

Anti-Doping Poland Annual Report 2011



**Komisja do Zwalczenia
Dopingu w Sporcie**

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Introduction



Undoubtedly, 2011 was one of the most successful years in the entire history of the Commission Against Doping in Sport. We have accomplished most of our plans. Our achievements would not be possible were it not for the hard work of the Commission and all the organizations, which extended their support to us.

*The Polish anti-doping program is now fully compliant with the World Anti-Doping Program of WADA. Before this compliance was achieved, we worked hard to create model anti-doping rules and make them part of the charters of Polish sport unions and associations. Poland's first anti-doping campaign *Be aware, Be Clean* was implemented in Poland in 2011. It mainly aimed at the communication of information about hazards connected with the use of prohibited substances and methods. Representatives of the Commission Against Doping in Sport took part in many international conferences and projects, among them in the *Strategy for Stopping Steroids*, an EU project which aims at analyzing anti-steroid policies implemented by individual states – project partners. And last but not least, a record number of doping tests were conducted in 2011.*

It is with pride that I present the annual report on the activities of the Commission Against Doping in Sport in 2011.

Jerzy Smorawiński

A handwritten signature in blue ink, appearing to read 'Jerzy Smorawiński', written in a cursive style.

I Education and communication

1. Educational program

Education is top priority for the Commission in the fight against doping. Like in the previous years, in 2011 we planned and implemented a number of education and communication projects. This is an activity which is recommended by the World Anti-Doping Agency (WADA) and its implementation is monitored and supported by the Education Committee of WADA and the Steering Committee for Education of the Council of Europe. Implementation of the educational program in Poland is based on detailed guidelines of WADA and the Council of Europe. Protection of athletes against health and ethical hazards connected with doping is top priority on our agenda. Our activities focus on communication and education – we believe that information, which can be presented quickly, “here and now”, helps to expand knowledge while education entails values which can help change the behavior and attitude to the fight against doping for a long time.

Information about doping is regularly updated and presented in the form of news items posted on the Commission’s website and on Facebook. Press clips describing positive results of doping tests are regularly published. Education takes the form of regular meetings of Commission staff with teenagers and its aim is to teach about the adverse effects of doping and provoke reflection.

The educational mission of the Commission has one objective – protection of health of all athletes and making them aware of the consequences of conscious and unconscious use of prohibited substances and methods. The Commission’s Educational Unit has prepared an effective action plan to face these challenges. In order to build an “educational model”, we identified:

Target groups – athletes, coaches, parents, physical education teachers, medical personnel, athlete support staff;

Contact areas – arenas of sports events (Polish Championships, Polish Youth Olympic Days, Polish Cup), training camps, sport championship schools, Polish sport unions and associations, Youth Sport Federations, Polish Olympic Committee, sport related conferences and meetings;

Forms of communication – the Commission’s website www.anty doping.pl, Facebook, mobile information kiosks, educational materials (brochures, posters, leaflets, gadgets), lectures, presentations, meetings.

All our educational work was targeted at the young generation. The Commission’s staff:

- encouraged them to visit the Commission’s website www.anty doping.pl and read or download the educational and multimedia packages and to visit the Commission’s profile on Facebook (www.facebook.pl);
- encouraged them to learn about the key stages of doping control and urine and blood sampling;
- presented the procedure governing the use of prohibited substances for therapeutic purposes (TUI);
- suggested the need to report to physicians any attempts at self-administered medicinal treatment;
- drew attention to the hazards posed by the use of dietary and food supplements which are often contaminated with prohibited substances,
- taught how to behave to reduce the risk of a positive doping result after the use of unverified dietary and food supplements;
- recommended the use of the 24-hour anti-doping helpline in the case of any doubts connected with anti-doping regulations.

2. Anti-doping campaign “Be aware, Be clean”

BĄDŹ ŚWIADOMY

BĄDŹ CZYSTY

The educational activity carried out in 2011 was almost entirely aimed at the accomplishment of the objectives of the *Be Aware, Be Clean* anti-doping campaign. The campaign was officially launched on 20 June 2011 at a press conference organized by the Commission. The following materials and gadgets were prepared to help achieve the campaign’s objectives:

- A commercial advertisement on television presenting health hazards caused by the use of doping substances (produced with the help of the Totalizator Sportowy and the University School of Physical Education in Poznań). The advertisement was aired 95 times on TVP Sport channel. It was also aired during the educational campaigns and conferences organized by the Commission. The advertisement is available for viewing or download on the Commission’s website;
- t-shirts with the text “Nie daj się zrobić w balona” [Don’t make a monkey out of yourself];
- posters;
- “Athlete Guidebooks” with additional information about doping and “Be Aware, Be Clean” brochures distributed at all educational campaigns.

The Commission organized and carried out various educational campaigns, among them:

- **Visits to Sport Championships Schools (SMS) and Sport Schools:**
 - SMS in Kraśnik (wrestling)
 - SMS in Chełm (wrestling)
 - SMS in Wrocław (swimming)

- SMS in Warsaw (track and field)
- SMS in Szczyrk (skiing)
- SMS in Gorzów Wielkopolski (rowing and canoeing)
- Sport School Complex in Łomianki
- Sport Secondary School in Pińczów

- **Visits with the Mobile Information Kiosks at the arenas of the Polish Youth Olympic Days (OOM):**

- OOM Płock (soccer)
- OOM Warsaw (lawn tennis)
- OOM Warsaw (swimming)
- OOM Płock (triathlon)
- OOM Płock (swimming)
- OOM Poznań (rowing)
- OOM Poznań (canoeing)
- OOM Ciechanów (weight lifting)
- Visits at other Polish Championships (MP) events:
- MP for 15 year olds, Ostrowiec Świętokrzyski (swimming)
- MP for 16 year olds, Oświęcim (swimming)

- **Anti-doping meetings organized on the initiative of Polish Sport Unions and Associations with the help of the Commission:**

- Polish Rugby Union (educational visits in 14 first and second league clubs)
- Polish Weightlifting Union – a conference “Walka z dopingiem w ciężarach w Europie i w Polsce” [Fight with doping in weightlifting in Europe and in Poland] at the Polish Junior Championships for 17 year olds in Ciechanów
- Polish Skiing Association – a meeting of the Medical Committee in the offices of the Association in Cracow
- Polish Canoeing Association – a conference in Wałcz
- Polish Sailing Association – a conference and training session in Gdańsk
- all sport unions and associations – “Implementation of Model Anti-Doping Rules”

- **Other educational activities:**

- anti-doping training for students of the University School of Physical Education in Poznań
- information desk at the Olympic picnic organized by the Polish Olympic Committee
- the “Doping of children and teenagers” conference for physical education teachers organized by the Polish Olympic Committee and the Commission Against Doping in Sport
- development and preparation of an anti-doping educational package for all the participants in the “European Youth Olympic Games – Trabzon 2011”
- participation in the conference for coaches and instructors of the Kujawy and Pomerania region in Bydgoszcz

In total the Commission’s actions reached over 500 athletes – participants of competitions and meetings. It is difficult to give an exact number of coaches and parents who were also our target group.

Examples of educational events

A few photos of educational events at which the *Be Aware, Be Clean* anti-doping campaign was promoted:



Polish Youth Olympic Days, soccer, Płock, 7 July 2011



Polish Youth Olympic Days, lawn tennis, Warsaw, 9 July 2011



Junior athlete meeting, track and field, Spała, 14 July 2011



Polish Junior Swimming Championships, Ostrowiec Świętokrzyski, 15 July 2011

Posters

The Commission prepared 1000 campaign posters. 402 posters were sent to 136 schools, including to Sport Championships Schools, schools named after Polish Olympic athletes and university schools of physical education. The posters were displayed at the beginning of September/October 2011, i.e. when students started their education. The remaining posters were distributed during various educational events and sent to the campaign partners.

The *Be Aware, Be Clean* campaign was received very positively. Both the coaches and athletes as well as people who are directly involved in professional sport supported it. They believed it was helpful in shaping the desired ethical attitudes among the youth. An opening conference, which helped to attract the interest of the public opinion in the anti-doping campaign and activities, was undoubtedly the most important element of the entire campaign.

The www.antydoping.pl website and Facebook helped us to promote the anti-doping ideals at minimum costs. The “Nie daj się zrobić w balona” [Don’t make a monkey out of yourself] t-shirts were most popular at direct meetings with the youth during sports competitions.

3. Conferences, training sessions and other events

Training for students of the University School of Physical Education in Poznań

A training session was organized for students of the University School of Physical Education in Poznań on 25 May 2011. It was opened by Prof. Jerzy Smorawiński, the School’s Rector. The training focused on anti-doping rules, the rights and obligations of athletes, therapeutic use exemptions, doping control, prohibited substances and methods and unconscious use of doping. Visits to the Departments of Doping Control, Physiology, Biomechanics, Biochemistry and Nutrition Physiology were part of the training.

“Doping among children and teenagers” conference

A conference on doping among children and teenagers was held in the offices of the Polish Olympic Committee on 25 May 2011 at 6.00 p.m. The meeting, which was prepared in cooperation with the Commission Against Doping in Sport, was attended by teachers of sport schools. The Commission was represented by Dariusz Błachnio and Michał Rynkowski.

Olympic Picnic

For the second time in its history the Commission Against Doping in Sport attended the Olympic Picnic organized in Kępa Potocka in Warsaw. The picnic was held on 11 June 2011. The Commission’s information and communication messages were targeted at young athletes, their parents and coaches.

Representatives of the Commission offered advice, presented tools, which can be used to gain knowledge and information about the fight with doping.

European Symposium on “Fight with doping in weightlifting in Europe and Poland”

On 22 August 2011 Michał Rynkowski and Dariusz Błachnio took part in a symposium organized by the Polish Weightlifting Association.

4. Media coverage

In 2010-2011 the Commission’s website was visited by an average of 30,000 users. Compared to 2009, this is a significant increase. This growing interest in the website can be attributed to its new layout and interesting content. Undoubtedly, the violation of anti-doping regulations by Kornelia Marek, a Polish ski runner, who tested positive for a banned substance at the Winter Olympic Games in Vancouver, was one of the reasons for which the website was visited frequently.

It should be emphasized that in 2011 there were more visits than in 2010, which might suggest that the website is most frequently visited by its most loyal users.

YouTube visits

A clip promoting the *Be Aware, Be Clean* anti-doping campaign, which was launched on YouTube, was viewed 809,000 times. 76.7% of the viewers were men and 23.3% were women.

API enquiries

In 2010 we received 23 mails with questions about prohibited substances or therapeutic use exemptions. In 2011 we received 162 such mails. This great increase can be attributed to greater interest in the search for sources of professional information about doping and fight with doping. It is difficult to estimate the number of telephone calls received by the Commission’s experts because some of the enquires were immediately redirected to their private mobile phones.

II Doping control

During the reporting period the Commission Against Doping in Sport conducted 446 internal and external doping controls (the latter were conducted at the request of sport unions and associations, international federations and organizers of international competitions), at which 3020 samples of urine and blood were taken and tested.

In the internal controls planned by the Commission for 2011 a total of 2750 samples (2700 standard samples and 50 blood samples) were taken from the athletes who represented Polish sport unions and associations and league clubs.

Compared to 2010 the total number of doping control tests was increased. There were more tests to detect the presence of erythropoietin (EPO); the blood test program aimed at the detection of the growth hormone was expanded.

The following elements were used to plan the control doping strategy:

- planning support systems,
- tests conducted in competitions and out of competitions,
- classification of sport disciplines/athletes with respect to the risk of doping substance use,
- doping control team management,
- frequency of participation in competitions (games played on the national teams and league games)
- external tests conducted for example for sport federations

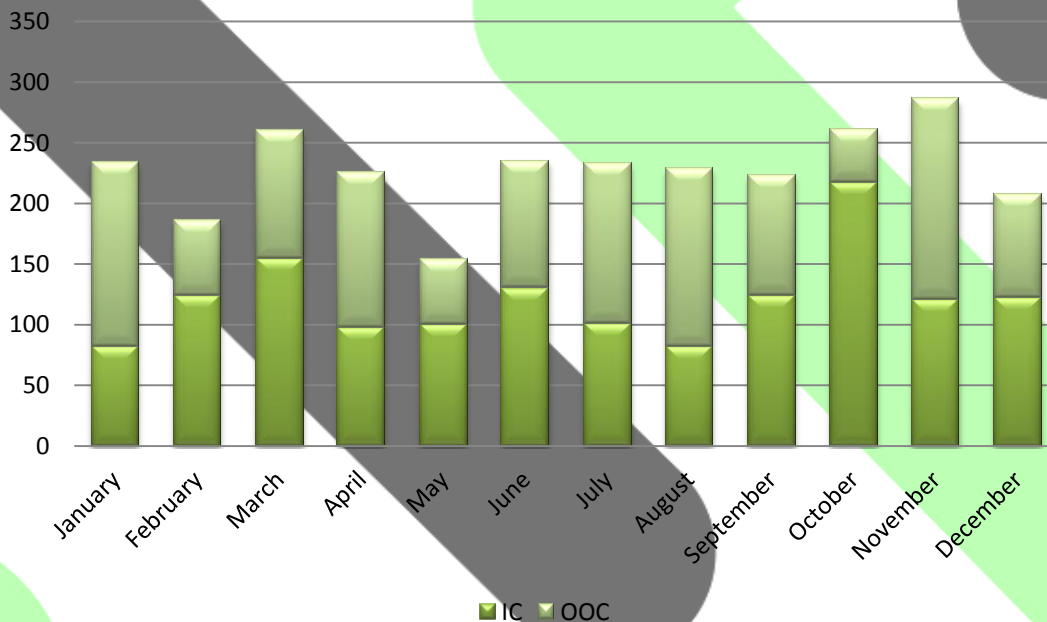
The Registered Testing Pool (RTP) of athletes introduced in 2011 was the other tool supporting doping control planning and doping control tests. This group included 68 athletes representing top achievements in Olympic sports. The system requires the athletes to provide their whereabouts information.

1. Doping control tests

Internal doping control tests

A record number of doping control tests were conducted in 2011. During 411 doping controls conducted all over Poland, as many as 2734 urine and blood samples were taken (1456 in competition and 1278 out of competition). The controls comprised athletes representing 39 sport unions and associations. 175 tests were expanded by the analysis conducted to detect the use of EPO. Unfortunately, for technical reasons it was not possible to complete the blood test program. These tests can be conducted only by a group of doping control team composed by a physician and nurse. In 2011 only one such team was available. Another team was appointed to meet the demand; it will start its work in 2012.

Tests conducted in 2011



* January, February, March, April, May, June, July, August, September, October, November, December
In competition / Out of competition

Doping control tests in 2011

No	Union/association/federation	Controls	Tests	Of which EPO	Blood tests
1.	Polish Sports Acrobatics Association	2	16		
2.	Polish Badminton Association	3	16		
3.	Polish Biathlon Association	8	49	10	
4.	Polish Billiard Association	1	1		
5.	Polish Boxing Association	16	98		4
6.	Polish Gymnastic Association	2	15		
7.	Polish Ice Hockey Federation	16	110		
8.	Polish Field Hockey Association	5	54		
9.	Polish Judo Association	6	55		
10.	Polish Canoe Federation	20	136	20	
11.	Polish Traditional Karate Association	2	16		
12.	Polish Kickboxing Association	3	20		
13.	Polish Cycling Federation	27	157	46	
14.	Polish Basketball Association	23	139		
15.	Polish Bodybuilding, Fitness and Powerlifting Federation	11	86		6
16.	Polish Light Athletic Federation	42	323	23	4
17.	Polish Archery Federation	1	9		
18.	Polish Speed Skating Association	13	90	24	5
19.	Polish Motor Association	2	8		
20.	Polish Ski Federation	11	56	14	
21.	Polish Modern Pentathlon Association	5	33	3	
22.	Polish Football Association	24	145		
23.	Polish Volleyball Federation	20	124		
24.	Polish Swimming Federation	14	128	10	
25.	Polish Weightlifting Federation	26	167		3
26.	Polish Rugby Union	13	83		
27.	Polish Association of Sledding Sports	1	4		
28.	Polish Sports Association for the Disabled	7	31		
29.	Polish Sumo Federation	1	8		
30.	Polish Fencing Federation	9	39		
31.	Polish Taekwon-do Association (ITF)	1	10		
32.	Polish Taekwon-do Federation (WTF)	3	20		
33.	Polish Table Tennis Association	2	13		
34.	Polish Tennis Association	4	23		
35.	Polish Federation of Rowing Associations	16	99	22	8
36.	Polish Triathlon Union	3	19	3	
37.	Polish Wrestling Federation	25	161		5
38.	Polish Yachting Association	1	4		
39.	Polish Handball Federation	22	132		
40.	WADA		2		
	TOTAL	411	2699	175	35

IRMS tests of samples with an atypical analytical finding

In 2011 the Commission Against Doping in Sport requested analysis of 80 samples by the IRMS isotope method. They were connected with the increased testosterone/epitestosterone (T/E) ratio and DHEA. Such results are considered to be atypical and are reported by the laboratory with additional tests or monitoring recommendation.

External doping control tests

In the reporting period the Commission Against Doping in Sport conducted 35 external doping controls (286 tests) commissioned by sport unions and associations, international federations and event organizers, both in competition and out of competition. Doping control officers tested athletes at the most important sport events and competitions held in Poland, e.g. at the Women's European Volleyball Championships or at the finals of the Volleyball World League.

2. Anti-doping rule violations

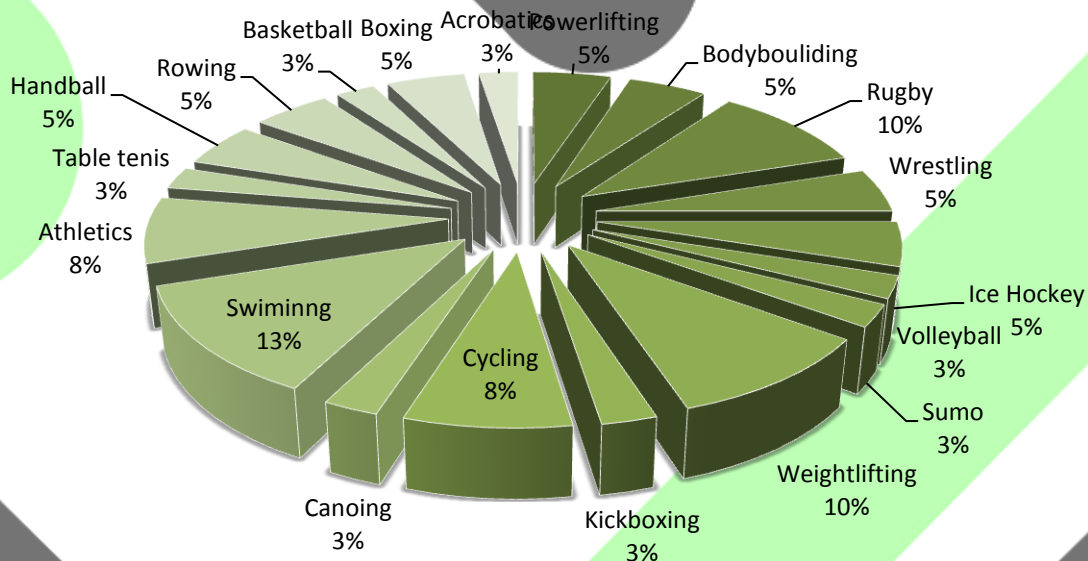
In 2011 there were 40 cases of anti-doping rule violations. They have been divided into two groups:

- use of prohibited substances – 39 cases
- use of prohibited methods – 1 case

Only one athlete requested an analysis of B sample, which confirmed the adverse finding of sample A analysis.

There were violations in 19 sports – they are all listed in the diagram and table below.

Anti-Doping Rule Violations in disciplines



* Stimulants (Group S6) were detected in 16 cases, cannabinoids (S8) in 11 cases, anabolics (S1) – 8 cases, glycocorticosteroids (S9) – 7 cases, beta-2-agonists (S3) – 3 cases and hormones and related substances (S2) – 1 case and diuretics (S5) – 1 case.

Anti-doping rule violations in 2011

No	Sport	Circumstances	Detected substances	Sanction
1.	Boxing	in competition	Methylhexamine	2 year disqualification
2.	Table tennis	in competition	Methylhexamine	6 month disqualification
3.	Track and field	in competition	Budesonide	Case pending
4.	Track and field	training camp	Prohibited method – intravenous infusion	Case pending
5.	Track and field	in competition	Formoterol	Case pending
6.	Sumo	in competition	THC	One year disqualification
7.	Canoing	training camp	Furosemide	No sanction - TUE
8.	Cycling	in competition	Dexamethasone	9 month disqualification
9.	Wrestling	in competition	Budesonide	2 year disqualification
10.	Weightlifting	in competition	THC	6 month disqualification

No	Sport	Circumstances	Detected substances	Sanction
11.	Weightlifting	in competition	Nandrolon	2 year disqualification
12.	Bodybuilding	in competition	Klenbuterol, Trenbolone, Stanozolol	2 year disqualification
13.	Bodybuilding	in competition	Stanozolol, THC, Dehydrochloromethyltestosterone, Beta-Methylphenylethylamine, Metyloprednizolon	2 year disqualification
14.	Weightlifting	in competition	Nandrolone	2 year disqualification
15.	Acrobatic gymnastics	in competition	THC	Case pending
16.	Boxing	in competition	THC	2 year disqualification
17.	Rugby	in competition	Oxilofrin	Reprimand
18.	Rowing	in competition	Methylhexamine	6 month disqualification
19.	Rowing	in competition	Methylhexamine	6 month disqualification
20.	Cycling	in competition	Budesonide	Warning
21.	Rugby	in competition	THC	6 month disqualification
22.	Rugby	in competition	Oxilofrin, Methylhexamine	6 month disqualification
23.	Rugby	in competition	THC	6 month disqualification
24.	Ice hockey	in competition	Methylhexamine	One year disqualification
25.	Handball	in competition	Methylhexamine	3 month disqualification
26.	Cycling	in competition	Dexamethasone	Case pending
27.	Handball	in competition	Methylhexamine	3 month disqualification
28.	Ice hockey	in competition	Methylhexamine	One month disqualification
29.	Weightlifting	in competition	THC	2 year disqualification
30.	Basketball	in competition	THC	3 month disqualification
31.	Wrestling	in competition	THC	2 year disqualification
32.	Kickboxing	in competition	Beta-Methylphenylethylamine	Case pending
33.	Volleyball	in competition	THC	Fine
34.	Powerlifting	in competition	Methylhexamine	Case pending
35.	Powerlifting	in competition	Stanozolol, Methylhexamine	Case pending
36.	Swimming	in competition	Methylhexamine	4 month disqualification
37.	Swimming	in competition	hCG	LEN decision*
38.	Swimming	in competition	Budesonide	LEN decision*
39.	Swimming	in competition	Terbutaline	LEN decision*
40.	Swimming	in competition	Terbutaline, Budesonide	LEN decision*

* Decision made by Ligue Européenne de Natation (LEN).

Failure to report or false information reported in ADAMS

Incorrect whereabouts information was provided by 2 RTP athletes. If an athlete fails to report his/her whereabouts information three times, s/he is deemed to have avoided doping control and is automatically suspended.

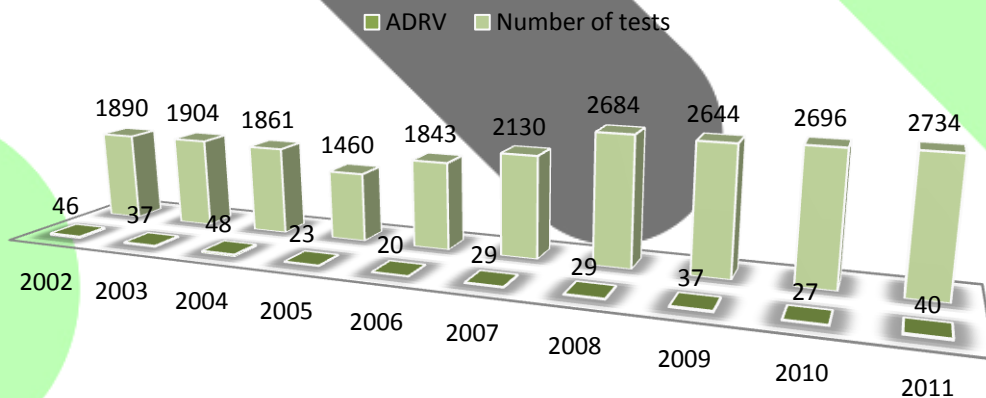
3. Doping control officers

All the doping controls described above were conducted by 45 doping control officers appointed and trained by the Commission Against Doping in Sport. The control officers were divided with respect to the location into three groups – one located in Warsaw, another one in Poznań and another one in Cracow. In 2011 the Cracow team became independent and a new team in Gdańsk was appointed – it will begin its work in 2012.

Involvement of the Commission's doping control officers in the workshop preparing for work in doping control teams during the 2012 Olympic Games in London proved to be a great success. For the first time in history Poland will participate in this role at the most prestigious sport event.

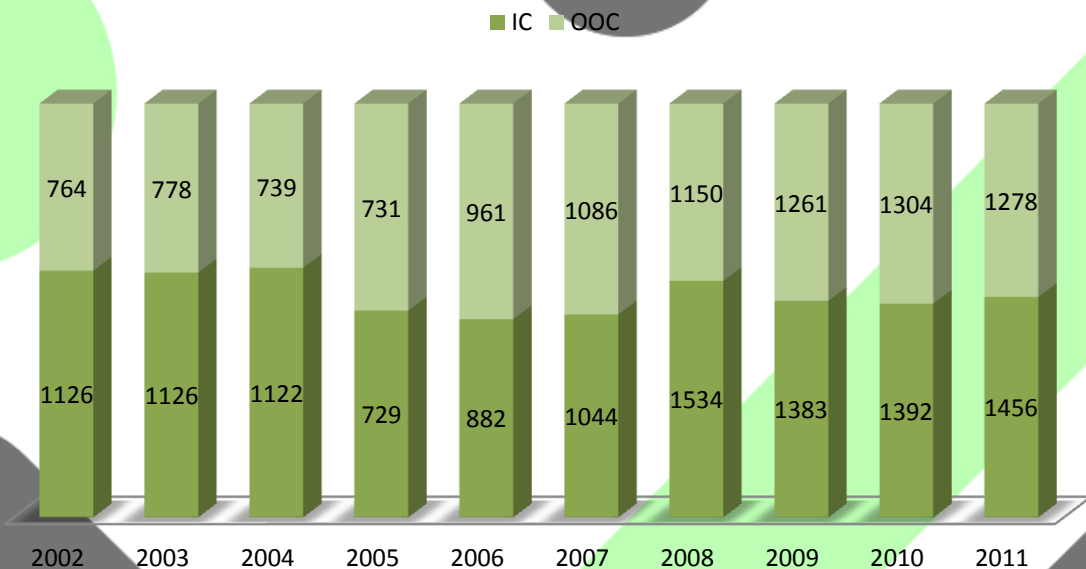
The success of Polish doping control officers during recruitment for Euro 2012 is also worth stressing. As volunteers they will be acting as leaders of groups supporting the main doping control team.

Number of ADRV in years 2002-2011



* Positive result/Tests

Tests in 2002-2011



* Out of competition / In competition

4. Whereabouts systems

In 2011 the Commission Against Doping in Sport identified 68 athletes and included them in the Registered Testing Pool (RTP). An on-line whereabouts data collection system, antybaza.pl/whereabouts/ was created. Each of the 68 athletes must update their whereabouts information in the system. Since nine athletes have also been included in the ADAMS system of the World Anti-Doping Agency, the Commission decided to exempt them from the obligation to update their RTP whereabouts information. One athlete has finished his sports career and has been deregistered from the system.

In 2011 the antybaza.pl/whereabouts/ system was also extended to 152 sport clubs, which must enter information about the venue and time of their athletes' training. In December 2011 40% of all the clubs met their obligation. When no information was entered into the system, the Commission sent requests to sport unions or associations to remind the clubs of their obligation and, in special cases, imposed a sanction in the

form of a reprimand or fine on clubs or teams which did not comply with the Commission's recommendations.

Cooperation between the Commission and the Polish Handball Federation has proven most effective, which helped to mobilize clubs to submit information about training schedules. Consequently, all women's and men's handball teams submitted the required information in December 2011. Among the clubs and teams which failed to submit the whereabouts information were many women's and men's basketball clubs, ice hockey teams, football, weightlifting, rugby and wrestling clubs.

Work on improvements of the antybaza.pl system, particularly to simplify the data entry process, was carried out throughout 2011. Since December 2011 the system automatically asks each athlete to enter the relevant data for the entire oncoming quarter, including identification of a 60-minute window during which the athlete can be tested for doping. These improvements helped the Commission to more effectively monitor the whereabouts of the athletes and thus to better plan doping control tests.

Since February 2012 the Commission will be very strict in demanding that all athletes provide their whereabouts information. Failure to provide or update the information will be treated as violation of Article 2.4 of the model anti-doping rules, which have been implemented by all Polish sport unions and associations which represent Olympic sports. Any athlete who fails to provide the whereabouts information or provides false whereabouts information three times within a period of 18 months will be subject to a sanction of 1 to 2 years of suspension.

The antybaza.pl system is presently also used by 46 sport unions and associations, which provide information about the times and venues of training for their athletes who are members of the national team (both senior and junior athletes). In this way the unions and associations help the Commission to efficiently plan and implement the program of unannounced doping controls.

III Research in support of the fight against doping in sport

The Commission Against Doping in Sport has been actively involved in the EU Project *Strategy for Stopping Steroids*, which is coordinated by the Danish Anti-Doping Agency. Other project partners included representatives of Cyprus, Denmark, Holland and Sweden.

The project aimed to analyze the European legal orders, anti-doping policies and other actions taken by partner states. The final report includes recommendations for the European Commission related to effective fight with illegal anabolic-androgenic steroids in the territory of the European Union. The report will be presented at the SPORTVISION 2012 conference, which will be held on 19-20 March 2012 in Copenhagen.

IV Legislation

1. Preparation of model anti-doping rules

In 2011 the Commission Against Doping in Sport developed model anti-doping rules, which contain basic provisions related to the definition of doping, doping control management, whereabouts systems, and sanctions for doping and anti-doping disciplinary procedure. The rules are based on WADA's World Anti-Doping Code. Most of the Code provisions have been transposed into the model anti-doping rules; such transposition was required by WADA.

In order to start the process of developing and implementing the model anti-doping rules, it was necessary to harmonize and standardize anti-doping regulations of the Commission Against

Doping in Sport and make them fully compliant with the World Anti-Doping Program. Before the final text was produced the Commission often consulted with the World Anti-Doping Agency, which assessed Polish proposals and judged whether they were compliant with the assumptions of the World Anti-Doping Program.

The text of the model anti-doping rules was very often affected by the situation specific to Poland. The rules have been adapted to the Polish reality, for example a different appeal procedure from anti-doping disciplinary decisions applies – Polish athletes appeal to the Sport Arbitration Court of the Polish Olympic Committee. Also in the Polish rules anti-doping rules can be violated also, next to athletes, by all the personnel who work with the athlete, e.g. coaches, massage therapists and physicians.



From left to right: Michał Rynkowski, Andrzej Pokrywka, Rafał Piechota, Emiliano Simonelli, Rune Andersen, Jerzy Smorawiński, Tomasz Półgrabski, Andrzej Szwarz

2 Implementation of model anti-doping rules

Implementation of the model anti-doping rules started on 6 July 2011 with a conference attended by representatives of Olympic and non-Olympic sport unions and associations. The most important information about the model rules and their application and implementation procedure was communicated to the conference participants. Representatives of the Commission promised to prepare a template of a resolution on the basis of which the rules will be transposed into the legal orders of the relevant sport unions and associations. A template resolution has been prepared and mailed to all the sport unions and associations. Furthermore, information about the implementation of the model rules has been posted on the Commission's website – www.anty doping.pl.

Implementation should be completed before 15 September 2011. Some sport unions and associations informed the Commission that they would be unable to adopt the resolution by the deadline set by the Commission; they indicated the time by when it will be possible. As at 31 December 2011 out of 67 sport unions and associations, 57 have adopted the resolution, 1 sport union declared to adopt it at a different time, 1 sport association rejected the resolution, 8 sport unions and association did not provide any information about the implementation of the model anti-doping rules. **The rules have been implemented in 85%.** All the sport unions and associations which represent Olympic sports have adopted the implementation resolution. Hence, **100% of Olympic sport unions and associations have implemented the resolution.**

A report on the implementation process was presented on 20 November 2011 at the meeting of the Foundation Board of the World Anti-Doping Agency. WADA recognized Poland as a country compliant with the regulations of the World Anti-Doping Code.

V Finances

In 2011 the budget of the Commission Against Doping in Sport amounted to PLN 1,735,000.00, of which PLN 1,723,189.58 was spent. The Commission was provided with its entire budget by the Ministry of Sport and Tourism. The breakdown of the costs is as follows: administration – 42.9% (PLN 737,016.38), doping control tests – 52.7% (PLN 909,708.40), education – 4.4% (PLN 76,464.80).

Effective doping control management

In 2011 average unit cost of one doping control sample was considerably lowered. In 2010 the average cost amounted to PLN 317.00 (without the costs of transportation containers). In 2011 the average cost amounted to PLN 289.30, i.e. PLN 28.30 less than in 2010. A detailed cost analysis reveals that the mechanisms used helped to increase the effectiveness with which the money allocated for doping control was spent. Money saved was used to buy urine and blood transportation containers and to run educational campaigns.

Average unit cost of doping control tests in 2011

Item	Cost [PLN]	
	2011	2010
Civil law contracts	494,700.00	526,540.00
Transport	154,008.00	170,532.15
Hotels	53,373.00	62,404.86
ZUS (Social insurance)	45,191.00	50,973.85
Business trips (domestic)	43,894.00	50,000.00
Total:	<u>791,166.00</u>	<u>860,450.86</u>
Tests	2734	2709
Average cost of one test	<u>289.30</u>	<u>317.00</u>

VI International cooperation

In 2011 representatives of the Commission Against Doping in Sport took part in the following conferences:

- **Lausanne – WADA (World Anti-Doping Agency)**

Main topics covered at the symposium: development of the blood test program through the implementation of the biological passport program by all anti-doping organizations and more effective doping control planning based on intelligence data obtained from other organizations, such as police or prosecutors.

- **Paris– T-DO ED**

The conference organized by the educational group working within the framework of the T-DO monitoring group of the Council of Europe focused primarily on educational programs implemented by different anti-doping organizations. Speakers presented the latest educational strategies, research into more effective management and implementation of educational programs and the latest educational tools developed by the World Anti-Doping Agency.

- **Copenhagen – Strategy for Stopping Steroids Project**

The conference focused on the *Strategy for Stopping Steroids* project financed by the European Commission. The participants tried to define the strategic assumptions for the project, framework for actions, action plans and their schedules.

- **Strasbourg – T-DO**

The conference discussed the reports of the working groups (science, education, personal data protection, and law) and worked out a schedule for the revision of the World Anti-Doping Code.

- **Strasbourg – CAHAMA**

The meeting discussed in detail the most important issues connected with the preparations for the meeting of the Foundation Board of the World Anti-Doping Agency. Delegates decided to simplify the catalogue of proposed amendments to the World Anti-Doping Code put forward by the advisory groups of the Monitoring Group.

- **Paris – T-DO – advisory groups**

The most important topics discussed at the meeting included the revision of the World Anti-Doping Code and a detailed analysis of the report on the scope of the anti-doping policy implemented by the states signatories of the Anti-Doping Convention of the Council of Europe. The delegations presented a number of suggestions for amendments, which will be presented to the Ad Hoc Committee for WADA and will be forwarded to WADA. The Polish delegation expressed the view that mitigating circumstances related to the athlete's age should be incorporated into the regulations on sanctions for anti-doping rule violations.

- **Strasbourg – T-DO**

The conference has convened to listen to the reports of the working groups (science, education, personal data protection, law).

- **Strasbourg – CAHAMA**

The meeting discussed in detail the most important issues connected with the preparations for the meeting of the Foundation Board of the World Anti-Doping Agency. Delegates decided to simplify the catalogue of proposed amendments to the World Anti-Doping Code put forward by the advisory groups of the Monitoring Group.

Conclusion

In the Commission's opinion the last year was very successful. We ran many educational and doping control programs according to our plans. What worries us is the high number of anti-doping rule violations – it shows that athletes still use doping and that doping has not been eradicated from Polish sport. Among those, who violated anti-doping rules, there are many young athletes, who are beginning their professional career. Therefore, it is absolutely necessary to continue the educational programs. If educational campaigns are run well and if we manage to establish good cooperation with the sport community, we hope we will contribute to the reduction of the number of unintentional uses of prohibited substances, most often found in food and dietary supplements. The Polish anti-doping system will have to pass a true test in 2012, when Poland will be hosting the European Football Championships and when preparations for the Olympic Games in London will be well under way. Other challenges for us in 2012 include the creation of an information exchange platform between the Commission Against Doping in Sport, Police Headquarters and customs authorities. Conclusion of a cooperation agreement between these stakeholders will be a step forward in the fight against doping in Polish sport. Implementation of the biological passport program is the last project in which the Commission will be actively engaged. Its launch should help increase the quality of the national doping control program and create opportunities for the detection of prohibited substances and monitoring of top athletes representing endurance sports.



**Polish Commission Against Doping
in Sport**

(Polish Anti-Doping Agency)

ul. Łazienkowska 6a, 00-449 Warszawa

POLAND

Tel./fax.: +48 22 529 80 12

www.anty doping.pl,
biuro@anty doping.pl