

# Anti Doping Danmark

## Annual report 2022



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# Management's review

## About ADD

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## Board of Directors

Leif Mikkelsen, Chair  
Bente Skovgaard Kristensen  
Lars Pedersen  
Henrik Puggaard  
Ditte Roth Hulgaard  
Henriette Engel Brøns

## Accountant

EY Denmark  
Approved audit partner

## Bank

Jyske Bank

## VAT Registration

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

## Introduction

This Annual Report provides an overview of Anti-Doping Denmark's (ADD) work and reports on ADD's framework agreement, strategy and general activities carried out by ADD over the past year.

The Annual Report also includes financial reporting on the project support ADD received from the Danish Ministry of Culture and Danish Ministry of Health for 2022.

## Legal Framework

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 conjunction with the Danish 'Law on promoting integrity in sport', the Ministry of Culture issues an executive order annually that includes the current year's doping list, which is identical to the World Anti Doping Agency's (WADA) Prohibited List. The order issued for 2022 was 'BEK nr. 2632', dated 14 December 2021. The order also states that the secretariat of the National Platform Against Match-fixing is placed at ADD's headquarters.

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 cooperation agreements with, for example, commercial gyms and fitness centres, sport event organisers and international associations that approach ADD to conduct doping control.

## Board of Directors

The Board of Directors was comprised of the following members in 2022:

- Leif Mikkelsen, Chairperson, Former Member of Parliament (appointed for 2019-2022 by the Danish Ministry of Culture)
- Bente Skovgaard Kristensen, Director, Children, Culture and Sports Administration, Brøndby Municipality (appointed for 2021-2024 by the Danish Ministry of Culture)
- Ditte Okholm-Naut, Director, GymDanmark (appointed for 2019-2022 by NOC Denmark, DGI and the Danish Association for Company Sports)
- Henrik Puggaard, Attorney and Partner, Kammeradvokaten/Poul Smith (appointed 2021-2024 by NOC Denmark and Team Denmark)
- Lars Pedersen, Consultant and Clinical Lead, Bispebjerg Hospital (appointed for 2021-2024 by the Danish Ministry of Culture)
- Poul Gade, Senior Associate, Bech-Bruun (reappointed for 2019-2022 by the Danish Ministry of Culture)

Four ordinary general meetings and one strategic seminar were held in 2022. There were no incidents of conflicts of interest in 2022 among any of the members of the Board of Directors and, as such, no subsequent precautions taken in relation to their participation in the handling of specific matters.

## The organisation

At the end of 2022, ADD's Secretariat consisted of 17 full-time staff and an office assistant who is affiliated with the Secretariat. Following principles of transparency, Anti-Doping Denmark publishes its management's accumulated salary, which was DKK 1,842,925 including pension in 2022. This amount should be viewed in light of the CEO's position being vacant from September 2022. ADD's former CEO, Lisbeth Jessen, resigned from the position and ended her tenure on 30 September 2022. Kim Højgaard Ravn was appointed as Acting CEO and took over as CEO from 1 October 2022. At the turn of the year, ADD's Vice CEO position was vacant.

It would be impossible to carry out all of ADD's tasks without ADD's team of doping control officers and fitness consultants. At the end of 2022, 35 lead doping control officers, blood collection officers, doping control officers and 10 fitness consultants employed on an hourly or part-time basis, equivalent to 4.2 full-time staff dedicated to doping control in organised sport plus 3.6 full-time staff dedicated to control and prevention work in fitness centres. 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.

In 2022 ADD conducted employee pulse check surveys as a follow-up to the risk assessment (APV) and wellbeing survey it conducted in 2021. ADD conducted pulse check surveys among all of its employees: Secretariat staff, doping control officers and fitness consultants. The responses indicated that ADD has a very good working environment when it comes to physical and mental wellbeing – and it improved on all of the previously identified focus areas, despite the strong starting point. This will not, however, change ADD's focus as it strives to maintain its good working environment and make improvements, wherever possible, across the whole organisation.

## Professional expectations for 2023

In addition to the many ongoing tasks ADD carries out, it will also give special attention to development and implementation areas in 2023. ADD has built further on its previous strategy and evolved this into the 'Strategy 2023-2026'. One of the many strategic focus areas set out for the coming years, in line with international trends and the developments in ADD's work to date, is to work even more on the basis of data. In an anti-doping context, this will, among other benefits, contribute to even more targeted doping control in which the right sample is taken from the right athlete at the right time, as widely as possible. The use of data will also help customise and validate ADD's important initiatives in education.

ADD will also communicate clearly about its objectives and activities to strengthen the knowledge base, understanding and support of anti-doping work. This will create better foundations for effective initiatives that will ultimately benefit the clean athletes, just as raising awareness about this type of work can have a preventative effect.

Within the scope of its work with gyms and fitness centres, ADD aims to establish more agreements with centres that offer fitness programmes and other types of training in order to deliver stronger anti-doping initiatives for as many athletes and participants as possible. This will involve implementing new cooperation agreements.

In recent years ADD has developed the project "A friend in the mirror" in collaboration with the National Eating Disorder and Self Harm Association (Landsforeningen mod spiseforstyrrelser og selvskade – LMS), which aims to improve youths' wellbeing, mental health and their ability to cope with the performance-related demands they are confronted with, particularly those associated with their bodies. The project strives to prevent the substance abuse, eating disorders and self-harm behaviours that youth can resort to when trying to live up to the unrealistic body ideals they see on social media and in

many other places. The project was launched in 2022 and will run until the end of 2024, which is why steps will be taken as early as 2023 to identify opportunities to further develop the project, so that its exemplary results and positive feedback can be consolidated into a permanent concept in 2025 and beyond.

The large group of athletes and members of fitness centres affected by harmful substance abuse experience both severe side effects from these substances and very little access to help in the health care system. In 2023, ADD will continue its dialogue with medical practitioners, politicians and other stakeholders to advocate the need for national regulations, a knowledge and skills centre and a specialised offer of treatment to help this group of participants better.

Team Denmark has opted to delegate its supervisory duty regarding unacceptable behaviour in the elite sport environments with which it cooperates to ADD. The delegation of this role and the establishment of this independent function of handling reports will take place in 2023.

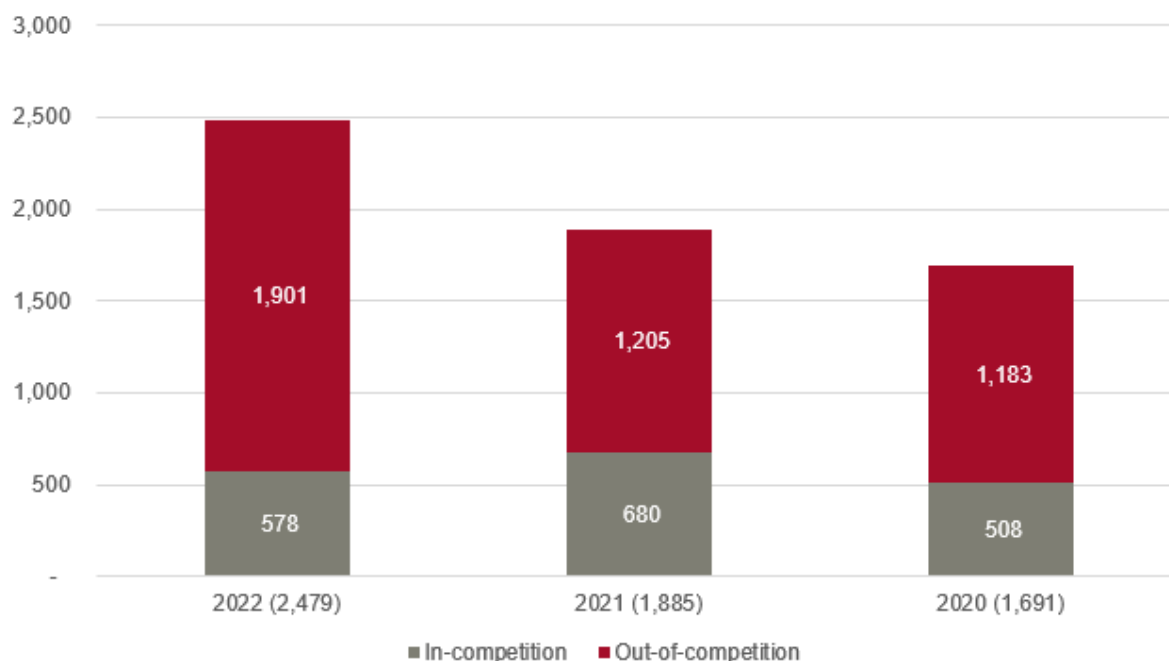
# 1. Sport

## 1.1 Doping control

### Doping control in organised sport

In 2022 ADD collected 1,860 samples through its own programme, which excludes samples that ADD was requested to collect. The proportions of samples collected in- and out-of-competition are indicated in the figure below.

*Figure 1: Proportion of samples collected in- and out-of-competition*

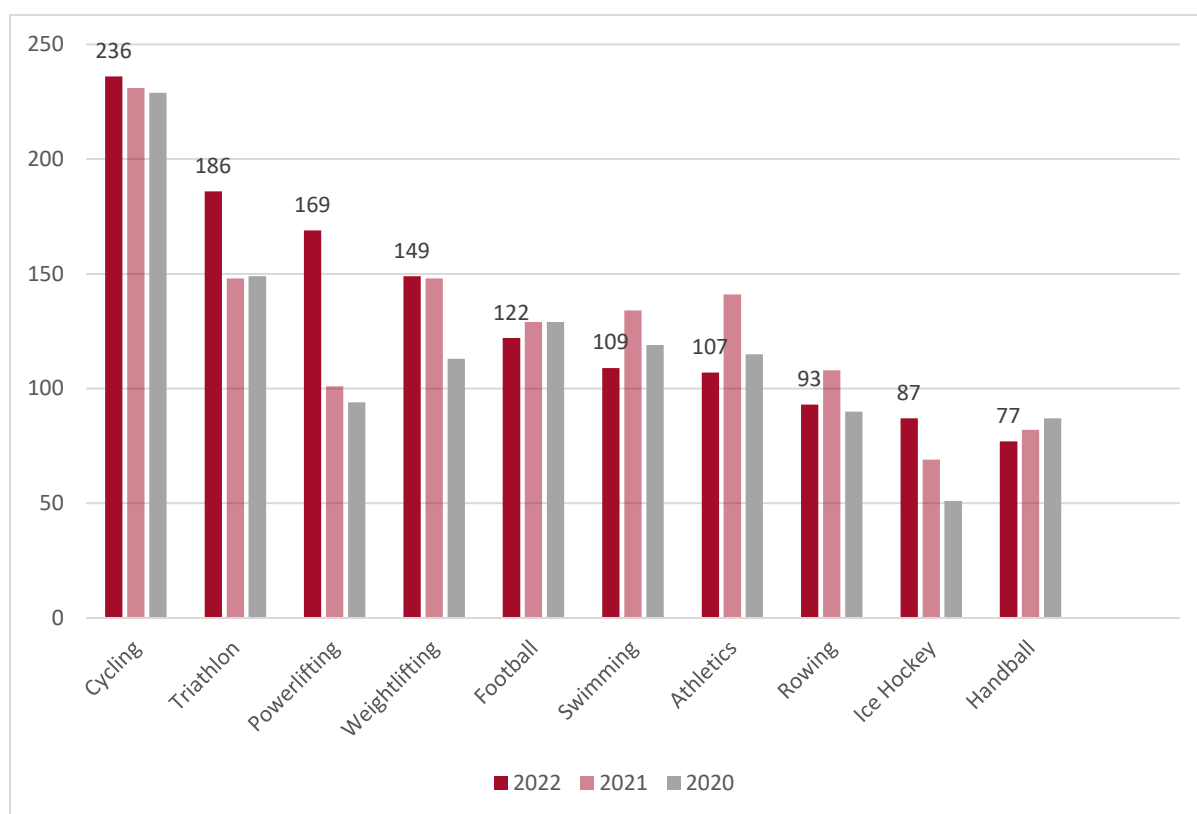


The figures presented above include 1,236 urine samples, 104 blood samples, 243 blood passport and 277 dried blood spot samples.

See Annex 3 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 516 sport specific analyses of samples in 2022. The purpose of conducting specialised analyses is to ensure intelligent testing, so 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).

Figure 2: The ten most tested sports in organised competitive sport in 2022



The ten most tested sports were the same as in the previous year, whereas the proportion of tests in each sport differed. Weightlifting, for example, went from being the eighth-most tested sport in 2021 to the third-most tested sport in 2022, primarily due to the World Open Equipped Powerlifting Championships being held in Viborg in November 2022.

The annual Danish Championship week in Aalborg is a good opportunity to test several sports at the national championship level, and at the same time it makes anti-doping efforts more visible to the athletes and federations, which boosts the preventative effect of the controls. During the Danish Championship week in 2022, ADD collected 104 samples, with increased controls among the competitors in cycling, powerlifting and weightlifting.

### Requested samples

In addition to collecting samples through its own programme, ADD can also be booked to collect samples for other parties: International and national sports federations, anti-doping organisations, sports event organisers, as well as associations. In 2022, ADD collected a record number of requested samples – 452 in total. By comparison, ADD collected 162 and 221 requested samples in 2021 and 2020 respectively. This historically large quantity of requested samples was mainly the result of the number of major events, including world championships, held in Denmark, such as the powerlifting event and the Equestrian World Championships in Herning. The generally lower numbers of tests in 2021 and 2020 were due to the COVID-19 restrictions, which meant that fewer major international events were held than usual. See Annex 4 for a comprehensive overview of the samples requested in 2022.

### Therapeutic Use Exemptions (TUE)

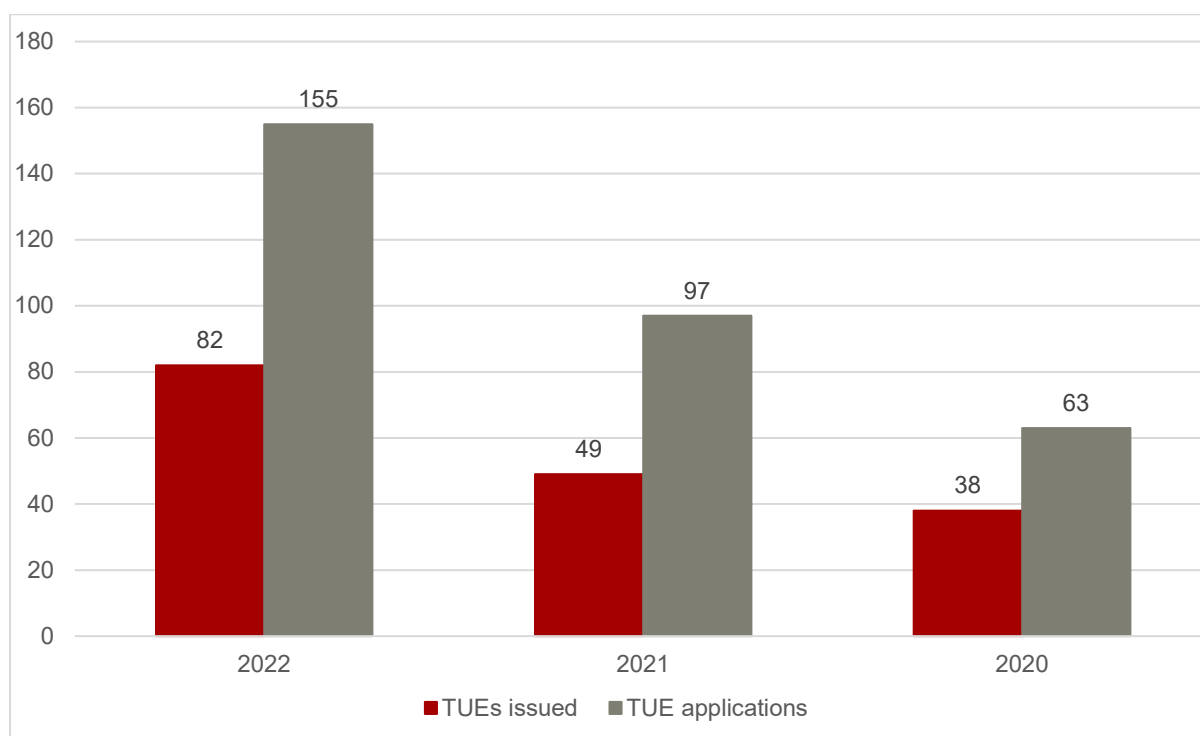
Athletes who are considered as participating at an elite level nationally or internationally, according to ADD's classification, and have a condition or illness that requires a type of treatment or medicine that is on WADA's Prohibited List must apply for Therapeutic Use Exemptions (TUE). Other athletes who



participate in competitive sports that are affiliated with a sports federation under NOC Denmark's umbrella should only apply for TUE upon the request of ADD (retroactively). Most athletes who compete at an elite level internationally apply to their respective international federations for TUE.

ADD received 155 TUE applications in 2022, of which 104 applications were forwarded to the TUE Committee, where 82 were approved and 22 were declined. ADD thereby issued 52.9% of the TUEs that were sought. The reason why several of the applications were not sent further to the TUE Committee was because the athletes had submitted incomplete applications. Some TUEs that were reviewed by the Committee were not issued because the athletes did not meet the medical requirements needed to apply for a TUE. The types of substances applied for as exemptions were, in contrast to previous years, largely used to treat ADHD or similar conditions. A similar trend has also been observed in Sweden. ADD assumes that number of TUE applications submitted for these substances increased significantly because more people are being assessed for this type of diagnosis than before.

*Figure 3: TUE applications made and TUEs issued*



See Annex 5 for a comprehensive overview of the TUEs issued by ADD in 2022.

One of the substances commonly applied for in the past was terbutaline. The number of these applications has declined due to ADD's success in informing athletes and their doctors that asthma medications such as Bricanyl contain terbutaline, whereas other asthma relievers can be taken in smaller doses without needing to apply for a TUE.

### **Dried Blood Spots (DBS)**

WADA approved Dried Blood Spots (DBS) as a method of collecting doping samples in line with other conventional doping tests, such as urine and blood tests, from 1 September 2021. Data gathered from the last four months of 2021 show that ADD collected the second most DBS samples in the world and the most samples per capita. The Danish DBS samples included the only positive test results found globally (two), which demonstrates that DBS can be fulfilling expectations as a potential testing method.

WADA's global DBS statistics for 2022 had not been published by this annual report's deadline. However, ADD collected 277 DBS samples in 2022, including 142 in-competition and 135 out-of-competition. By comparison, ADD collected 70 DBS samples in 2021, of which 62 were taken in-competition and 8 out-of-competition during the last four months of the year, as WADA did not approve the use of the method until 1 September 2021.

### **Doping control officers**

ADD's quality consultant carried out ADD's own recertification of doping control officers.

The doping control officers were recertified at a seminar in September 2022 where they completed an electronic multiple-choice test. This recertification will be done every second year in the future.

Whereas the recertification test reflects the officers' theoretical understanding of doping control procedures, their practical skills are also assessed on an ongoing basis, but every three years instead of two (as was done previously).

The doping control officers also participated in group work to examine doping control cases.

In 2022 the abovementioned Dried Blood Spots method was adopted more broadly, requiring more doping control officers to attend larger controls in which several athletes were tested simultaneously. One of the advantages of the DBS method is that the test can be taken as soon as the athlete is called in for the control and the results are immediate, as opposed to other methods such as urine tests.

By the end of 2022, 35 doping control officers had been involved in collecting 1,860 samples in organised sport throughout the year. The officers and athletes were also part of an evaluation that resulted in ADD switching from the Berlinger to LockCon testing kit during 2022, due to concerns about functionality, cost, transport and so on.

## **1.2 Prevention**

It is ADD's overall objective to lead long-term, comprehensive and sustainable prevention of doping in Danish sport. It does so by developing and implementing an effective training programme in collaboration with relevant partners. This includes developing online tools and training local staff in the federations.

### **E-learning**

In 2022, 3,077 people were registered on ADD's online learning platform [www.uddannelse.antidoping.dk](http://www.uddannelse.antidoping.dk). Of those registered, 2,515 completed the e-learning course 'Anti-doping 1 – competitive sport'.

Upon their completion of the course, the participants received a survey from ADD asking how confidently they assessed their knowledge and understanding of the anti-doping field and how confident they were in using a range of tools that are currently available (on a scale of very confident, confident, neutral, unsure, very unsure). The results indicated that, of the 2,041 athletes who completed the survey:

- 95.5% felt very confident or confident that they knew how a doping control is carried out
- 93% felt very confident or confident that they knew what objective responsibility is and what it means for them
- 92% felt very confident or confident that they knew how to check the status of medications in Denmark
- 90% felt very confident or confident that they knew when and how to apply for TUEs

- 89% felt very confident or confident that they knew how to minimise the risk of taking a contaminated dietary supplement
- 93% felt very confident or confident that they knew the consequences of breaching anti-doping regulations

### **In-person training**

During 2022, 297 people from across different institutions such as sports federations, physiotherapy courses, the Danish Association of Sports Medicine (Idrætsmedicinsk Selskab) and NOC Denmark's (DIF) Diploma Coach programme took part in additional training in-person.

ADD also followed up this training with a survey in which the athletes could evaluate how confidently they comprehended and understood aspects of the anti-doping field (on a scale of very confident, confident, neutral, unsure, very unsure). The responses among the 236 athletes who completed the survey indicated that:

- 98.3% felt very confident or confident that they knew their rights and obligations in relation to doping control
- 98.3% felt very confident or confident that they knew how a doping control is carried out
- 90% felt very confident or confident that they knew when and how to apply for TUEs
- 97% felt very confident or confident that they knew what objective responsibility is and what it means for them
- 98.7% felt very confident or confident that they knew how to check the status of medications in Denmark
- 91.1% felt very confident or confident that they knew how to minimise the risk of taking a contaminated dietary supplement
- 91.5% felt very confident or confident that they understood the impact their own actions and behaviour could have on their teammates, opponents, fans, etc.
- 96.6% felt very confident or confident that they knew the consequences of breaching anti-doping regulations

### **Training course plans with sports federations**

The sports federations are the experts when it comes to their target groups, whereas ADD is the expert when it comes to educating people about anti-doping. This is why ADD invited the sports federations to discuss how best to plan training courses for specific target groups in each federation. In 2022, ADD consulted 30 federations on their training course plans.

### **Training courses for anti-doping guides**

In correspondence with WADA's International Standard for Education (ISE), which states that athletes should be taught about anti-doping before they are tested, Anti-Doping Denmark is obliged to train athletes and their support personnel within the federations' relevant anti-doping target groups.

To assist the federations in attaining the widest reach possible in their anti-doping training, ADD offers a course that trains local practitioners to become anti-doping guides, who can then help to deliver anti-doping training within their own federations.

The purpose of the programme is to equip the federations with their own anti-doping guides who can deliver anti-doping training whenever needed without being dependent on ADD's support. It should also help ADD and the federations reach a broader target group overall than ADD can cover within its information and prevention framework.

The guide training course is delivered over 20 hours, which includes three course days and peer-to-peer learning sessions in which the participants teach and exchange knowledge with each other in pairs, observing and giving feedback to each other.

The first cohort of eight anti-doping guides, coming from sports federations and one local municipality, started the course in 2022 and will get certified in the first half of 2023. A new cohort of guides will start their education in the autumn of 2023.

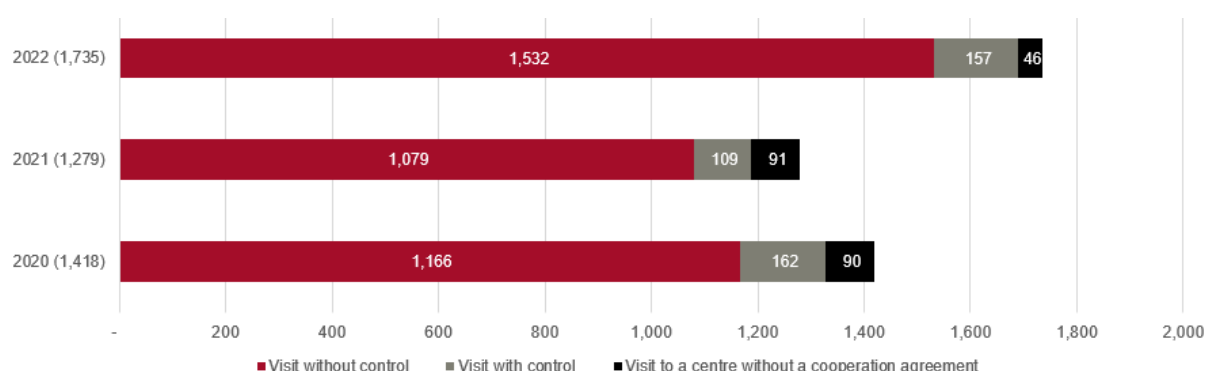
## 2. Fitness and public health

### 2.1 Fitness sector

ADD's dialogue-based prevention efforts are at the core of its efforts to combat doping in the numerous fitness centres located around the country that have cooperation agreements with ADD. ADD's fitness consultants who conduct site visits are visible in 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 increasingly observed that the centres want to promote clean training environments and that they see and utilise ADD as a relevant partner in achieving this. The frequency of the fitness consultants' visits to individual gyms and fitness centres is determined by the centres' profiles, histories, own initiative, intelligence and the concrete reports they receive. The fitness concept is funded by ADD's operating funds, income from cooperation agreements with commercial fitness centres and funding from the Danish Health Authority's pool for preventative health care and health promotion.

In 2022, ADD made a total of 1,735 visits to commercial and recreational (association-based) fitness centres around the country. The total number of visits was significantly higher than in 2021 and 2020 due to all commercial gyms and fitness centres having been affected by COVID-19 for extended periods in those years, meaning that the fitness consultants could not make their usual number of visits. The number of visits in 2022 exceeded the goal of 1,500.

*Figure 4: Number of visits to Danish gyms and fitness centres – outreach and with and without controls*



During 2022, 397 commercial gyms and fitness centres had cooperation agreements with ADD, compared with 439 in 2021. The number of centres entering into and dropping out of cooperation agreements tends to fluctuate, so there were 366 that had agreements at the end of 2022, in contrast to 383 at the end of 2021, which is a slight decrease of four percent. The decrease is due to a combination of centres closing down and terminating their cooperation agreements, often as a result of the financial pressure caused by COVID-19.

There are significantly fewer visits being made to recreational gyms and fitness centres that are affiliated with NOC Denmark, DGI or the Danish Association for Company Sports, as ADD has observed that there is less of a focus on muscle-building workouts in these association-based recreational gyms. In 2021 and 2022 ADD approached the coordinators of NOC Denmark and DGI's *Bevæg Dig For Livet* (Move for Life) fitness initiative to find a way to fine-tune the work being done with the local clubs and associations, obtain more clarity and customise prevention efforts in these settings. This dialogue resulted in an agreement being made in January 2023. The focus of ADD's visits to gyms and fitness

centres is prevention, and the frequency of these visits is planned according to risk assessments. In order to improve these assessments, ADD developed a data-driven prevention assessment that determines the number and frequency of visits being made to the various centres that have ADD cooperation agreements. This assessment is made over several parameters, such as the primary type of activity, proportion of staffed opening hours, proportion of young participants and previous doping cases.

All recreational fitness centres that are affiliated with 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. A commercial centre can make a cooperation agreement directly with ADD or through being a member of the Danish Fitness & Health Organisation (DFHO). These agreements give ADD the authority to carry out controls in the fitness centres, as the centres are required to specify in their conditions for membership that ADD can test members at the centre. Visits to centres without a cooperation agreement are therefore carried out without controls, as is illustrated in Table 1, and with the purpose of negotiating a cooperation agreement as a follow up on the inaccurate signage at the centre.

*Table 1: Number of visits to Danish gyms and fitness centres – commercial and recreational*

	<b>Visit without control</b>	<b>Visit with control</b>	<b>Total</b>
Commercial gyms and fitness centres with a cooperation agreement	1,311	145	1,456
Commercial gyms and fitness centres without a cooperation agreement	46	0	46
Recreational gyms and fitness centres	221	12	233
<b>Total</b>	<b>1,578</b>	<b>157</b>	<b>1,735</b>

### **Youth health educators in fitness centres**

Anti-Doping Denmark, Fitness World and Ungdomsringen completed a pilot project in 2022 that focused on young people's relationships with gym workouts and body image. The project set up a fitness programme for groups of young people led by youth health educators with the aim of testing ways of combining health education and workout sessions in gyms and fitness centres.

The whole project ran from March to September 2022 and the fitness programme itself was delivered from May to June 2022.

Six leisure centres from the Capital Region of Denmark took part in the pilot, and one to two youth health educators from each centre led the groups of young participants. The educators had relatively free hands to put together their youth fitness groups, as long as there were between four and eight participants in each group.

The results of the project were collected via a questionnaire and focus group interviews, with the conclusions being that:

- The young participants gained a better understanding of a healthy gym culture and body image
- 80% of the youth health educators believed after the programme that exercise can be used as an educational tool
- The group dynamics and relationships between the young participants became stronger through the programme
- The project boosted the self-esteem of young participants who were not used to working out, but it had no noticeable effect on the young people who went to the gym prior to the pilot
- Self-confidence increased when the participants learned how to do the exercises correctly

### **Modified appeal procedures**

In 2022 it was decided to introduce new procedures for appealing recreational sport and exercise doping cases from 1 January 2023. According to the 'Doping regulations for recreational sport under NOC Denmark, DGI and the Danish Association for Company Sports' (Recreational sport doping regulations), NOC Denmark's Appellate Body has previously handled appeals of doping cases in commercial gyms and fitness centres. It was decided to transfer this role to the Recreational Sport Doping Board from 1 January 2023. ADD and the Danish Fitness & Health Organisation (DFHO) were consulted on and agreed to the amendment. The Recreational Sport Doping Board also handles first-instance cases at association-driven fitness centres.

### **Fitness consultants**

To succeed with preventative measures in gyms and fitness centres, both the staff at these centres and ADD's fitness consultants must be well equipped. That's why ADD has made forming a professional team of fitness consultants a top priority. As well as monitoring the progress of the fitness consultants, ADD holds quarterly meetings with these staff to address relevant matters, in addition to holding an annual seminar.

ADD decided in 2022 that all fitness consultants should receive ongoing supervision. This decision was made because the consultants can potentially be in contact with members of the public in conflict situations, and supervision can help boost the staff's professionalism and wellbeing. The supervision involves group counselling with a psychologist, in which the consultants can reflect on particular conflicts and discuss how the situation could have been handled differently.

### **Collaboration with the Danish Police**

In 2019, ADD established an agreement with the Danish Police on preventing substance abuse in police training facilities at police stations and at police academies. In 2022, ADD made 39 visits, five of which were to police academies. There were no reasons found to conduct doping controls in connection with these visits.

### **Collaboration with PT Danmark**

In 2022, ADD initiated a collaboration with the trade association for personal trainers, PT Danmark, on doping control and education, respectively. In 2022, ADD organised two presentations for 15-20 participants and carried out two doping controls, both of which were negative, during the year.

## **2.2 Public health**

### **A friend in the mirror (Spejlven)**

The use of banned substances in the fitness sector is a small piece of a much bigger and more complex puzzle regarding youth, performance culture and mental health. Several organisations are working with the same issues, which means there are also many organisations applying for the same pool of grants for initiatives aimed at the same target groups under the same overall themes. At ADD we therefore decided when drafting our strategy for 2019-2022 to focus on approaching others to collaborate on new initiatives for our target groups.

The project "A friend in the mirror" (*Spejlven*) was developed in collaboration with the National Eating Disorder and Self-Harm Association (*Landsforeningen mod spiseforstyrrelser og selvskade* – LMS). VIA University College's Continuing Education for Nurses and the Danish School Sport Federation also contributed to compiling the materials.

"A friend in the mirror" focuses on 6<sup>th</sup> grade students and is aimed at the adults surrounding them: parents, school staff, sport and recreation leaders and fitness centre staff. The project consists of:

1. Workshops for 6<sup>th</sup> grade classes
2. Teaching resources for 6<sup>th</sup> grade classes
3. Professional development for specialist staff
4. Meetings with parents
5. An e-program for sport and recreation leaders
6. E-learning for fitness centre staff.

The project is running from 2022-2024 and is supported with funds from Nordea Foundation, the Danish health insurance association *Sygeforsikringen "danmark"* and the Danish Health Authority's pool for preventative health care and health promotion.

In its first year, 2022, the project visited 56 school classes across the country, where a total of 1,450 students took part in "A friend in the mirror" workshops. In addition to these workshops, "A friend in the mirror" courses were delivered for the supporting adults (teachers, school staff, etc) and meetings for 400 parents and carers were also arranged. Presentations were also held for 115 coaches of children and youth at the Danish Handball Federation, Danish Rowing Federation of NOC Denmark respectively.

"A friend in the mirror" and its overarching themes, like body image, came into greater focus during 2022 at the schools, among teachers and in the media. One of the most successful dissemination pieces in 2022 was the swimming video "[The changing room](#)", which was shared on different channels, including NOC Denmark's Facebook page. With a reach of more than 270,000 Danes, a little less than 6,000 likes, more than 1,400 shares and over 500 comments, the video is one of the most popular pieces of content ever posted on NOC Denmark's Facebook page.

### **Assessment of doping among vulnerable youth**

The Centre for Youth Studies (CUR) conducted an assessment of fitness doping substance abuse among vulnerable youth, including the extent and need for more targeted prevention efforts. The assessment showed that there is a general consensus among specialist staff that vulnerable youth, as a group, are at the greatest risk of starting to (mis)use after staying at a youth residency. The majority of staff at youth residencies surveyed in the study said they did not notice a problem of (mis)use of fitness doping substances among the youth while they were placed in care, but admitted that it could become a problem for many of them after they turned 18 and were no longer staying at the residency. The staff have a generally positive attitude towards prevention initiatives and, more specifically state that interventions could help decrease the risk of vulnerable young people taking up steroid use after they leave the residencies.

Based on the report, the Centre for Youth Studies recommends more information and practical advice for relevant staff and better aftercare services for vulnerable youth.

ADD has initiated contact with relevant specialists in relation to disseminating this knowledge to the staff.

### **FIDO-DK – research on harmful effects of doping**

The Novo Nordisk Foundation allocated a grant of DKK 10 million to the FIDO-DK research project, which aims to raise awareness about the harmful effects of doping, how they can be prevented and how to improve the treatment of the hormone deficiency that many men experience after a period of using harmful substances.

The FIDO-DK project has two pillars:

- A biobank at Odense University Hospital where steroid users' physical parameters are scanned and monitored, and their socio-economic profiles and psychiatric assessments are made.
- Randomised trials of anti-oestrogens at Rigshospitalet.



Among other contributions, ADD has helped recruit participants for the project and facilitate knowledge exchange between doctors from ADD's medical panel and the project's researchers.

### 3. Investigation and intelligence

Investigation is a key element of ADD's work. It is ADD's task to process reports of suspected doping and doping cases made, and refer the cases to the relevant judicial bodies, and this includes handling the investigation of the cases. ADD also conducts preliminary investigations into match-fixing-related cases on the basis of reports submitted to the Stop Match-fixing hotline. In 2022, a decision was made to transfer match-fixing cases to the Danish Gambling Authority in 2023.

In recent years ADD's work has become increasingly intelligence-based. 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. ADD gathers intelligence 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 on ADD's website.

*Table 2: Number of intelligence reports related to doping and match-fixing in 2022*

	<b>Whistleblower hotlines</b>	<b>Other channels</b>	<b>Total</b>
Concerning doping	98	71	169
Concerning match-fixing	2	3	5
<b>Total</b>	<b>100</b>	<b>74</b>	<b>174</b>

In 2022, ADD received a total of 174 reports. This was an increase from 2021, which was also partly impacted by COVID-19. There were not as many reports about match-fixing as usual in 2022, but despite the low overall number, the majority of the reports were received in the second and third quarters of the year, which correlates with previous years. These are the times of the year in which the most tournaments are held or completed.

ADD also receives valuable reports from its partners. ADD's cooperation with the Danish Customs Agency and the Danish Police consists of a reciprocal exchange of information that can contribute to investigations of anti-doping rule breaches and criminal activity such as the production, import, sale and distribution of illegal substances and preparations.

#### **Doping cases in organised sport 2022**

Thirteen doping cases were reported in 2022, and 10 of these were presented to the Doping Tribunal under the national anti-doping regulations. There is one case pending and two cases that have been referred to international organisations.

*Table 3: Organised competitive sport cases reported under the national anti-doping regulations in 2022 (see the transferred cases in Table 5)*

<b>Sport</b>	<b>Test type</b>	<b>Sex</b>	<b>Violation</b>	<b>Case prosecuted</b>
Kickboxing	Blood	Male	Cannabis	1-month suspension
Volleyball	Intelligence	Male	Attempt to import doping substances	Acquitted. Appealed to the Appealing Panel.
Speedway	Blood	Male	Cannabis	2-year suspension (appeal upheld)
Triathlon	Blood	Female	Terbutaline (bronchodilator agent)	3-month suspension

Athletics	Blood	Male	Trimetazidine (hormone and metabolic modulator)	4-year suspension
Kickboxing	Urine	Male	Cannabis and cocaine	3-month suspension
Rugby	Urine	Male	Drostanolone and methenolone (muscle-building)	Pending case

Four cases that were sanctioned in 2022 had been reported in 2021, but a ruling was not made by the Doping Tribunal until after ADD's Annual Report deadline for 2021, which was after April 2022. The table below illustrates these cases.

*Table 4: Doping cases reported in 2021 and sanctioned in 2022 after the 2021 Annual Report deadline*

Sport	Test type	Sex	Violation	Case prosecuted
Gymnastics	In-competition	Male	Positive test: DMAA	2-year suspension
Volleyball	In-competition	Male	Positive test: Cannabinoids (depressant)	1-month suspension
Gymnastics	In-competition	Male	Positive test: DMAA	2-year suspension
Weightlifting	Out-of-competition	Female	Positive test: Clomiphene	2-year suspension

Two cases made on the basis of samples collected in Denmark were transferred to international organisations. As the cases involved international athletes, ADD opted to transfer them.

*Table 5: Cases transferred to international organisations in 2022*

Sport	Test type	Sex	Violation	Case prosecuted
Triathlon	Urine	Male	Testosterone (muscle-building)	Transferred to NADA Germany
Powerlifting	DBS	Male	Stanozolol Methandienone Tamoxifen	Transferred to International Powerlifting Federation at the Canadian Centre for Ethics in Sport

### Recreational sports clubs and fitness centres

ADD reported nine cases from recreational sports clubs and fitness centres in accordance with the Danish Anti-Doping Regulations for Recreational Athletes in 2022. These cases applied to participants in recreational fitness centres. Eight cases were reported on the basis of failure to participate in doping control and one case on the basis of a positive sample.

Table 6: Cases reported under the Danish Anti-Doping Regulations for Recreational Athletes in 2022

Sport	Test type	Sex	Violation	Case prosecuted Fitness/Sport
Fitness	-	Male	Refused to submit sample	4/8 years
Fitness	-	Male	Refused to submit sample	2/4 years
Fitness	-	Male	Refused to submit sample	2/4 years
Fitness	-	Male	Refused to submit sample	2/4 years
Fitness	-	Male	Refused to submit sample	2/4 years
Fitness	-	Male	Refused to submit sample	2/4 years
Fitness	-	Male	Refused to submit sample	2/4 years
Kickboxing	-	Male	Refused to submit sample	Pending case
Functional Fitness	Urine	Male	Methenolone	Pending case

The nine cases in 2022 represented a significant increase from the three cases in 2021 and four in 2020, but corresponded with 2019, in which ten cases were reported. ADD believes that the drop in the number of cases reported in 2021 and 2020 was due to the COVID-19 lockdowns. Only members of the fitness centres can be selected for doping control if the fitness consultant suspects that they are using banned substances. In 2022, 12 members of recreational fitness centres were selected for doping control.

### Collaboration with other organisations

The Tour de France 2022 Grand Départ and three stages were held in Denmark, so ADD coordinated its anti-doping operations in collaboration with the Danish Customs Agency, the Danish Police, Europol, the French National Police, ITA and the Grand Départ organisation. ADD assisted with border, hotel and airport searches.

ADD also lectures twice a year at the Danish Police's forensic medicine training course. Doping is the overarching theme of the lectures, where the objective is to raise awareness about ADD's work, engage police officers in the fight against doping, enhance their knowledge about prohibited substances and brief them on how to contact ADD for specific information.

### Doping cases in commercial gyms and fitness centres

In 2022, the commercial gyms and fitness centres that have cooperation agreements with ADD settled 90 cases based on doping controls conducted by ADD. These gyms must, in accordance with their cooperation agreement, suspend members who test positive or refuse to cooperate with doping control. The suspension period lasts for two years after the first offence.

In 2022 ADD's fitness consultants encountered two people who were sanctioned and suspended from training at the gyms the consultants visited that had ADD cooperation agreements. This was fewer than in 2021, when five people were found to have breached their sanctions. When suspended participants are caught breaching their sanctions, their suspension period re-starts from the date of the discovered breach.

This means that the people caught in 2022 were suspended for a further two-year period from the date of their sanction breach. Members who are suspended from a gym with an ADD cooperation agreement are, via a reciprocal agreement across sports organisations, then suspended from the following:

1. All fitness activities and facilities provided at gyms that are members of the Danish Fitness & Health Organisation (DFHO) or have individual cooperation agreements with ADD.
2. Participating in sport and fitness activities or competitions held under the umbrellas of NOC Denmark, DGI and the Danish Association for Company Sports, as well as tournaments organised by professional leagues or sports events organised at an international or national level.
3. Holding an unpaid or paid position at associations or self-governing institutions under the Danish Association for Company Sports, DGI and NOC Denmark's umbrellas.

This reciprocal agreement is maintained by using a Doping Register to record the details of all suspended athletes and participants for the period in which they are banned from a particular sport.

*Table 7: Cases in commercial gyms and fitness centres 2022*

	<b>Total selected</b>	<b>Refused to submit sample</b>	<b>Positive test</b>	<b>Total cases</b>
<b>Men</b>	157	61	28	<b>89</b>
<b>Women</b>	2	0	1	<b>1</b>
<b>Total</b>	<b>159</b>	<b>61</b>	<b>29</b>	<b>90</b>

The above table shows that 57% of the members who were selected for doping control at a gym or fitness centre in 2022 were suspended, either as a result of a positive doping test or for refusing to participate in the control. This represents an increase from 53% in 2021 and a similar proportion to the 56% recorded in 2020. This high percentage of positive cases indicates that ADD's resources are being used in an efficient and effective way, as there are significant costs associated with taking doping control samples. In addition to the time needed for fitness consultants to carry out the procedure, there are expenses associated with providing testing kits, transporting the samples to the laboratory in Oslo and analysing the samples. In 2022, around 38% of members selected for doping control in commercial fitness centres declined to participate. This is five percent more than in the previous three years. ADD's 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. It is not possible to by-pass a sanction, so many admit to using a prohibited substance rather than agreeing to be tested, thus avoiding giving a urine sample under supervision.

### **Cases presented to NOC Denmark's Appellate Body**

ADD presented one of the cases mentioned above to NOC Denmark's Appellate Body in 2022, as the gym member did not want to cooperate with doping control and the gym did not want its member to be sanctioned. NOC Denmark's Appellate Body decided in favour of ADD's claim that the member should be suspended for four years.

## **Match-fixing**

### **The National Platform Against Match-Fixing**

The National Platform Against Match-Fixing consists of a strategic forum and an operational forum. The strategic forum's task at its first meeting in 2022 was to review the results of an evaluation of the National Platform Against Match-Fixing conducted in December 2021. A political agreement on charitable lotteries and match-fixing was reached prior to the meeting, and an aspect of this agreement was to move the platform's secretariat from ADD to the Danish Gambling Authority.

ADD carried out the secretariat function throughout 2022 and held meetings with both the strategic and operational forum as well as the newly established advisory board in accordance with a decision made in the strategic forum will XXX the work being conducted in relation to match-fixing in Denmark and the match-fixing-platform by sharing knowledge and experiences in the field.

### **Group of Copenhagen**

The Group of Copenhagen is a network of national platforms working to combat match-fixing. ADD is Denmark's representative in the group. The network was dubbed the Group of Copenhagen when ADD invited the network to its first meeting in Copenhagen in 2016. ADD has been the driving force of the Group of Copenhagen since it was established and has contributed with its expertise in investigation-oriented work in the fight against match-fixing and shared this knowledge with other countries. Danish representatives attended two meetings in 2022.

The Group of Copenhagen has asked ADD to continue being part of the group's work after the National Platform's secretariat has been transferred to the Danish Gambling Authority.

Internationally, ADD also played a leading role in the Anti-Match-Fixing Assessment Groups (AMFAG) in connection with the organisation of the Beijing Olympic Winter Games 2022, UEFA Women's EURO 2022 and the FIFA World Cup Qatar 2022 for men. ADD also contributed its investigation expertise to these groups, as its primary task was to help outline possible scenarios in which a case could arise and advise what to do in these situations. The purpose of this exercise is to ensure a consistent treatment of cases in connection with the organisation of mega-events.

One of the outcomes of the AMFAG Groups' work in 2022 was the formation of an Alerts Follow-up working group to onboard members of the Group of Copenhagen so they can use the alerts system, handle alerts shared by other members and partners, and know when to share alerts with other members of the Group of Copenhagen. ADD's representative in the Group of Copenhagen was elected as the chair of the group.

## 4. Research and development in the field of anti-doping

### Research Committee

The ADD Research Committee allocates ADD's research funding. In 2022, the Research Committee consisted of the following members:

- Jakob Mørkeberg (secretariat) (chair)
- Annemarie Haahr Kristensen (secretariat)
- Kim Højgaard Ravn (secretariat)
- Malene Radmer Johannisson (secretariat)
- Thomas Kamm Ringsted (secretariat)
- Anders Juul, Head of Department and Professor, Department of Growth and Reproduction, Rigshospitalet, and Chair of Rigshospitalet's research committee (board of directors)
- Anders Schmidt Vinther, PhD student, Department of Public Health, Aarhus University (external)

2022 was the first year in which the Research Committee included external members. The new members have strengthened the Committee's medical and social science capacities. There were no conflicts of interest in the Research Committee during the year.

### Supported projects in 2022

ADD opened its research grants pool on 14 June 2022, which prioritises projects covering the following areas:

- The prevalence of fitness doping in Denmark
- Evaluation of anti-doping training courses
- Individual and environmental factors that can affect the practice of doping-free competitive sport.

The Research Committee received two applications and funded both of these projects. ADD allocated a total of DKK 402,000.

- "The Red Cell Proteome of Autologous Blood Transfusion"  
DKK 237,912  
This research project aims to investigate the extent to which proteomic analyses can be used to detect blood doping and to subsequently find markers for this detection.
- "The Health, Disability, and Mortality associated with Anabolic Steroid Abuse"  
DKK 163,677  
The research project is a continuation of a previous ADD-financed case registry study. The focus of this sub-study is to compare former anabolic steroid users with a comparable control group in relation to the onset of disability.

### Completed projects, results and publications in 2022

#### **Adverse effects of the chronic use of long-acting beta2-agonists among endurance athletes**

As beta2-agonists are widely used among elite athletes to treat bronchial asthma, this research team investigated potentially adverse effects of long-term treatments using the commonly prescribed beta2-agonist formoterol. The project's most significant finding was that a negative effect of formoterol treatments against certain parameters is crucial to aerobic performance. The unintended negative effect of VO<sub>2max</sub> is relatively minor, but is markedly consistent (i.e. 16 out of the 20 participants in the study showed a decrease after six weeks) and is moreover supported by a comparable decline in W<sub>max</sub>.

### **The Threshold for Salbutamol**

This research project demonstrated that the blood spot area and protein concentration of the DBS sample are potentially useful markers for estimating the volume and, in turn, the blood concentration of salbutamol. As the validity of these estimations is still uncertain, based on the participants' results, it should be tested further on samples taken from people with different training capacities and under different levels of hydration.

### **Defining a urine threshold and decision limit for vilanterol in doping control analysis**

The World Anti Doping Agency's Prohibited List for 2021 permits the use of beta2-agonist vilanterol at a standard inhaled dose of 25 µg per day. However, given limited data on urine pharmacokinetics, vilanterol has no urinary threshold or decision limit to distinguish therapeutic from suprathreshold use. This is why the researchers investigated urine concentrations of vilanterol and its main metabolites GSK932009 and GW630200 over 0-72 hours following the inhalation of therapeutic (25 µg) or suprathreshold (100 µg) doses. On the basis of these data, the study recommended a decision limit of 6 ng×ml<sup>-1</sup>.

Scientific articles: Martin Østergaard, Søren Jessen, Erik Søren Halvard Hansen, Vibeke Backer, Tina Panchal, Sandra Baldwin, Peter Daley-Yates, Morten Hostrup. "Urine concentrations of vilanterol and its metabolites, GSK932009 and GW630200, after inhalation of therapeutic and suprathreshold doses." Drug testing and analysis. 2023 May:516-528. <https://pubmed.ncbi.nlm.nih.gov/36610030/>

### **Almost perfect, always flawed?**

This research project provided new insights into the complex implications of social media for young people's formation of body ideals and how young fitness enthusiasts strive to fulfil these ideals. First and foremost, the project highlights 1) social media's ambiguous role in forming young people's body ideals and workout habits and 2) body shame as an emotion that can motivate, be transformed by and potentially promoted through fitness-related self-tracking activities. The young people in the study generally distanced themselves from doping as a way of attaining their body ideals, but some still described doping as being tempting.

Scientific articles: Stage, Carsten and Stinne Bach Nielsen. "Reversal, normalization and self-care – three logics of countering body shame through fitness activities among young Danes." Scandinavian sport studies forum. 2023:53-74. <https://sportstudies.org/wp-content/uploads/2023/03/sssf-vol-14-2023-p53-74-stage-nielsen.pdf>. "Navigating ambivalence: A qualitative study of young fitness self-trackers' engagement with body ideals through social media". Accepted for publication in Health – An Interdisciplinary Journal for the Social Study of Health, Illness and Medicine

### **The health hazards of anabolic steroids**

The research project is a continuation of a previous ADD-financed case registry study. The study was carried out among 545 men who had tested positive for anabolic steroid use at ADD's controls in the period from 2006-2018. The control group consisted of 5,450 men in the same age groups and of the same sex as those tested.

A significant finding from the study was that in the ten years leading up to their positive doping test, the steroid users' fertility rates were 26% lower than the control group's, and twice as many were diagnosed as infertile. Remarkably, the steroid users' fertility rates were higher after their positive doping tests, so their fertility rate was only 7% lower than the control group's over the entire monitoring period. The results of the registry study also show that the same proportion of men from the study and control groups were assisted with fertilisation through artificial insemination.



Scientific articles: Windfeld-Mathiasen J, Dalhoff KP, Andersen JT, Klemp M, Horwitz A, Horwitz H. "Male Fertility Before and After Androgen Abuse." J Clin Endocrinol Metab. 2021 Jan 23;106(2):442-449. <https://academic.oup.com/jcem/article/106/2/442/5983416>

### **Can actovegin improve mitochondrial function and thereby endurance performance in trained athletes?**

The project could not be completed and the funds have been reimbursed.

### **The mental health of anabolic steroids users**

The research project is a continuation of a previous ADD-financed case registry study. It can be concluded from this sub-study that anabolic steroid users have a significantly higher use of antidepressants, antipsychotics and anti-anxiety medications. The study showed that 26% of steroid users had bought prescribed antidepressants, 16% has bought prescribed antipsychotics and 12% had bought prescribed anti-anxiety medications, which is around twice as many as among the general public. The use of antidepressants was markedly higher even before the doping sanction, whereas the use of antipsychotics and anti-anxiety medications increased dramatically in the years after the sanction was issued. This high consumption could not be attributed solely to socio-economic factors, so the study supports the theory that the abuse of anabolic steroids is associated with a wide range of psychological side effects.

There is strong evidence to indicate that the sanctions resulting from a positive doping test can serve as an intervention, as two consecutive studies have shown that users have stopped taking anabolic steroids after they have been sanctioned.

Scientific articles: Windfeld-Mathiasen J, Christoffersen T, Strand NAW, Dalhoff K, Andersen JT, Horwitz H. "Psychiatric morbidity among men using anabolic steroids." Depress Anxiety. 2022 Oct 25. <https://pubmed.ncbi.nlm.nih.gov/36281632/>

### **After-hours research seminar**

An after-hours research seminar was organised in December 2022 featuring the researchers behind the above projects, who were invited to present their research and results. The after-hours research seminar was attended by ADD staff and board members.

### **Nordic collaboration on Postdoc position**

In collaboration with the WADA-accredited laboratory in Oslo, the Norwegian School of Sport Sciences and other Nordic anti-doping organisations, ADD has received a grant from the Partnership for Clean Competition (PCC) to fund a two-year Postdoctoral scholarship for ADD's former employee Sara Solheim. The grant will enable Sara to continue her contribution to combating doping through her highly specialised knowledge in the field of anti-doping. Working from Norway, Sara will research how blood changes as it is transported from the location where the sample is collected to the laboratory, which will assist in the further development of the Athlete Biological Passport.

## 5. International collaboration

### Collaboration with anti-doping organisations

#### **Guiding principles for the future of antidoping**

To build the greatest confidence in anti-doping initiatives, it is essential for those who are responsible for anti-doping work to continually strengthen the framework and capacity of these efforts across countries and sports disciplines. This is why ADD has involved itself in and endorsed the 'Guiding Principles for the Future of Anti-Doping'.

These principles aim to 'future proof' the fight against doping. They consist of six milestones that can inspire and advise organisations how they can enhance the quality of their initiatives and ensure that their anti-doping work is robust, effective and trustworthy. ADD and the task force of national anti-doping organisations hope that many more stakeholders, partners and observers, such as sponsors and media, will endorse the Guiding Principles, get involved and, in doing so, help boost the profile of anti-doping work internationally.

ADD has long focused on these principles, but now the principles have more tangible benchmarks that organisations can measure themselves against. For example, there was already an emphasis on organisations working as transparently as possible, and in line with this ambition ADD now aims to increase the involvement of athletes to a greater extent than is noticeable today. The principles have been integrated into the process of drafting ADD's new strategy for the years ahead, where they will be reflected in various ways.

#### **iNADO – Institute of National Anti-Doping Organisations**

The Institute of National Anti-Doping Organisations (iNADO) is an association of anti-doping agencies, whose Mission is to work together to support clean sport by being "an influential, international voice; seeking, sharing and promoting best practises and creating, leading and growing a supportive, international member community". In 2022, ADD took part in iNADO's webinar series on Integrity Agencies, as well as iNADO's ADAMS Working Group, which will give input to WADA to help fine-tune the ADAMS system. ADD's CEO also gave a presentation on the Danish initiatives in gyms and fitness centres at iNADO's annual workshop for national anti-doping organisations, WADA and other partners from the sector.

#### **IADA**

The International Anti-Doping Arrangement is a collaboration of 10 national governments in close cooperation with their respective countries' anti-doping organisations. The objective is to strengthen and facilitate the engagement and alignment of high-quality national anti-doping initiatives by, for example, exchanging experience and best practice and by making positive contributions to international anti-doping work overall. In 2022, ADD took part in one of this forum's meetings, where the discussions focused on how governments, anti-doping organisations and sports federations, with each of their own roles and duties, can work together to strengthen anti-doping initiatives and the enforcement of anti-doping rules.

#### **International Testing Agency (ITA)**

ADD was selected once again to represent Europe in the coordination of doping control – in the so-called "Pre-Game Taskforce" – in the lead-up to the Olympic Winter Games in Beijing. The Taskforce was led by the ITA and consisted of NADO representatives from different continents and international sports federations. Based on a thorough risk assessment, the Taskforce made recommendations to national anti-doping organisations and international federations to test all athletes who were likely to compete in the Olympic Games. The overall aim was to ensure proportional testing of all athletes in the

period leading up to the Olympic Games. All doping control information gathered from this pre-Games phase was then used during the Olympic Games to carry out targeted doping controls.

## World Anti Doping Agency (WADA)

ADD is represented in several WADA Working Groups, including:

- WADA's Dried Blood Spot Working Group
- WADA's Blood Expert Group
- WADA's ADAMS Testing Working Group
- Antidoping Intelligence and investigation network.

### **WADA's Independent Ethics Board (IEB)**

During 2022, ADD also nominated its former Chair, Mette Hartlev, to WADA's Independent Ethics Board (IEB), to which she was appointed Chair in May 2022. In 2021, WADA adopted a Code of Ethics to which elected, appointed and employed WADA Officials must adhere. WADA established the IEB to implement the Code of Ethics and adjudicate complaints when they arise. WADA's highest decision-making body, the WADA Foundation Board, elected Danish Mette Hartlev as the Independent Chair of the IEB. Hartlev is a professor of health law at the University of Copenhagen and joins the board with a solid professional background in ethics, integrity and governance in both national and international contexts and, as the former Chair of ADD, she has great insight into the anti-doping field.

ADD nominated Hartlev for the post and her candidature was supported by the Danish Ministry of Culture and the Norwegian and Finnish anti-doping authorities. Anti-doping Norway's Martin Holmlund Lausen was also elected to WADA's NADO Expert Advisory Group, which is partly due to its Nordic coordination.

### **Global Learnings Development Framework (GLDF)**

Two staff members from ADD's secretariat were involved in developing the Global Learnings Development Framework (GLDF) in 2021 in the areas of investigation and intelligence. GLDF is an onboarding course for specialist areas within the field of anti-doping. The Framework was being developed to ensure that staff in anti-doping organisations are equipped with fundamental specialist knowledge and that basic occupational standards are shared across countries and continents. In 2022 the onboarding programme was implemented and received good feedback internationally.

WADA received an Erasmus+ grant for the project GLDF4CleanSport, which is running from September 2022 to September 2025. The European Observatoire of Sport And Employment (EOSE) is leading the project and ADD is an expert partner alongside anti-doping organisations from France, Austria, the Netherlands and Poland, plus World Rugby and World Athletics.

## Council of Europe

### **CAHAMA**

There are six representatives of European Public Authorities in the WADA Executive Committee and Foundation Board and these representatives' mandates are negotiated at the Ad Hoc European Committee for the World Anti-Doping Agency's meetings, also known as CAHAMA meetings. As CAHAMA is a Council of Europe forum, it is the Danish government who represents Denmark at these meetings. ADD participates in the CAHAMA meetings as an observer and assistant to the Ministry of Culture.

### **T-DO**

The member states of the Council of Europe are subject to the Anti-Doping Convention. A Monitoring Group called T-DO monitors the application of the Convention. ADD participates in this forum in a similar

role as in the CAHAMA meetings – as an observer and assistant to the Ministry of Culture. In 2022 only one T-DO meeting was held, in January, due to the Russian invasion of Ukraine.

ADD represents Denmark in a separate monitoring group that has been established in the field of education, T-DO ED: Advisory Group on Education. ADD is also part of a so-called 'drafting group' under T-DO ED, which was originally set up to advise WADA in connection with the development of the International Standard for Education and its associated guidelines. The group continued after completing this work and focused on the following three key areas until the end of 2022: Training of trainers, mutual recognition of training and partnership with national stakeholders. ADD's representative, Annemarie Haahr Kristensen, was elected as vice-chair of the group in 2022.

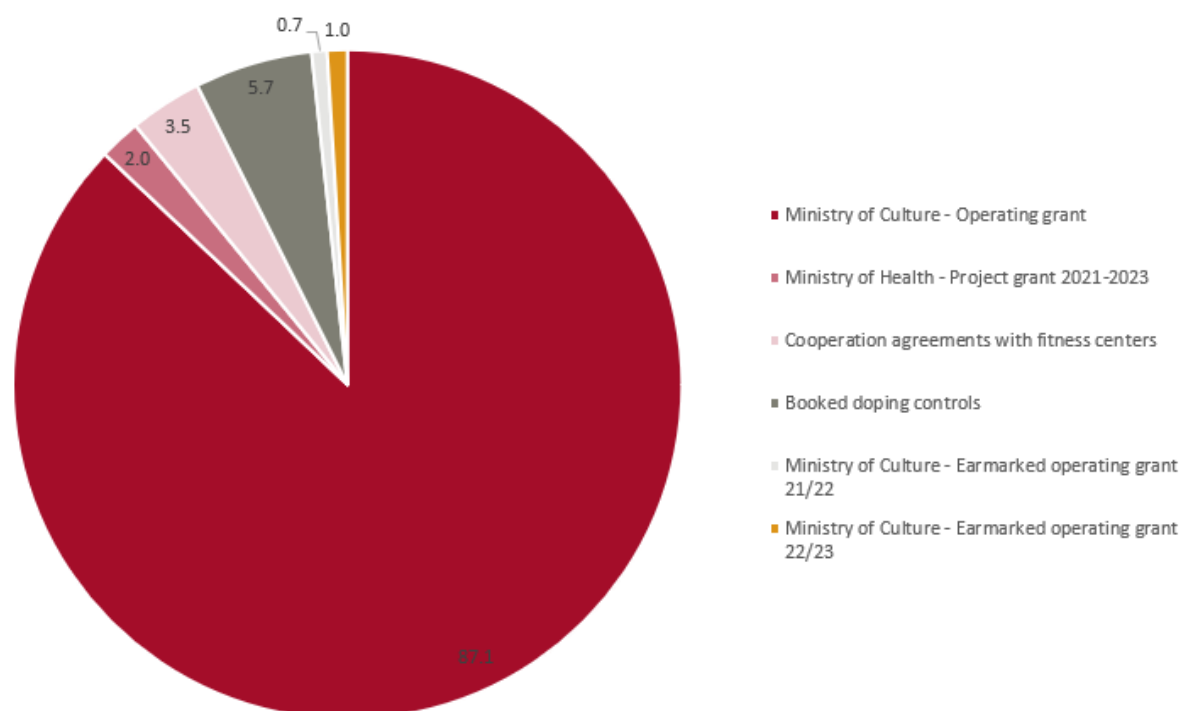
## UNESCO

Denmark is also bound by the UNESCO Convention against Doping in Sport. The agency, which coordinates the work carried out between conferences among the States Parties, conducted virtual regional consultations (written and verbal) on the Convention's updated monitoring system as a follow-up to COP8 in October 2021. ADD assisted the Ministry of Culture in this collaboration.

## 6. Finance

ADD's total income in 2022 was DKK 29.8 million (DKK 28 million in 2021), which includes an operating grant of DKK 26 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, the police and PT Danmark, as well as project support from WADA.

Figure 5: Distribution of ADD's income in %



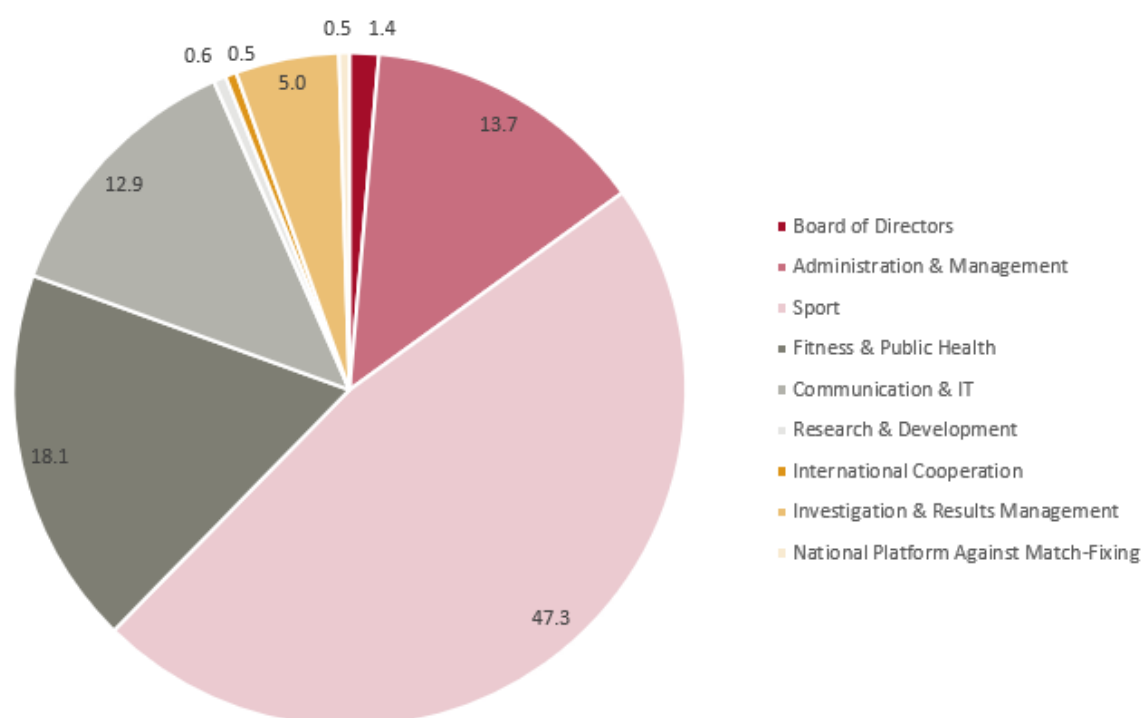
ADD's income from cooperation agreements was greater in 2022 than in 2021, because ADD had reduced the fee for gyms and fitness centres in 2021, which had been affected by the COVID-19 lockdowns at the start of the year. ADD was not able to carry out controls in these centres during this period. In addition, there was significantly more revenue from doping controls ordered in 2022 than in 2021, as ADD was requested to collect a record number of samples in 2022.

ADD's total expenditures amounted to DKK 28.6 (29.3) million and can be broken down into the following expense categories:

Board of Directors	0.4 (0.3)	million kr.	(note 1)
Administration and Management	3.9 (4.6)	million kr.	(note 2)
Sport	13.5 (12.8)	million kr.	(note 3)
Fitness & Health	5.2 (5.1)	million kr.	(note 4)
Communication & IT	3.7 (3.5)	million kr.	(note 5)
Research & Development	0.2 (1.1)	million kr.	(note 6)
International Cooperation	0.2 (0.1)	million kr.	(note 7)
Investigation & Case Management	1.4 (1.4)	million kr.	(note 8)
National Platform Against Match-Fixing	0.1 (0.3)	million kr.	(note 9)

The table above shows that ADD spent less on 'Administration and Management' in 2022 than in 2021, which was largely due to the vacant management positions. On the other hand, ADD spent more funds on 'Sport and Recreation' compared with the previous year due to the extraordinary number of doping controls requested. A slightly smaller amount was spent on 'Communication and IT' in 2022 than in 2021, because ADD's system was transferred from a physical server to a cloud-based storage service. ADD allocated less funds to 'Research and Development' than usual, as only two research applications were submitted in response to the 2022 funding pool call and two projects returned their grants during the year. Less money was spent on the National Platform Against Match-Fixing than in 2021, when additional funds were allocated to carry out an evaluation.

Figure 6: Distribution of ADD's expenditure in %



### Budget versus actual expenditure

The budgeted and actual expenditure differed by DKK 280,000 in total. This amount includes deviations that occurred on separate budget lines:

- The 'Sport and Recreation' line exceeded the original budget due primarily to ADD being requested to carry out more than the budgeted number of doping controls. This incurs expenses associated with extra hours worked by doping control officers, materials and equipment used for the controls, and sample analyses. Another reason the budget was exceeded was because the MODOC project described on page 8 was budgeted for 2021 but postponed until 2022 due to supplier delays.
- The 'Fitness and Public Health' line was lower than budgeted, as funds were allocated to assess the prevalence of doping among vulnerable youth and initiate activities based on the findings of the assessment. The costs to carry out the assessment were incurred in 2021, which involved a number of stakeholders undertaking preliminary work to convert the recommendations from the assessment into an activity plan. This is why the activities were not implemented in 2022. The fitness consultants also incurred fewer expenses than originally budgeted for in 2022, in terms of transport costs, salaries and analyses, even though the workload was greater than in 2021.

- The 'Communication and IT' line exceeded the original budget, as additional expenses were incurred when moving from a physical server to a cloud-based storage service. However, this transition is expected to result in longer term savings.

The budgeted result for the year was DKK -314,000, whereas the actual result for the year was DKK 1,232,000. As outlined above, this deviation was caused by more income being received than was budgeted for due to the extraordinary number of doping controls requested in 2022, position vacancies in management and a vacant position in the legal department in the autumn, a significant drop in distributed research funds and reimbursements from uncompleted projects. The result means that the equity at the end of the year was DKK 2.1 million, which is highly satisfactory given the size of the organisation and the activities it carries out.

### Financial outlook for 2023

In accordance with the Danish 'Law on the distribution of profits and proceeds from lotteries' (Act No. 1532, 19 December 2017), ADD receives a share of the profits from Danske Lotteri Spil A/S and dividend from Det Danske Klasseslotteri A/S. After the Act came into force in 2018, ADD's revenue base has been expected to remain stable at the current level. ADD received additional earmarked operating grants from the Danish Ministry of Culture to the value of DKK 0.6 million in 2021/2022 and DKK 0.6 million in 2022/2023, which has allowed ADD to prioritise more development initiatives in the field of anti-doping. The earmarked operating grant for 2022/2023 has been partly used for activities in 2022 and will be used to fund more activities in 2023, in which two e-learning courses will be finalised and launched. ADD expects to receive a similar amount as an earmarked operating grant 2023/2024, which is budgeted for in the 2023 forecast.

As in 2022, ADD has been promised a grant of DKK 0.6 million from the Ministry of the Interior and Health of Denmark in 2023 to help combat doping in gyms and fitness centres, which is also included in the 2023 budget.

The rising inflation that has affected the Danish economy over an extended period of time means that ADD will continue to carefully monitor, as it did in 2022, its revenue, expenses, negotiation of cooperation agreements, management of suppliers, and so forth.

## 7. Overview of annexes

- Annex 1: Risk analysis and priority testing groups
- Annex 2: Doping control in organised competitive sport, 2022
- Annex 3: Requested samples 2022
- Annex 4: Therapeutic Use Exemptions 2022
- Annex 5: Budget 2022

## Annex 1: Risk analysis and priority testing groups

Athletes who meet one or more of the following criteria are included in the priority testing groups:

1. Athletes competing at an elite international level in high-risk disciplines in which Denmark is highly competitive.
2. Athletes identified on the basis of additional information such as intelligence or other indications such as remarkable progress in performance or a fluctuation in biological profile.

High-risk sports disciplines are determined through an annual risk assessment of different sports.

The risk assessment considers the effect of doping substances on endurance and muscle mass, as well as Denmark's international level in the individual sports. The risk assessment's top-12 list of sports is as follows:

Ranking	Sport
1	Triathlon
2	Cycling
3	Rowing
4	Powerlifting
5	Boxing
6	Weightlifting
7	Parasport
8	Athletics
9	Badminton
10	Kickboxing
11	Wrestling
12	Basketball

Athletes included in the priority testing groups must submit information and their whereabouts into WADA's online database, the ADAMS system. On the last day before a new quarter begins, the athletes in the priority testing group must enter the following information into the ADAMS system:

- Their name, telephone number, email address, postal and residential address.
- Name and address(es) of their regular training facilities and their usual training schedule.
- Their competition schedule for the next quarter, including the name and address of the venue and the dates of the competitions.
- Information about any hindrance that could affect the doping control process.
- One specific 60-minute timeslot between 5 a.m. and 11 p.m. each day when the athlete will be available and accessible for testing at a specific location.

In 2022 there were:

- Warnings given for failure to complete information on whereabouts properly: 10
- Warnings given for missed whereabouts tests: 20
- Number of sanctions given on the basis of the above: 1.

ADD uses the WADA-accredited laboratory in Oslo to store samples, including:

- Number of samples for long-term storage in 2022: 26
- Number of samples for long-term storage that were re-analysed in 2022: 2



## Annex 2: Doping control in organised competitive sport 2022

WOMEN											
	In-competition				Out-of-competition					Total	Combined total (both genders)
Sport	Blood	DBS	Urine	Total	Blood	Blood module	DBS	Urine	Total		
American football											58
Arm wrestling											2
Athletics			19	19	4	4		9	17	36	108
Badminton			2	2		7		11	18	20	46
Basketball											41
Boxing			3	3	2			3	5	8	40
Canoe/kayak			2	2		12		15	27	29	63
Climbing			1	1						1	4
Cycling			13	13	3	17		22	42	55	216
Football								6	6	6	122
Golf											2
Gymnastics			2	2				3	3	5	19
Handball			4	4				4	4	8	77
Ice hockey											87
Judo			4	4						4	18
Ju-Jitsu											3
Karate											13
Kickboxing	1		5	6				3	3	9	62
Motocross			1	1						1	22
Orienteering			3	3		2		2	4	7	26
Para athletics											4
Para swimming			1	1		1		2	3	4	5
Powerlifting		19	3	22	7		2	15	24	46	166
Rowing			4	4	1	24		24	49	53	93

Rugby											44
Sailing					5			5	10	10	16
Shooting											2
Skating											2
Squash								1	1	1	2
Surfing			4	4						4	11
Swimming			13	13	2	18		22	42	55	109
Taekwondo			5	5				7	7	12	26
Tennis											6
Triathlon			19	19	5	17	1	20	43	62	182
Volleyball											4
Weightlifting		21	6	27	12			23	35	62	148
Wrestling											11
Grand total	1	40	114	155	41	102	3	197	343	498	1860

MEN												
	In-competition					Out-of-competition					Total	Combined total (both genders)
Sport	Blood	Blood module	DBS	Urine	Total	Blood	Blood module	DBS	Urine	Total		
American football	4		20	12	36				22	22	58	58
Arm wrestling				2	2						2	2
Athletics				35	35	6	13		18	37	72	108
Badminton				2	2		10		14	24	26	46
Basketball	4			17	21				20	20	41	41
Boxing				16	16	3			13	16	32	40
Canoe/kayak				3	3	6	9		16	31	34	63
Climbing				3	3						3	4

Cycling		1		70	71	4	38		48	90	161	216
Football				43	43	1		40	32	73	116	122
Golf				2	2						2	2
Gymnastics	1			6	7				7	7	14	19
Handball				12	12			37	20	57	69	77
Ice hockey				22	22			31	34	65	87	87
Judo	2			8	10				4	4	14	18
Ju-Jitsu				3	3						3	3
Karate				6	6				7	7	13	13
Kickboxing	2		10	24	36	2			15	17	53	62
Motocross				21	21						21	22
Orienteering				5	5		6		8	14	19	26
Para athletics						1	1		2	4	4	4
Para swimming				1	1						1	5
Powerlifting			47	27	74	5		1	40	46	120	166
Rowing				4	4	2	17		17	36	40	93
Rugby				12	12	2		18	12	32	44	44
Sailing						3			3	6	6	16
Shooting				2	2						2	2
Skating							1		1	2	2	2
Squash									1	1	1	2
Surfing				7	7						7	11
Swimming				17	17	1	8	1	27	37	54	109
Taekwondo				7	7				7	7	14	26
Tennis				2	2		2		2	4	6	6
Triathlon				31	31	10	35	3	41	89	120	182
Volleyball				4	4						4	4
Weightlifting			25	8	33	3		1	49	53	86	148
Wrestling				8	8				3	3	11	11
Grand total	13	1	102	442	558	49	140	132	483	804	1362	1860

### Annex 3: Requested doping controls

Organisation type	Requested by	Blood		Urine		Total
		In-competition	Out-of-competition	In-competition	Out-of-competition	
<i>International federations/National federations</i>						
	Badminton World Federation		19	15	20	<b>54</b>
	European Handball Federation			28		<b>28</b>
	Dansk Petanque Forbund			6		<b>6</b>
	International Orienteering Federation	3		18		<b>21</b>
	IRONMAN		4	10	4	<b>18</b>
	World Triathlon			8		<b>8</b>
	Athletics Integrity Unit			5		<b>5</b>
	International Canoe Federation			12		<b>12</b>
	Federation Equestre Internationale			87		<b>87</b>
	International Waterski & Wakeboard Federation			5		<b>5</b>
	European Surfing Federation			10		<b>10</b>
	Union Cycliste Internationale			9		<b>9</b>
	International Ice Hockey Federation			44	8	<b>52</b>
	European Police Sports Union	1		6		<b>7</b>
	International Wheelchair Rugby Federation			10		<b>10</b>
	International Powerlifting Federation	6		33		<b>39</b>
Total		10	23	306	32	<b>371</b>

<i>Anti-doping organisations</i>						
	Anti-Doping Norway		3		3	<b>6</b>
	Canadian Centre for Ethics in Sport (on behalf of IPF and ICF training programmes)		2		5	<b>7</b>
	Anti-Doping Sweden		1		2	<b>3</b>
	EADSE				1	<b>1</b>
	International Testing Agency (on behalf of UCI, FISA and FINA)		3		5	<b>8</b>
Total		0	9	0	16	<b>25</b>
<i>Sport event organisers</i>						
	Sparta Atletik & løb (AIU)			12		<b>12</b>
	Post Danmark Rundt (UCI)			20		<b>20</b>
Total		0	0	32	0	<b>32</b>
<i>Other</i>						
	Lillerød Vægtløfter Klub				12	<b>12</b>
	Dansk Professionel Bokseforbund			4		<b>4</b>
	Dansk Galop			8		<b>8</b>
						<b>0</b>
Total		0	0	12	12	<b>24</b>
<b>Grand total</b>		<b>10</b>	<b>32</b>	<b>350</b>	<b>60</b>	<b>452</b>

## Annex 4: Therapeutic Use Exemptions (TUE)

A Number of Therapeutic Use Exemptions (TUE) issued by Anti-Doping Denmark in 2022.

Prohibited substance	Condition	Number
Terbutaline	Asthma	17
Methylphenidate or other similar medicine	ADHD	44
Prednisolone or other oral preparations	Inflammation	10
Insulin	Diabetes	4
Other	-	7
<b>Total</b>		<b>82</b>

## Annex 5: Budget 2023

In DKK 1000	Note	Actual 2021	Budget 2022	Budget 2023
<b>Income:</b>				
Ministry of Culture (KUM), operating grant	0.01	25.474	25.615	27.516
Grant Ministry of Health (SUM) 2021-2023	0.02	600	600	600
Cooperation agreements with gyms and fitness centres	0.03	620	1.184	1.078
Requested doping controls	0.04	566	422	707
Grant KUM - Earmarked operating grant 20/21	0.05	87	0	0
Grant KUM - Earmarked operating grant 21/22	0.06	354	150	0
Grant KUM - Earmarked operating grant 22/23	0.07	0	575	50
Grant KUM – Evaluation of match-fixing platform	0.08	0	0	600
Grant WADA	0.09	150	0	0
Other income	0.10	198	0	0
Ministry of Culture (KUM), operating grant	0.11	9	10	10
<b>Total</b>		<b>28.058</b>	<b>28.556</b>	<b>30.561</b>
<b>Expenditure:</b>				
Board of Directors	1	326	375	400
Administration & Management	2	4.595	4.006	4.510
Sport	3	12.835	12.470	12.047
Fitness and Public Health	4	5.077	5.843	5.988
Communication & IT	5	3.533	3.390	4.171
Research & Development	6	1.098	1.023	1.142
International Cooperation	7	93	125	147
Investigation & Case Management	8	1.452	1.539	2.450
National Platform Against Match-Fixing	9	257	99	96
<b>Total</b>		<b>29.266</b>	<b>28.870</b>	<b>30.951</b>
<b>Result</b>		<b>-1.208</b>	<b>-314</b>	<b>-390</b>

## Annual account

### Income statement

In DKK 1000	Note	Actual 2022	Budget 2022	Actual 2021
<b>Income</b>				
Ministry of Culture, operating grant		25,958	25,615	25,474
Grant Ministry of Health, 2021-2023	1	600	600	600
Cooperation agreements with gyms and fitness centres		1,051	1,184	620
Requested doping controls		1,688	422	566
Grant KUM - Earmarked operating grant 20/21		0	0	87
Grant KUM - Earmarked operating grant 21/22	2	222	150	354
Grant KUM - Earmarked operating grant 22/23	3	291	575	0
Grant KUM – Evaluation of match-fixing platform		0	0	150
Grant WADA		0	0	198
Other income		12	10	9
<b>Total income</b>		<b>29,822</b>	<b>28,556</b>	<b>28,058</b>
<b>Expenditure</b>				
Board of Directors	4	400	375	326
Administration & Management	5	3,903	4,005	4,595
Sport	6	13,511	12,471	12,835
Fitness and Public Health	7	5,189	5,843	5,077
Communication & IT	8	3,682	3,391	3,533
Research & Development	9	189	1,023	1,098
International Cooperation	10	153	124	93
Investigation & Case Management	11	1,420	1,468	1,384
National Platform Against Match-Fixing	12	143	170	325
<b>Total expenditure</b>		<b>28,590</b>	<b>28,870</b>	<b>29,266</b>
<b>Annual result</b>		<b>1,232</b>	<b>-314</b>	<b>-1,208</b>
<b>Disposition of results</b>				
Transferred to equity		1,232	-314	-1,208



## Balance

In DKK 1000

	Note	Actual 31/12/2022	Actual 31/12/2021
<b>ASSETS</b>			
<b>Current assets</b>			
<b>Accounts receivable</b>			
Accounts receivable, debtors		386	241
Prepaid		65	43
Accounts receivable, diverse		0	260
<b>Total accounts receivable</b>		<b>451</b>	<b>544</b>
<b>Liquid assets</b>		<b>5,359</b>	<b>4,848</b>
<b>Total current assets</b>		<b>5,810</b>	<b>5,392</b>
<b>TOTAL ASSETS</b>		<b>5,810</b>	<b>5,392</b>
<b>LIABILITIES</b>			
<b>Equity</b>			
Equity, primo		896	2,104
Transferred result		1,232	-1,208
<b>Total equity</b>		<b>2,128</b>	<b>896</b>
<b>Debt liabilities</b>			
<b>Short-term debt liabilities</b>			
Suppliers of goods and services		1,887	2,580
Pre-received grants:			
- Ministry of Culture – General grants		0	0
- Ministry of Culture – Earmarked operating grant 21/22		0	222
- Ministry of Culture – Earmarked operating grant 22/23		309	0
- Ministry of Health		0	0
- Other		0	0
Holiday pay obligation		540	568
Other debts		946	1,126
<b>Total short-term debts</b>		<b>3,682</b>	<b>4,496</b>
<b>Total short-term debt liabilities</b>		<b>3,682</b>	<b>4,496</b>
<b>TOTAL LIABILITIES</b>		<b>5,810</b>	<b>5,392</b>

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