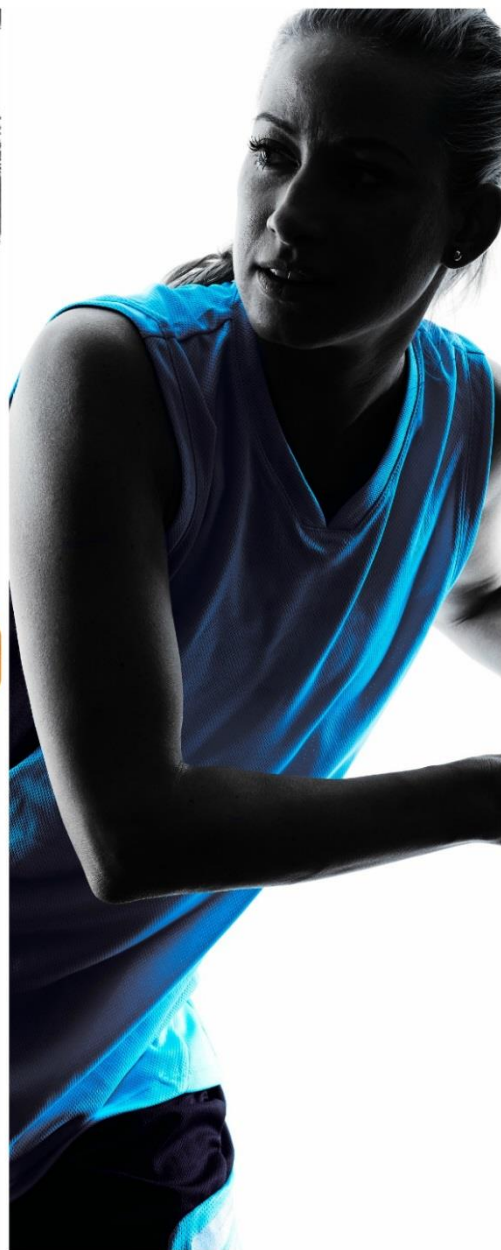


ANTI-DOPING POLAND ANNUAL REPORT

2014



Komisja do Zwalczenia Dopingu w Sporcie

MESSAGE FROM COMMISSION PRESIDENT AND OFFICE DIRECTOR

In 2014 we prepared implementation of the amended World Anti-Doping Code. Following recommendations of the World Anti-Doping Agency, the Commission Against Doping in Sport prepared Polish Anti-Doping Rules, a Polish counterpart of the Code, and started cooperation with Polish sport unions and associations in order to incorporate new regulations. We also prepared assumptions for the establishment of a disciplinary panel of the Commission Against Doping in Sport which will hear cases of anti-doping rule violations on behalf of and/or at the request of international federations.

Thirty four anti-doping rule violations were detected in 2014, 16 less than in 2013. Although the number of violations was smaller, their “weight” was much greater than in the previous years since the prohibited substances detected in athletes belong to what is called “hard doping”. Furthermore, the violations were committed by athletes with excellent sport performance. It must be emphasized that the Commission detected the world’s only case of using a human growth hormone. It follows from the statistics that in 2014 athletes more infrequently used stimulants, which are present in food and dietary supplements.



Our awareness raising and educational campaigns deserve special mention. In 2014 we continued the “SAY NO! TO DOPING” campaign with Polish top athletes acting as the campaign’s ambassadors. The campaign was enriched with an e-learning module targeted at young athletes and their coaches, called “True Master Academy”.

All this is necessary to provide data to the World Anti-Doping Agency and

The basic aim for the coming year is full implementation of the biological passport programme, which will be possible when we have received permission from the Inspector General for Personal Data

international federations.

COMMISSION'S WORK IN NUMBERS

(3100) doping tests
1518 tests in competition
1582 tests out of competition

100 athletes in registered testing pool

406 control actions

(OVER 2000) athletes, who took part in educational campaigns
confirmed anti-doping rule violations

34 unique visits to the website

(56,000) athletes covered by educational activities

(6.500) Commission's budget without funds allocated for laboratory analyses

(PLN 2,500 000) - the world's only detected use of growth hormone

(1)



EDUCATION AND INFORMATION

In 2014 we continued the “SAY NO! TO DOPING” campaign started in 2012. It was delivered on the same principles as in previous years. Last year we added an innovative educational mailing program for athletes and coaches called TRUE MASTER ACADEMY. The opening conference of the Academy was held on 26 May 2014 on the premises of the Polish Olympic Committee in Warsaw. The conference, at which the main assumptions and aims of the Academy were presented, was attended by representatives of the

Ministry of Sport and Tourism, Polish Olympic Committee, Polish sport unions and associations, other important sport organizations and journalists.

The athletes who decided to support the campaign and became its official ambassadors included (from left) Tomasz Kucharski, Marcin Lijewski, Robert Korzeniowski, Tomasz Majewski., Luiza Zlotkowska, Paweł Korzeniowski, Katarzyna Skowrońska - Dolata, Paweł Zygmunt and Katarzyna Rogowiec



The model of anti-doping education presented at the conference uses widely available on-line tools to reach out to the entire sport community. The program is targeted mainly at young athletes and their coaches, but it is open to any person interested in the fight against doping. **It is enough to register at <http://saynotodoping.anty doping.pl/>** and wait for the learning packages sent by us once a week by email.

EDUCATION AND INFORMATION

Information and educational materials and various gadgets were prepared. In this way we could reach out to young athletes, their coaches and parents.

However, our visits to sport events, particularly during the Polish Youth Olympic Days, proved to be most effective. They are always a great opportunity to meet athletes representing different sports from all over Poland, particularly athletes from outside national teams of Polish sport unions and associations.

According to our estimates about 6,500 athletes could have learned about the basics of doping control at the meetings organized by us. Meetings and workshops organized at the initiative of Polish sport unions and associations, sport championship schools, sport clubs or other organizations are another, but equally effective form of talking about how important clean sport is and why doping should be avoided. All the educational campaigns and actions are conducted by the Commission within the national educational program recommended by the World Anti-Doping Agency. According to WADA educational activities are becoming very important in the fight against doping, both nationally and internationally, and therefore WADA recommends expanding educational programs and allocating more funds for this purpose, even if it proved necessary to reduce the number of doping tests.

Although in line with WADA recommendations our educational campaigns are targeted mainly at young athletes, in many cases they also reach out to the entire sport community, including coaches, parents, teachers, instructors and medical personnel.



EDUCATION AND INFORMATION

Our educational campaigns

Visits to sport championship schools (SMS) and sport schools:

1. SMS in Szczyrk (Alpine skiing, ski jumps, cross-country skiing) during the “Championship Days at School” campaign,
2. SMS in Zakopane (Alpine skiing, ski jumps, cross-country skiing, speed skating) during the “Championship Days at School” campaign,
3. SMS in Gryfice (volleyball) – a visit organized by the Education Office, County Governor Authorities,
4. Secondary School in Łomża (athletic sport classes, wrestling, football),
5. Secondary Schools in Rudna.



EDUCATION AND INFORMATION

Visits to sport arenas during Polish Youth Olympic Days and other sport events:

1. OOM Oborniki Śląskie (weight lifting),
2. OOM Wrocław (athletics),
3. OOM Zielona Góra (swimming),
4. OOM Kruszwica (rowing),
5. OOM Bydgoszcz (canoeing),
6. Polish Junior Athletic Championships (Toruń),
7. Polish Junior Archery Championships (Kielce),
8. U-23 Beach Volleyball World Championships (Mysłowice), FIVB sponsored “outreach” campaign
9. Men’s Volleyball World Championships (Katowice), FIVB sponsored “outreach” campaign



EDUCATION AND INFORMATION

Other educational activities:

1. Anti-doping training for students of the University School of Physical Education in Poznań (at the Institute of Sport in Warsaw),
2. Anti-Doping Information Desk at the Olympic Picnic organized by the Polish Olympic Committee,
3. Training for students of the University of Medical Sciences in Poznań – Institute of Sport,
4. Training for students of Maria Skłodowska-Curie University - Lublin,
5. Coach Conference - Spała,
6. Lectures for SWPS University,

7. Lecture for Institute of Sport physicians.

The “SAY NO! TO DOPING” campaign attracted active involvement of some Polish sport federations:

- *Polish Ski Federation,*
- *Polish Basketball Federation,*
- *Polish Volleyball Federation – Professional Volleyball League,*
- *Polish Handball Federation,*
- *Polish Cycling Federation.*

The sport federations promoted the campaign idea at their most important sport events (Polish championships, Polish cup). The slogans and logos of the campaign presented in the form of traditional and electronic banners reached out to the public during TV coverage of games and matches at which the campaign was promoted.



POLISH SWIMMING ASSOCIATION AND COMMISSION AGAINST DOPING IN SPORT JOIN FORCES TO FIGHT DOPING

The Commission Against Doping in Sport and the Polish Swimming Association joined forces and organized the second edition of the anti-doping campaign targeted at students of sport championship schools and training centres.

The first edition of the campaign contributed to the reduction of positive doping test results and detection of prohibited substances among swimmers. From the start of the campaign to the end of this year's edition no positive doping test result was recorded among swimmers.

These actions will be continued in the following years. The anti-doping training program comprised organization of meetings

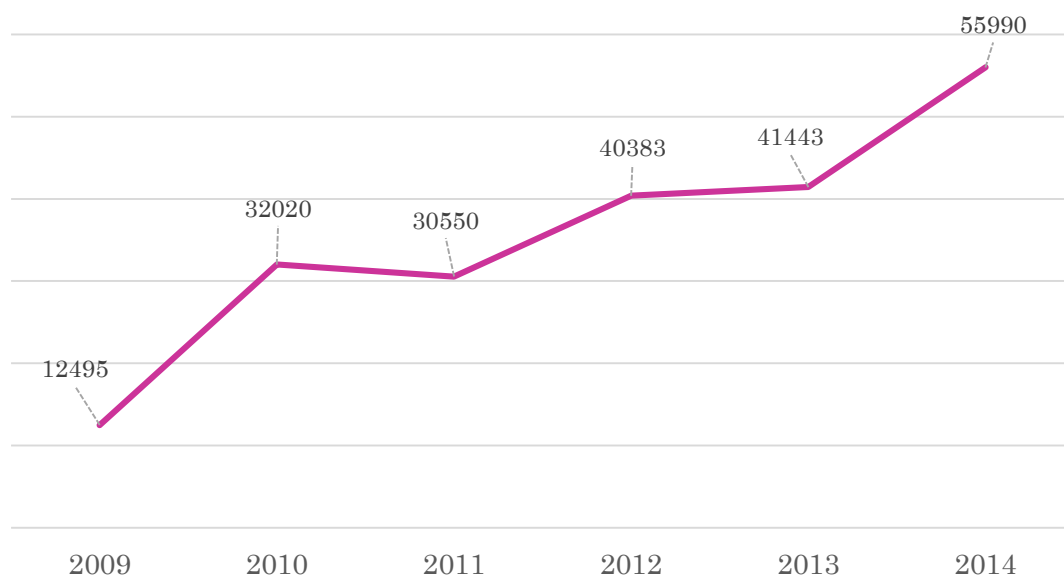
in 15 selected sport championship schools and swimming centres all over Poland in October 2014. Meetings were held in Warszawa, Zielona Góra, Wrocław, Racibórz, Katowice, Oświęcim, Kraków, Olsztyn, Białystok, Gorzów Wlkp., Łódź, Szczecin, Bydgoszcz, Poznań and Lublin. We wish to thank the Polish Swimming Association for the help in the organization of all the meetings and invite other associations and federations to join us in the organization of similar educational project.

A similar educational camping was conducted jointly with the Polish Rugby Union. Training was offered to young athletes and coaches. We visited training centres in Łódź, Lublin and Sopot. Next year we plan to train athletes in all clubs participating in league games.

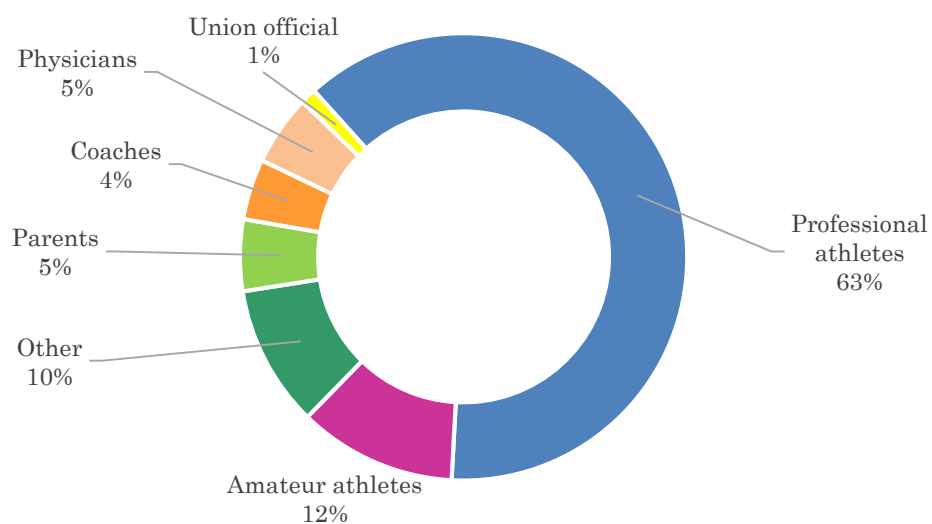


VISITS TO COMMISSION'S WEBSITE AND DRUG DATABASE

UNIQUE VISITORS IN 2009-2014



VISITS TO DRUG DATABASE BY DIFFERENT CLIENT GROUPS



DOPING TESTS AS PART OF THE NATIONAL TESTING PROGRAM

The statistics presented below relate to doping tests carried out in 2014. They were planned and carried out on the assumptions adopted in the annual doping test program. In the reporting period 3100 samples were taken, of which 2780 urine samples and 320 blood samples (1518 in competition and

1582 out-of-competition). All analyses were made by the Doping Test Unit of the Institute of Sport in Warsaw. The samples were collected during 406 control campaigns all over Poland from athletes representing 44 sport unions and associations.

	Sport	Tests	Urine	EPO	Blood tests		
					Transfusions	hGH	PPB
1.	Acrobatic gymnastics	1	8				
2.	Archery	2	16				
3.	Athletics	43	334	66		5	32
4.	Badminton	1	8				
5.	Basketball	19	122				
6.	Biathlon	7	32	21			13
7.	Billiards	1	7				
8.	Body building and Powerlifting	5	37				
9.	Boxing	14	104				
10.	Canoeing	25	191	22			56
11.	Cycling	27	176	106		7	42
12.	Disabled sports	4	25				
13.	Fencing	5	31				
14.	Field hockey	2	14				
15.	Football	28	151	19			40
16.	Gymnastics	1	8				

17.	Handball	22	140				
18.	Ice hockey	10	70				
19.	Judo	12	94			11	
20.	Karate	1	8				
21.	Kendo	1	6				
22.	Kickboxing	2	15				
23.	Modern pentathlon	7	66				
24.	Muaythai	2	18				
25.	Rowing	20	150	51	8		50
26.	Rugby	13	85				
27.	Shooting	1	8				
28.	Skiing	8	42	13			11
29.	Sledding	2	9				
30.	Snowboard	1	1				
31.	Speed skating	14	83	40	7		21
32.	Speedway	3	18				
33.	Sumo	1	6				
34.	Swimming	14	101	13			
35.	Table tennis	1	8				
36.	Taekwondo ITF	1	5				
37.	Taekwondo WTF	1	8				
38.	Tennis	3	13				
39.	Triathlon	3	18	15			
40.	UniHockey	1	3				
41.	Volleyball	18	119				
42.	Wakeboard	1	5				
43.	Weight lifting	44	310			27	5
44.	Wrestling	14	107				
	TOTAL	406	2780	366	15	50	270

DOPING TESTS AS PART OF THE NATIONAL TESTING PROGRAM

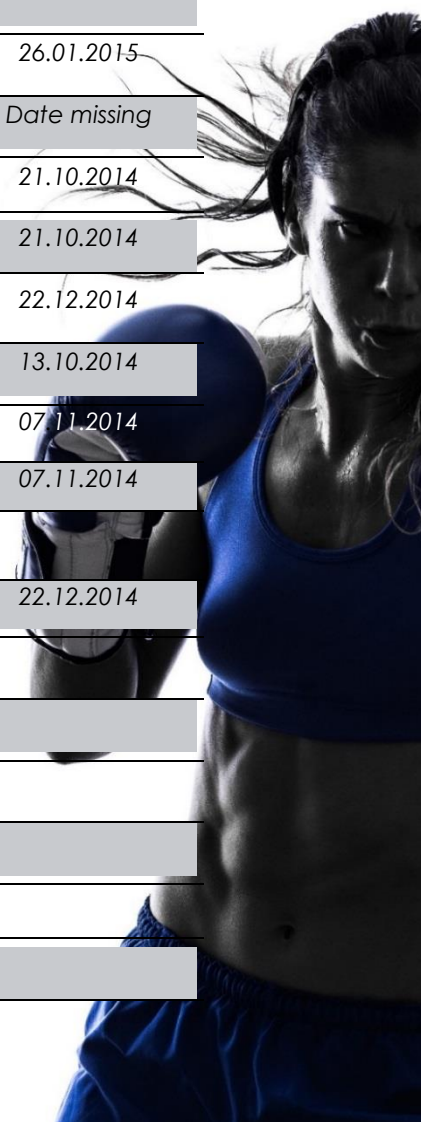
ATYPICAL RESULTS

In 2014 the Commission requested additional analyses of 73 samples by the IRMS method in which higher values of T/E, higher DHEA concentration and low concentrations of

prohibited substances were found. Such results defined as atypical are reported by the laboratory with a recommendation of additional analysis or monitoring.

	Sport	Sample number	Sent	Received
1	Athletics	T/E 4,8	12.03.2014	09.05.2014
2	Modern pentathlon	T/E 5,5	12.03.2014	09.05.2014
3	Speed skating	T/E 4,8	12.03.2014	09.05.2014
4	Rowing	T/E 5,1	12.03.2014	09.05.2014
5	Wrestling	T/E 5,98	13.03.2014	09.05.2014
6	Ice hockey	T/E 7,6	24.03.2014	14.05.2014
7	Skiing	T/E 4,7	24.03.2014	14.05.2014
8	Basketball	T/E 5,8	31.03.2014	17.07.2015
9	Boxing	T/E 5,0	04.04.2014	
10	Canoeing	T/E 4,6	30.04.2014	
11	Powerlifting	-	08.05.2014	21.10.2014
12	Athletics	T/E 6,5	15.05.2014	17.07.2015
13	Cycling	T/E 5,2	21.05.2014	
14	Athletics	T/E 2,6	06.06.2014	
15	Cycling	T/E 4,64	06.06.2014	
16	Athletics	T/E 5,4	06.06.2014	17.07.2015
17	Rowing	T/E 6,7	17.06.2014	17.07.2015
18	Weight lifting	Testosterone	17.06.2014	

19	Weight lifting	Testosterone Androsterone	17.06.2014	07.08.2015
20	Rowing	T/E 6,1	01.07.2014	07.11.2014
21	Weight lifting	-	01.07.2014	19.11.2014
22	Boxing	T/E 4,6	14.07.2014	21.10.2014
23	Rowing	T/E 7,8	22.07.2014	21.10.2014
24	Wrestling	T/E 6,9	31.07.2014	21.10.2014
25	Modern pentathlon	T/E 4,8	31.07.2014	21.10.2014
26	Wrestling	T/E 7,0	05.08.2014	26.01.2015
27	Rugby	T/E 7,4	27.08.2014	Date missing
28	Basketball	T/E 4,4	16.09.2014	21.10.2014
29	Speed skating	T/E 5,1	16.09.2014	21.10.2014
30	Weight lifting	T/E 5,2	16.09.2014	22.12.2014
31	Weight lifting	-	16.09.2014	13.10.2014
32	Cycling	-	19.09.2014	07.11.2014
33	Kickboxing	-	23.09.2014	07.11.2014
34	Canoeing	T/E 4,9	08.10.2014	
35	Canoeing	T/E 4,5	08.10.2014	22.12.2014
36	Muaythai	-	14.10.2014	
37	Handball	-	14.10.2014	
38	Cycling	-	14.10.2014	
39	Football	-	13.11.2014	
40	Football	-	13.11.2014	
41	Judo	-	17.12.2014	
42	Kendo	-	17.12.2014	



DOPING TESTS AS PART OF THE NATIONAL TESTING PROGRAM

TYPES OF PROHIBITED SUBSTANCES

GROUP	SUBSTANCE	CASES
<i>S.1 Anabolic agents – 9 cases</i>	Nandrolone	3
	Stanozolol	2
	Drostanolone	2
	Boldenone	1
	Oxandrolone	1
<i>S.2 Hormones – 1 case</i>	Human growth hormone	1
<i>S.4 Hormone antagonists and modulators – 11 cases</i>	Clomifene	11
<i>S.5 Diuretics – 4 cases</i>	Furosemide	1
	Chlortalidone	1
	Canrenone	1
	Acetazolamide	1
<i>S.6 Stimulants – 14 cases</i>	Oxylofrine	4
	Methylhexanamine	3
	Beta-Methylphenethylamine	2
	Amphetamine	1
	Nikethamide	1
	Methylphenidate	1
	N,N-dimethyl-1-phenylpropan-2-amine	1
	UR-144-N	1
<i>S.8 Cannabinoids – 3 cases</i>	THC	3
<i>S.9 Glucocorticosteroids – 2 cases</i>	• Budesonide	2

ANTI-DOPING RULE VIOLATIONS

In 2014 the Commission examined 39 cases of anti-doping rule violations. On the basis of laboratory analysis reports and DCO reports the Biological Sample Result Planning and Evaluation Team confirmed 34 anti-doping rule violations. The other cases, upon the examination of medical documentation

or after additional tests recommended by the Doping Test Unit, were discontinued since no anti-doping rule violation was confirmed or the Commission could not prove them. In the reporting period the Commission detected the world's only use of human growth hormone.

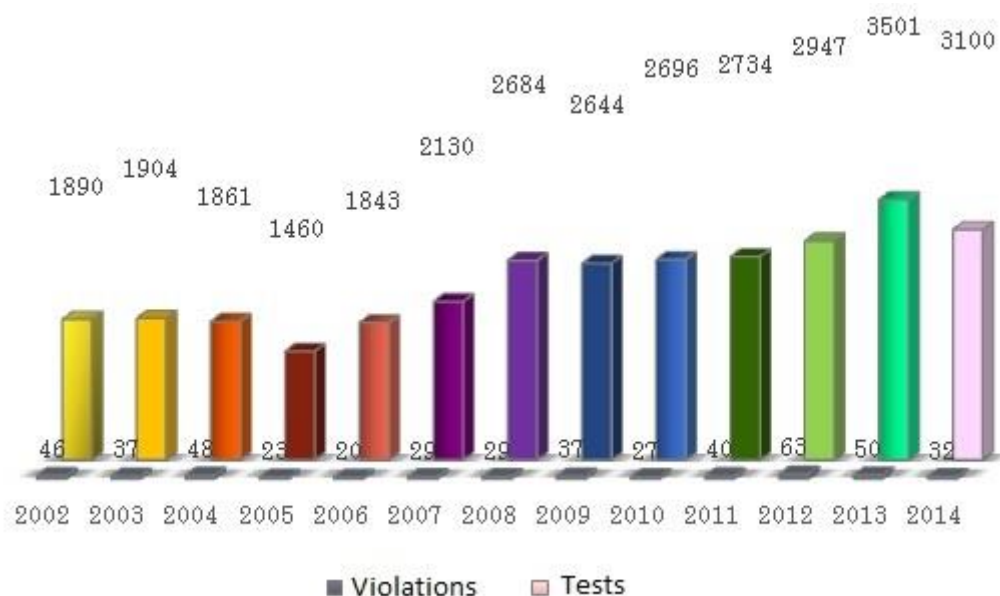
PROCEEDINGS AGAINST ANTI-DOPING RULE VIOLATIONS

	Sport	Violation	Sanction
1.	<i>Basketball</i>	<i>Administration of prohibited method</i>	<i>No violation</i>
2.	<i>Basketball</i>	<i>Use of prohibited method</i>	<i>No violation</i>
3.	<i>Basketball</i>	<i>Use of prohibited method</i>	<i>No violation</i>
4.	<i>Basketball</i>	<i>Methylhexanamine</i>	<i>6 months</i>
5.	<i>Wrestling</i>	<i>Clomifene</i>	<i>2 years</i>
6.	<i>Weight lifting</i>	<i>Manipulation</i>	<i>2 years</i>
7.	<i>Weight lifting</i>	<i>Clomifene</i>	<i>2 years</i>
8.	<i>Kickboxing</i>	<i>Clomifene, Torasemide</i>	<i>2 years</i>
9.	<i>Kickboxing</i>	<i>THC</i>	<i>One year ineligibility</i>
10.	<i>Powerlifting</i>	<i>Chlortalidone</i>	<i>2 years</i>
11.	<i>Basketball</i>	<i>Administration of prohibited method</i>	<i>No violation</i>
12.	<i>Powerlifting</i>	<i>Nandrolone</i>	<i>2 years</i>
13.	<i>Powerlifting</i>	<i>Oxilofrine</i> <i>Beta-Methylphenethylamine</i>	<i>2 years</i>
14.	<i>Powerlifting</i>	<i>THC, Nandrolone, Drostanolone,</i> <i>Boldenone</i>	<i>2 years</i>
15.	<i>Powerlifting</i>	<i>Clomifene</i>	<i>2 years</i>

16.	Rowing	Methylhexanamine, Oxilofrine	One year ineligibility
17.	Rugby	Clomifene	2 years
18.	Canoeing	Oxilofrine Beta-Methylphenethylamine	10 months
19.	Rugby	Clomifene	2 years
20.	Basketball	UR-144-N-pentanoic acid	4 years
21.	Canoeing	Budesonide	No violation
22.	Weight lifting	Human growth hormone (hGH)	2 years
23.	Biathlon	Budesonide	No violation
24.	Speedway	Methylhexanamine	One year ineligibility
25.	Weight lifting	Clomifene	2 years
26.	Boxing	Nikethamide	One year ineligibility
27.	Rugby	Clomifene	2 years
28.	Rugby	Clomifene	2 years
29.	Muaythai	Oxandrolone, Nandrolone	Pending
30.	Football	Stanozolol	2 years
31.	Ice hockey	Clomifene	2 years
32.	Powerlifting	Clomifene	2 years
33.	Body building	Oxilofrine	2 years
34.	Powerlifting	Amphetamine, Methylphenidate	2 years
35.	Powerlifting	THC	2 years
36.	Body building	Drostanolone, Furosemide, Acetazolamide	4 years
37.	Powerlifting	Stanozolol, Clomifene	2 years
38.	Athletics	Canrenone	Reprimand
39.	Powerlifting	Nandrolone	2 years
40.	Weight lifting	Androsterone, Etiocholanolone, 5 β Adiol	Pending

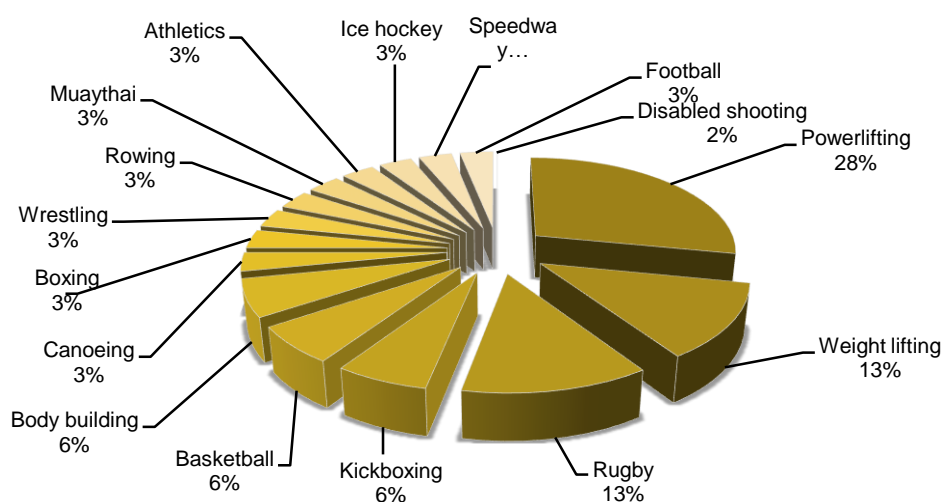
ANTI-DOPING RULE VIOLATIONS

ANTI-DOPING RULE VIOLATIONS IN 2002-2014



There were also 6 cases of anti-doping rule violations resulting from the failure to submit or providing wrong whereabouts information to the monitoring system.

ANTI-DOPING RULE VIOLATIONS IN 2014 - SPORTS



DOPING TESTS COMMISSIONED BY INTERNATIONAL FEDERATIONS OR WADA

In 2014 the Commission conducted 610 tests.

EXTERNAL CONTROLS

	Event	Venue	Date	Number of samples
1.	Boxing – WSB League	Wyszków	10.01.2014	2
2.	Boxing – WSB League	Warszawa	18.01.2014	2
3.	Athletics – Pedros Cup	Bydgoszcz	31.01.2014	6
4.	Fencing – World Cup	Gdańsk	02.02.2014	2
5.	Boxing – WSB League	Włocławek	21.02.2014	2
6.	Judo – World Cup	Warszawa	01-02.03.2014	15
7.	Athletics – Indoor World Championships	Sopot	06-09.03.2014	136+124 blood
8.	Rugby – Poland-Moldova	Siedlce	05.04.2014	4
9.	Athletics – Half marathon	Poznań	06.04.2014	8
	Rugby – European Junior Championships	Wielkopolska	11-19.04.2014	28
11.	Athletics - Marathon	Łódź	13.04.2014	4
12.	Athletics - Marathon	Warszawa	13.04.2014	4
13.	UniHockey – World championships	Rakoniewice	01-02.05.2014	9
14.	Canoeing – training camp	Wałcz	08.05.2014	3
15.	Fencing – World Cup	Warszawa	18.05.2014	2
16.	Swimming with fins – training camp	Gliwice	23.05.2014	1
17.	Swimming with fins – World Cup	Gliwice	24-25.05.2014	5
18.	Dart – World Cup	Police	24.05.2014	8
19.	Athletics – European Festival	Bydgoszcz	02.06.2014	
20.	Athletics – Janusz Kusociński Memorial	Szczecin	07.06.2014	5

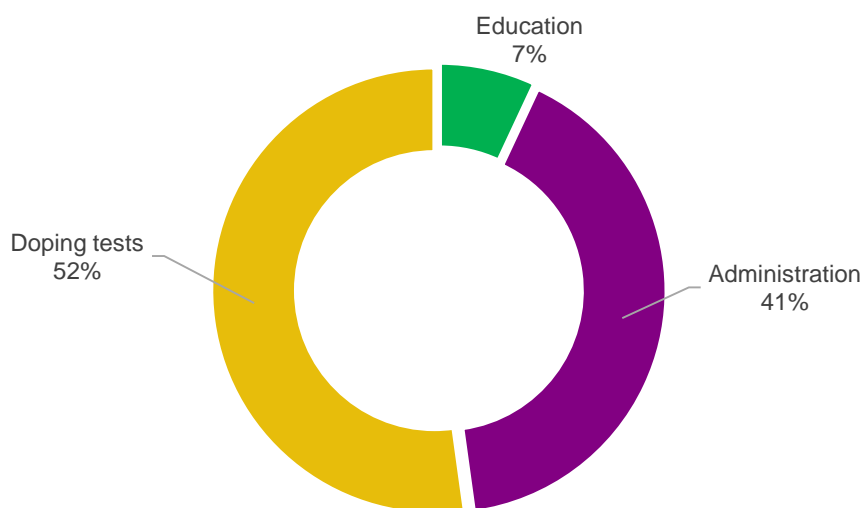
21.	Athletics – European Masters Championships	Ludwikowice Kłodzkie	15.06.2014	2
22.	Volleyball – U-23 World Championships	Mysłowice	15.06.2014	13
23.	Wrestling – European Union Championships	Katowice	17-22.06.2014	56
24.	Archery – Academic World Championships	Legnica	05-06.07.2014	12
25.	Athletics – European Cup – Combined Events	Toruń	06.07.2014	
26.	Cycling – Academic World Championships	Jelenia Góra	09.07.2014	8
27.	Archery – World Cup	Wrocław	10.08.2014	10
28.	Triathlon - Herbalife	Gdynia	10.08.2014	4
29.	Volleyball – World Grand Prix	Koszalin	16-17.08.2014	
30.	Athletics – Karolina Skolimowska Memorial	Warszawa	23.08.2014	1
31.	Volleyball – World Cup	Stare Jabłonki	23-24.08.2014	12
32.	Chess – Academic World Championships	Katowice	24.08.2014	6
33.	Cycling – World Orienteering Championships	Białystok/Supraśl	26-29.08.2014	12
34.	Speed skating – training camp	Domaniewice	28.08.2014	1
35.	Modern pentathlon – training camp	Warszawa	29.08.2014	10
36.	Volleyball – World Championships	Poland	05-21.09.2014	
37.	Angling – World Championships	Szamotuły	06.09.2014	3
38.	Wheelchair fencing – World Cup	Warszawa	26.09.2014	4
39.	Athletics - Marathon	Warszawa	28.09.2014	6
40.	Fencing – World Cup	Leszno	12.10.2014	4
41.	Athletics - Marathon	Poznań	12.10.2014	8
42.	Fencing – World Cup	Sosnowiec	25-26.10.2014	4
43.	Swimming in fins – World Cup	Olsztyn	25-26.10.2014	10
44.	Wheelchair dancing	Łomianki	08.11.2014	5
45.	Boxing - Gala	Kraków	09.11.2014	4
46.	Athletics – Independence Day Run	Luboń	11.11.2014	1
47.	Judo – U-23 European Championships	Wrocław	14-16.11.2014	28

FINANCE

The Commission's budget amounted to PLN 2,516,000.00. In 2014 PLN 2,477,304.80 was spent, which is 98.46% of the annual plan. Cost breakdown is as follows: doping tests –

PLN 1,313,000.00 (52%), administration PLN 1,027,845.00 (41%), and education PLN 175,055 (7%).

COMMISSION'S COST BREAKDOWN



EFFECTIVE MANAGEMENT OF DOPING CONTROL

In 2014 average unit costs of sample collection, excluding the costs of transport containers, were reduced. In 2013 collection of one sample cost on average PLN 250.00, in 2012 – PLN

266.00, in 2011 – PLN 289.00 and in 2010 – PLN 317.00. Over four years average costs of one sample were reduced by PLN 67.00.

FINANCE

AVERAGE UNIT COSTS OF DOPING TESTS IN 2014

Components:

- Civil law contracts – PLN 39,380.00
- Contracts (services) – PLN 670,306.96
- Forwarding – 23,701.99
- ZUS – PLN 8,332.80
- Domestic trips – PLN 25,364.28

TOTAL: PLN 767,086.03

3.100 doping tests were conducted in 2014.

Average cost PLN 247.44 / test

AVERAGE UNIT COST OF DOPING TESTS IN 2013

Components:

- Civil law contracts – PLN 55,670.00
- Contracts (services) – PLN 772,343.17
- Forwarding – PLN 22,336.38
- ZUS – PLN 28,574.46
- Domestic trips – PLN 26,491.39

TOTAL: PLN 905,415.39

3.501 doping tests were conducted in 2013

Average cost PLN 258.61 / test

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