



2020




**POLADA**

Polska Agencja Antydopingowa

**Annual Report**

# Contents

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- 
- 04 FOREWORD**
  - 06 POLADA ACTIVITIES IN NUMBERS**
  - 08 EDUCATION AND INFORMATION**
  - 12 DOPING CONTROLS PROGRAM**
  - 14 PROHIBITED SUBSTANCES DETECTED**
  - 15 ANTI-DOPING RULE VIOLATIONS**
  - 18 CONTRACTED DOPING CONTROLS**
  - 20 INTERNATIONAL COOPERATION**
  - 24 POLADA ORGANIZATIONAL CHART**
  - 25 CONTACT DETAILS**





**POLADA**

Polska Agencja Antydopingowa



# Foreword

**The COVID-19 pandemic has significantly impacted the activities of anti-doping organizations worldwide. As a result, anti-doping agencies such as POLADA had to adjust to working in the new conditions. Despite the adversities, the time of the pandemic has been used by the Polish Anti-Doping Agency in an appropriate way.**

The program of out-of-competition doping controls often conducted on an individual basis was implemented. Disciplinary proceedings and investigation actions were continued. For information and education activities,



**Michał Rynkowski, POLADA Director**

full use was made of e-learning software and remote learning platforms .

The doping controls brought first-ever results that detected the presence of EPO; the results were achieved in two cyclists. Because of the implementation of an intensive program of out-of-competition doping controls carried out on an individual basis, the identified number of whereabouts failures and so-called missed tests was greater than usual.

The year 2020 was largely devoted to the adjustment of the national regulations and policies to the revised World Anti-Doping Code that entered into force on 1 January 2021. The works were carried out simultaneously with regard to the legislative process concerning the Act on combating doping in sport and to POLADA regulations, including POLADA anti-doping rules. International-level activities were also continued, in particular in the field of cooperation with the World Anti-Doping Agency and the Council of Europe. Furthermore, POLADA has started finalizing its cooperation project with the Ukrainian Anti-Doping Center.

2020 was a difficult year but thanks to the determination of the POLADA team we have learned to function in exceptional circumstances and we were able to continue the national anti-doping program. Paradoxically, work in some areas such as enforcement of disciplinary liability for doping, or investigative activities, were carried out with greater intensity than in the years before the pandemic.





*The doping controls conducted in 2020 brought first-ever results that detected the presence of EPO; the results were achieved in two cyclists.*

# POLADA activities in numbers

The statistics presented below relate to Polish Anti-Doping Agency's activities conducted from January to the end of December 2020.

## DOPING CONTROLS IN 2020

1313

Total number  
of doping tests  
performed nationally

413

National control  
missions

214

Total number  
of doping tests  
outsourced to  
POLADA

28

Control missions  
outsourced  
to POLADA

2531

Total number  
of laboratory analyses  
of samples collected  
nationally

3618

Persons covered  
by in-person  
education

16

Anti-doping  
proceedings  
initiated

2020

41

Hearings,  
Panel of First  
Instance

16

Hearings,  
Panel of Second  
Instance



552

Number  
of conversations  
with the Anti-Doping  
Hotline

6212

Visits  
to the database

20409

Unique searches  
and inquiries

**7,7 mln PLN**

**Budget  
of the Polish  
Anti-Doping Agency**

**53**

**TUE  
(Therapeutic Use  
Exemption)  
applications considered**



# Education and information

The pandemic did not stop educational activities carried out within the Play Fair project. Over 3,500 young athletes, coaches, teachers and sports activists from all over Poland took part in either direct or online meetings. In 2021, the main goal of POLADA's educational activities will be to provide training to athletes who have qualified for the Tokyo Olympic Games.

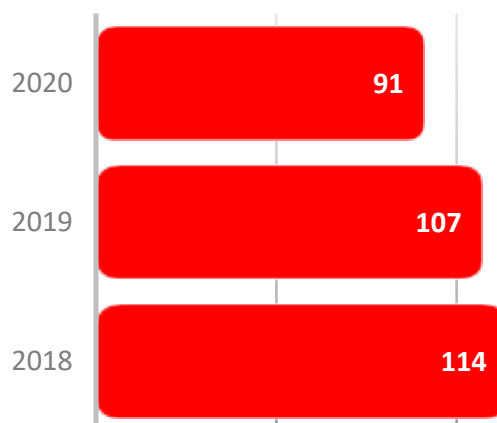


## EDUCATIONAL ACTIVITIES

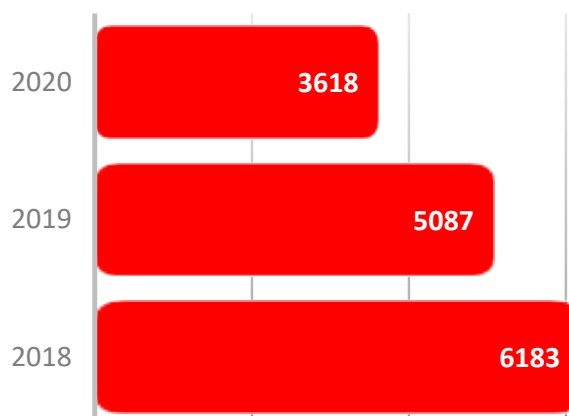
The pandemic and related contact restrictions have significantly hampered the organization of annual meetings with young athletes, held during the Juniors Championships of Poland and the National Youth Games finals. In 2020, many of the events were cancelled. Last year there were no possibilities either to visit many Sports Championship Schools or to meet directly with national team members at training camps. These problems resulted in a significant decrease in the number of training participants, as compared to 2018 and 2019.



NUMBER OF TRAININGS CONDUCTED BY POLADA IN 2018-2020



NUMBER OF POLADA TRAINING PARTICIPANTS IN 2018-2020







Over

**3 500**

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**Persons covered  
by in-person  
education**



# GRAMY FAIR (PLAY FAIR) #NIEdladopingu CAMPAIGN



The difficulties we encountered did not, however, stop the POLADA team or the Play Fair project. The new challenges were overcome by all organizers of the educational meetings. In 2020 we organized 91 training meetings, of which as many as 34 were held remotely. We hope that all the meetings have strengthened the athletes' conviction about the importance of the fair play principle.

The direct meetings and online meetings were attended by 3618 athletes, coaches, teachers and sports activists from all over Poland. Within the Play Fair project, 36 meetings with young people, mainly students of Sports Championship Schools were held for representatives of various sports. Also, 39 meetings with Polish Sports Associations took place.

*The difficulties encountered in 2020 due to the pandemic did not stop the POLADA team or the Grammy Fair (Play Fair) project.*

91

In 2020, POLADA organized 91 trainings

34

In 2020, POLADA organized 34 remote trainings

36

As part of the Grammy Fair (Play Fair) activities, 36 meetings with young people, mainly students of sports championship schools, were held

39

As part of the Grammy Fair (Play Fair) activities, 39 meetings for representatives of Polish Sports Associations took place



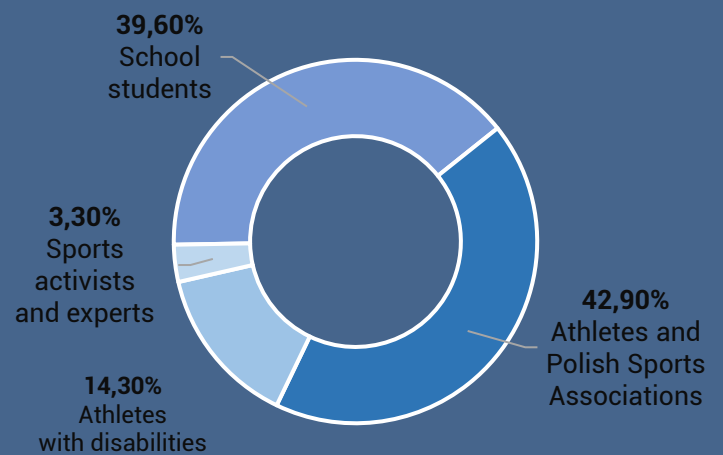




Knowledge was passed to representatives of 21 sports of which the most active were:

- weightlifting (6 meetings),
- rugby and triathlon (3 meetings per sport),
- fencing, track and field sports, handball, field hockey, speed skating, short track, powerlifting, rowing and canoeing (2 meetings each),
- 3 training meetings for lawyers, doctors and sports activists were also held,
- 13 educational meetings for athletes with disabilities were conducted.

#### TRAINING BY PARTICIPANTS



Notably, 2020 saw the largest number of meetings ever held with athletes with disabilities. This resulted from a significant increase in these athletes' interest in learning about anti-doping matters.

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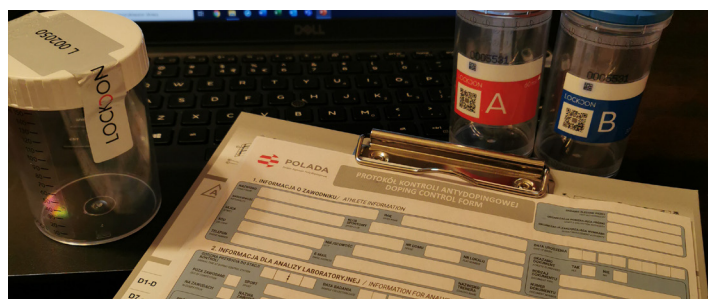
# Doping Control Program

The national doping control program was implemented in line with the World Anti-Doping Agency's International Standard for Testing and Investigations and the Technical Document for Sport Specific Analysis (TDSSA). The statistics presented in the table refer to anti-doping tests conducted by the Polish Anti-Doping Agency in 2020, pursuant to the schedule and implementation requirements included in the 2020 annual doping control program.



In 2020, a total of 1313 urine and blood samples were collected (476 in-competition and 837 out-of-competition). For the purpose of collecting the aforementioned samples, 413 control missions were performed. The tests covered athletes representing 32 Polish Sports Associations.

*In 2020, the tests covered athletes representing 32 Polish Sports Associations*



476

Total number of samples collected in-competition

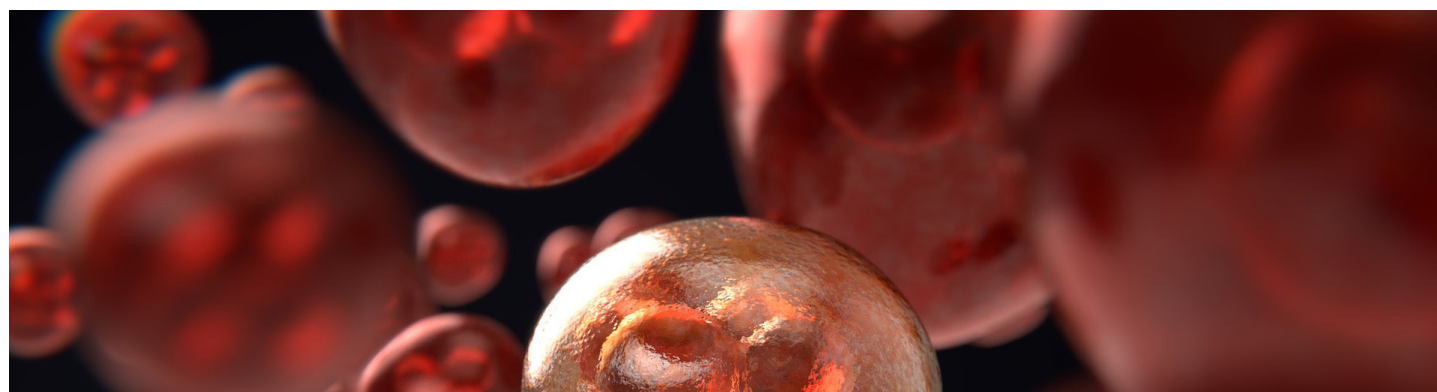
837

Total number of samples collected out-of-competition



TABLE: DOPING TESTS MADE IN 2020

SPORT	NUMBER OF TESTS	URINE SAMPLES	EPO	GHRF	BLOOD TESTS			
					TRANSF.	HGH SAMPLES	HGH ANALYSES	PPB
Badminton	1	3	3	3	-	-	-	-
Biathlon	4	18	9	3	2	2	2	2
Boxing	15	38	7	32	-	8	10	-
Ice Hockey	3	12	4	4	-	-	-	-
Field Hockey	3	10	2	2	-	-	-	-
Judo	19	54	7	33	-	12	14	-
Karate	2	7	1	1	-	-	-	-
Canoeing	43	88	55	57	3	5	6	9
Cycling	26	72	72	59	-	1	1	14
Basketball	7	30	-	6	-	-	-	-
Track & Field	67	176	87	123	-	22	25	2
Archery	1	4	-	-	-	-	-	-
Speed skating	22	58	36	31	-	-	-	2
Skiing	10	46	32	7	3	-	-	3
Modern pentathlon	10	17	7	8	-	4	4	-
Football	9	31	4	4	-	-	-	-
Handball	3	10	2	2	-	-	-	-
Swimming	18	57	43	39	-	-	-	-
Weightlifting	40	118	12	72	-	32	48	-
Rugby	5	19	4	4	-	3	-	-
Volleyball	13	46	2	3	-	-	-	-
Paralympic sports	6	24	6	5	-	-	-	-
Fencing	3	13	1	1	-	-	-	-
Taekwondo	2	4	3	4	-	-	-	-
Tennis	3	8	3	3	-	-	-	-
Table tennis	3	14	-	-	-	-	-	-
Triathlon	1	2	2	2	-	-	-	-
Powerlifting	2	8	4	4	-	-	-	-
Rowing	39	89	58	52	-	-	10	-
Wrestling	30	78	19	52	-	21	26	-
Speedway racing	2	4	-	4	-	-	-	-
<b>TOTAL</b>	<b>413</b>	<b>1161</b>	<b>448</b>	<b>623</b>	<b>8</b>	<b>110</b>	<b>139</b>	<b>42</b>



# Prohibited substances detected

In 2020, 124 less substances, metabolites or markers were detected than in 2019 (76 substances in 2017; 106 substances in 2018, and 138 substances in 2019). The decrease in the number of detected substances was caused mainly by the fact that no doping controls were conducted in bodybuilding and fitness athletes. The reason was the loss of the status of Polish Sports Association by the Polish Bodybuilding, Powerlifting and Fitness Association.



S.1

Anabolic androgenic steroids

8 cases

- Drostanolone - 2
- 5 $\alpha$ -androstenediol - 1
- 5 $\beta$ -androstenediol - 1
  - Androsterone - 1
- Etiocholanolone - 1
  - Boldione - 1
- Testosterone - 1

S.2

Hormones and related substances

2 cases

- Erythropoetine - 1
- Darbepoetyn - 1

S.5

Diuretics

1 case

- Dorzolamide -1

S.6

Stimulants

3 cases

- Amphetamine - 2
- MDMA -1



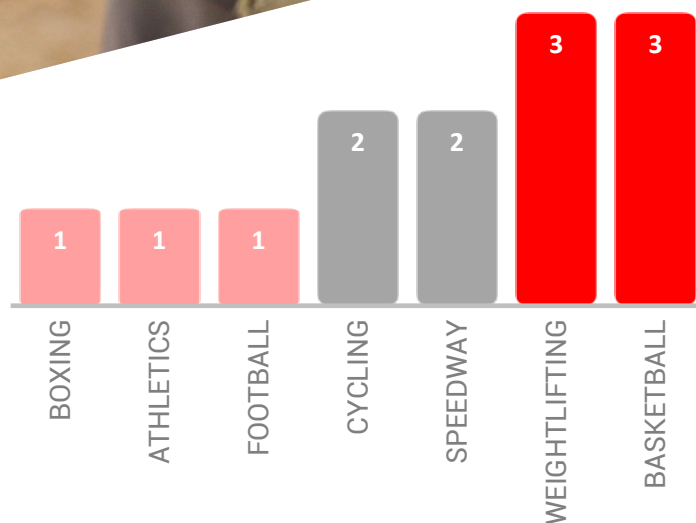
# Anti-Doping Rule Violations

In 2020, based on analytical evidence or non-analytical evidence, 16 proceedings were initiated with regard to anti-doping rule violations.



In 13 cases, anti-doping rule violations were found. In 3 cases it was concluded that the athletes in question were not at fault, or that there existed no grounds for imposing sanctions. In total, 10 violations were discovered based on analytical evidence (the proceedings were initiated based on the result of the laboratory analysis) and 6 violations were discovered based on non-analytical evidence (the proceedings were initiated based on the conducted investigations). 10 anti-doping proceedings initiated in the preceding years were still pending in 2020.

In 2020, 34 anti-doping rule violations were related to failure to provide whereabouts data or its incorrect entry into the monitoring system. In total, 29 filing failures and 5 missed tests were reported.



The chart above shows anti-doping rule violations by sport.

10	6
In 2020, 10 anti-doping rule violations detected based on analytical evidence were discovered	In 2020, 6 anti-doping rule violations detected based on non-analytical evidence were discovered

In 2020, the work of the Intelligence and Investigations Department moved to a completely new level, making it possible to bring charges not only against athletes but also coaches, physiotherapists, doctors and other members of athlete support personnel.

*In 2020, the work of the Intelligence and Investigations Department moved to a completely new level.*



TABLE: ANTI-DOPING RULE VIOLATIONS: ANALYTICAL EVIDENCE

SPORT	CIRCUMSTANCES	TYPE OF VIOLATION	SANCTION
Boxing	out of competition	Dorzolamide	None
Weightlifting	out-of-competition	Drostanolone	4 years
Basketball	in-competition	Amphetamine	None
Swimming	in-competition	Amphetamine	None
Track & Field	in-competition	MDMA   MDA	3 months
Cycling	in-competition	Darbepoetin	4 years
Cycling	out-of-competition	Erythropoetin	4 years
Weightlifting	in-competition	Boldione	3 years
Boxing	out-of-competition	Drostanolone	4 years
Weightlifting	out-of-competition	Testosterone, 5 $\alpha$ -androstenediol, 5 $\beta$ -androstenediol, Etiocholanolone, Androsterone	3

TABLE: ANTI-DOPING RULE VIOLATIONS: NON-ANALYTICAL EVIDENCE

SPORT	CIRCUMSTANCES	TYPE OF VIOLATION	SANCTION
Basketball	Paramedic	Prohibited method - administration	1-year ineligibility
Speedway racing	Paramedic	Prohibited method - administration	Case pending
Basketball	Doctor	Prohibited method- doctor's order	4 years ineligibility
Basketball	Physiotherapist	Prohibited method - administration	Case pending
Football	Physiotherapist	Prohibited method - complicity, abetting	Case pending
Speedway	Doctor	Prohibited method - doctor's order	Case pending



TABLE: NUMBER OF ANTI-DOPING RULES VIOLATIONS, 2002-2020

	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
VIOLATIONS	46	37	48	23	20	29	29	37	27	40	50	50	34	39	49	33	34	54	13
TESTS	1890	1904	1861	1460	1843	2130	2684	2644	2696	2734	3501	3501	3100	3300	3282	3570	3742	4117	1313



CHART ABOVE: NUMBER OF ANTI-DOPING RULE VIOLATIONS, 2002-2020

# Contracted Doping Controls

The Polish Anti-Doping Agency also carried out anti-doping testing on behalf of various entities, including international sports federations, elite sport event organizers and mass sports event organizers. In total, 28 control missions were conducted and 214 samples were taken.

TABLE: TESTING OUTSOURCED BY NATIONAL ENTITIES, 2020

SPORT	EVENT	LOCATION	SAMPLES
Fencing	World Cup	Sosnowiec	4
Athletics	Orlen Cup 2020	Łódź	5
Fencing	Junior World Cup	Leszno	2
Sports shooting	European Championship	Wrocław	28
Fencing	World Cup	Warsaw	4
Athletics	Copernicus Cup	Toruń	11
Judo	European Judo Open Men & Women	Warsaw	14
Athletics	Virtus 2020 Indoor Championship	Toruń	3
Boxing	Tymex Boxing Night	Dzierżoniów	2
Athletics	Irena Szewińska Memorial	Bydgoszcz	6
Triathlon	European Cup	Olsztyn	4
Athletics	J. Kusociński Memorial	Chorzów	5
Athletics	Kamila Skolimowska Memorial	Chorzów	8
Athletics	Poznań Athletics Grand Prix	Poznań	0
Athletics	42 PZU Orlen Marathon	Warsaw	6
Canoeing	Junior European Championships U23 canoe slalom	Kraków	12
Rowing	European Championships	Poznań	10
Athletics	European Championships in Half-Marathon	Gdynia	44
Wrestling	UWW tournaments	Warsaw	15
Boxing	Boxing Gala "Battle for Gniew"	Gniew	2
Boxing	Boxing Gala	Warsaw	2

TABLE: TESTING OUTSOURCED BY INTERNATIONAL ENTITIES, 2020

SPORT	EVENT	LOCATION	SAMPLES
Cycling	Best Hour Performance	Pruszków	1
Track & Field	out-of-competition	Warsaw	1
Rowing	out-of-competition	Hel-Bór	1
Speed skating	Junior World Championships	Tomaszów Mazowiecki	18
Handball	match	Kielce	4
Canoeing	out-of-competition	Wałcz	1
Handball	out-of-competition	Bilcza	1





**POLADA conducted 28 control missions outsourced to them, during which the total of 214 samples were taken.**

28

214

Control missions outsourced to POLADA

Samples collected during outsourced missions



# International Cooperation

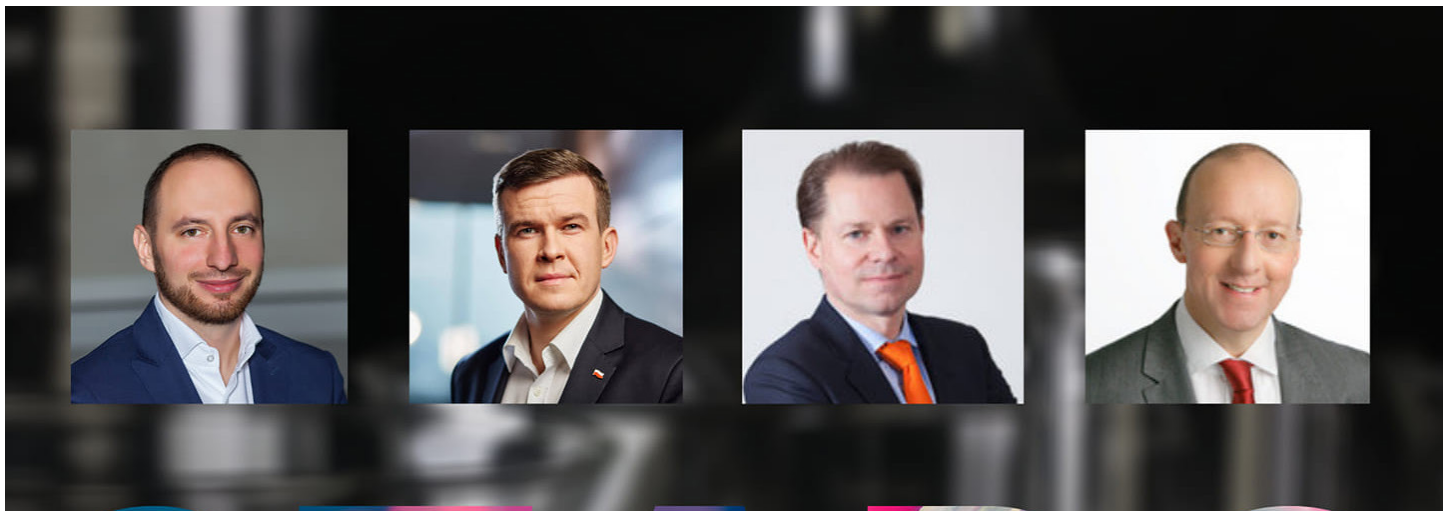
In 2020, the Polish Anti-Doping Agency carried out a number of activities in the international arena. All meetings apart from those held at the beginning of the year were held remotely. The main events from the POLADA international cooperation calendar are presented below.

## COUNCIL OF EUROPE

POLADA together with the Ministry of Culture, National Heritage and Sport actively participated in works of the Monitoring Group of the Council of Europe's Anti-Doping Convention. Representatives of the Polish Anti-Doping Agency were active in co-developing new policies regarding compliance, questionnaires, coherent international policy as well as cooperation between the Council of Europe and the World Anti-Doping Agency. POLADA also supported the evaluation of the compliance with the Convention in the Council of Europe individual member states.

## CEADO

During the COVID-19 Pandemic the Central European Anti-Doping Organization (CEADO) was very active in the area of international anti-doping policy. The group's online meetings were held, on average, every two weeks and provided an opportunity for its members to exchange good practices and information on how to conduct doping controls in the time that was difficult for everyone. CEADO is composed of the national anti-doping organizations from: Austria, Croatia, Czech Republic, Poland, Slovakia, Slovenia and Hungary.



CEADO Group's meeting with WADA





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## COOPERATION WITH THE UKRAINIAN ANTI-DOPING AGENCY

Cooperation between the Polish Anti-Doping Agency, World Anti-Doping Agency and Ukrainian Anti-Doping Agency, initiated in November 2018, continues to develop. Joint activities have resulted in the recognition of the Ukrainian Anti-Doping Agency as operating in compliance with WADA's World Anti-Doping Program. Achieving this goal

required the development of appropriate regulations and a change of Ukraine's anti-doping policy. POLADA's role has been to support our Ukrainian counterpart in the strengthening of their national anti-doping system by sharing our experience and good practices. All the activities are monitored by WADA and the Council of Europe. The pandemic extended the process of finalizing the cooperation which is now expected to end in 2021.

## COOPERATION WITH THE WORLD ANTI-DOPING AGENCY

The Polish Anti-Doping Agency has become a partner of the innovative WADA project "Global to Local". The aim of the partnership is to train over 100 specialists-anti-doping practitioners in Europe. The educational pilot project will help to increase the number and capacity of professionals working to protect clean sport.

The World Anti-Doping Agency (WADA) has signed a partnership agreement with the Polish Anti-Doping Agency (POLADA) to implement a pilot educational project "Global to Local" in Europe (G2L Europe). The program will focus on training anti-doping practitioners.

POLADA will provide WADA with support, including financial support, in the implementation of pilot training and development projects for over 100 experts-practitioners in Europe, working to protect clean sport, which will benefit the entire global anti-doping community.







## TRAINING FOR NATIONAL ANTI-DOPING ORGANIZATIONS AND DISCIPLINARY BODIES

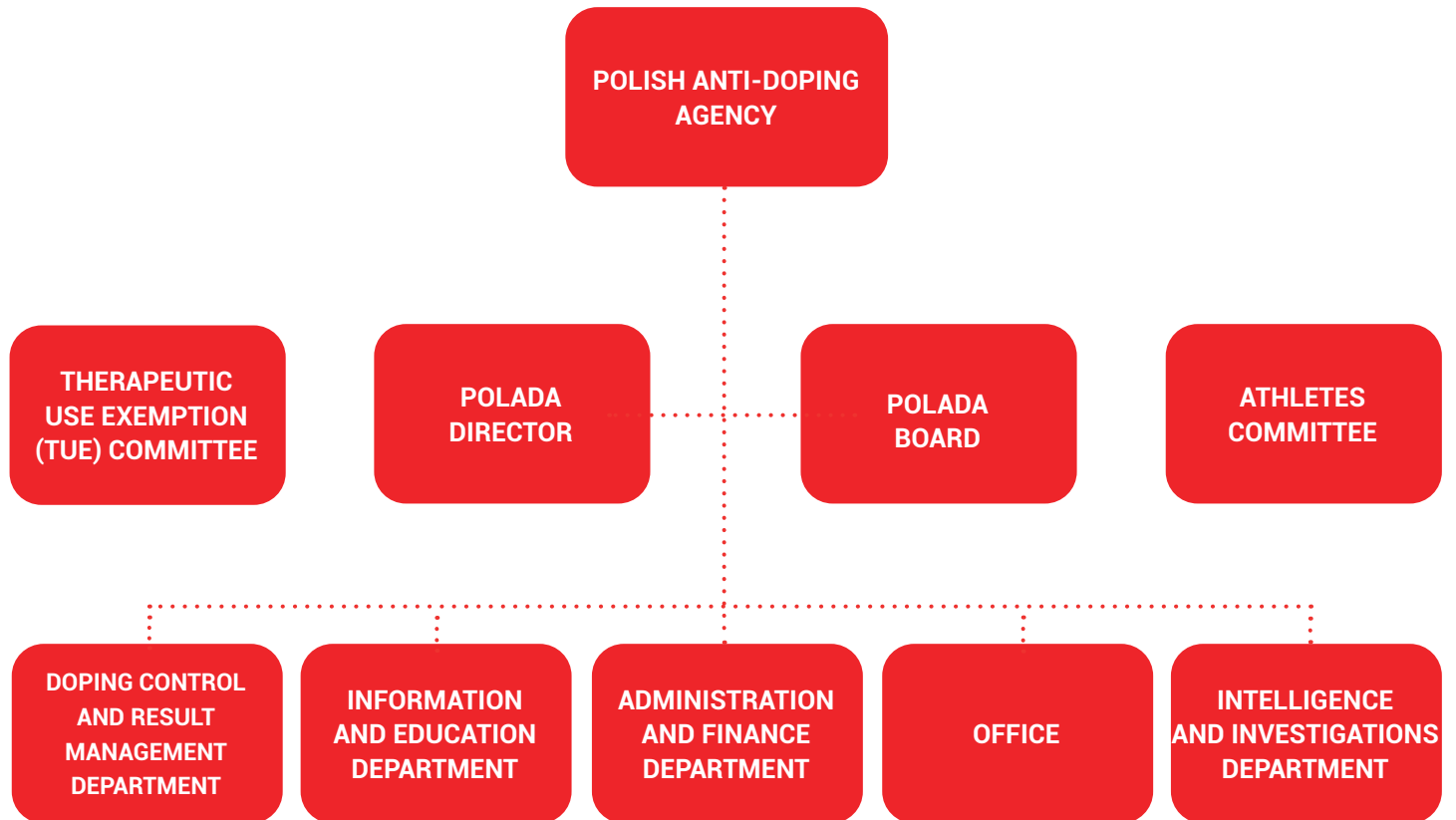
In cooperation with the World Anti-Doping Agency and the Athletics Integrity Unit, a three-day training on results management and disciplinary proceedings in doping-related cases was held at the end of February 2020. The main goal of the joint initiative was to increase the quality of jurisprudence of the disciplinary bodies from Central and Eastern European countries, to get prepared for the implementation of the revised World Anti-Doping Code and to standardize the method of conduct of anti-doping proceedings.

*The main goal of the joint initiative was to increase the quality of jurisprudence of the disciplinary bodies from Central and Eastern European countries.*

The training was attended by nearly 40 representatives of national anti-doping agencies and disciplinary bodies from 9 countries: Austria, Croatia, Estonia, Hungary, Latvia, Lithuania, Poland, Romania, Russia, Slovakia, Slovenia and Ukraine.



# POLADA Organizational Chart



# Contact Details

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## Administration and Finance Department

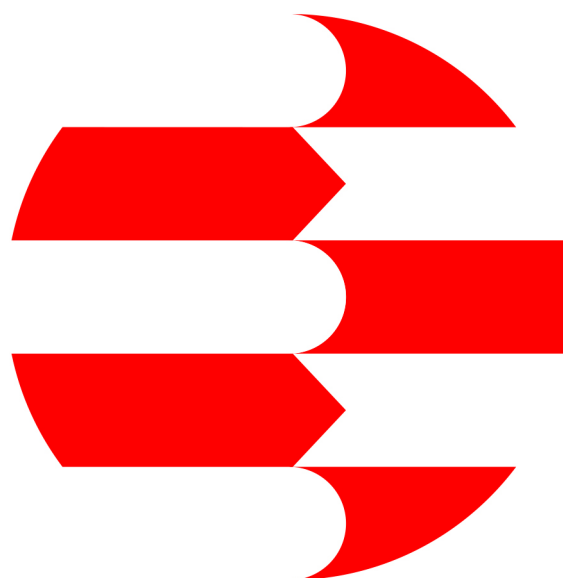
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**Play Fair**