breaches of the regulations, including the manipulation and fabrication of data, and at the same time urged WADA's Executive Committee to consider a series of recommended consequences for the Russians' non-compliance. The recommended consequences included four-year suspensions for Russian athletes and officials from international competition, and to ban Russia from hosting or being awarded hosting rights to international sporting events over the same period. WADA's Executive Committee decided in December 2019 to endorse the recommendations. ADD supported both of these steps and, along with many other organisations, called for guidelines for the strict enforcement of the sanctions. Shortly before the end of the year, Russia filed an arbitration case with the Court of Arbitration for Sport (CAS).

Nordic cooperation

ADD has an ongoing cooperation with other Nordic countries in the field of anti-doping, including the Nordic Athlete Passport Monitoring Unit (NAPMU) that monitors Athlete Biological Passports. Similarly, it is engaged in a Nordic cooperation at the management level, as well as in other specialist fields that have involved close collaboration over several years on training and education initiatives such as e-learning platforms. At a meeting in Oslo in 2019, the leaders of the Nordic NADOs elected to formalise this cooperation by appointing chairpersons to specialist committees covering the areas of doping control, education, research and development and investigation respectively. ADD assumed the leadership of the latter committee. These committees will strive for an increased exchange of experience, coordination and collaboration in these respective areas in the future.

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 organisations. ADD's CEO has been an iNADO Board Member since 2017 and was appointed as its chairman in March 2019. ADD presence on iNADO's board has positioned the agency more centrally in this strategic international work.

The uncovering of Russia's systematic doping initiated an informal collaboration in 2016, in addition to iNADO's cooperation, between leaders of national anti-doping organisations across the world. In 2019 this group discussed and addressed international anti-doping issues on several occasions and presented their published recommendations to WADA and the International Olympic Committee (IOC), including recommendations to exclude Russia from all sports.

ADD learns from other national anti-doping organisations' knowledge and experience and vice versa. Over the past year, ADD received visits from Japanese, Swedish, Flemish and Azerbaijani anti-doping organisations with the aim of exchanging expertise and inspiration. The Japanese anti-doping authorities were particularly interested in learning more about ADD's doping control programme, with ADD's highly advanced and targeted risk assessment and paperless doping control system being among the focus areas. The Swedes were, among other aspects, interested in ADD's experience in structuring its anti-doping work, whereas the Flemish authorities were interested in Denmark's experience in working in gyms and fitness centres as motivated by a public health approach. Our peers from Azerbaijan are, like other countries' anti-doping agencies and governments, aware of the synergies that integrity agents such as anti-doping organisations can create by working to promote integrity in sport beyond the scope of anti-doping efforts alone. This visit allowed ADD to share how it experiences synergies in its work to combat both doping and match-fixing by, for example, drawing on specialist expertise within the organisation relating in particular to investigation and its authority status, collaborative relationships and cooperation agreements with other authorities on, among other things, exchange of information.

Play the Game, a branch of the Danish Institute for Sport Studies, organises a biennial global conference focusing on integrity in sport overall, where leading international experts from fields such as anti-doping, match-fixing, good governance, athletes' rights, sexual abuse of children and youth, corruption, human rights and investigative journalism gather to discuss the status and potential for progress towards integrity in sport. The conference was held outside Europe for the first time in 2019 in Colorado Springs, Colorado, in the United States. ADD contributed to the conference once again with financial support, the moderation of panel debates, presentations in the sessions as well as exchanging valuable experience with other professionals. ADD's Legal Manager was also appointed to the conference's programme committee again, thereby contributing to the coordination of the event.

Good governance in sport has attracted growing attention in recent years. Good governance and management are fundamental to running sports organisations, including anti-doping organisations, properly. The strongest point of departure in contributing to international discussions on good governance is that ADD focuses on criteria of good governance in its daily work. That is why ADD, via input and discussions at two steering committee meetings in Copenhagen and Katowice, Poland, in 2019, is contributing to an Erasmus+ project led by Play the Game that is identifying relevant good governance criteria for NADOs and proposing concrete recommendations for NADOs to work with them. The project period runs from 2019-2020 and aims to strengthen ADD and other NADOs' abilities to develop and optimise the organisations' governance and management principles. With this project in mind, it is part of ADD's strategy and framework agreement in 2021-22 to develop and implement a good governance policy at ADD and seek to roll out this way of working to other NADOs.

Match-fixing – Group of Copenhagen

The Council of Europe Convention on the Manipulation of Sports Competitions came into force on 1 September 2019. Denmark, like most other EU member states, is yet to ratify the convention, but political work in the EU is being done to make this happen. In the meantime, several countries are already involved in an international network coordinated by the Council of Europe known as the Group of Copenhagen.

International cooperation is the cornerstone of the Convention, and since the first meeting in Copenhagen in the summer of 2016, in which 7 countries participated, including Denmark, 32 countries have now joined the network, including many from outside of Europe. The Group of Copenhagen holds 3-4 meetings per year, and ADD represents Denmark in the network. Among the network's work is surveillance of betting on international championships, risk analyses concerning match-fixing in individual countries and sports, a typology of different types of manipulation in the area of match-fixing, data protection strategies and mechanisms for the exchange of information, and assistance in establishing national platforms in new countries.

Criminal activity linked to match-fixing will often occur across borders, so ADD's participation in the network means that in the event of an international case it will be able to quickly contact relevant staff and officials in 31 other countries (and counting), in addition to international sports federations, organisations from the betting branch, and so on.

Finance

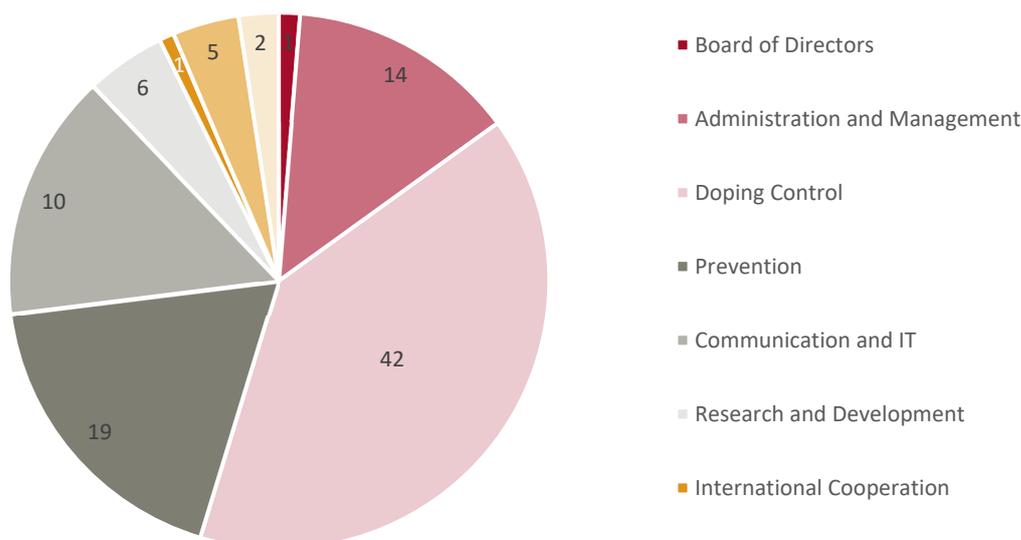
ADD's total income in 2019 was DKK 28.8 million (DKK 29.8 million)², which includes an operating grant of DKK 25.2 million from the Danish Ministry of Culture. The remaining income consists of project support from the Danish Ministry of Culture and the Danish Ministry of Health, doping control contracts made with event and tournament organisers, and cooperation agreements with gyms and fitness centres. This income was DKK 0.75 million more than budgeted for, because ADD received more orders for doping controls than anticipated, and it received earmarked operating grants from the Ministry of Culture after the budget was made.

ADD's total expenditures amounted to DKK 29.6 (29.3) million and can be broken down into the following expense categories:

Board of Directors	DKK 0.4 (0.4) million	(note 4)
Administration and Management	DKK 4.1 (4.2) million	(note 5)
Doping Control	DKK 11.7 (12.2) million	(note 6)
Prevention	DKK 5.4 (5.4) million	(note 7)
Communication and IT	DKK 4.4 (2.9) million	(note 8)
Research and Development	DKK 1.4 (1.8) million	(note 9)
International Cooperation	DKK 0.3 (0.3) million	(note 10)
Investigations and Results Management	DKK 1.2 (1.4) million	(note 11)
National Platform Against Match-Fixing	DKK 0.7 (0.7) million	(note 12)

It should be noted that DKK 1 million of the DKK 4.4 million spent on Communication and IT went towards the development of a new medication app. The app is an important prevention tool for athletes and their support staff personnel, as it allows them to find out the status of their medication on the prohibited list of substances. Although the development of the app comprised an important aspect of ADD's prevention efforts among Danish elite and competitive athletes and their support personnel in 2019, the cost for its development is listed under IT, as the product falls under the IT category.

Figure 4: Distribution of ADD's expenses in %



² The corresponding amounts for 2018 are shown in brackets.

Annex 1: Doping control in elite and competitive sport

Women										
Sport	In-competition			In-competition total	Out-of-competition			Out-of-competition total	Total	Grand total
	Blood	Blood module	Urine		Blood	Blood module	Urine			
American Football										43
Aquatics	1	1	4	6	12	26	35	73	79	134
Archery			3	3					3	8
Athletics	1		12	13	2	8	13	23	36	115
Badminton			2	2		4	13	17	19	62
Basketball										36
Boxing					1		2	3	3	38
Canoe/kayak			4	4	5	22	22	49	53	84
Cycling			20	20	3	9	10	22	42	316
Dance sport			2	2			6	6	8	13
Football										139
Golf			4	4					4	9
Gymnastics			6	6					6	15
Handball			12	12			4	4	16	89
Ice hockey										104
Judo	1		1	2			2	2	4	15
Karate			1	1			1	1	2	10
Kickboxing							2	2	2	27
Motocross										14
Orienteering			1	1	1	9	9	19	20	39
Parasport			2	2			1	1	3	13
Powerlifting			2	2	10		17	27	29	118
Roller skating										4
Rowing			10	10	1	25	25	51	61	142
Rugby										42
Sailing			1	1	2		3	5	6	10
Shooting			5	5					5	14
Sport diving										2
Table tennis			4	4					4	9
Taekwondo	1		7	8					8	20
Tennis			1	1	2	3	3	8	9	15
Triathlon	1		25	26	5	15	19	39	65	176
Volleyball							1	1	1	28
Weightlifting			9	9	7		7	14	23	85
Wrestling							1	1	1	40
Grand total	5	1	138	144	51	121	196	368	512	2028

Men										
Sport	In-competition			In-competition total	Out-of-competition			Out-of-competition total	Total	Grand total
	Blood	Blood module	Urine		Blood	Blood module	Urine			
American Football	2		18	20			23	23	43	43
Aquatics	2		11	13	7	11	24	42	55	134
Archery			5	5					5	8
Athletics	1		23	24	1	17	37	55	79	115
Badminton			3	3	4	17	19	40	43	62
Basketball			18	18	3		15	18	36	36
Boxing			16	16	1		18	19	35	38
Canoe/kayak	4		8	12	3	6	10	19	31	84
Cycling			85	85	23	77	89	189	274	316
Dance sport			2	2			3	3	5	13
Football			72	72	6		61	67	139	139
Golf	1		4	5					5	9
Gymnastics			9	9					9	15
Handball			36	36	3		34	37	73	89
Ice hockey			49	49	6		49	55	104	104
Judo			3	3	1		7	8	11	15
Karate	2		3	5			3	3	8	10
Kickboxing			2	2	1		22	23	25	27
Motocross			13	13			1	1	14	14
Orienteering			5	5		7	7	14	19	39
Parasport			5	5		2	3	5	10	13
Powerlifting	4		26	30	14		45	59	89	118
Roller skating			4	4					4	4
Rowing			25	25	9	21	26	56	81	142
Rugby	1		12	13	1		28	29	42	42
Sailing							4	4	4	10
Shooting			9	9					9	14
Sport diving			2	2					2	2
Table tennis			3	3			2	2	5	9
Taekwondo	1		10	11			1	1	12	20
Tennis			2	2			4	4	6	15
Triathlon	1		30	31	12	17	51	80	111	176
Volleyball			14	14	1		12	13	27	28
Weightlifting			16	16	8	2	36	46	62	85
Wrestling			9	9	3	5	22	30	39	40
Grand total	19		552	571	107	182	656	945	1516	2028

Annex 2: Booked doping controls

International federations and anti-doping organisations

Booked by	Blood		Urine		Total
	In-competition	Out-of-competition	In-competition	Out-of-competition	
Badminton World Federation	0	21	23	21	65
International Testing Agency				3	3
Athletics Integrity Unit		56	12	3	71
European Handball Federation			8	18	26
International Handball Federation	4		45		49
Union Cycliste Internationale (UCI)			35		35
World Curling Federation			4		4
IRONMAN		2	12	2	16
World Underwater Federation	1		3		4
International Wheelchair Rugby Federation	2		6		8
International Ice Hockey Federation				5	5
Doping Authority Netherlands				1	1
Total	7	79	158	43	287

National event organisers

Booked by	Blood		Urine		Total
	In-competition	Out-of-competition	In-competition	Out-of-competition	
Dansk Atletik Forbund			35		35
Sparta			11		11
PostNord Danmark Rundt			18		18
Dansk Styrkeløft Forbund			22		22
Team Almedals Bornholm			1		1
Total			87		87

Annex 3: Therapeutic Use Exemptions (TUE)

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

Prohibited substance	Disease	Number of TUEs
Terbutaline and vilanterol	Asthma	22
Methylphenidate or other similar medicine	ADHD	9
Prednisolone or other oral preparations	Inflammation	10
Insulin	Diabetes	6
Others	-	15
Total		62

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

Anti Doping Danmark works to
promote integrity in sport

www.antidoping.dk



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