ANTI-DOPING POLAND



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MESSAGE FROM OFFICE DIRECTOR

"Challenge" and "hard work" – these words best sum up the Commission's activity in 2016, a year which abounded in many extremely important events in the world and in Poland. First of all – the Olympic Games in Rio de Janeiro and the friction between the International Olympic Committee and the World Anti-Doping Agency. Both organizations had different opinions about the systematic doping in Russia, which was disclosed in the report prepared by Richard McLaren, a Canadian lawyer. Secondly, the Polish act on sport was amended and its new version became the basis for the enhancement and improvement of the disciplinary procedure in anti-doping rule violations. Publication of the act also gave momentum to the work on the preparation of the act on fighting doping in sport. And thirdly, the doping scandal involving two Polish leading weightlifters, representatives of the national team, was the largest scandal in the history of Polish sport.

Full implementation of the biological passport program will be the Commission's main goal in 2017. We are waiting for the formal permission of the Inspector General for Personal Data Protection.

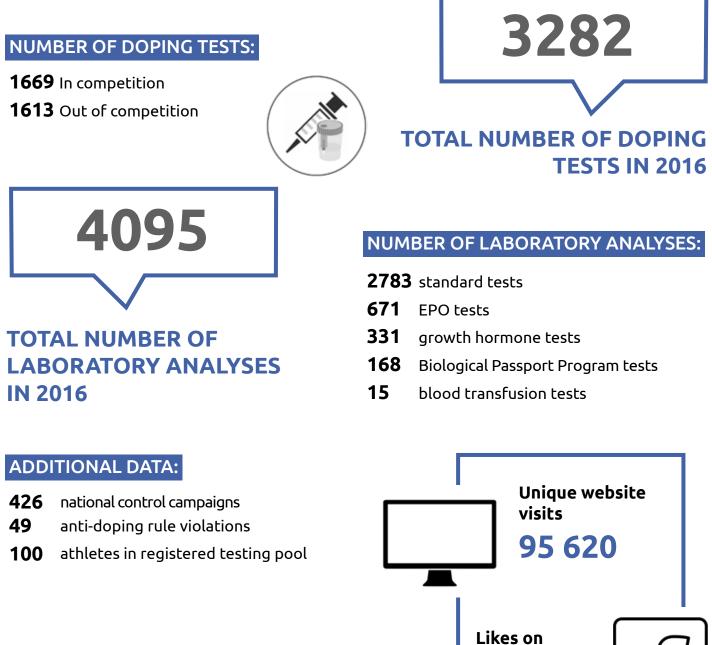
The Commission Against Doping in Sport was very busy in 2016 – nearly 3300 samples were collected and 49 anti-doping rule violations were found. The Commission also ran the "Gram Czysto-Fair Play" educational program, predominantly targeted at young athletes. The ADAMS system was fully implemented – we can now collect the whereabouts information as well as plan and conduct doping controls.

The Commission was also very actively involved in the preparations for the transformation of the Commission Against Doping in Sport and its Office into the Polish Anti-Doping Agency.

Michał Rynkowski Office Director

COMMISSION IN NUMBERS

The data below describe doping tests conducted until the end of 2016. They were planned and carried out on the basis of the assumptions of the annual doping control program.



COMMISSION'S BUDGET PLN 2 137 000,00



Facebook

3 400

EDUCATION AND INFORMATION

In 2016 we continued our anti-doping campaigns and programs, focusing on the "Gram Czysto - Fair Play" program targeted mainly at the Polish sport community, and especially at young athletes.

"An Athlete's Calendar" was prepared with young athletes in mind. It is a compendium of anti-doping information and knowledge, which was explained in greater detail on the "Gram Czysto – Fair Play" Facebook profile. The Calendar filled the informational gap by providing extensive information about doping and efforts made to eradicate it from sport. Its individual pages matched the days of the school year, i.e. from 1 September 2016 to 28 June 2017 – in this way young athletes could read interesting information about the bad effects of doping every single day throughout the school year.

The project, which will be continued in the new school year, has met its educational aims, which is corroborated by the basic statistics for the past year. The profile was liked by over 1600 visitors and it reached out to over 27,000 persons.

As many as 32 anti-doping posts (9 topics) were launched on the profile by the end of 2016 and there were 26 posts (8 topics) covering sport in general. In total, there were 1,000 unique active website visits. Considering that this was the first initiative of this type, the result is satisfactory. Yet, we will continue our efforts as the educational needs are much greater.



"An Athlete's Calendar" was prepared with young athletes in mind.



Face-to-face meetings with athletes, coaches and other personnel, organized in sport schools, at conferences or workshops, and mainly at sport events, have been for a very long time the most effective methods of disseminating information about doping and its prevention and anti-doping education.

We followed this well tested method also in 2016 with 54 educational campaigns at which athletes could expand their knowledge about doping and its prevention and consult our experts.

VISITS TO SPORT CHAMPIONSHIP SCHOOLS (SMSS) AND SPORT SCHOOLS

- SMSS competitions in Szczyrk competition (winter sports)
- SMSS competitions in Szklarska Poręba (winter sports)
- SMSS competitions in Gorzów Wlkp. (summer sports)

VISITS TO VENUES OF YOUTH OLYMPIC DAYS AND OTHER SPORT EVENTS

- Opole (swimming)
- Wrocław (light athletics)
- Kruszwica (rowing)
- Poznań (canoeing)
- Nowa Ruda (weight lifting)





TRAINING ORGANIZED IN COLLABORATION WITH THE YOUTH SPORT FEDERATION

The Commission Against Doping in Sport in collaboration with the Youth Sport Federation organized training for coaches of young athletes in the regions of Mazovia, Podkarpackie, Lubuskie, Warmia and Mazury, Świętokrzyskie, Opole, Lublin and Podlaskie. The sessions were attended by the total of over 200 coaches and the main speakers featured Michał Rynkowski, Commission Office Director and Dariusz Błachnio, Education and Information Officer.





In addition to regular campaigns organized every year, representatives of the Commission Office and Education and Information Office attended other meetings organized by Polish sport associations and other sport organizations. Various gadgets prepared by the Commission, including bracelets, ball-pens, hats and t-shirts, were distributed among athletes during the meetings.

EDUCATIONAL CAMPAIGNS IN 2016:

- 54 educational campaigns
- A new anti-doping brochure athlete's calendar
- Promotional gadgets, i.e. t-shirts, bracelets, tattoos, hats, ball-pens
- "2015 Annual Anti-Doping Polska Report" in Polish and English
- Andreas Krieger movie translation and production
- Educational program at the Youth Olympic Days events 5 educational campaigns
- A series of meetings with athletes members of the Paralympic team (4 meetings)
- Educational meetings at sport championship schools between 1 September and 30 November 2016
- 7 training sessions for coaches training young athletes (7 regions)
- Anti-doping training sessions for Polish sport federations, e.g. Polish Swimming Federation, Polish Skiing Federation, Polish Cycling Federation, Polish Tennis Federation, Polish Weightlifting Federation

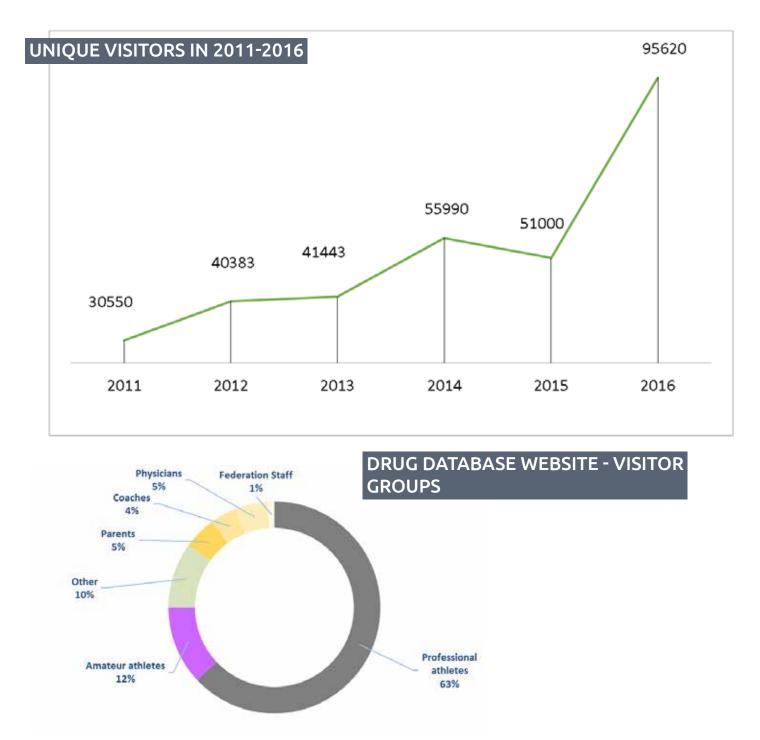






VISITS TO THE COMMISSION AND DRUG DATABASE WEBSITES

In 2016 there were 95,620 unique visits to the Commission's website, i.e. 44,620 more visits than in 2015.



THE MOST FREQUENT QUESTIONS TO DATABASE

Question	Last time	Numer of questions
Gripex	2017-10-01 22:34:43	4023
Ibuprom	2017-10-03 09:42:30	2828
Арар	2017-10-02 14:33:51	2527
Paracetamol	2017-09-29 14:07:09	1458
Efedryna	2017-10-01 22:06:46	1306
Ventolin	2017-09-28 19:43:30	1273
Ketonal	2017-10-03 08:45:25	1217
Aspiryna	2017-09-30 23:35:26	1169
Testosteron	2017-09-30 23:35:50	1133
Fervex	2017-10-03 09:43:03	1046

THE SUBSTANCES MOST OFTEN FOUND IN REQUESTS

Product name	Group	Number of questions
Paracetamol	0 – Does not exsist on prohibited list	1774
Dehydrochlormethyltestoste- rone	S1 - Anabolic-androgenic steroids	1448
Desoxymethyltestosterone	S1 - Anabolic-androgenic steroids	1390
Epi-dihydrotestosterone	S1 - Anabolic-androgenic steroids	1387
Methylnortestosterone	S1 - Anabolic-androgenic steroids	1372
Methyl-1-testosterone	S1 - Anabolic-androgenic steroids	1356
4-hydroxytestosterone	S1 - Anabolic-androgenic steroids	1355
Dihydrotestosterone	S1 - Anabolic-androgenic steroids	1348
Methyltestosterone	S1 - Anabolic-androgenic steroids	1346
Epitestosterone	S1 - Anabolic-androgenic steroids	1321





Komisja do Zwalczania Dopingu w Sporcie

DOPING TESTS AS PART OF THE NATIONAL TESTING PROGRAM

Doping control tests in 2016 were planned and carried out on the assumptions adopted in the annual doping test program. The statistics presented below relate to doping tests carried out in 2016 in individual sports.

The statistics presented below cover doping tests carried out until the end of December 2016. All tests were planned and carried out in line with the assumptions adopted in the annual doping test program. In the reporting period, 3,282 urine and blood samples were taken (1669 in competition and 1613 out-of-competition). Furthermore, the Commission requested the Polish Equestrian Federation to collect 20 samples. All analyses were made by the Doping Test Unit of the Institute of Sport in Warsaw. The samples were collected during 426 control campaigns all over Poland from athletes representing 40 sport unions and federations.

TESTS MADE FROM 1 JANUARY 2016 TO 31 DECEMBER 2016

Sport	Tests Urine EPC	Blood tes		d tests		
Sport	lests	samples	EPO	Transfusions	hGH	PPB
Archery	3	17				
Badminton	1	8	1			
Basketball	21	121	12		12	
Biathlon	6	36	28		2	8
Billiards	2	8				
Bodybuilding and power lifting	6	40	2		14	
Boxing	17	97	13		10	
Canoeing	21	154	34		15	28
Cycling	27	177	108		17	19
Disabled sports	9	50	5			
Fencing	7	39	2		2	
Field hockey	4	24	2		2	
Football	20	120	12		12	
Gymnastics	3	26	3		3	

Sport	Techo	Urine	EPO	Blood tests		
	Tests	samples	samples	Transfusions	hGH	PPB
Handball	19	120	12		12	
Ice hockey	13	84	4		10	
Judo	11	80	8		8	
Karate	3	22	2		2	
Kickboxing	3	20	3		4	
Light athletics	43	303	150	3	49	32
MMA	1	1				
Muaythai	1	8	2			
Olympic taekwondo	2	10	1			
Pentathlon	5	33	12	1	4	1
Rowing	19	141	56		16	25
Rugby	13	83	8		8	
Sailing	1	6	1			
Shooting	1	8				
Skiing	11	60	39		6	6
Speed skating	18	120	46	11	14	43
Speedway	7	45	2			
Squash	1	4				
Sumo	2	13	1			
Swimming	18	130	48		12	6
Table tennis	3	21	1			
Tennis	5	22	2			
Triathlon	4	24	12			
Volleyball	20	126	6		6	
Weightlifting	38	268	16		80	
Wrestling	17	114	17		11	
TOTAL	426	2783	671	15	331	168





In 2016 the Commission requested additional analyses of 70 samples by the IRMS method whenever problems with increased T/E ratio, DHEA concentration or low concentrations of prohibited substances were detected. Such results defined as atypical are reported by the laboratory with a recommendation of additional analysis or monitoring.

There were also 2 cases of anti-doping rule violations due to lack of whereabouts information or false whereabouts information in the monitoring system

In 2016 the Commission requested additional analyses of 70 samples by the IRMS method

TYPES OF PROHIBITED SUBSTANCES

Substance group	Substance	Cases
S.1S.1 Anabolic-androgenic	Stanozolol	4
steroids - 30 cases	Drostanolone	4
	Boldenone	2
	Clenbuterol	4
	Nandrolone	4
	Trenbolone	2
	Metandienone	2
	Oxandrolone	2
	Methyltestosterone	2
	Mesterolone	1
	Metenolone	1
	1-Testosterone	1
	1 - Androstenedione	1
S.2 Hormones – 2 cases	Human growth hormone	2
S.3 Beta 2 agonists – 4 cases	Fenoterole	2
	Higenamine	2
S.4 Hormone antagonists	Clomiphene	13
and modulators - 31 cases	Meldonium	10
	Tamoxifen	3
	Letrozole	2
	Anastrozole	2
	Exemestane	1

Substance group	Substance	Cases
S.7 Narcotics – 2 cases	Morphine	2
S.5 Diuretics - 9 cases	Canrenone	3
	Furosemide	2
	Hydrochlorothiazide	1
	Chlorothiazide	1
	Amiloride	1
	Acetazolamide	1
S.6 Stimulants - 11 cases	Methylhexanamine	5
	Beta-Methylphenethylamine	1
	Amphetamine	1
	Oxilofrine	1
	Nikethamide	1
	DMBA	1
	Methylmetcathion	1
S.8 Cannabinoids - 4 cases	THC	4





ANTI-DOPING RULE VIOLATIONS

In 2016 the Commission examined 60 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 49 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 it.

ANTI-DOPING RULE VIOLATIONS PROCEEDINGS

Sport	Circumstances	Violation	Sanction
Handball	competition	Oxilofrine, Beta-methylphe- nylethylamine	1 year ineligibility
Beta-methylpheny- lethylamine	1 year ineligibility	Klomifen	Reprimand
Volleyball	competition	Clomiphene	Reprimand
Light athletics	competition	Fenoterol	No violation
Ice hockey	competition	THC	2 year ineligibility
Ice hockey	competition	Amphetamine	Case pending
Weightlifting	training camp / competition	Human growth hormone, Meldonium	4 year ineligibility
Football	competition	Meldonium	No violation
Weightlifting	training camp	Meldonium	No violation
Light athletics	training camp	Meldonium	No violation
Weightlifting	training camp	Human growth hormone	4 year ineligibility
Kickboxing	competition	Clomiphene	2 year ineligibility
Cycling	competition	Clomiphene	1.5 year ineligibility
Judo	training camp	Clomiphene	2 year ineligibility
Kickboxing	competition	Clomiphene, Methylhexana- mine	2 year ineligibility

Sport	Circumstances	Violation	Sanction
Kickboxing	competition	Clomiphene	Case pending
Bodybuilding	competition	Drostanolone, Stanozolol, Trenbolone, Clenbuterol, Me- tenolone, Tamoxifen, Methyl- metcathion	4 year ineligibility
Bodybuilding	competition	Clenbuterol	4 year ineligibility
Bodybuilding	competition	Clomiphene	18 month ineligibi- lity
Wrestling	competition	DMBA	6 month ineligibility
Canoeing	competition	Morphine	6 month ineligibility
Basketball	competition	Clomiphene	No sanction
Weightlifting, Disa- bled sport	competition	Clomiphene	2 year ineligibility
Cycling	competition	Methylhexanamine	Reprimand
Light athletics	training camp	Meldonium	No violation
Wrestling	training camp	Meldonium	No violation
Wrestling	training camp	Meldonium	No violation
Wrestling	training camp	Meldonium	No violation
Cycling	competition	Meldonium	No violation
Wrestling	training camp	Meldonium	No violation
Weightlifting	competition	Nandrolone	Case referred to IWF
Weightlifting	competition	Nandrolone	4 year ineligibility
Light athletics, Disa- bled sport	competition	Morphine	Reprimand
Rugby	competition	Higenamine	Reprimand
Triathlon	competition	Niketamide	2 year ineligibility
Triathlon	competition	Methyhexanamine	Reprimand
Cycling	competition	Clomiphene	2 year ineligibility
Weightlifting	competition	THC	5 month ineligibility
Bodybuilding	competition	Tempering attempt	4 year ineligibility
Bodybuilding	competition	Refusal	Case pending
Ice hockey	competition	Higenamine	Reprimand
Ice hockey	competition	THC	4 month ineligibility
Boxing	competition	Fenoterol	Reprimand
Weightlifting	competition	Nandrolone	Case pending
Rugby	competition	Tamoxifen, Boldenone, 1-te- stosterone, 1-androstenedio- ne	4 year ineligibility
Weightlifting	competition	Methylhexanamine	2 year ineligibility
Weightlifting	competition	Clomiphene	2 year ineligibility
Tennis	training camp	Letrozole	Reprimand



Sport	Circumstances	Violation	Sanction
Bodybuilding	competition	Canrenone, Anastrazole, Letrozole, Clomiphene, Ta- moxifen, Exemestane, Clen- buterol, Trenbolone, Methyl- testosterone, Drostanolone, Stanozolol, Boldenone, Nan- drolone	4 year ineligibility
Bodybuilding	competition	Metandienone, Methyltesto- sterone, Stanozolol, Furose- mide, Candrenone, Anastra- zole	4 year ineligibility
Bodybuilding	competition	Mesterolone, Drostanolone, Canrenone	4 year ineligibility
Fitness	competition	Clenbuterol	4 year ineligibility
Fitness	competition	Furosemide, Methylhexana- mine, Stanozolol, Oxandrolo- ne	4 year ineligibility
Power lifting	competition	Oxandrolone, Metandienone	4 year ineligibility
Power lifting	competition	Clomiphene	18 month ineligibi- lity
Billiards	competition	ТНС	8 year ineligibility
Gymnastics	competition	Amiloride, Chlorothiazide, Hydrochlorothiazide	8 month ineligibility
Swimming	competition	Failure to report	4 year ineligibility
Wrestling	training camp	Clomiphene	2 year ineligibility
Rowing	training camp	Drostanolone	4 year ineligibility
Rowing	training camp	Acetazolamide	Reprimand

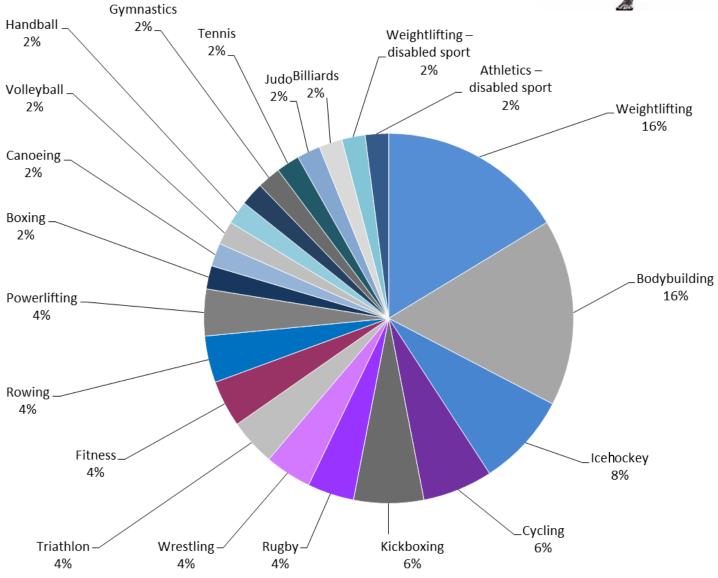
ANTI-DOPING RULE VIOLATIONS IN 2006-2016



Volations

ANTI-DOPING RULE VIOLATIONS IN 2016 – INDIVIDUAL SPORTS









DOPING TESTS COMMISSIONED BY INTERNATIONAL FEDERATIONS OR WADA

In 2016 the Commission conducted 81 doping tests commissioned by sport or anti-doping organizations.

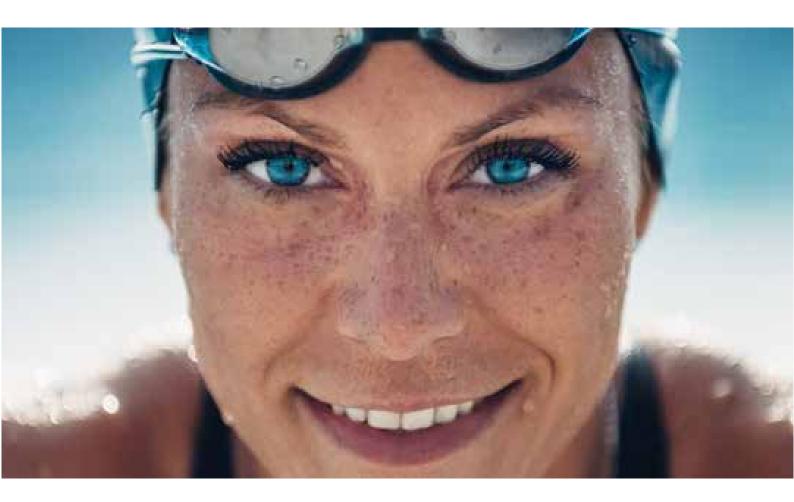
EXTERNAL DOPING TESTS

Event	Venue	Date	Number of samples
MMA – training camp	Opole	13.01.2016	1
Handball – European Championships	Kraków	15-29.01.2016	60
Fencing – World Cup	Gdańsk	17.01.2016	4
MMA – training camp	Warszawa	21.01.2016	1
Boxing – WSB League	Pruszków	22.01.2016	2
MMA – training camp	Gdańsk	24.01.2016	1
Boxing – WSB League	Szczecin	31.01.2016	2
Floorball – World Championships qualifiers	Łochów	04.02.2016	4
Athletics – Pedros Cup	Łódź	05.02.2016	5
Athletics – Copernicus Cup	Τοгυή	12.02.2016	6
Snooker – European Championships	Wrocław	13.02.2016	2
Fencing – World Cup	Warszawa	21.02.2016	4
Judo – World Cup	Warszawa	28.02.2016	14
Skiing – disabled sport, World Championships	Zakopane	02.03.2016	2
Weightlifting - training camp	Zakopane	12.03.2016	8
Light athletics – deaf athletes, European Championships	Toruń	18.03.2016	6
Athletics – Half Marathon	Gdynia	20.03.2016	4
Athletics – 10 km race	Poznań	20.03.2016	6
Boxing – WSB League	Dębica	01.04.2016	2
Athletics- Half Marathon	Warszawa	03.04.2016	8
MMA - training camp	Warszawa	04.04.206	1
MMA - training camp	Warszawa	05.04.2016	1
Athletics - Marathon	Dąbrowa Gór- nicza	10.04.2016	4

Event	Venue	Date	Number of samples
Volleyball – Final Four	Kraków	16.04.2016	4
Athletics - Marathon	Łódź	17.04.2016	3
Athletics – Half Marathon	Poznań	17.04.2016	9
MMA - meeting	Łódź	21.04.2016	1
Athletics - Marathon	Warszawa	24.04.2016	8
Sumo – European Championships	Krotoszyn	24.04.2016	5
Hockey – World Championships	Katowice	26.04.2016	12
Shooting, disabled athletes, World Cup	Szczecin	01.05.2016	5
Kettlebell – European Championships	Gdynia	12.05.2016	13
Athletics - Marathon	Kraków	15.05.2016	10
Boxing - Gala	Szczecin	28.05.2016	2
MMA - training camp	Olsztyn	02.06.2016	1
Athletics - meeting	Bydgoszcz	05.06.2016	5
Speed skating - training camp	Spała	15.06.2016	12
Volleyball – Grand Slam	Olsztyn	17.06.2016	16
Athletics - Marathon	Wrocław	18.06.2016	4
Athletics – Kusociński Memorial	Szczecin	19.06.2016	5
Wrestling – Pytlasiński Memorial	Spała	19.06.2016	19
Rowing – World Cup	Poznań	19.06.2016	17
Fencing - European Championships	Τοгυή	20.06.2016	26
Light athletics - Marathon	Szczecin	26.06.2016	2
Volleyball – Final 6	Kraków	13.07.2016	40
Fencing – disabled athletes, World Cup	Warszawa	15.07.2016	6
Canoeing – World Championships	Kraków	17.07.2016	15
Athletics – Junior World Championships	Bydgoszcz	18-24.07.2016	159
Squash – Junior World Championships	Bielsko-Biała	10.08.2016	6
Boxing - training camp	Warszawa	22.08.2016	1
Athletics - Marathon	Siedlce	28.08.2016	12
Athletics – Kamila Skolimowska Memorial	Warszawa	28.08.2016	1
Power lifting – Junior European Champion- ships	Szczyrk	29.08.2016	17
Boxing - training camp	Wałcz	01.09.2016	1
Rowing – Academic World Championships	Poznań	04.09.2016	17
Athletics- Marathon	Płock	09.09.2016	6
Athletics- Festival	Krynica	09.09.2016	7
Athletics- Marathon	Wrocław	11.09.2016	2
Weightlifting - European Championships U15 and U17	Nowy Tomyśl	10-18.09.2017	94
Para Taekwondo - European Championships	Warszawa	16.09.2016	6
Boxing – Gala	Gdańsk	17.09.2016	6



Event	Venue	Date	Number of samples
MMA – training camp	Łódź	20.09.2016	2
MMA – training camp	Warszawa	22.09.2016	2
Athletics - Marathon	Warszawa	25.09.2016	6
Athletics - Marathon	Poznań	09.10.2016	8
Acrobatic gymnastics – World Cup	Rzeszów	09.10.2016	5
MMA - training camp	Luboń	14.10.2016	1
MMA – training camp	Łódź	14.10.2016	2
Athletics – Half Marathon	Kraków	16.10.2016	6
Fencing – Junior World Cup	Sosnowiec	21.10.2016	4
Fencing – Junior World Cup	Leszno	30.10.2016	4
Athletics – Half Marathon	Świdnica	05.11.2016	2
Boxing – Gala	Łomianki	06.11.2016	2
Fitness – World Championships	Białystok	13.11.2016	11
Armwrestling – World Cup	Rumia	22.11.2016	1
Jujitsu – World Championships	Wrocław	27.11.2016	9
Boxing – Gala	Wrocław	11.12.2016	4
MMA – training camp	Warszawa	13.12.2016	2
Total			794



FOREIGN RELATIONS

COOPERATION WITH ANTI-DOPING AGENCY OF AZERBAIJAN

In 2015 the World Anti-Doping Agency reguested the Commission Against Doping in Sport to start cooperation with the Azerbaijani Anti-Doping Agency, then in the process of establishment, to create a new anti-doping system in Azerbaijan. In 2016 the Commission Against Doping in Sport and WADA started work aimed at the establishment of an anti-doping organization in Azerbaijan, which would be capable of meeting the requirements of the World Anti-Doping Program. The program is expected to be completed by the end of 2018. It is a key partnership for the Polish anti-doping organization, which will organize a series of training for the Azeri organization on all aspects of doping and its eradication from sport.

COUNCIL OF EUROPE'S GROUP FOR ANTI-DOPING DISCIPLINARY PROCE-DURE

The Group prepared the first draft of recommendations, which will be adopted by the Monitoring Group in April 2017. The recommendations will comprise 47 states – members of the Council of Europe. The Group evaluated most of the national regulations governing disciplinary procedure in anti-doping cases. The aim of the project was to ensure that disciplinary procedure in anti-disciplinary cases be conducted by an independent body, which is not affiliated with the sport community and the national anti-doping agency.

COOPERATION WITH THE UKRAINIAN ANTI-DOPING AGENCY

A meeting was held on 20 December 2016 which was attended by representatives of the Ukrainian Minister for Sport and Youth, Ukrainian Anti-Doping Centre and the Commission Against Doping in Sport. We presented the organization and work of the Commission and focused on problems connected with the planning and implementing doping controls as well as discussed disciplinary procedure in anti-doping rule violations. We also presented the assumptions for the new act on fighting doping, which became effective on 1 July 2017. It was one of the bilateral meetings organized with foreign national anti-doping organizations over the last 7 years, among them with the German and British anti-doping agencies.

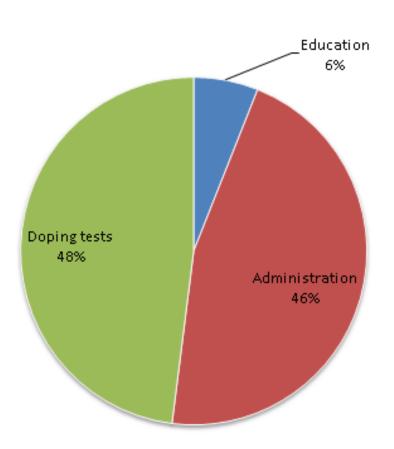


Comisja do Zwalczania Dopingu w Sporcie

FINANCES

The Commission's budget allocated by the Ministry of Sport and Tourism in 2016 amounted to PLN 2,137,000,00. The Commission Against Doping in Sport spent PLN 2,136,211.31, which is 99.96% of its year's budget. Costs of doping tests amounted to PLN 1,033,900.24 (48%), followed by administrative costs – PLN 975,750.32 (46.1%), and education – PLN 126,560.75 (5.9).

COST BREAKDOWN



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