

2018



POLADA

Polska Agencja Antydopingowa



ANNUAL REPORT



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FOREWORD

The year 2018 was the first full year of operation of the Polish Anti-Doping Agency. In that time POLADA has undertaken actions for the benefit of clean athletes and actions aimed at increasing the effectiveness of the fight against doping in sport. The Agency's

In 2018, a record number of doping controls on Polish athletes in the history of the Polish anti-doping system were conducted. The largest ever educational program was also implemented, which covered directly over 6,000 people.

analytical and investigative division began its operation. In cooperation with the prosecutor's office, the police and other services, the division undertook activities aimed at detecting violations of anti-doping rules and criminal regulations concerning doping.

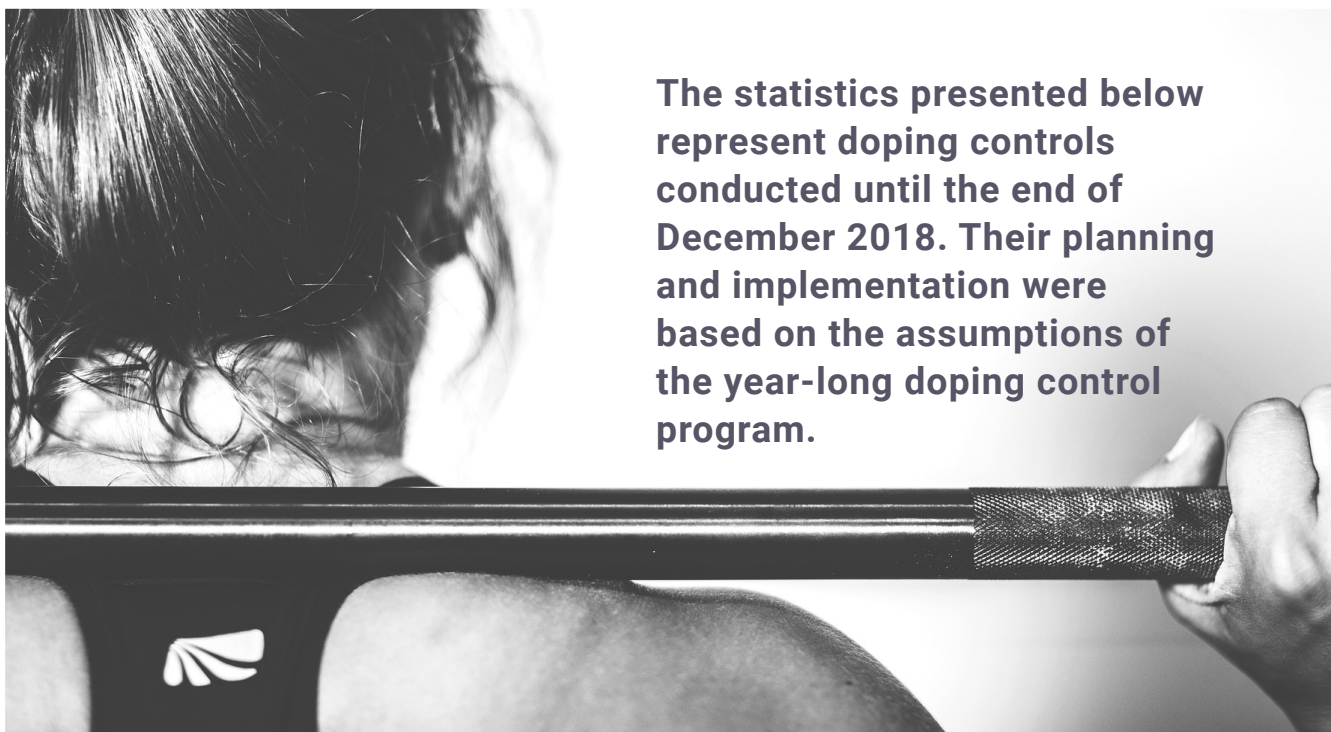
In 2018, a record number of doping controls on Polish athletes in the history of the Polish anti-doping system were conducted. The largest ever educational program was also implemented, which covered directly over 6,000 people. Apart from its activity on the national level, POLADA has also been active on the international arena. Cooperation with the Azerbaijani Anti-Doping Agency has been finalized. The Azerbaijani Agency is now able to independently run a national anti-doping program. In addition, the Ukrainian Anti-Doping Agency began to provide assistance in strengthening the anti-doping program in Ukraine, which focused mainly on creating optimal anti-doping rules. At the forum of the Council of Europe and



Michał Rynkowski - POLADA Director

WADA, the exclusion of the Olympic team of Russia from participation in the Winter Olympics in Pyeongchang and the finalization of the investigation into the systemic practice of doping in Russia stirred a lot of emotions. In 2018, POLADA Director Michał Rynkowski was elected a member of the Management Board of iNADO (Institute of National Anti-Doping Organizations) and Vice-President of the Monitoring Group of the Anti-Doping Convention of the Council of Europe. POLADA has also undertaken joint activities with WADA in the area of implementation of the training on disciplinary proceedings, which was conducted in Tashkent for the Asian Regional Anti-Doping Organization.

POLADA IN NUMBERS



The statistics presented below represent doping controls conducted until the end of December 2018. Their planning and implementation were based on the assumptions of the year-long doping control program.

DOPING CONTROLS

539 Doping controls at the national level



3 742

Total number of doping controls



4 968

Total number of laboratory analyses

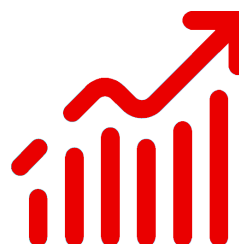
EDUCATION

6183 Total number of persons covered by direct education

2018

BUDGET

PLN 3 200 000



DISCIPLINARY PANEL

36 Initiated anti-doping proceedings

41 Disciplinary Panel, Court of First Instance

14 Disciplinary Panel, Court of Second Instance

ADDITIONAL DATA

RTP 80 Athletes in RTP

TUE 45 TUE pending applications

API 580 Number of API calls made



DRUG DATABASE

25737



Number of inquiries



7291

Number of visits to the drug database



4622

Number of likes on Facebook

EDUCATION AND INFORMATION

Thanks to an additional targeted grant from the Ministry of Sport and Tourism extended to POLADA in 2018, it was possible to undertake educational activities on an unprecedented scale. The priority in our activity was given to youth groups, thanks to which we reached out with anti-doping knowledge to numerous national teams of juniors and younger juniors, sports championship schools (SMS) and youth sports training centers (OSSM) and we were present on many arenas of the Polish junior championship and the National Youth Olympics.



In total, we conducted as many as 114 educational campaigns, in which over 6,000 athletes, coaches, doctors and sports activists participated.

A

FACE TO FACE MEETINGS
WITH YOUNG ATHLETES
DURING:

- a. Visits to sports championship schools (lectures, talks, workshops),
- b. Visits to the arenas of the Youth Olympic Days and Polish Junior Championships (educational information desk)
- c. Visits during training campaigns targeted at national and regional teams (lectures, workshops)



6 183

Total number of
people covered by
direct education
campaigns



114

Educational
activities



Throughout the year, we displayed the „Gram Czysto - Fair Play” and the accompanying „Mistrzowski Anti-Doping” slogans during meetings with participants of the National Youth Olympic Games. The slogan „Zawsze Gram Czysto - Historia Prawdziwa” featured on banners containing graphics on the subject of combating doping was displayed in sports championship schools. There were 40 visits with lectures for female and male athletes and national team members in various sports disciplines (the vast majority were cadets and juniors), 28 educational actions took place in sports championship schools, 22 during the Polish Junior Championships and the National Youth Olympic Games, 13 lectures were conducted during training conferences



B

POLADA'S EDUCATIONAL CAMPAIGN IN 2018:

- a. 40 visits during the ongoing training activities of national teams (lectures, workshops)
- b. 28 educational actions in Sports Championship Schools (lectures, talks, workshops)
- c. 22 meetings during the Junior High School and the National Youth Olympic Games (educational information point)
- d. 13 lectures at coaching conferences and meetings of officials
- e. 5 visits to youth sports training centers (lectures, talks, workshops)
- f. 4 meetings during the school activities of regional staff
- g. 2 visits to sports clubs (lectures, talks, workshops)

C

POLADA'S EDUCATIONAL CAMPAIGNS DURING INTERNATIONAL EVENTS:

a. **World Handball Championships U18 (Kielce)**

b. **U20 and U23 European Championships in Weightlifting (Zamość)**



EUROPEAN JUNIOR & U23
WEIGHTLIFTING CHAMPION
ZAMOŚĆ 2018

and meetings of officials, 5 in sports training centers for young people, 4 during training actions for regional staff and 2 in sports clubs.

Thirteen educational actions, the largest number ever, were conducted among the representatives of weightlifting; among others we visited all OSSM offering this sport.

Representatives of athletics participated in 7 actions, representatives of canoeing in 6 actions, and representatives of handball and cycling in 5 actions. In addition, 4 actions were carried out for rugby players and wrestlers, 3 for rowing, judo, basketball, swimming, volleyball and ice hockey players, 2 for speed skaters and short distance skaters, skiers, tennis players, badminton, biathlon, table tennis, field hockey, fencing, boxing, and triathlon athletes and 1 each for athletes active in football, Olympic taekwondo, sports dance, kickboxing and sailing. All the

27 actions were interdisciplinary in nature. POLADA representatives were present at major international events organized in Poland, where, as educators, they provided knowledge related to doping control and the use of drugs and nutritional supplements to participants of the U18 Handball

D

THE NUMBER OF POLADA'S EDUCATIONAL ACTIONS ACCORDING TO DISCIPLINES:

- a) 13 - weightlifting (all OSSMs operating in this discipline have been visited)
- b) 7 - athletics
- c) 6 - canoeing
- d) 5 - handball
- e) 5 - cycling
- f) 4 - rugby
- g) 4 - wrestling
- h) 3 - rowing, judo, basketball, swimming, volleyball, ice hockey
- i) 2 - speed skating, short track, skiing, tennis, badminton, biathlon, table tennis, field hockey, fencing, boxing, triathlon
- j) 1 - football, Olympic taekwondo, sport dance, kickboxing, sailing
- k) 27 actions were interdisciplinary in nature.

World Cup (Kielce), participants of the U20 and U23 European Championships in weightlifting (Zamość).

In 2018, we continued to publish regular „Anti-Doping Reports” (28) and monthly newsletters for Polish sports associations.

The anti-doping banners mentioned above will remain a permanent feature of our activity. The banners were hung in 15 sports championship schools (Olsztyn, Oświęcim, Kraków, Duszniki Zdrój, Zielona Góra, Tychy, Zabrze, Wrocław, Łomianki, Szklarska Poręba, Racibórz, Poznań, Ostrowiec Świętokrzyski and Zakopane). There were also swimming

caps prepared jointly with Iguana Group Company and many other gadgets, which went to the participants of educational actions. Our activities have supported, among others, the representatives of Poland in volleyball and many young sportsmen.

In 2018, POLADA began preparations to launch a new anti-doping campaign „Gramy Fair – NIE dla dopingu”, which in cooperation with the Ministry of Sport and Tourism, the Handball Association in Poland, PGNiG Superliga and other partners will be promoting fair-play among representatives of Polish sports in 2019 with a new impetus.



DOPING CONTROL PROGRAM

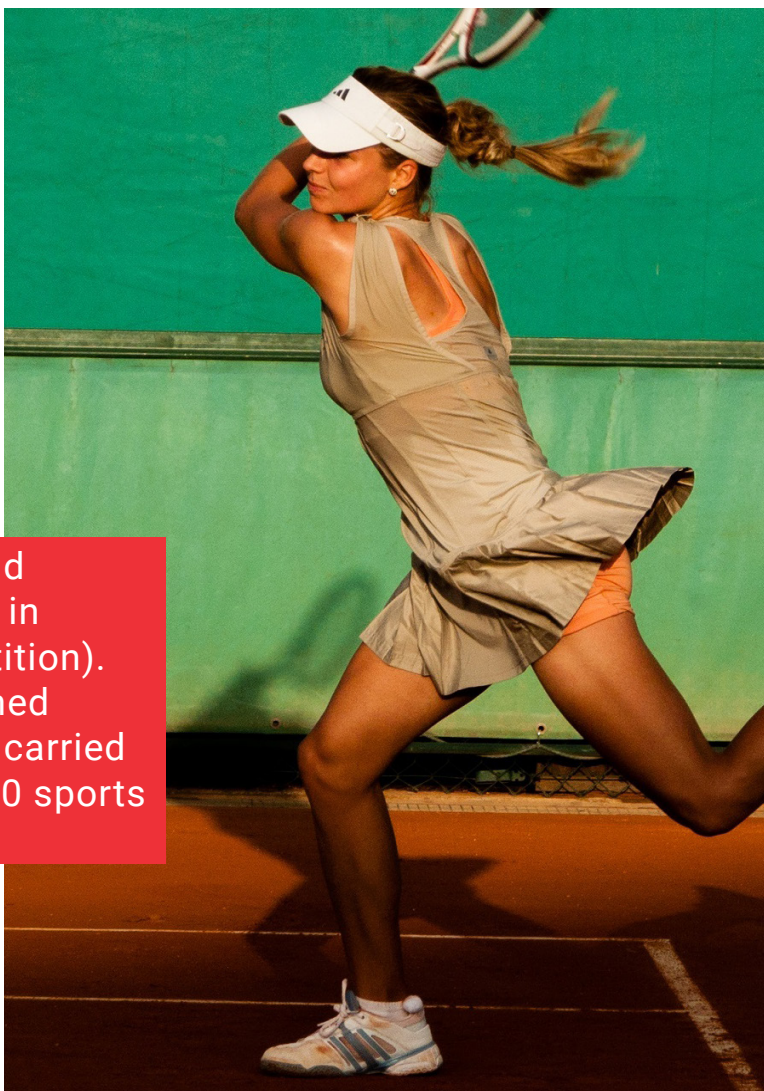
DOPING CONTROL MISSIONS AS PART OF THE NATIONAL DOPING CONTROL PROGRAM

The doping control program was implemented on the basis of the provisions of the International Standard for Testing and Investigations of the World Anti-Doping Agency and the Technical Document for Sport Specific Analysis (TDSSA). The statistics presented

In the reporting period 3742 urine and blood samples were collected (1617 in competition and 2125 out of competition). In order to collect the above mentioned samples, 539 control missions were carried out involving athletes representing 40 sports associations.

below concern doping controls carried out by the Polish Anti-Doping Agency in 2018. Their planning and implementation was based on the assumptions of the year-round doping control program.

In the reporting period 3742 urine and blood samples were collected (1617 in competition and 2125 out of competition). All analyses were made by the Department of Anti-Doping Research at the Sports Institute in Warsaw. In order to collect the above mentioned samples, 539 control missions were carried out involving athletes representing 40 sports associations.



3 160
urine samples



612
blood samples

TABLE: SUMMARY OF DOPING CONTROL MISSIONS IN 2018

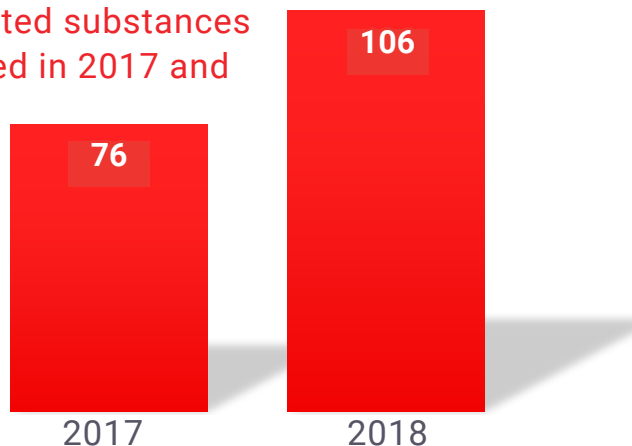
SPORT	TESTS	URINE SAMPLES	EPO	GHRF	BLOOD TESTS		
					TRANSFUSIONS	HGH	PPB
Archery	2	10					
Badminton	3	14	1	4		4	
Basketball	25	133	25	13		13	
Biathlon	9	74	45	9		7	
Billiards	1	4					
Bobsleigh	2	2					
Bodybuilding, Fitness and Power Lifting	8	46	3	17		13	
Boxing	20	92	17	10		10	
Canoeing	23	151	35	12	4	12	25
Cycling	21	139	95	18		10	11
Dance	1	4					
Disabled sports	16	87	13	5			
Fencing	10	45					
Field hockey	5	28	2	6		6	
Football	42	223	48	47	23	47	40
Gymnastics	4	20					
Handball	26	141	14	14		14	
Ice hockey	18	100	14	10		10	
Judo	15	108	12	10		10	
Karate	1	4					
Kickboxing	4	25	3	2		2	
Light athletics	43	301	75	43		50	13
Modern pentathlon	8	50	5	2		2	
Olympic Taekwondo	5	28	5	2		2	
Rowing	25	154	51	15	2	15	52
Rugby	18	100	10	16		20	
Sailing	1	6					
Shooting	1	6					
Skiing	16	82	36	10		8	5
Sledging	1	6					
Speed skating	21	135	71	22	1	21	31
Speedway	10	42	2				
Sport climbing	2	10	2				
Swimming	19	152	42	10		9	
Table tennis	6	30	2	1		1	
Tennis	3	18	2				
Triathlon	6	31	20	5		4	
Volleyball	24	130	13	7		7	
Weightlifting	49	285	14	96		88	
Wrestling	25	144	23	14		20	
TOTAL	539	3160	700	420	30	405	177

PROHIBITED SUBSTANCES DETECTED

In 2018, 30 more substances, metabolites or markers were detected than in 2017 (76 substances - 2017, 106 substances - 2018), which indicates mainly the use of more substances by individual athletes, mainly representing sports such as bodybuilding and fitness. In total, 86 samples were taken from bodybuilders and fitness athletes over the last four years (2015-2018), 45 of which were found to contain prohibited substances (52.3%).



Prohibited substances detected in 2017 and 2018



54
anabolic-
androgenic
steroids detected

PROHIBITED SUBSTANCES DETECTED

S.1

ANABOLIC-ANDROGENIC STEROIDS - 54 CASES

- Clenbuterol - 9
- Stanozolol - 6
- Drostanolone - 5
- 19 - Norandrosterone - 4
- Mesterolone - 4
- Trenbolone - 4
- Boldenone - 3
- Dehydrochloromethyltestosterone - 3
- Oxandrolone - 3
- Methandienone - 3
- Methyl testosterone - 2
- 5 α -androstane-3 α ,17 β -diol - 1
- 5 β -androstenediol - 1
- Androsterone - 1
- Androstendion - 1
- Ethiocholanolone - 1
- Osterine - 1
- Methenolone - 1
- IRMS testosterone - 1

S.2

HORMONES - 3 CASES

- GHRP - 2 - 2
- GHRP - 6 - 1

S.3

BETA 2 AGONISTS - 2 CASES

- Fenoterol - 1
- Hygenamine - 1

S.4

ANTAGONISTS AND HORMONE MODULATORS - 14 CASES

- Colomiphene - 4
- Anastrozole - 4
- Androstatriendione - 2
- Exemestane - 1
- GW501516 - 1
- Letrozole - 1
- Meldonium - 1

S.5

DIURETICS - 18 CASES

- Canrenone - 6
- Amyloride - 2
- Chlorothiazide - 2
- Hydrochlorochlorothiazide - 2
- Furosemid - 2
- Acetazolamide - 1
- Dorzolamide - 1
- Spironolactone - 1
- Tamoxifen - 1

S.6

STIMULANTS - 9 CASES

- Methylhexanamine - 5
- 1,4 - methylpentylamine - 1
- Cocaine - 1
- Heptaminol - 1
- Modafinil - 1

S.8

CANNABINOIDS - 4 CASES

- THC - 4

S.9

CORTICOSTEROIDS - 2 CASES

- Betamethasone - 1
- Triamcinolone - 1

ANTI-DOPING RULE VIOLATIONS

On the basis of analytical and non-analytical evidence, 36 proceedings for anti-doping rule violations were instituted in 2018.

analyses, whereas non-analytical evidence should be understood as any other evidence such as documents, testimonies or expert opinions.



In 34 cases, violation of anti-doping rules was found, while in 2 cases, the athlete was found not guilty or there was no basis for imposing sanctions. 5 proceedings in doping cases were continued in 2019. Analytical evidence should be understood primarily as the results of anti-doping laboratory



36

Anti-doping rule violation proceedings



34

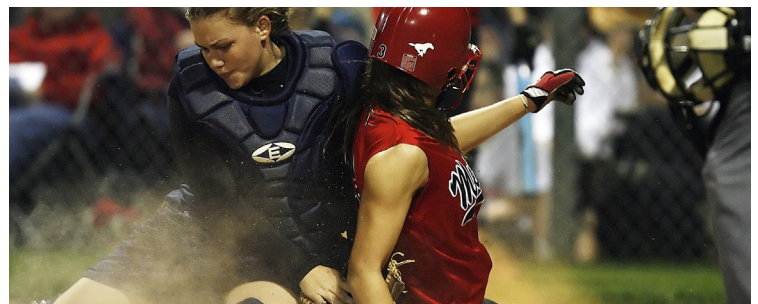
Confirmed anti-doping rule violations

TAB. ANTI-DOPING RULE VIOLATIONS

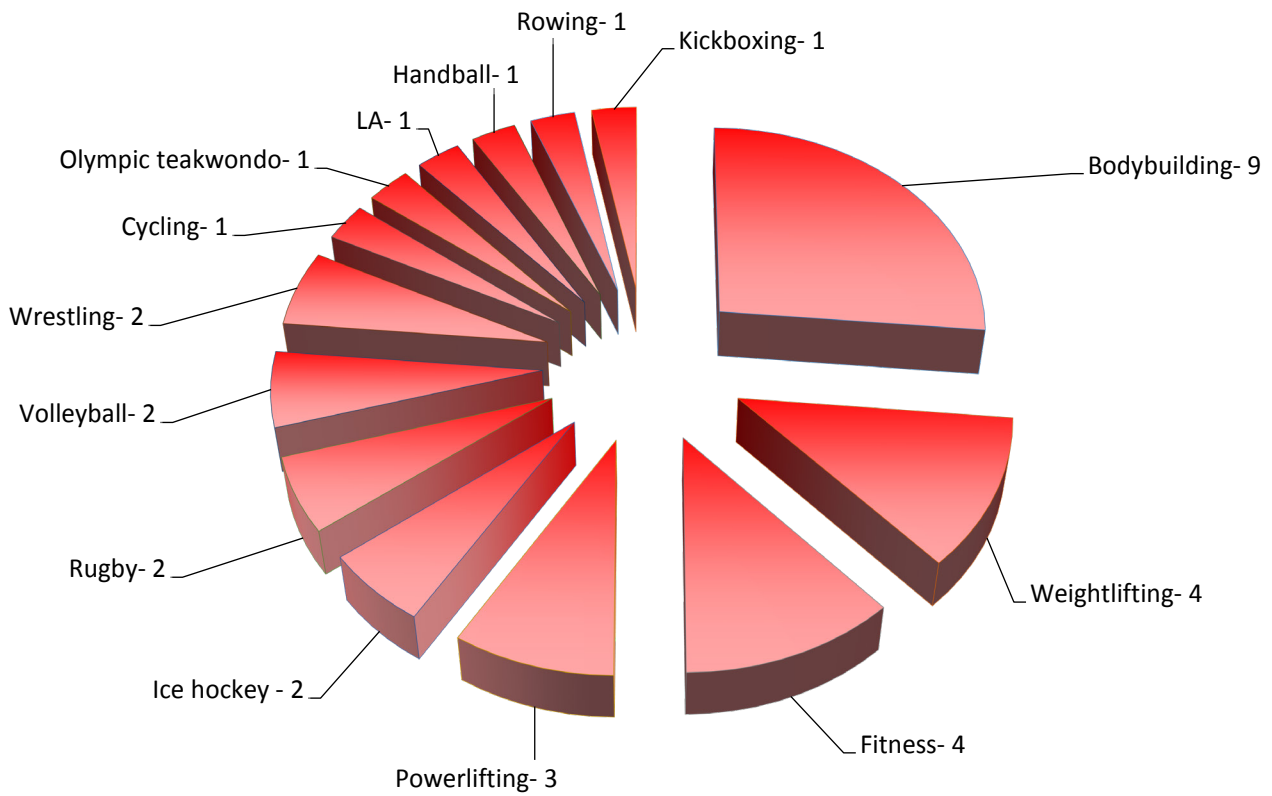
SPORT	CIRCUMSTANCES	TYPE OF VIOLATION	SANCTION
Volleyball	competition	Methylhexanamine	3 months of ineligibility
Weightlifting	competition	Betamethasone	No violation
Ice hockey	competition	Heptaminol, Higenamine	6 months of ineligibility
Bodybuilding	competition	Refusal to be tested	Case pending
Rugby	competition	GHRP-2	4 years of ineligibility
Fitness	competition	Clenbuterol	4 years of ineligibility
Fitness	competition	Anastrozole	2 years of ineligibility
Fitness	competition	Clenbuterol, GW501516	4 years of ineligibility
Bodybuilding	competition	GHRP-2, Stanozolol, Nandrolone, Methyltestosterone, Clenbuterol, Drostanolone, Anastrozole, Canrenone, 1,4-methylpentylamine	4 years of ineligibility
Bodybuilding	competition	Stanozolol, Trenbolone, Boldenone, Nandrolone, 1-Androstendion, Clenbuterol, Androstatriendion, Furosemid	4 years of ineligibility
Bodybuilding	competition	Trenbolone, Drostanolone, Mesterolone, Clenbuterol, Nandrolone, Anastrozole, Clomifene, Tamoxifen, Canrenone	4 years of ineligibility
Bodybuilding	competition	Stanozolol, Trenbolone, Mesterolone, Oxandrolone, Boldenone, Nandrolone, Clenbuterol, Androstatriendion, Clomifene, Exemestane, Canrenone, Amiloride, Chlorothiazide, Hydrochlorothiazide, Methylhexanamine	Case pending
Powerlifting	competition	Modafinil	4 years of ineligibility
Weightlifting	training camp	Clenbuterol	Reprimand
Weightlifting	competition	THC	6 months of ineligibility
Cycling	competition	Meldonium	20 months of ineligibility
Olympic Taekwondo	training camp	Ostarine	Case pending
Light Athletics	competition	Prohibited method	No fault
Kickboxing	training camp	Drostanolone	4 years of ineligibility
Boxing	training camp	Dorzolamide, Acetazolamide	Case pending
Weightlifting	competition	Androsterone, Etiocholanolone, 5 β -androstanediol	4 years of ineligibility
Powerlifting	competition	THC	4 month ineligibility
Powerlifting	competition	GHRP-6	4 years of ineligibility
Bodybuilding	competition	Refusal to be tested	4 years of ineligibility
Weightlifting	competition	Clomifene	Case pending
Handball	competition	THC	3 months of ineligibility
Triathlon	competition	Fenoterol	sanction waived – no fault
Rugby	competition	Dehydrochloromethylotestosterone, Metandienone, Cocaine	4 years of ineligibility
Bodybuilding	competition	Mesterolone, Canrenone, Anastrozole	4 years of ineligibility

SPORT	CIRCUMSTANCES	TYPE OF VIOLATION	SANCTION
Wrestling	training camp	Clomifene, Dehydrochloromethylotestosterone	4 years of ineligibility
Fitness	competition	Clenbuterol, Stanozolol, Oxandrolone, Metandienone, Dehydrochloromethylotestosterone, Furosemid, Canrenone	4 years of ineligibility
Rowing	training camp	Testosterone, 5 α -androstane-3 α ,17 β -diol	Case pending
Bodybuilding	competition	Stanozolol, Metandienone, Drostanolone, Clenbuterol, Methyltestosterone, Letrozole, Spironolactone	Case pending
Bodybuilding	competition	Oxandrolone, Stanozolol, Boldenone, Mesterolone, Trenbolone, Methenolone, Drostanolone, Clenbuterol, Anastrozole, Canrenone, Amiloride, Torasemide, Chlorothiazide, Hydrochlorothiazide	Case pending
Volleyball	competition	Triamcinolone	Case pending
Ice hockey	competition	THC	4 month ineligibility
Table tennis	competition	Sibutramine	2 years of ineligibility
Bodybuilding	competition	Dehydrochloromethylotestosterone, Oxandrolone, Metandienone, Ephedrine	Case pending

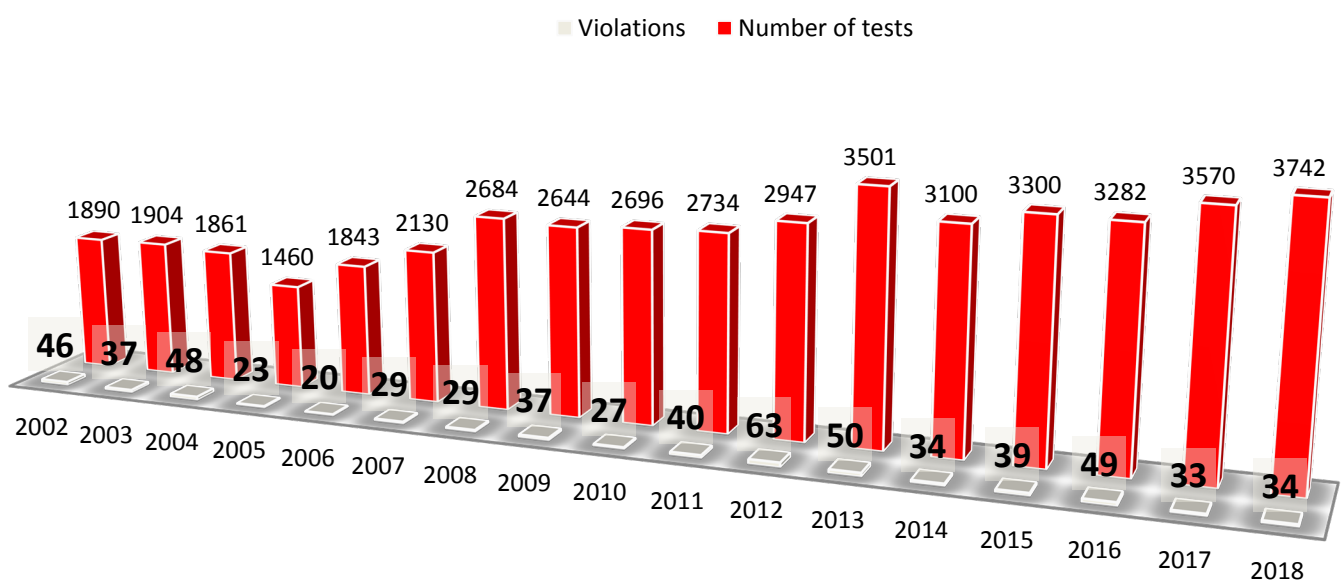
In 2018, there were also 3 cases of anti-doping offences resulting from the lack or erroneous submission of whereabouts data to the monitoring system.



Anti-doping rule violations per sport



Anti-doping rule violations in 2002-2008



CONTRACTED DOPING TESTS

The Polish Anti-Doping Agency carried out doping controls on behalf of various entities, such as international sports federations and organizers of competitive and mass sports events. In total, 72 control missions were carried out and 654 samples were taken.



72

External control missions



654

Samples taken

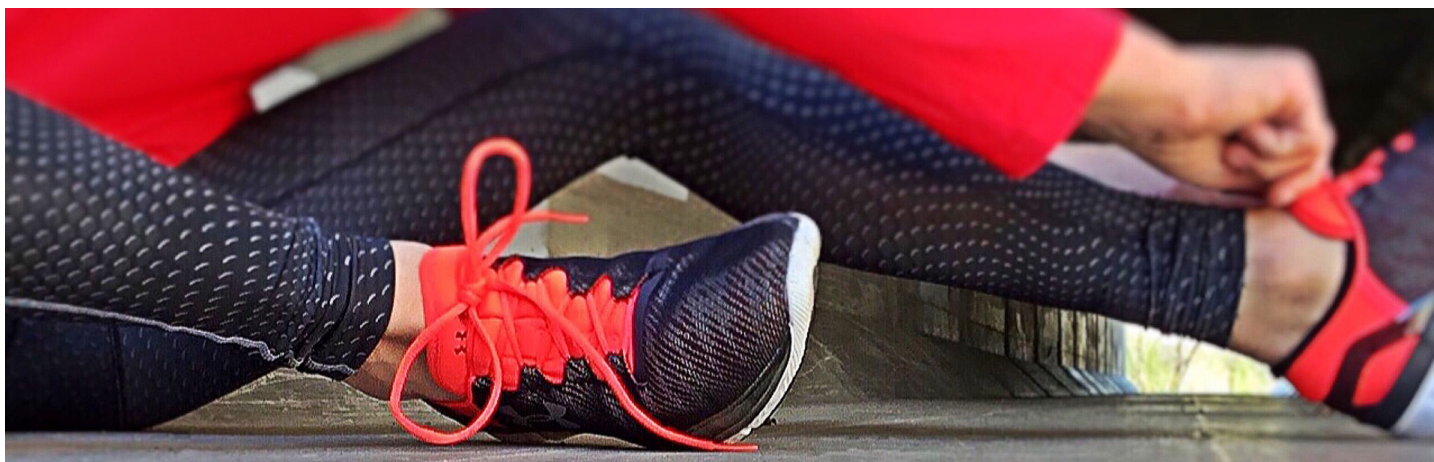
TAB. SUMMARY OF EXTERNAL CONTROLS 2018

LP.	EVENT	VENUE	NUMBER OF SAMPLES
1.	Fencing – World Cup	Katowice	5
2.	Light Athletics – Copernicus Cup	Toruń	9
3.	Fencing – World Cup	Warszawa	4
4.	Disabled Fencing – World Championships	Poronin/Zakopane	4
5.	Short Track – World Championships	Tomaszów Mazowiecki	20
6.	Judo – European Judo Open	Warszawa	7
7.	MMA – FEN Gala	Warszawa	2
8.	Light Athletics – Maniacka Dziesiątka Marathon	Poznań	6
9.	Table tennis – ITTF Challenge Open	Spała	6
10.	Light Athletics – Onico Half Marathon	Gdańsk	7
11.	Light Athletics – Warsaw Half Marathon	Warszawa	6
12.	Light Athletics - Half Marathon	Dąbrowa Górnicza	4
13.	Disabled Shooting – World Cup	Szczecin	5
14.	Light Athletics – Half Marathon Poznański	Poznań	8
15.	Handball – Challenge Cup	Lublin	4
16.	Light Athletics – DOZ Marathon	Łódź	6
17.	Boxing - Gala	Częstochowa	4
18.	Light Athletics – Orlen Marathon	Warszawa	8
19.	Light Athletics – Cracovia Marathon	Kraków	10
20.	Karate – European Championships	Wrocław	10
21.	Boxing - Gala	Warszawa	4
22.	Cycling - GFNY	Gdynia	4
23.	Light Athletics – Street run	Mińsk Mazowiecki	4

LP.	EVENT	VENUE	NUMBER OF SAMPLES
24.	Triathlon – European Cup	Olsztyn	8
25.	Light Athletics – Light athletics festival	Bydgoszcz	6
26.	Ju-Jitsu – European Championships	Gliwice	5
27.	MMA - UFC	Kraków	1
28.	Light Athletics – J. Kusociński Memorial	Chorzów	5
29.	Light Athletics – training camp	Spała	4
30.	Volleyball – League of Nations	Opole	4+4
31.	MMA - UFC	Cyców	1+1
32.	Light Athletics - training camp	Spała	14+6
33.	Light Athletics – World Championships	Karpacz	4
34.	Volleyball – Grand Prix	Warszawa	12+12
35.	Canoeing – World Cup	Kraków	5
36.	Floorball – Academic World Championships	Łódź	8
37.	Speed skating - training camp	Lubin	1+1
38.	Disabled Fencing – World Cup	Warszawa	4
39.	Swimming – Impaired Hearing Polish Championships	Lublin	11
40.	Disabled Fencing – World Championships	Warszawa	2
41.	Rowing – World Championships U-23	Poznań	13
42.	Triathlon – Ironman 70.3	Gdynia	2
43.	Handball – World Championships U-18	Kielce	40
44.	Canoeing - training camp	Wałcz	5+8
45.	MMA - UFC	Łódź	1



LP.	EVENT	VENUE	NUMBER OF SAMPLES
46.	Light Athletics –K. Skolimowska Memorial	Chorzów	5
47.	Angling – World Championships	Wrocław	2
48.	Light Athletics – Running Festival	Pułtusk	4
49.	Light Athletics – Jacek Siedlecki Race	Siedlce	7
50.	Disabled Table tennis	Warszawa	2
51.	Archery – European Championships	Legnica	10
52.	Light Athletics – Running Festival	Krynica	4
53.	Light Athletics - Maraton	Wrocław	2
54.	Boccia – BISFed Regional Open	Poznań	4
55.	Weightlifting – Academic World Championships	Biała Podlaska	26
56.	Boxing - Gala	Łomża	2
57.	Goalball - training camp	Chorzów	4
58.	Short Track - training camp	Białystok	1+1
59.	Goalball – European Championships	Chorzów	6
60.	Light Athletics – Warsaw Marathon	Warszawa	6
61.	Cheerleading – Academic World Championships	Łódź	10
62.	Dog sledding	Opole	3
63.	Light Athletics - Marathon	Poznań	6
64.	Light Athletics - Half Marathon	Kraków	6
65.	Weightlifting –European Junior Championships	Zamość	90+30
66.	Boxing - Gala	Lublin	2
67.	MMA - UFC	Warszawa	1+2
68.	Light Athletics - Half Marathon	Świdnica	2
69.	Boxing - Gala	Gliwice	2
70.	Wheelchair dancing – European Championships	Łomianki	6
71.	Speed skating – Junior World Cup	Tomaszów Mazowiecki	18
72.	Volleyball – Club World Championships	Częstochowa	6
73.	Speed skating - training camp	Spała	8+9
74.	Speed skating – World Cup	Tomaszów Mazowiecki	30
75.	Fencing – World Cup	Warszawa	2



INTERNATIONAL COOPERATION

In 2018, the Polish Anti-Doping Agency carried out a number of activities in the international arena. Below are presented the most important events from the POLADA calendar of international cooperation.



POLADA
Polska Agencja Antydopingowa

1

COOPERATION WITH THE AZERBAIJANI ANTI-DOPING AGENCY

In 2015 the World Anti-Doping Agency selected the Commission Against Doping in Sport to start cooperation with the emerging Azerbaijan Anti-Doping Agency in order to create the basis for the Azerbaijani anti-doping system. The Polish Anti-Doping Agency continued these activities in 2017. As part of the implementation of the supporting tasks, 13 meetings were held. They were conducted in accordance with the assumptions of an ambitious project plan agreed by both agencies and approved by WADA. The main objective of the plan was to achieve full operational capacity of the Azerbaijani Anti-Doping Agency in all areas of activity by January 2018. During



AMADA
STAY CLEAN

its implementation, three Steering Committee meetings were held: in December 2016 and March 2017. The role of the Polish Anti-Doping Agency was to share knowledge and experience in the implementation of the anti-doping control program, educational activities, investigations, organization and implementation of disciplinary proceedings concerning doping and proceedings for granting therapeutic use exemptions.

2

MICHAŁ RYNKOWSKI ELECTED VICE- PRESIDENT OF THE MONITORING GROUP

Michał Rynkowski, POLADA Director, was elected Vice-President of the Monitoring Group of the International Anti-Doping Convention of the Council of Europe. The decision was taken during the meeting held on 31 October 2018.



3

MICHAŁ RYNKOWSKI, MEMBER OF THE MANAGEMENT BOARD OF iNADO

On 19 March 2018, during the general meeting of the iNADO (Institute of National Anti-Doping Agencies) members, Michał Rynkowski, POLADA Director, was elected a member of the iNADO Management Board. The current members of the management board include: Doug MacQuarrie (Canada) - Chairman, Andrea Gotzmann (Germany) - Vice Chairman, and members: Michael Ask (Denmark), Petteri Lindblom (Finland), Onke Ngwane (South Africa), Herman Ram (Netherlands), Michał Rynkowski (Poland), Keiko Uchitani (Japan).

**INSTITUTE OF NATIONAL
ANTI-DOPING ORGANISATIONS**

The main tasks of iNADO are to assist national anti-doping agencies in the development of anti-doping programs, analyze the current anti-doping situation and develop a global anti-doping system. Cooperation with the World Anti-Doping Agency and the sports movement is crucial for the organization. Currently, 70 national anti-doping organizations from all over the world are members of the organization.

4

COOPERATION WITH THE UKRAINIAN ANTI-DOPING AGENCY

In November 2018 the Polish Anti-Doping Agency, the World Anti-Doping Agency and the Ukrainian Anti-Doping Agency signed a trilateral cooperation agreement. POLADA's role is to support the Ukrainian partner in strengthening the national anti-doping system by sharing its experiences and good

practices. All activities are monitored by WADA and the Council of Europe. The agreement was concluded for a period of 3 years.



From left to right:
Michał Rynkowski – POLADA Director, Michael Petrou - President of the Monitoring Group of the Anti-Doping Convention of the Council of Europe, Ihor Zdanov - Minister of Youth and Sports of Ukraine, Ivan Kurlischuk - Director of the Ukrainian Anti-Doping Agency

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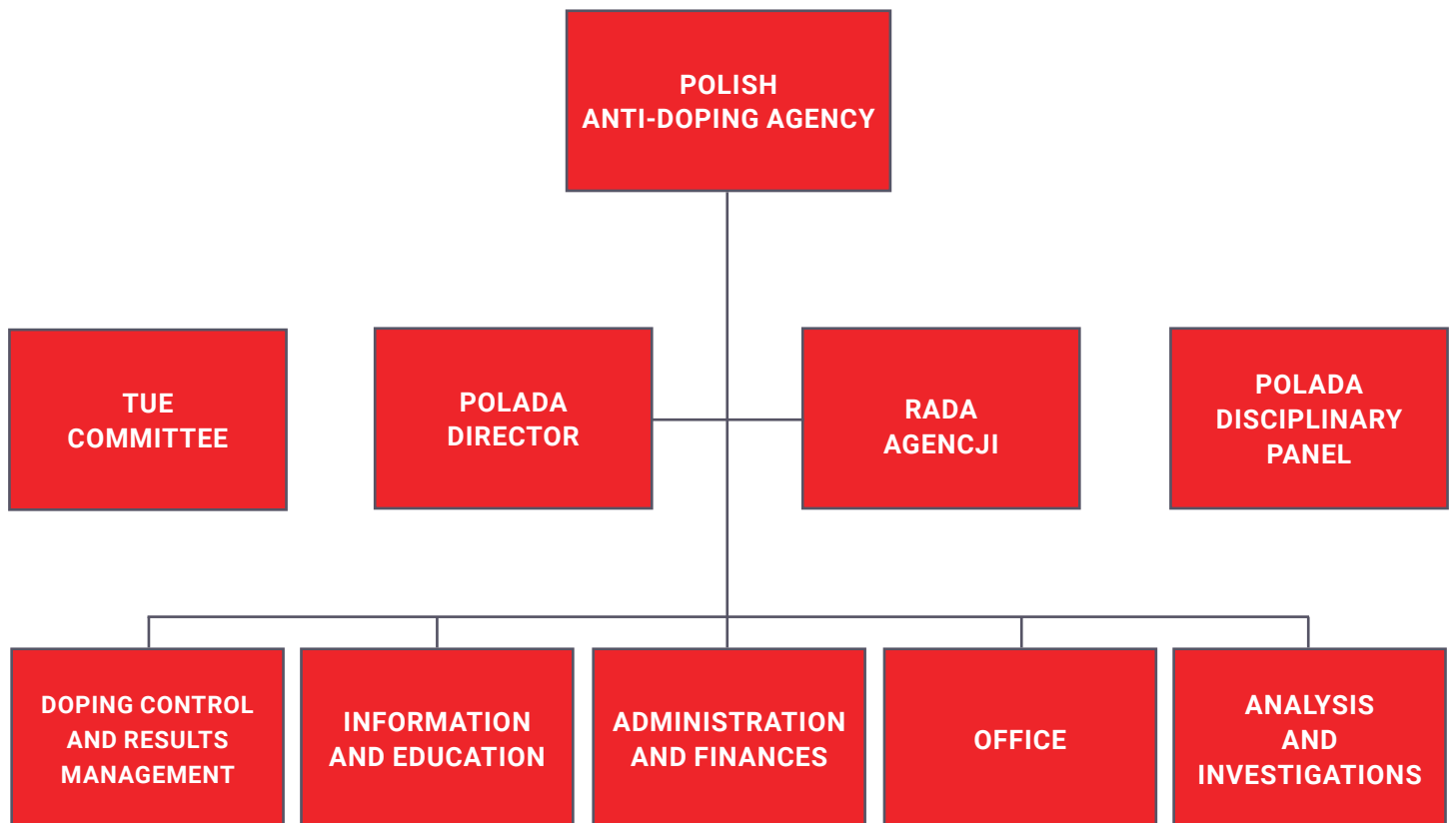
RESULTS MANAGEMENT TRAINING FOR CENTRAL ASIA RADO

In cooperation with the World Anti-Doping Agency, POLADA Director Michał Rynkowski conducted a results management training for members of the Central Asian Regional Anti-Doping Organization. The full-day training took place in Tashkent on 10 May and covered general issues, proceedings in the case of analytical and non-analytical violations of anti-doping rules, as well as disciplinary proceedings related

to doping. The meeting was attended by Kazuhiro Hayashi, Director of the WADA Regional Office for Asia and Oceania, and Francisco Leon, Relations Manager of NADO-RADO WADA and members of the regional anti-doping organization.



POLADA ORGANIZATIONAL CHART



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