

# 2019 Annual Report

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## Foreword

This is the first annual report from Doping Authority Netherlands. Until 2018, the work of the National Anti-Doping Organisation in our country was done by the Netherlands Anti-Doping Authority (the ADAN foundation). However, since 2019, that work has been taken over by the independent administrative body (zbo) Doping Authority Netherlands.

The transfer of tasks and resources by the ADAN foundation to the zbo Doping Authority Netherlands took place on 1 January 2019 but the preparations were made in the course of 2018. A lot was done by an external project manager who was able to work on this project for a large part of the year. The transition process was supervised by a Steering Committee on which the Ministry of Health, Welfare and Sport, the board of the ADAN foundation and the then-future CEO of the zbo were represented. The Steering Committee was chaired by the Deputy Secretary-General of the Ministry of Health, Welfare and Sport, who has been acting as the 'owner' of the zbo from 2019 onwards. As a result of all this preparatory work, the actual transition proceeded smoothly at the beginning of the new year. The transfer of staff, property, databases and rights was completed in line with a transition agreement between the ADAN foundation and the zbo Doping Authority Netherlands.

Thanks to this smooth handover, Doping Authority Netherlands was able, from day one, to continue implementing the anti-doping policy along the lines already set out in previous years by the ADAN foundation. However, unlike the ADAN foundation, Doping Authority Netherlands has statutory duties that are enshrined in the Anti-Doping Policy Implementation Act (Wuab).

In Chapter 1, we report on how one of those duties has been implemented: '*providing information about doping*' (Wuab, Article 5(d)). Chapters 2, 4, and 8 contain information about the implementation of the various aspects of '*the implementation of the doping control process*' (Wuab, Article 5(b)). Chapter 3 turns to '*the collection and investigation of information about possible violations of doping regulations*' (Wuab, Article 5(c)). The other chapters provide information relating to the implementation of a range of support tasks and processes needed to implement the statutory duties in a correct way.

The transition to an independent administrative body has not resulted in any substantive changes to the content of the anti-doping policy but it has resulted in relatively far-reaching changes in our relationship with the Dutch government, and the Ministry of Health, Welfare and Sport in particular. Despite the thorough preparations for the transition, Doping Authority Netherlands was regularly confronted during the course of 2019 with unknown, or previously unknown, procedures and standards with which Doping Authority Netherlands was required to comply. This all led to an intensification of the relationship with the Ministry. At the same time, the relationship with the 'sports world', and in particular with the sports umbrella organisation NOC\*NSF, was continued and cherished.

As an independent administrative body, Doping Authority Netherlands is also covered by the Government Information (Public Access) Act (*Wet openbaarheid bestuur*, abbreviated as *Wob*) and it handled five public information requests, including one after an objection. Doping Authority Netherlands is also governed by the General Administrative Law Act (*Algemene wet bestuursrecht*, abbreviated as *Awb*) and the CEO made four decisions on objections. All the requests, appeals and objections were published (after anonymisation) on the website of Doping Authority Netherlands.

## Chapter 1 Education

### GENERAL

The educational policy of Doping Authority Netherlands makes a clear distinction between elite sports (organised sports) and fitness (sports organised on other lines). Elite sports are subject to doping regulations. Doping Authority Netherlands has the authority to conduct doping controls on the basis of these regulations. That is not the case in the fitness sector and so a different approach is required there. Furthermore, Doping Authority Netherlands is responsible for providing the general public with information.

### ELITE SPORTS

The objective for elite sports is: *the prevention of inadvertent and deliberate anti-doping rule violations in Dutch sport.*

The three main target groups in elite sports are:

- Elite athletes
- Support staff
- Sports associations

#### Elite athletes

To prepare promising athletes over a period of approximately eight years for competition at the global level, the ADAN foundation developed the 'Doorlopende Leerlijn Dopingvrije Sport' (ongoing education for doping-free sports) in collaboration with the NOC\*NSF in 2015. This programme describes the knowledge, skills and attitude needed for doping-free sport for all ages and development phases.

#### *Education sessions in person*

In line with these phases, the ADAN foundation developed three different education modules: Bronze, Silver and Gold. Bronze was designed as the first module and it serves as an introduction to the topic of doping. Silver focuses more on practising skills such as checking medicines and dietary supplements. During the Gold programme, the athletes are trained to work with difficult doping dilemmas that they may encounter during their careers such as suspicions that a teammate may be involved with doping or using approved medication purely and simply to perform better. Doping Authority Netherlands conducted a total of 83 educational sessions in person in 2019.

Table 1.1: Overview of education sessions for elite athletes

Education module	2015	2016	2017	2018	2019
Bronze	30	35	53	33	43
Silver	21	15	18	17	16
Gold	5	7	2	2	2
Combination	9	23	18	32	22
<b>Total</b>	<b>65</b>	<b>80</b>	<b>91</b>	<b>84</b>	<b>83</b>

#### *E-learning platform*

It is difficult to schedule education sessions in person for some groups of elite athletes. Nevertheless, it is important for these athletes to receive proper education as well. The ADAN foundation therefore launched an [e-learning platform](#) in March 2017. The Bronze, Silver, Gold and National Testing Pool modules were available for elite athletes on this platform. The National Testing Pool module is intended for elite athletes who have been included in the National Testing Pool by Doping Authority Netherlands. They must provide their whereabouts (accommodation and location data).

Table 1.2 Overview of completed e-learning modules for elite athletes

Education module	2017	2018	2019
Bronze	494	1,368	1,848
Silver	114	330	675
Gold	-	129	230
National Testing Pool	-	65	46
<b>Total</b>	<b>608</b>	<b>1,892</b>	<b>2,799</b>

A number of technical improvements were also made in 2019 for the purposes of the development of the e-learning platform.

#### *Video productions and printed material*

A new version of the video [Tips for clean sport](#) was produced in 2019. Changes were made at the same time to the corresponding Z card and poster.

#### *Doping Information App*

The first Doping Information App appeared in late 2013. The app was made for iOS and Android. There is also a [responsive website](#). The Doping Information App allows athletes and support staff to check their medicines and dietary supplements, for example, or to check the most important doping regulations and read about the doping control procedure. The app was downloaded about 5,000 times in 2019. This is comparable with 2018. The total number of downloads was approximately 34,000 at year-end 2019. The Doping Information App is updated continuously. The app is also constantly promoted, for example in education sessions, on a range of websites, in various articles, Z cards and posters.

### *Be PROUD*

Be PROUD is an initiative of the ADAN foundation and it focuses on strengthening the right sporting values. The programme was established in collaboration with NOC\*NSF, elite athletes of the present and past, and trainers/coaches. It was launched in the summer of 2018. Athletes, family, coaches, medical staff, sports association staff and other sports enthusiasts are being invited to support Be PROUD, either as supporters or ambassadors. Sports organisations also have the option of being partners. In this way, a large and powerful team will be established that is proud of clean sports. The Be PROUD programme has its [own website](#) and social media accounts on [Instagram](#), [Facebook](#), [Twitter](#) and [YouTube](#).

At the end of 2019, Be PROUD had 11 [ambassadors](#). The five ambassadors who joined in 2019 are: Eva Voortman (softball), Margriet Bergstra (judo), Rogier Hofman (hockey), Sophie Souwer (rowing) and Steve Wijler (archery). The six other ambassadors are: Epke Zonderland (gymnastics), Jessica Schilder (athletics), Jetze Plat (handbiking/paratriathlon), Kai Verbij (skating), Madelein Meppelink (beach volleyball), and Vince Rooi (baseball).

The number of [affiliated organisations](#) (Be PROUD partners) rose from 23 to 26 in 2019. The number of supporters rose from 694 to 1182. To promote Be PROUD, postcards, mailboxes, roll-up banners, towels, pins and dart flights were developed in 2019. A communications agency was called in for advice about improving the use of social media.

### *Outreach Events*

At outreach events, Doping Authority Netherlands is present with a stand at a sporting event in order to promote Be PROUD and to provide general information for large groups of elite athletes and support staff. There were four outreach events in 2019: at the KNBB Kling Masters/National Billiards Championships (12 January), the Dutch Darts Open (2 February), the FIH Pro League Grand Final (29 and 30 June) and the Asics National Athletics Championships (28 July).

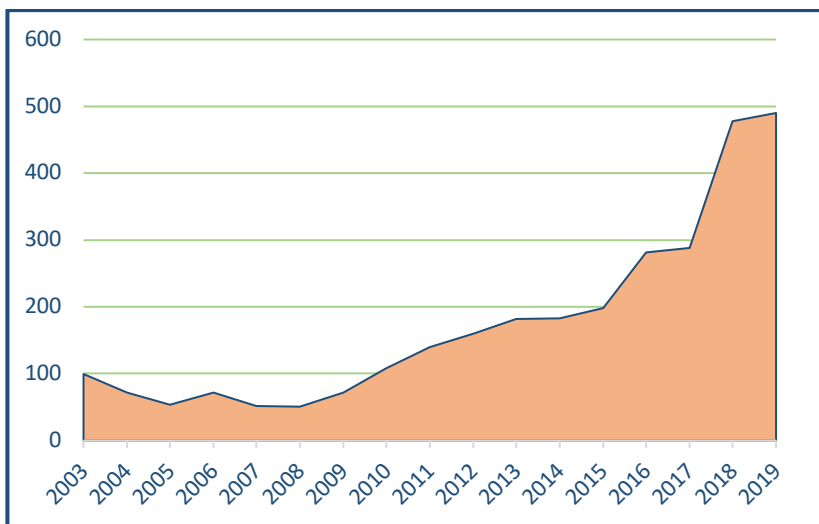


*Outreach Event at the KNBB Kling Masters*

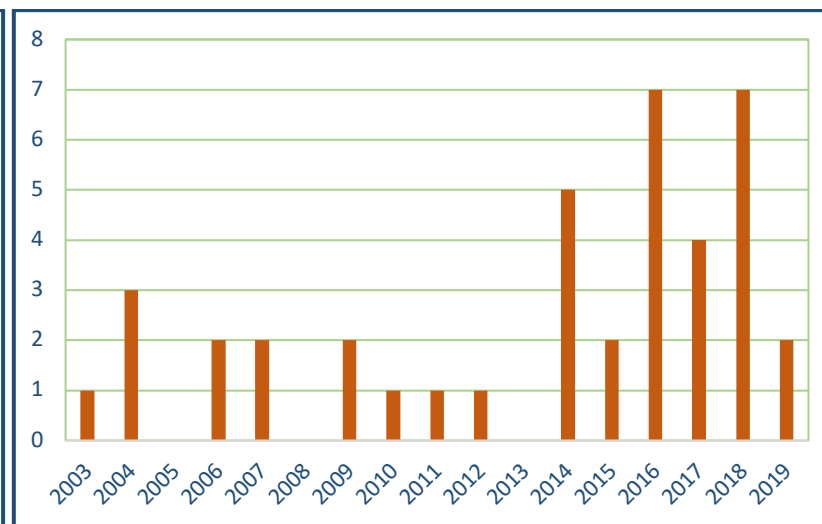
*Dutch Safeguards System for Dietary Supplements in Elite Sport (NZVT)*

Dietary supplements can contain prohibited substances that are often not listed on the label. The use of dietary supplements can therefore represent a risk for elite athletes since they can lead to a positive result after a doping control. In response to this risk, the ADAN foundation established the [Dutch Safeguards System for Dietary Supplements in Elite Sport](#) (NZVT) in 2003. The system allows manufacturers of dietary supplements to have batches of their supplements checked in exchange for payment. The 'clean' [product-batch combinations](#) are added to the NVZT database.

A total of 266 NZVT certificates were issued in 2019 (for 490 product-batch combinations), another new record. This indicates that the Dutch Dietary Supplements system (NZVT) is still catering to a significant need for athletes and their support staff. In total, on 31 December 2019, there were 1,259 product-batch combinations on the [NZVT](#) website representing 322 products, 54 brands and 16 substantive categories. Two batches were rejected because prohibited substances were found in them.



Number of approved product-batch combinations



Number of rejected product-batch combinations

## SUPPORT STAFF

Alongside the focus on athletes, there has been rising interest in support staff in recent years. This group includes, in particular, trainers and coaches but also people like doctors, physiotherapists, dieticians, masseurs, soigneurs, psychologists and parents.

### *Education sessions in person*

A total of 21 education sessions in person were organised for support staff in 2019: 14 for trainers and coaches and 7 for other categories. The trainer-coach education sessions are based on the Ongoing Educational Module for Doping-Free Sport for trainers and coaches. The ADAN foundation developed three different education modules on the basis of that programme: Trainer-Coach 3, Trainer-Coach 4 and Trainer-Coach 5/Master Coach. The modules correspond to the training design of the [Sport Qualification Structure](#). In 2019, 11 of the 14 training sessions for trainers and coaches were provided in this way; three were designed for specific groups. The seven education sessions for other groups of support staff were all designed for specific groups.

Table 1.3 Overview of education sessions for support staff

Education module	2017	2018	2019
Trainer-Coach 3	3	6	3
Trainer-Coach 4	3	3	3
Trainer-Coach 5 / Master Coach	2	5	4
Combination	-	1	1
Customised module	16	5	10
<b>Total</b>	<b>24</b>	<b>20</b>	<b>21</b>

#### *E-learning platform*

The ADAN foundation also developed e-learning modules for support staff. Support staff completed 81 fewer modules in 2018 than in 2019.

Table 1.4 Overview of e-learning modules completed by support staff

Education module	2018	2019
Trainer-Coach 3	145	108
Trainer-Coach 4	102	60
Parents	32	24
Medical and paramedical support staff	8	14
<b>Total</b>	<b>287</b>	<b>206</b>

#### *Videos*

Doping Authority Netherlands has made contributions to the production of three NOC\*NSF videos on sports ethics for coaches. The videos are about dilemmas relating to 'grey areas'. The videos will be released in 2020 by the NOC\*NSF in combination with a book on sports ethics. The video rights belong to both the NOC\*NSF and Doping Authority Netherlands.

## **SPORTS ASSOCIATIONS**

The sports associations are also an important target group for Doping Authority Netherlands. They are closest to the elite athletes and the support staff. Doping Authority Netherlands is in contact with the sports associations at all times.

#### *Meeting of sports associations*

The Support Clean Sport meeting (formerly known as the Association meet / Together against Doping meet) was organised for the tenth time on 10 October at the NBC location in Nieuwegein and it was attended by approximately 37 people representing sports associations, RTOs (Regional Elite Sports Organisations) and CTOs (Centres for Elite Sports and Education). The aim of the annual meeting is to catch up on developments in the field of anti-doping, and particularly in the field of education.

The average rating for the event from the participants was 7.7/10.



### *E-learning platform*

In 2018, the ADAN foundation developed the e-learning module *Sports Associations* for the sports associations. The module was completed 16 times in 2019 (2018: 17 times).

### *NOC\*NSF National Coach Platform*

The NOC\*NSF organised a [National Coach Platform](#) on 19 October 2019 dedicated to ethics in sport. The aim was to enhance ethical awareness among coaches. Doping Authority Netherlands contributed to the programme. The platform was attended by about 100 coaches.

## **FITNESS**

The goal for fitness (sports organised outside a club context) is: *preventing or discouraging deliberate and inadvertent doping use by athletes in Dutch fitness centres*. There is also a focus on harm reduction: reducing the health risks associated with doping.

In the fitness world, Doping Authority Netherlands focuses in particular on the people in the fitness centres: the athletes themselves but also the instructors (with whom we establish contact primarily through the various fitness courses) and the owners. Doping Authority Netherlands organised communications for this target group on the basis of the *True Strength* programme. The book *Doping, the sober facts* is the only work to be published directly under the auspices of *Doping Authority Netherlands* rather than under the *True Strength* banner.

### **Own Strength programme**

There are 3 million fitness adherents in the Netherlands. Fitness is therefore the most popular sporting activity in the Netherlands. However, a survey in 2009 showed that 8.2% of fitness athletes use prohibited substances. This is, in principle, permitted because these people are not subject to doping regulations. However, the use of prohibited substances still harms health and it also has a negative effect on the image of the fitness branch itself and so it is desirable to reduce levels of doping in fitness centres. The ADAN foundation therefore decided to develop the education programme [True Strength](#) specifically for this group in order to provide information about the risks of using anabolic steroids and other prohibited substances, and about healthy alternatives for building muscle or losing weight using True Strength. The aim is to raise levels of knowledge and awareness. The values and norms for sports in line with True Strength are also confirmed.



*True Strength website*

#### *True Strength website*

The True Strength website plays a central role in the programme. It provides objective, clear and practical information about how to build up muscle mass cleanly and effectively, and about sound ways of losing weight. There is also objective information about various types of prohibited substances and the side-effects, and the doping risks of dietary supplements are discussed.

In 2019, a total of 55 factual news reports were posted on the site. They were written by three external experts (journalists or specific experts) from the fitness/bodybuilding branch and by our own education officers. Twenty-five short texts (200 words per text) were written and ten illustrations were made for new passages in the regular content of the website.

#### *True Strength book*

The ADAN foundation completely rewrote the [True Strength book](#) in 2018. The book complements the True Strength website and the Supplement Checker App. It was promoted persistently in 2019 on the website and at meetings.



*The True Strength book*

*True Strength day*

Doping Authority Netherlands organised the second [True Strength day](#) on 19 May 2019. The True Strength day was initiated as a way of inspiring fitness professionals. Presentations and workshops show the professionals that enormous gains can be made in the area of proper (and therefore clean) support. The day was organised at the NBC conference centre in Nieuwegein. It was attended by approximately 80 professionals. The average rating for the event from the participants was 8.3/10.

*Table 1.5 Overview of the speakers at the True Strength day*

<b>Speaker</b>	<b>Presentation / Workshop</b>
<i>Luuk Hilkens</i>	<i>High-frequency training</i>
<i>Hans Kroon</i>	<i>Mastering movement</i>
<i>Melanie Knufinke</i>	<i>Invest in your rest</i>
<i>Chi Lueng Chiu</i>	<i>Changing behaviour</i>
<i>Hans Wassink</i>	<i>The dark side of fitness</i>
<i>Sandra van de Kamp</i>	<i>Natural bodybuilding</i>

### *Supplement Checker App*

The ADAN foundation launched the Supplement Checker App in August 2017 under the True Strength banner. The market for sports supplements has grown explosively in the past decade. Nearly 60% of fitness athletes in the Netherlands use supplements. Elite athletes also use many supplements. The free Supplement Checker App helps athletes to use supplements responsibly and critically. The heart of the app is a discussion and assessment of more than 3,000 ingredients. The app has been downloaded 3,841 times in one year (2018: 4,134). The Supplement Checker App was maintained continuously and expanded in 2019. In 2019, Doping Authority Netherlands wrote 116 new profiles for the Supplement Checker App. Some profiles were also amended on the basis of new insights.

### *Guest lectures and meetings*

The Doping Authority gave 8 guest readings (2018: 6) at various fitness institutions in 2019. In addition, a presentation was given twice on the 'Evolution of Bodybuilding': on 11 April during a book presentation by Liesbeth Woertman (Professor of Psychology, Utrecht University) and on 25 April during a meeting on 'harm reduction' organised by Mainline and the fitness company Muscle Totaal.

### *Outreach Events*

During outreach events, True Strength is present with a stand at a fitness event in order to provide general information for large groups of elite athletes and support staff. True Strength was at the INBA on 20 April. The INBA is an American natural bodybuilding association that has a representative association in various countries. On 8 December, True Strength was at the Strength and Physique (SAP) Cup in Veldhoven. This is a power sports event with various bodybuilding and fitness competitions. In addition, True Strength visited the Fitfair with a number of *Clean Hunks* (ambassadors) to see whether it would be useful to attend this fair to present True Strength.

### *Theme videos from Back in balance documentary*

The documentary [Back in balance - the evolution of women's bodybuilding](#) appeared in 2017. The documentary shows the new path that bodybuilding for women took a few years ago. New criteria and a range of new categories have been introduced to bring back 'femininity' to the sport. Eight additional theme videos were produced in 2018 using the uncut film material and posted on our YouTube channel.



*Screen shot from the documentary Back in balance - the evolution of women's bodybuilding*

#### *Clean Hunks*

Clean Hunks are fitness athletes/body builders who have demonstrated that you can build up an impressive physique without dope. They are the ambassadors for doping-free fitness. There were [19 Clean Hunks](#) affiliated with the True Strength programme in 2019. They are all on the site, which includes background stories and photos.

#### *Written contributions*

Doping Authority Netherlands has contributed to the new course book of NL Active, Fitness Trainer Level 3. In addition, two contributions were made to the website of fitness trainer EFAA.

#### *Book: Doping, the sober facts*

[Doping, the sober facts](#) was published in October 2014. It provides the reader with a thorough overview of the substances currently used in fitness and bodybuilding. As much relevant scientific information as possible has been collected about the effects and side-effects of anabolic steroids, growth hormones, insulin, appetite-suppressing amphetamines and many other prohibited substances. There are also reports about the experiences of users in practice and knowledge from the doping world itself. The emphasis here is on information that is often swept under the carpet in these circles. There is still a lot of interest in the book. It is published by Arko Sports Media.

#### *Dopinginfo.nl*

In 2019, Doping Authority Netherlands started on the development of a new website: [Dopinginfo.nl](#). The website is a database for prohibited substances and the aim is to provide policymakers and health professionals with a source of information. The website has not yet been launched.

## **GENERAL PUBLIC**

### **Corporate website**

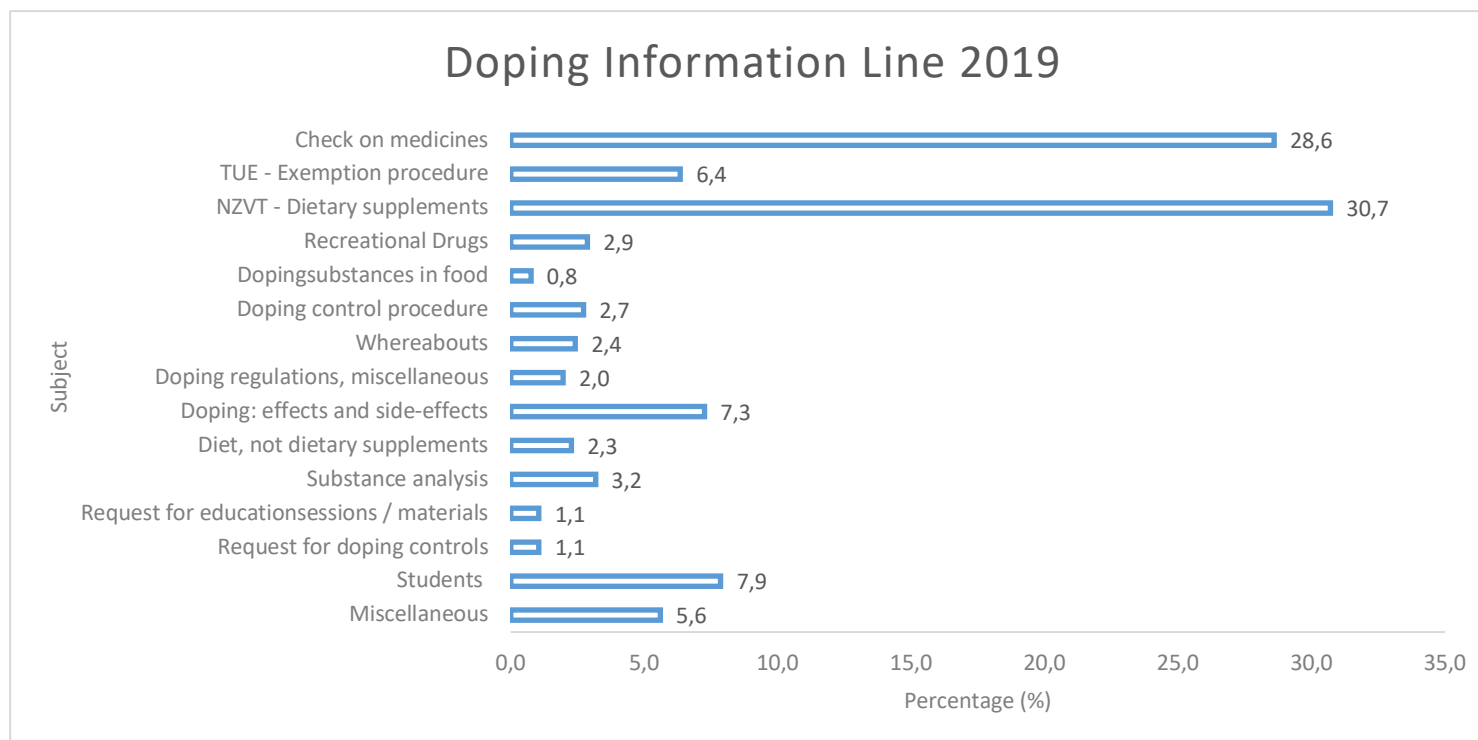
The corporate website of Doping Authority Netherlands is [www.dopingautoriteit.nl](http://www.dopingautoriteit.nl). We contributed 21 press releases of our own to the site in 2019 (2018: 20). ANP news reports are also an important component of the information we supply. Approximately 229 ANP news reports were published (automatically) on the site in 2019. That is less than in 2018 (287).

### **Doping Information Line**

The Doping Information Line is *the* front office for all questions (by email/WhatsApp) relating to doping. It is staffed by teams of four working in turn. All questions are processed within one working day and recorded anonymously in a database. The email address is [dopingvragen@dopingautoriteit.nl](mailto:dopingvragen@dopingautoriteit.nl). The mobile number, 06-11226200, is reserved exclusively for WhatsApp. Calls are not answered.

A total of 661 emails were received in 2019. That is 3% less than in 2018, when there were 678 registered emails.

In addition, the numbers of questions per subject are also monitored. Individual questions could be allocated to several subjects. The percentages for each subject can be found in the table below. As in previous years, two subjects stand out: checking whether a medicine is on the prohibited list (28.6%) and questions about dietary supplements (30.7%).



*The percentage of emails by subject*

Club sports and elite sports accounted for 74% of the emails, fitness for 10%, and other sectors for 15%. There were two reports of possible anti-doping rule violations, a representative of the press sent an email on three occasions, and three emails related to an athlete who was found positive. Questions received through WhatsApp (246) accounted for 37% of the total.

#### **Social media**

Doping Authority Netherlands is active on [YouTube](#), [Facebook](#), [Twitter](#) and [Instagram](#). The aim is to reach the target groups better and therefore raise their awareness of the rules, rights and risks. We post, among other things, news items from the corporate website, educational videos and photos of education sessions.

#### **Press conference**

Doping Authority Netherlands organised a press meeting at the NBC in Nieuwegein on 8 February 2019. Topics covered included the Russian doping scandal, the revision of the World Anti-Doping Code, the introduction of the Anti-Doping Policy Implementation Act (Wuab), the related establishment of the independent administrative body Doping Authority Netherlands, the media policy of Doping Authority Netherlands and the policy relating to the Dutch Government Information (Public Access) Act (Wob).

**Press contacts**

Once again in 2019, Doping Authority Netherlands was approached hundreds of times by journalists with questions about the anti-doping policy, background matters and all kinds of concrete doping cases and problems. Particularly in the early months of the year, many of those questions related to the Russian doping scandal. Other subjects that stood out were the false-positive test involving swimmer Kira Toussaint, and the anti-doping policy in kick boxing. The CEO of Doping Authority Netherlands acted as the spokesperson, with the COO of Doping Authority Netherlands standing in for him when he was absent.



## Chapter 2 Doping controls

### CONTROLS IN PRACTICE

#### General

In 2019, work continued on the implementation of the doping control policy, which was drawn up in close partnership with NOC\*NSF. The emphasis of the doping controls is on the very top levels of Dutch sports. In addition, Doping Authority Netherlands was able to conduct targeted controls for specific individuals and/or groups at competition levels immediately below the very top. The number of follow-up investigations and specific and/or supplementary analyses was lower in 2019. Considerable attention was also paid to the whereabouts system. Some elite athletes, if they are members of national or international registered testing pools, are required to report some of the locations associated with their daily activities to Doping Authority Netherlands or the international federation.

*Intelligence & Investigations* is housed with the Enforcement & Investigations department. The merger of the *Doping Control* and *Intelligence & Investigations* processes resulted in direct exchanges of information and optimal collaboration. See Chapter 3 for more about *Intelligence & Investigations*.

Doping controls are the main tool at our disposal for investigating anti-doping rule violations but they are also important in terms of prevention. This chapter reports on the number of anti-doping rule violations identified on the basis of doping controls and on the nature of those violations. However, it is not known how many athletes refrain from doping use or stop in response to the doping control programme.

#### Registered Testing Pool (RTP)

On the basis of the amended World Anti-Doping Code (WADC) and the associated International Standards, Doping Authority Netherlands established a Registered Testing Pool (RTP). Athletes in the RTP of Doping Authority Netherlands are required to comply with a number of obligations. For example, before using medicines on the prohibited list, they must apply for a therapeutic use exemption from the TUE committee. They must also provide whereabouts information and attend an education session organised by Doping Authority Netherlands.

There were 12 sports associations with athletes in the RTP in 2019. That is more than in 2018 (11 sports associations). The number of athletes in the RTP was virtually the same as in 2018: 369 athletes at the beginning of 2019 as opposed to 367 athletes at the beginning of 2018. Once again in 2019, athletes were only required to provide whereabouts information to one organisation: either Doping Authority Netherlands or the international federation.

Doping Authority Netherlands uses the whereabouts module of the global administration and management system ADAMS, that can be used to submit athlete data through a whereabouts app developed by Doping Authority Netherlands. In late 2019, this app was replaced by a new app (Athlete Central) developed in-house by WADA as part of the ADAMS Next Gen project. In 2019, like the ADAN foundation in previous years, Doping Authority Netherlands also drew extensively on information from external sources such as the websites of national and international federations, Twitter, Instagram and Facebook to determine where athletes were to be found.

### **Controls conducted - general**

Doping Authority Netherlands conducted two types of doping control for Dutch sports in 2019: controls in the context of the Dutch national programme, and doping controls on behalf and for the account of third parties, including Dutch and international federations, event organisers, foreign National Anti-Doping Organisations and professional sports organisations. Doping Authority Netherlands's responsibilities also included controls pursuant to official records, target controls when there were specific suspicions, and various types of follow-up investigations. Controls in the Netherlands included not only Dutch athletes, but also athletes from other countries who were present in the Netherlands. They were sometimes conducted on behalf of other Anti-Doping Organisations.

### **The national programme – underlying principles**

Doping Authority Netherlands was established as an independent administrative body with effect from 1 January 2019 and the Ministry of Sport and NOC\*NSF made funding available for 2019 for the costs of implementing the national control programme on behalf of the Dutch sports associations. The annual plan for 2019 was initially a national programme of some 2,500 doping controls but this number was later cut back to 2,400. Approximately 15% of the available controls were earmarked for target controls, follow-up investigations, and for doping controls pursuant to records and fulfilling official limits. On the basis of the anti-doping policy, Doping Authority Netherlands divided the remaining controls (approximately 85%) between the sports associations. A mathematical distribution model based on international guidelines, and including information such as sport-specific physiological characteristics and international and national doping incidence statistics, is used to decide on this allocation.

### **The national programme – implementation**

In 2019, 2,427 controls were conducted as part of the national control programme (the national programme implemented in 2018 consisted of 2,257 doping controls). The overwhelming majority (2,068) were urine controls. There were also 359 blood controls in 2019, for example in the context of the Athlete Biological Passport. This was more than in 2018 (+41%). This rise can be explained by the additional increase in the standard for the longitudinal profiling of athletes in certain sports disciplines on the basis of the Technical Document for Sport Specific Analysis (TDSSA).

The 2,427 doping controls conducted for the national control programme covered 35 Olympic sports and 15 non-Olympic sports in a ratio of 93:7. There were no doping controls in a number of non-Olympic sports that are less susceptible to doping, examples being mind sports.

#### *Doping controls in the National Control Programme: the top five*

- 1 Cycling
- 2 Athletics
- 3 Skating
- 4 Swimming
- 5 Rowing

The percentage of out-of-competition controls (blood and urine) in the national programme was 51%. This number is slightly higher than in 2018 (48%). Of the 2,427 doping controls (blood and urine) conducted for sports in the Netherlands, 1,363 involved men (56%) and 1,064 women (44%).

### Doping controls for third parties

The Royal Dutch Football Association (KNVB), the Royal Dutch Cycling Union (KNWU), the Royal Dutch Korfbal Association (KNKV) and the Dutch Skateboard Federation (SFN) financed an additional doping control programme alongside the national programme for Dutch competitions.

Various Dutch associations and sports organisations have purchased additional controls from Doping Authority Netherlands for international events in the Netherlands. And controls have been carried out for foreign organisations and for professional sports organisations. A total of 713 doping controls were conducted on the basis of assignments from third parties, 20% fewer than in 2018 when a total of 888 controls were conducted in this way. This decrease is partly attributable to the lower number of major international sport events in the Netherlands in which Doping Authority Netherlands played a role, a slight decline in the number of controls for 'Racing for Clean Sport' of the KNWU and the termination of the collaboration with Glory Sports. The majority of the additional doping controls conducted for Dutch and foreign associations and organisers were in-competition controls (74%). Seventy-one percent of the doping controls for third parties involved men and 38% involved women.

### Doping controls - total

The controls for the national control programme and the controls for third parties together make up the total doping control programme in 2019. A total of 3,140 doping controls were conducted.

*Table 2.1 General overview of doping controls conducted in 2019*

<b>Doping controls conducted by Doping Authority Netherlands</b>	<b>Urine</b>	<b>Blood</b>	<b>Total</b>
Doping controls conducted for Dutch sport (Dutch national programme)	2,068	359	2,427
Doping controls conducted for foreign sports organisations and other organisations	603	110	713
<b>Total conducted by Doping Authority Netherlands</b>	<b>2,671</b>	<b>469</b>	<b>3,140</b>

<b>Number of doping controls</b>	<b>2019</b>	<b>2018</b>
National programme (Netherlands)	2,427	2,257
On behalf of third parties	713	888
<b>Total</b>	<b>3,140</b>	<b>3,145</b>

Total number of doping controls: the top five

- 1 Cycling
- 2 Athletics
- 3 Skating
- 4 Swimming
- 5 Football

The total number of 3,140 doping controls for Dutch sports and sports organisations was almost the same as in 2018, when there were 3,145 doping controls.

*Table 2.2: Overview of the number of doping controls in 2019*

Sport	National Programme (Netherlands)			Conducted for third parties			Total conducted		
	Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Athletics	261	47	308	31	17	48	292	64	356
Car racing	4	0	4	0	0	0	4	0	4
Badminton	7	0	7	8	0	8	15	0	15
Basketball	37	0	37	20	0	20	57	0	57
Billiard sports	18	0	18	4	0	4	22	0	22
Bobsleigh	2	1	3	0	0	0	2	1	3
Boxing	35	3	38	0	0	0	35	3	38
Bowling	6	0	6	0	0	0	6	0	6
Bridge	0	0	0	0	0	0	0	0	0
Cricket	21	0	21	0	0	0	21	0	21
Curling	3	0	3	0	0	0	3	0	3
Draughts	0	0	0	0	0	0	0	0	0
Dance sport	12	0	12	0	0	0	12	0	12
Darts	4	0	4	0	0	0	4	0	4
Floorball and unihockey	8	0	8	0	0	0	8	0	8
Paralympic sports	1	0	1	0	0	0	1	0	1
Weightlifting	9	1	10	0	0	0	9	1	10
Go	0	0	0	0	0	0	0	0	0
Golf	6	0	6	0	0	0	6	0	6
Gymnastics	73	8	81	0	0	0	73	8	81
Handball	24	0	24	0	0	0	24	0	24
Archery	11	0	11	50	0	50	61	0	61
Equestrian sports	13	0	13	30	0	30	43	0	43
Hockey	31	0	31	28	5	33	59	5	64
Baseball and softball	43	0	43	16	0	16	59	0	59
Ice hockey	25	0	25	0	0	0	25	0	25
Indoor and outdoor bowls	0	0	0	0	0	0	0	0	0
Boules	0	0	0	0	0	0	0	0	0
Judo	128	11	139	0	0	0	128	11	139
Karate Do	20	0	20	0	0	0	20	0	20
Mountaineering and climbing	8	0	8	0	0	0	8	0	8
Korfball	26	0	26	5	0	5	31	0	31
Strength sports	39	1	40	0	0	0	39	1	40

Sport	National Programme (Netherlands)			Conducted for third parties			Total conducted		
	Urine	Blood	Total	Urine	Blood	Total	Urine	Blood	Total
Air sports	0	0	0	0	0	0	0	0	0
Motor sport	17	0	17	0	0	0	17	0	17
Underwater sports	6	0	6	0	0	0	6	0	6
Life-saving	9	0	9	0	0	0	9	0	9
Rowing	107	78	185	10	0	10	117	78	195
Roller sports	4	0	4	0	0	0	4	0	4
Rugby	45	0	45	0	0	0	45	0	45
Skating	186	58	244	2	1	3	188	59	247
Chess	0	0	0	0	0	0	0	0	0
Fencing	9	0	9	9	0	9	18	0	18
Shooting	11	0	11	0	0	0	11	0	11
Skateboarding	0	0	0	2	0	2	2	0	2
Skiing	22	0	22	0	0	0	22	0	22
Angling	0	0	0	0	0	0	0	0	0
Squash	14	0	14	0	0	0	14	0	14
Taekwondo	10	0	10	0	0	0	10	0	10
Table tennis	9	0	9	0	0	0	9	0	9
Tennis	12	0	12	0	0	0	12	0	12
Tug of war	0	0	0	0	0	0	0	0	0
Triathlon	61	33	94	16	1	17	77	34	111
Combat sports	11	0	11	11	0	11	22	0	22
Football	99	2	101	100	0	100	199	2	201
Volleyball	45	0	45	0	0	0	45	0	45
Water skiing	7	0	7	0	0	0	7	0	7
Water sports	24	0	24	0	0	0	24	0	24
Cycling	290	86	376	255	86	341	545	172	717
Swimming	195	30	225	6	0	6	201	30	231
<b>Total</b>	<b>2068</b>	<b>359</b>	<b>2427</b>	<b>603</b>	<b>110</b>	<b>713</b>	<b>2671</b>	<b>469</b>	<b>3140</b>

Table 2.3: Number of in-competition and out-of-competition controls in 2019

Sport	In competition			Out of competition		
	Urine	Blood	Total	Urine	Blood	Total
Athletics	162	0	162	130	64	194
Car racing	4	0	4	0	0	0
Badminton	14	0	14	1	0	1

Sport	In competition			Out of competition		
	Urine	Blood	Total	Urine	Blood	Total
Basketball	40	0	40	17	0	17
Billiard sports	22	0	22	0	0	0
Bobsleigh	0	0	0	2	1	3
Boxing	18	0	18	17	3	20
Bowling	6	0	6	0	0	0
Bridge	0	0	0	0	0	0
Cricket	20	0	20	1	0	1
Curling	0	0	0	3	0	3
Draughts	0	0	0	0	0	0
Dance sport	12	0	12	0	0	0
Darts	4	0	4	0	0	0
Floorball and unihockey	8	0	8	0	0	0
Paralympic sports	0	0	0	1	0	1
Go	0	0	0	0	0	0
Weightlifting	8	0	8	1	1	2
Golf	6	0	6	0	0	0
Gymnastics	18	0	18	55	8	63
Handball	24	0	24	0	0	0
Archery	56	0	56	5	0	5
Equestrian sports	35	0	35	8	0	8
Hockey	54	5	59	5	0	5
Baseball and softball	56	0	56	3	0	3
Ice hockey	8	0	8	17	0	17
Indoor and outdoor bowls	0	0	0	0	0	0
Boules	0	0	0	0	0	0
Judo	52	0	52	76	11	87
Karate Do	13	0	13	7	0	7
Mountaineering and climbing	8	0	8	0	0	0
Korfball	26	0	26	5	0	5
Strength sports	33	0	33	6	1	7
Air sports	0	0	0	0	0	0
Motor sport	16	0	16	1	0	1
Underwater sports	6	0	6	0	0	0
Life-saving	6	0	6	3	0	3
Rowing	35	0	35	82	78	160
Roller sports	4	0	4	0	0	0
Rugby	40	0	40	5	0	5

Sport	In competition			Out of competition		
	Urine	Blood	Total	Urine	Blood	Total
Skating	121	0	121	67	59	126
Chess	0	0	0	0	0	0
Fencing	17	0	17	1	0	1
Shooting	10	0	10	1	0	1
Skateboarding	2	0	2	0	0	0
Skiing	8	0	8	14	0	14
Angling	0	0	0	0	0	0
Squash	12	0	12	2	0	2
Taekwondo	9	0	9	1	0	1
Table tennis	8	0	8	1	0	1
Tennis	8	0	8	4	0	4
Tug of war	0	0	0	0	0	0
Triathlon	47	0	47	30	34	64
Combat sports	11	0	11	11	0	11
Football	138	0	138	61	2	63
Volleyball	38	0	38	7	0	7
Waterskiing and wakeboarding	6	0	6	1	0	1
Water sports	12	0	12	12	0	12
Cycling	362	0	362	183	172	355
Swimming	95	0	95	106	30	136
<b>Total</b>	<b>1718</b>	<b>5</b>	<b>1723</b>	<b>953</b>	<b>464</b>	<b>1417</b>

### Whereabouts failures

A total of 37 definitive whereabouts failures were registered in 2019. Whereabouts failures can be either Missed tests (when the athlete is not present at the stated location in the 60 minute time slot) or Filing failures (the failure to comply with the obligation to supply adequate whereabouts information correctly and in good time).

The number of whereabouts failures was 20% lower in 2019 than in 2018 (when there were 31 cases). In 2019, one athlete was found to have two whereabouts filing failures in a twelve-month period. No athletes were found to have a third whereabouts filing failure in a period of twelve months.

The leading numbers of definitive whereabouts failures were accounted for by the Rowing Union (KNRB), the Gymnastics Union (KNGU) and the Athletics Union (KNAU)/ Swimming Association (KNZB). It should be pointed out that associations with a large number of athletes in the Registered Testing Pool are more likely to have athletes who fail to meet whereabouts obligations. In 2019, the Rowing Union accounted for most whereabouts failures; the Judo Association was at the top of this list in 2018.

### **Doping controls that did not take place**

In addition to the controls that did not take place due to a missed test, 406 planned doping controls failed to take place in 2019 for other reasons:

- 1) a lack of capacity to implement the assignment within the specified time frame;
- 2) athletes/teams were absent from events and competitions and central training sessions which they were expected to attend;
- 3) the doping control official (DCO) went to a training session or competition, and it then emerged that the training session or competition had been cancelled or moved;
- 4) a doping control official visited an address that had been reported and the athlete proved to be absent during the control window or was not/no longer resident at the address (in the case of doping controls for which the athlete in question was not required to supply whereabouts information).

These included both out-of-competition and in-competition controls. When doping controls were not conducted, efforts were made to find an appropriate moment as quickly as possible thereafter to conduct the control in question after all, where appropriate by scheduling controls at an event of a comparable size.

### **Sport-specific analyses**

On the basis of a risk analysis, the relevant standards of the World Anti-Doping Code (WADC) for sports and sports disciplines include a specific calculation for the minimum percentages required for additional laboratory analyses. WADA's Technical Document for Sport Specific Analysis (TDSSA) includes binding provisions that apply to National Anti-Doping Organisations, including Doping Authority Netherlands. The analyses relate to, among other things, erythropoietin-like substances and growth hormones. The minimum number of specific additional analyses is expressed as a percentage of the number of doping controls conducted in a sport (percentage of additional analyses in addition to the standard analysis package).

In 2019, urine and/or blood samples were checked for Erythropoiesis Stimulating Agents (ESAs) in 13% of the 2,427 doping controls in the national programme. This percentage was lower than in 2018 (43%). The ESA analyses covered a range of relevant sports disciplines, with cycling, athletics, skating, swimming and rowing at the top of the list (in absolute numbers).

The urine and/or blood samples collected in 30% of 2,427 controls were also analysed for the presence of human growth hormone and/or Growth Hormone Releasing Factors (GHRFs). This percentage was lower than in 2018 (33%). The samples came from a range of sports, with the leading sports in absolute numbers being cycling, athletics, skating, swimming and rowing.

In addition (as in 2018), various samples were also analysed for testosterone. Furthermore, large numbers of blood samples were taken to check for growth hormone, ESAs and Haemoglobin-Based Oxygen Carriers (HBOCs).

In 2019, a large proportion of the urine samples were stored to allow for the possibility of repeat analyses at some time in the future.



### **Unannounced doping controls**

The total percentage of out-of-competition controls was 45%, almost the same percentage as in 2018 (44%). Almost all doping controls were conducted without prior warning for the athlete ('no advance notice testing'). The only exceptions were doping controls triggered by a record or limit; in these cases, the initiative for the control resides with the athlete or the athlete's association.

### **Target controls**

Doping Authority Netherlands has the authority to conduct target controls. These controls are conducted in specific cases and on the basis of criteria determined beforehand. Target controls took place throughout the sports spectrum, with the emphasis being on a few specific sports and individuals, and controls also being conducted on occasion at the level just below the very top. The Intelligence & Investigations chapter contains more information about this area.

### **Athlete Biological Passport**

In this system, several blood samples are taken over time from selected athletes from a range of sports for the purposes of establishing longitudinal profiles. A total of 191 blood samples were collected for the purposes of the Athlete Biological Passport. These blood controls were conducted in the following sports: athletics, judo, rowing, skating, triathlon, football, cycling and swimming. The number of ABP controls rose by comparison with 2018, when 172 samples were taken.

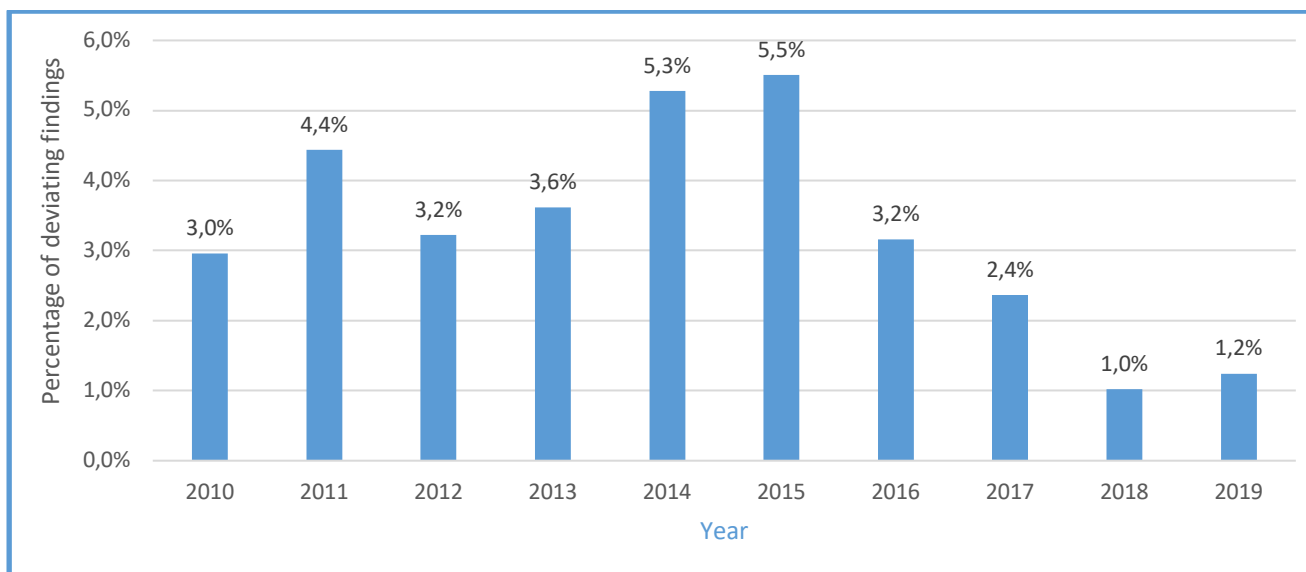
### **Mobile doping control station**

Doping Authority Netherlands purchased a new mobile doping control station in 2019. It was built to specific requirements and it can be used to take blood samples.

### **Findings**

In 2019, 39 files with adverse (analytical and non-analytical) findings were registered with Doping Authority Netherlands. In 36 cases, the adverse findings related to A urine samples. The other three files involved non-analytical findings.

The incidence of adverse findings (including non-analytical findings) was, with 39 files from 3,140 controls, 1.2%. By comparison with the number of urine controls, the incidence was 1.5%. The percentage was similar to that in 2018 (1.0%).



### Cases for which specific follow-up investigations were required

Of the 36 registered dossiers with adverse findings for the A urine samples, none involved atypical findings for which specific follow-up investigations were required with the aim of determining whether there had been a possible anti-doping rule violation. This decrease by comparison with 2018 (nine cases) is attributable to the fact that Doping Authority Netherlands worked with ADAMS and the longitudinal information about athletes based on national and international doping controls that has become available as a result. The introduction of the steroid passport and the close collaboration with an Athlete Passport Management Unit (APMU) means that the follow-up approach has changed.

### Cases closed on the grounds of therapeutic use exemptions

In eighteen cases, it was found that a therapeutic use exemption had already been granted prior to the doping control for the therapeutic use of the prohibited substance found. These cases were therefore closed and did not result in proceedings with the disciplinary committee of the sports association in question.

In six instances, the TUE Committee granted an exemption after all before the binding result was reported to the association by Doping Authority Netherlands for the use of the substance found. The relevant athlete was not in the Registered Testing Pool of Doping Authority Netherlands. This file was therefore closed and did not result in proceedings with the sports association in question either.

Table 2.4: Adverse analytical results in 2019 justified by a therapeutic use exemption: situation at time of the closure of the annual report (6 March 2020); RTP=Registered Testing Pool

Sport	Finding/substance	Number	Subsequent action
Athletics	metabolite of tamoxifen	2	athlete in possession of therapeutic use exemption, case closed

<b>Sport</b>	<b>Finding/substance</b>	<b>Number</b>	<b>Subsequent action</b>
Athletics	metabolites of tamoxifen	1	athlete in possession of therapeutic use exemption, case closed
Billiard sports	carvedilol, bumetanide	2	therapeutic use exemption granted after the event (not RTP), file closed
Boxing	metabolite of methylphenidate	1	athlete in possession of therapeutic use exemption, case closed
Dance sport	prednisolone, prednisone	1	therapeutic use exemption granted after the event (not RTP), file closed
Gymnastics	amphetamine	2	athlete in possession of therapeutic use exemption, case closed
Handball	metabolite of methylphenidate	1	athlete in possession of therapeutic use exemption, case closed
Handball	metabolite of methylphenidate	1	athlete in possession of therapeutic use exemption, case closed
Rugby	metabolite of amphetamine	2	therapeutic use exemption granted after the event (not RTP), file closed
Skating	metabolite of methylphenidate	1	athlete in possession of therapeutic use exemption, case closed
Triathlon	metabolite of methylphenidate	2	athlete in possession of therapeutic use exemption, case closed
Football	insulin aspart	1	therapeutic use exemption granted after the event (not RTP), file closed
Volleyball	hydrochlorothiazide	1	athlete in possession of therapeutic use exemption, case closed
Cycling	hGH	1	athlete in possession of therapeutic use exemption, case closed
Cycling	metabolite of methylphenidate	1	athlete in possession of therapeutic use exemption, case closed
Swimming	metabolites of spironolactone	2	athlete in possession of therapeutic use exemption, case closed
Swimming	amphetamine	1	athlete in possession of therapeutic use exemption, case closed
Swimming	metabolite of methylphenidate	1	athlete in possession of therapeutic use exemption, case closed
<b>Total</b>		<b>24</b>	

### Classification according to the WADA Prohibited List

Upon classification at the group level in accordance with the 2019 WADA Prohibited List, a prohibited substance (or metabolite of such a substance) was found a total of 58 times in the 36 adverse A urine samples referred to above.

One urine sample contained four prohibited substances and/or metabolites of those substances. Two urine samples contained metabolites of three prohibited substances and fifteen samples contained metabolites of two prohibited substances.

There were findings in the stimulants category in 29 of the 58 cases, a striking rise over 2018. On eleven occasions, the substances in question were diuretics and other masking substances. Five cases involved hormone and metabolic modulators and/or their metabolites.

The percentage in the anabolic substances category was approximately 66% down on 2018. This change was primarily attributable to a lower number of urine samples with a T/E ratio exceeding 4 and/or with an atypical steroid profile (from 9 to 0).

Table 2.5: Detected substances and initial adverse findings in 2019

Detected substances	2018	2019
Anabolic substances	12	4
Peptide hormones, growth factors and related substances	0	1
Beta2 agonists	1	1
Hormone and metabolic modulators	7	5
Diuretics/masking substances	0	11
Stimulants	15	29
Cannabinoids	2	3
Glucocorticosteroids	0	2
Beta-blockers	1	2
Manipulation	0	0
<b>Total</b>	<b>38</b>	<b>58</b>

### Anti-doping rule violations/cases resulting in proceedings

In one case in 2019, Doping Authority Netherlands made a proposal regarding a sanction to the athlete in question before initiating proceedings with the sports association in question. It did the same in one case after proceedings had been initiated with the sports association in question. Both athletes accepted the proposal.

In 2019, Doping Authority Netherlands ultimately initiated proceedings in 11 cases (2018: 11) in seven different sports because of possible infringements of the regulations of the sports association in question. Two cases (in darts) were not

investigated by Doping Authority Netherlands but by the prosecutor of the ISR. These cases involved 12 men and 1 woman. Strength sports accounted for the largest number of cases (three).

The percentage of violations noted on Dutch territory pursuant to controls conducted as part of the national programme was 0.6% (15 cases under national anti-doping regulations resulting from 2,427 doping controls conducted as part of the national programme). This percentage complies with the stated target for 2019 of a maximum of 1% positive cases in Dutch athletes.

*Table 2.6: Analysis results and non-analytical findings in 2019 registered by Doping Authority Netherlands as possible anti-doping rule violations; situation when the annual report was closed (ISR = Institute for Sports Law)*

	<b>Sport</b>	<b>Finding/substance</b>	<b>Number</b>	<b>Subsequent action</b>
19/1	Athletics	metabolite of modafinil	1	management by ISR (on behalf of sports association)
19/2	Car racing	metabolites of hydrochlorothiazide	1	management by ISR (on behalf of sports association)
19/3	Cricket	metabolite of tetrahydrocannabinol (THC)	1	management by ISR (on behalf of sports association)
19/4	Cricket	metabolite of methylphenidate	1	management by ISR (on behalf of sports association)
19/5	Darts	use or attempted use of a prohibited substance	2	management by ISR (on behalf of sports association)
19/6	Karate Do	metabolite of tetrahydrocannabinol (THC)	1	management by ISR (on behalf of sports association)
19/7	Strength sports	Participation in event during imposed period of ineligibility	1	management by the Appeals Committee for Compliance with Doping Sanctions
19/8	Strength sports	metabolite of drostanolone, metabolite of stanozolol, positive IRMS (for testosterone and at least one of the Adiol)s)	1	management by ISR (on behalf of sports association)
19/9	Strength sports	indapamide, metabolite of nandrolone	1	management by ISR (on behalf of sports association)
19/10	Underwater sports	metabolite of methylphenidate	1	management by ISR (on behalf of sports association)
19/11	Rugby	amphetamine, metabolites of cocaine	1	sanction proposed by Doping Authority accepted: two-year suspension
19/12	Water skiing and wakeboarding	metabolite of tetrahydrocannabinol (THC)	1	sanction proposed by Doping Authority accepted: reprimand
19/13	Cycling	Salbutamol	1	management by ISR (on behalf of sports association)

	<b>Sport</b>	<b>Finding/substance</b>	<b>Number</b>	<b>Subsequent action</b>
19/14	Cycling	metabolite of methylphenidate	1	management by ISR (on behalf of sports association)
	<b>Total</b>		<b>15</b>	

## Chapter 3 Intelligence & Investigations

### Introduction

In addition to the implementation of the doping control process, the collection and investigation of information can also generate evidence of doping. Pursuant to Article 5 of the Wuab and Article 20 of the Dutch National Doping Regulations, Doping Authority Netherlands investigates possible anti-doping rule violations both in the Netherlands and other countries.

In addition to the analytical evidence for doping, the collection and investigation of information are the most important ways of detecting other major violations such as trafficking and supplying. This investigation instrument is still under development (both in the Netherlands and elsewhere) and work continued in 2019 on the development of the basis for this work through the ongoing development and implementation of secure information systems, the extension of the technical systems for the notification desk, a network of partners in the anti-doping world, and the associated procedures.

The current World Anti-Doping Code and the International Standard for Testing and Investigations (ISTI) refer explicitly to *Intelligence & Investigations* as a means of tackling the problem of doping. To establish a clearer picture of the extent of that problem and to make sound decisions about the approach to, and investigation of, anti-doping rule violations, Doping Authority Netherlands is following the example of many investigation services by working with a more intelligence-based approach.

An Intelligence Officer was at work in the Enforcement and Investigation Department of Doping Authority Netherlands for most of the year.

The work of the Intelligence Officer consisted of collecting information in the context of investigations of anti-doping rule violations, drafting reports, conducting interviews and taking statements, organising and processing confidential data in an automated system, and the development of procedures and protocols. The position became vacant when the Intelligence Officer moved to a position elsewhere.

### Intelligence-based approach

Adopting an intelligence-based approach allows Doping Authority Netherlands to fulfil its investigation role more effectively.

The intelligence process consists of four phases – collection, registration, working up and analysis – which have to be implemented meticulously. Much of the relevant information is collected during doping controls. Information such as observations and findings from DCOs and other Doping Authority staff is stored in secure systems.

These data are worked up and interpreted. The information is then combined with other existing intelligence and data (scientific and otherwise). The insights generated are used by the Enforcement & Investigation department for the purposes of:

- planning doping controls in and out of competition;
- ongoing disciplinary proceedings;
- reports;
- own observations and additions to existing cases that are not disciplinary procedures.

## Results in 2019

Information was collected or obtained, and worked up, for various disciplinary proceedings in 2019. The information was used in the fortnightly case management consultations and, where necessary, in disciplinary proceedings.

The emphasis in the collection of information for the purposes of planning doping controls in 2019 was on, among other things:

- competitions and training schedules of athletes in Doping Authority Netherlands's Registered Testing Pool with the aim of smart and efficient testing (the correct timing of the control in preparation for an event or qualification);
- the preliminary assessment of lists of participants at competitions/events and the targeted use of controls (when Doping Authority Netherlands has information about possible doping use by a participating athlete or group of athletes);
- the storage of information obtained passively about athletes with a whereabouts obligation in order to establish a picture of incorrect and/or incomplete whereabouts information;
- collecting OSINT<sup>1</sup> about athletes, support staff and potential suppliers of prohibited substances.

The relevant information collected was shared with members of staff involved in the planning of doping controls. Work continued on the development of systems and working methods in which there is a greater emphasis on individual monitoring and planning of controls for specific athletes, with specific factors identified by I&I being given greater weight.

## Reports received

Visitors to the website [www.dopingautoriteit.nl](http://www.dopingautoriteit.nl) can submit reports through a hyperlink. They can also use the link to obtain information about the procedure and the subjects for reporting. People submitting reports can complete a web form and, if they wish, report on a completely anonymous basis. Extensive technical measures are in place to ensure that anonymity is safeguarded as much as possible. In 2019, the possibilities for reporting will be further expanded using social media options such as WhatsApp.

Twenty-five reports by external parties about possible anti-doping rule violations were received by Doping Authority Netherlands in 2019. The number of reports was lower than in 2018,<sup>2</sup> falling back to the level seen in 2017. The quality of the reports was much higher than in 2018.

The reports related to 11 different sports<sup>3</sup> and they came from different sources: athletes/fellow-athletes, the sports association, the Dutch Centre for Safe Sports, the Doping Reporting Centre (Meldpunt Doping) and NADOs in other countries. The reports were made in person, by telephone, in writing, by WhatsApp and in emails. Thirteen reports related to suspicions of doping<sup>4</sup>, three to suspicions of facilitating doping<sup>5</sup>, two to suspicions of trafficking<sup>6</sup> and three<sup>7</sup> to conduct that did not constitute an anti-doping rule violation (such as the use of drugs out of competition without the intention to enhancing performance or 'mechanical doping'). In addition, there were 4 cases that were not covered by the above categories, such as reports about websites that sell illegal medicines or reports in response to media reports. In addition to the reports from external sources

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<sup>1</sup> Open Source Intelligence

<sup>2</sup> 2018: number of reports: 47

<sup>3</sup> 2018: number of sports: 12

<sup>4</sup> 2018: number: 23

<sup>5</sup> 2018: number: 4

<sup>6</sup> 2018: number: 6

<sup>7</sup> 2018: number: 1

referred to here, Doping Authority Netherlands also received 6 reports from internal sources. These were reports that reached the Intelligence Officer via colleagues.

All reports were investigated by the Intelligence Officer and the results of those investigations were covered in the discussions about cases under investigation in the Enforcement & Investigations department. On the basis of those discussions, testing strategies were drawn up where relevant for each case and decisions were made about the focus of subsequent intelligence activities.

### **Collaboration with government services and fellow anti-doping organisations**

The I&I information supplied by Doping Authority Netherlands is classified using an international system that rates the information in terms of the reliability of the information and the reliability of the source. In 2019, information was supplied to the *Dutch Healthcare and Youth Inspectorate* (IGJ), NVWA, and the fellow anti-doping organisations UK Anti-Doping (UKAD), NADO Flanders, NADO Germany and UCI/CADF.

By contrast to the situation with respect to the doping control process, Doping Authority Netherlands is dependent on the cooperation of organisations other than sports organisations, in particular government investigation and enforcement organisations, for the implementation of some of the statutory duties referred to in Article 5 of the Wuab. The development and expansion of good collaborative relationships with these organisations is therefore of major importance.<sup>8</sup> A start was made in 2019 on the development of collaboration with chain partners such as the IGJ, the NVWA, the Police, the FIOD, the customs authorities and the Public Prosecution Service by agreements set out in collaboration protocols. In addition, Doping Authority Netherlands became a party to an existing covenant between the Ministry of Health, Welfare and Sport and the NVWA. This step has eliminated certain formal barriers. However, at the same time, it has highlighted the fact that many forms of collaboration that could help to implement this statutory duty more effectively are legally contentious and are therefore refused by the intended partners on formal grounds. Excellent collaboration and sound information exchanges have been established with customs authorities on the basis of the protocol. In addition, a start was made on exchanges of knowledge with the NVWA. In 2019, Doping Authority Netherlands has shared knowledge and information (after it has been worked up) with partners in the chain in order to contribute to the expertise in studies relating to prohibited substances (some of which have been initiated by partners in the chain) with the primary aim of establishing a picture of, and tracing, doping networks. Doping Authority Netherlands has continued to seek ever closer cooperation with investigation and enforcement bodies.

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<sup>8</sup> Doping Authority Netherlands can, without the cooperation of other organisations, only collect and process information that comes from open sources or that is reported to Doping Authority Netherlands.



## **Chapter 4 Disciplinary Proceedings**

### **Introduction**

In the Netherlands, the disciplinary proceedings relating to possible anti-doping rule violations are the responsibility of the sports associations. A number of sports associations have their 'own' disciplinary and appeals committees but a large, and increasing, number of associations call in the Institute for Sports Law (ISR), which now makes decisions on behalf of almost 90% of the associations.

### **The position of Doping Authority Netherlands in disciplinary procedures**

The disciplinary and appeals committees arrive at their decisions independently of Doping Authority Netherlands. This does not mean that Doping Authority Netherlands is not closely involved in disciplinary proceedings relating to possible anti-doping rule violations. The task of Doping Authority Netherlands is to ensure that disciplinary proceedings for doping cases in the Netherlands are conducted correctly in accordance with the World Anti-Doping Code and Dutch doping regulations based on that code. The doping regulations of the sports associations and the ISR describe and determine the various tasks incumbent upon Doping Authority Netherlands in disciplinary procedures. Those tasks involve, on the one hand, supporting and advising the disciplinary bodies in the interpretation and application of the doping regulations and, on the other, correcting decisions that do not comply with those regulations.

The auxiliary role is seen primarily in the contributions made by Doping Authority Netherlands during the disciplinary procedures: Doping Authority Netherlands is cognisant of the case, states written arguments in which all the relevant regulatory factors are discussed and explained, and also speaks at hearings it attends.

The corrective role is seen primarily in the right of appeal that Doping Authority Netherlands has in all doping cases, both with national appeals committees and with the Court of Arbitration for Sport (CAS) in Lausanne. Furthermore, Doping Authority Netherlands is competent to file a charge with the disciplinary committee of an association independently without calling in the board of the association. Doping Authority Netherlands did not submit any appeals to the CAS in 2019.

During the year under review, Doping Authority Netherlands did submit written arguments in all disciplinary proceedings in the first instance, with in some cases additional arguments when required by the subsequent proceedings. Doping Authority Netherlands attended all the hearings in these proceedings.

### **Reporting to WADA and International Sports Federations**

Doping Authority Netherlands reports on the disciplinary proceedings in doping cases to WADA, which is also entitled to appeal against decisions in those cases. The reports take the form of sending the written decision to WADA, answering supplementary questions upon request, and producing supplementary documents and translations of relevant parts of a case.

Doping Authority Netherlands also reports upon request to international sports federations (IFs) but only if the Dutch sports association in question does not do so or fails to do so in full. IFs are also entitled to make appeals in Dutch doping proceedings but no decision was given in 2019 in the case in which an international federation appealed against a decision made by a Dutch disciplinary body.

### Reporting on disciplinary decisions

The table below lists all 12 decisions taken by Dutch disciplinary and appeals committees in doping cases in 2019 (inclusion depends upon the date of the decision), as well as the 8 cases in which Doping Authority Netherlands proposed a sanction that was accepted by the athlete.

*Table 4.1: Disciplinary decisions and sanction proposals accepted; situation when the annual report was closed (ISR = Institute for Sports Law)*

No.	Sport	Finding/substance	Year of violation	Decision
19/5	Darts	use or attempted use of a prohibited substance	2019	ISR disciplinary committee: acquittal
19/7	Strength sports	Participation in event during imposed period of ineligibility	2019	Compliance with Doping Sanctions Committee: an additional period of one year of ineligibility; athlete has appealed.
19/8	Strength sports	metabolite of drostanolone, metabolite of stanozolol, positive IRMS (for testosterone and at least one of the Adiolols)	2019	ISR disciplinary committee: four-year suspension
19/9	Strength sports	indapamide, metabolite of nandrolone	2019	ISR disciplinary committee: four-year suspension
19/11	Rugby	amphetamine, metabolites of cocaine	2019	sanction proposed by Doping Authority accepted: two-year suspension
19/12	Water skiing and wakeboarding	metabolite of tetrahydrocannabinol (THC)	2019	sanction proposed by Doping Authority accepted: reprimand
19/15	Basketball	metabolite of tetrahydrocannabinol (THC)	2018	ISR disciplinary committee: two-year suspension
19/16	Billiard sports	metabolite of tetrahydrocannabinol (THC)	2018	ISR disciplinary committee: two-year suspension

No.	Sport	Finding/substance	Year of violation	Decision
19/17	Billiard sports	metoprolol	2018	sanction proposed by ADAN foundation accepted: 1 year
19/18	Baseball and softball	manipulation	2018	ISR disciplinary committee: eight-year suspension
19/19	Strength sports	clomifene	2018	ISR disciplinary committee: four-year suspension
19/20	Motor sport	cocaine/metabolites of cocaine	2018	sanction proposed by ADAN foundation accepted: two-year suspension
19/21	Rugby	metabolite of amphetamine	2018	ISR disciplinary committee: two-year suspension
19/22	Combat sports	clomifene, IRMS positive for boldenone and/or boldenone metabolites	2018	sanction proposed by ADAN foundation accepted: nineteen-month suspension
19/23	Combat sports	clomifene	2018	ISR disciplinary committee: Disciplinary Committee declares itself incompetent
19/24	Combat sports	meldonium	2018	sanction proposed by ADAN foundation accepted: reprimand
19/25	Football	salbutamol	2018	sanction proposed by ADAN foundation accepted: reprimand
19/26	Water skiing	metabolites of cocaine/amphetamine	2018	sanction proposed by ADAN foundation accepted: two-year suspension
19/27	Cycling	19-norandrosterone, 19-noretiocholanolone	2018	ISR disciplinary committee: four-year suspension
19/28	Strength sports	Urine substitution (M2. Chemical and physical manipulation)	2017	ISR disciplinary committee: four-year suspension

## Chapter 5 Legal Affairs

### Contributions to doping proceedings

Doping Authority Netherlands is actively involved in all aspects of disciplinary proceedings in doping cases. Pursuant to the Dutch National Doping Regulations, the World Anti-Doping Code and the various International Standards associated with the Code, numerous other steps and procedures have to be completed before disciplinary proceedings begin.

Legal activities in a doping case usually begin as soon as a control result indicates the possible presence of a prohibited substance or method in an athlete's blood or urine sample. However, they may also be initiated if there is a suspicion of another anti-doping rule violation such as a refusal, an attempt to manipulate the doping control, the sample or the manipulation (in other words, falsification) of evidence.

The process that is initiated in cases of this kind is described as 'results management' in the Dutch National Doping Regulations. It begins with the observation of a possible anti-doping rule violation.

1. As soon as a possible violation of the National Doping Regulations has been identified, the first step is what the Code calls an 'initial review'. This initial review looks at the facts and circumstances of the case as known to Doping Authority Netherlands and assesses them in the light of the doping regulations (in particular those relating to evidence) and International Standards such as the WADA Prohibited List, the International Standard for Testing and Investigations (ISTI) and the International Standard for Laboratories (ISL). The first step is to determine whether there may have been any procedural errors (for example with regard to conducting the doping control, including the way the sample has been collected, and the analysis or analyses of the athlete's sample by the WADA-accredited laboratory). The next step is to look at the nature and impact of any procedural errors and to determine whether they have any consequences for the possibility of initiating proceedings for an anti-doping rule violation.

Another important and mandatory component of the initial review is to determine whether the athlete in question has a therapeutic use exemption (permission to use a prohibited substance on medical grounds). If that is the case, and if it is relevant to a positive result, that positive result will no longer be valid unless the athlete has not complied with the conditions of the exemption. This component is also included in the 'initial review'. A check is also made on whether the athlete is in the Registered Testing Pool (which is referred to in the Wuab as the 'elite sports group'). This is because, if an athlete is not in that group, the regulations provide for the option of applying for a therapeutic use exemption retroactively in the case of a positive result.

The 'initial review' is the first step in results management. A relevant factor for the legal activities of Doping Authority Netherlands is that results management includes the option of making a settlement proposal to athletes and coaches.

2. Accepting a settlement proposal implies that a person accused of an anti-doping rule violation admits to that violation and accepts the consequences (in other words, a sanction that will usually be a period of ineligibility and the invalidation of competition results). The consequence of signing a settlement proposal is that the substantive disciplinary proceedings will be terminated immediately, without prejudice to the right of WADA and the relevant international federation to appeal against the settlement proposal. A settlement proposal will only be made after extensive consultations with the athlete/support person (and his/her legal representative and/or confidential advisor) and after Doping Authority Netherlands has verified the statements (for example by comparing the stated time of doping with the values reported by the laboratory for the prohibited substance that has been used). Before making a settlement proposal, the legal department always consults WADA (among other things by drafting a 'case summary') with the aim of ensuring that WADA

will not later contest the settlement proposal pursuant to its right to appeal. There are also consultations relating to settlement proposals with the association (with respect to initiating proceedings), the Institute for Sports Law (ISR) in situations where proceedings have already been initiated, and with the relevant international federation.

3. Another important component of results management that requires the attention of Legal Affairs is the imposition of a provisional suspension. A provisional suspension is not a disciplinary measure such as a period of ineligibility imposed by a disciplinary body, but a measure imposed by (or on behalf of) the board of a sports association. In doping cases, it is a measure that, in certain cases, has to be imposed on the athlete immediately after notification is given of the positive result. This is because the Dutch National Doping Regulations stipulate that, in the case of positive results relating to non-specific substances (in other words, the more serious substances on the WADA prohibited list), the athlete must be subjected to a provisional suspension immediately.

The obligation to impose provisional suspensions must be supervised. On the one hand, the imposition of provisional suspensions by sports federations in doping cases has to be supervised because this is an obligation under the World Anti-Doping Code. On the other hand, it is in the interests of the athlete that this suspension should actually be imposed as quickly as possible because any period of ineligibility will begin on the day the provisional suspension is imposed. In other words, if the provisional suspension were not to be imposed or to be imposed too late, a period of ineligibility pursuant to an anti-doping rule violation will begin later and therefore end later. The timely imposition of a provisional suspension is therefore not only in the interests of proper procedure but also in the interests of the athlete. Finally: if it is unclear whether, and if so when, a provisional suspension has been imposed, a disciplinary body cannot determine in its decision the starting date of a period of ineligibility. Given the above, Doping Authority Netherlands considers it important to supervise the correct and timely imposition of provisional suspensions in doping cases.

4. Results management ends when a charge of an anti-doping rule violation is filed with the Institute for Sports Law or with the disciplinary committee of the sports association. Disciplinary proceedings begin when a charge is filed although the possibility remains open that a settlement proposal can still be made during the course of those proceedings. As a rule, the association or the prosecutor<sup>9</sup> files a charge. Doping Authority Netherlands is also competent under the regulations to file a charge but it only avails itself of that competence in exceptional cases involving the following situations: (i) the association has failed to file a charge, (ii) the case is not pursuant to a doping control but to an investigation conducted by Doping Authority Netherlands itself and/or (iii) the case is so complex or unusual that the association cannot reasonably be expected to file the charge itself.

In 2019, Doping Authority Netherlands filed a charge in a number of complex doping cases itself.

5. The filing of the charge is followed by a substantive statement of defence, where appropriate in combination with a scientific contribution. Doping Authority Netherlands is entitled to state written arguments in response to a statement of defence. By submitting written arguments, Doping Authority Netherlands can state its views on the case and discuss the relevant provisions from the Dutch National Doping Regulations, the defence of the athlete or other persons, facts and circumstances of the case, and the relevant case law.<sup>10</sup> Doping Authority Netherlands has submitted written arguments in all doping cases heard in 2019, and additional written arguments in the number of cases (for example in response to additional statements of defence or questions from the disciplinary body). Doping Authority Netherlands always ensures that arguments are reviewed and checked by a colleague/legal colleague.

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<sup>9</sup> In the case of the associations who use the services of the prosecutor of the ISR.

<sup>10</sup> The option pursuant to the regulations of submitting written arguments is based on the system adopted by the Advocate General in final appeal proceedings.

- In many cases, athletes' defence arguments result in discussions and/or consultation with WADA and the WADA-accredited laboratory that analysed the sample. It also regularly happens that there are discussions with the athlete in question about how the prohibited substance may have entered the athlete's body. That is because it is possible for an athlete to ingest a prohibited substance without being aware of doing so. Cases of this kind primarily involve nutritional supplements.
6. The disciplinary hearing follows after the submission of the written arguments unless the athlete or the person in question has stated that he or she waives the right to a hearing. Doping Authority Netherlands is entitled to be present at the oral hearing of a doping case. Doping Authority Netherlands was present at the hearing in all doping cases heard orally by disciplinary bodies in 2019, including appeals.
  7. After the written decision of the competent disciplinary body has been received, Doping Authority Netherlands reviews it in order to determine whether the decision meets the requirements of the National Doping Regulations and the Code. This is done pursuant to the duty imposed on Doping Authority Netherlands in the National Doping Regulations to monitor and supervise the correct application of, and compliance with, those regulations and the World Anti-Doping Code, as well as, where necessary, to correct and intervene in this respect (for example by using its right to appeal). In this context, Doping Authority Netherlands not only looks at whether to use its right of appeal but also at whether any areas for improvement arise from a decision, for example with respect to the ISR, training for disciplinary judges, the sports association(s), NOC\*NSF and Doping Authority Netherlands itself.
  8. Furthermore, WADA monitors all positive control results through the global ADAMS clearing house and, in this context, Doping Authority Netherlands is required to report all results in doping cases to WADA.  
All the steps listed above will be completed in each doping case, unless there is an agreement about a settlement, in which case the disciplinary proceedings will not be initiated or will be terminated sooner.
  9. Finally, there is international coordination and cooperation with international federations and WADA in the context of the investigation and management of doping cases (whether actual or potential).
  10. The legal activities described here are conducted in the context of the doping control process, which is defined by the Wuab as the process of determining a possible violation of doping regulations (in other words, not only the Dutch National Doping Regulations). There are also legal activities that are conducted for the purposes of the doping control process, without actually being part of that process, or that are conducted after the completion of the doping control process. An example of the first category is informing athletes that a period of ineligibility has been imposed upon a member of their support staff (trainer, coach, doctor, etc.). That is because, in cases of this kind, athletes are not permitted to work with that person. Doing so constitutes an anti-doping rule violation. An example of the latter legal activity is a failure by an athlete or other person to comply with the conditions of a period of ineligibility imposed pursuant to a violation of the National Doping Regulations. If an ineligible athlete participates in an unauthorised activity and/or capacity during the period of ineligibility imposed on him or her, a new period of ineligibility will be imposed that is equal to the original period of ineligibility. The new period of ineligibility may be reduced based on the person concerned's degree of fault and other circumstances of the case. The determination of whether the athlete concerned has failed to comply with the ineligibility sanction, and whether the athlete concerned qualifies for any reduction in the new period of ineligibility, will be made by Doping Authority Netherlands. This decision may be appealed under the provisions of the Dutch National Doping Regulations.

### **Structural activities and operations**

Our structural legal activities in 2019 included the provision of general legal services and support within the organisation. This involved preparing and reviewing contracts, letters, memoranda and policy memoranda, and advice for the various departments of Doping Authority Netherlands and the CEO. The structural activities in 2019 also included education and advice

for sports associations and, in various cases, athletes with respect to the content, operation and application of the Doping Regulations.

### **Research and advice relating to legal issues**

Various studies were conducted in 2019 that were related to the introduction of the Wuab. The legal issues addressed included: (1) the role and position of Doping Authority Netherlands as a non-statutory body under public law of a sports association to which a significant number of tasks and competences are assigned pursuant to the World Anti-Doping Code and the National Doping Regulations, (2) the overlapping of public law (the Wuab) and private law (association law; in the form of statutes and the National Doping Regulations), and (3) the implementation of the legal duties and principles for the processing of personal data on the one hand and the duties pursuant to the National Doping Regulations on the other. Some of these studies were conducted independently by Doping Authority Netherlands, and some in collaboration with NOC\*NSF, the federations or external experts, including the Dutch Attorney General.

### **Government Information (Public Access) Act (Wob)**

The ADAN foundation had already taken into account the possibility of public information requests, mainly from the media, prior to the creation of the independent administrative body in 2019. The number of public information requests, and their impact, has forced Doping Authority Netherlands to develop specific policies in this area. For example, consultations are arranged as quickly as possible with the applicant after a public information request has been received, media policy has been drafted, and both public information requests and the answers to them are published immediately at a specific location on the website of Doping Authority Netherlands.

Doping Authority Netherlands processed five public information requests in 2019.

### **Objections and appeals under the General Administrative Law Act**

One of the consequences of the establishment of the independent administrative body is that, under the Dutch General Administrative Law Act (Awb), interested parties have the right to lodge administrative objections to decisions made by Doping Authority Netherlands. If desired, there is also the option of lodging appeals with the administrative court.

In 2019, Doping Authority Netherlands processed four objections to its decisions in accordance with the Awb, including an objection to a decision relating to a public information request. The parties concerned did not exercise their right of appeal against Doping Authority Netherlands's decision on the objection in any of these cases.

### **Privacy**

All documents drawn up pursuant to the General Data Protection Regulation (GDPR) (privacy policy, privacy regulations, etc.) have been amended pursuant to the establishment of the independent administrative body. All the websites and apps have also been brought into line with the requirements of the GDPR and a Privacy Impact Assessment (PIA) has been completed.

In 2019, Doping Authority Netherlands registered a total of seven data leaks, for example as a result of the incorrect delivery of letters. None of these cases involved personal data of a sensitive nature. Nor was there any risk of adverse consequences for the privacy of the persons concerned. There was therefore no obligation to notify the Dutch Personal Data Authority (AP) in any of these cases.

**Policies, rules and regulations relating to the independent administrative body**

Various rules and regulations have been drawn up, namely those concerning the objection procedure and complaints in the event of undesirable conduct. In addition, the general terms and conditions have been revised in line with the status as an independent administrative body, a procurement and tendering policy has been adopted and a complaints procedure has been drawn up.

**Non-compliance with doping sanction conditions**

In 2019, an athlete was tested at an event who was not entitled to compete at that event because it was during a period of ineligibility pursuant to an anti-doping rule violation. In accordance with the Dutch National Doping Regulations, this case was referred to the Doping Sanctions Compliance Committee (CND) of Doping Authority Netherlands. Both the CND and, on appeal, the Appeals Committee for Compliance with Doping Sanctions (BND) of Doping Authority Netherlands found that the athlete in question had indeed breached the conditions of the doping sanction.



## **Chapter 6 Scientific research**

### GENERAL

The scientific activities of Doping Authority Netherlands consist of the following:

- providing access to current scientific knowledge in the field of doping;
- consulting experts;
- further development of scientific research.

### **MONITORING SCIENTIFIC LITERATURE**

To ensure it is informed about the latest developments, Doping Authority Netherlands keeps a close eye on new publications of doping-related scientific literature and saves copies of the relevant articles in its archives. A total of 85 relevant articles were added to those archives in 2019. All the articles are available in digital format and the most important are posted on the website [doping.nl](http://doping.nl).

The information from the available literature is actively distributed and serves as a basis for internal advice for the Enforcement & Investigations and Education departments, the Legal Affairs department (in the context of specific doping cases) and the CEO (for, among other things, his contacts with the press). This information is also used to answer specific scientific questions from people outside the organisation such as doctors, lawyers, journalists, students and other interested parties.

### **CONSULTING EXPERTS**

A network with a range of scientists is constantly being maintained in order to keep up to date with the latest developments in all sorts of areas relevant to doping: Haematology, Cardiology, Endocrinology, Physiology, Sociology, Health Education, Ethics, Sports Medicine, Gene Therapy and Detection/analysis.

Doping Authority Netherlands also plays an advisory role for a range of initiatives. The basic idea here is always to contribute both knowledge and experience and to further them in our own organisation. In some cases, this advisory role has been formalised. In this context, scientific contacts were maintained with the Steroids Clinic in the Spaarne Gasthuis hospital in Haarlem and the British nutritional supplement testing system Informed Sport of the LGC company.

In addition, Doping Authority Netherlands attended several scientific conferences: the USADA Science Symposium (Tokyo, Japan), the Nordic Conference on Doping and Public Health (Copenhagen, Denmark), the International Network of Doping Research (Aarhus, Denmark), the annual conference of the Association for Human Movement Sciences in the Netherlands (Utrecht) and the Annual Sports Medical Scientific Conference of the Association for Sports Medicine (Ermelo).

## **FURTHER DEVELOPMENT OF SCIENTIFIC RESEARCH**

### **Scientific budget**

Doping Authority Netherlands has an annual scientific budget of 70,500 euros. The research budget was spent almost entirely on analysing doping preparations collected during the HAARLEM study. The HAARLEM study was set up by endocrinologists Pim de Ronde and Diederik Smit, and it monitors the health of 100 users of anabolic steroids. The doping preparations were analysed by Wageningen Food Safety Research to determine the presence of active substances and possible contaminants such as heavy metals and minerals. A total of 5,000 euros from the research budget was spent on financing research in the field of dried-blood spots by the WADA-accredited laboratory in Cologne.

### **Trafficking study**

The Ministry of Health, Welfare and Sport has asked the consortium Bureau Beke/VU-University Amsterdam to conduct a study of trafficking in doping in 2019-2020. Doping Authority Netherlands is on the supervisory committee.

### **Elite sport study**

The Ministry of Health, Welfare and Sport has asked the Mulier Institute to conduct a study of 'The anti-doping policy in Dutch elite sport' in 2019-2020. Doping Authority Netherlands is on the supervisory committee.

### **Contributions to scientific articles**

Doping Authority Netherlands contributed to a range of scientific articles in 2019. For a complete overview, see Annex 4 - Overview of publications and presentations. Doping Authority Netherlands also reviewed two scientific studies.

### **Supervision**

In 2019, Doping Authority Netherlands supervised a student who conducted a literature study. The study focused on natural compounds with a beta-2 adrenergic effect. The first steps have now been taken for the supervision of a second student, who will be looking at cathinones available on the black market.

## Chapter 7 Knowledge Management

Doping Authority Netherlands is a knowledge institute. The experience of Doping Authority Netherlands and its legal predecessors ensure that the current work can be done as well as possible. Some years ago, it was noted that the employees of Doping Authority Netherlands themselves possess a lot of knowledge and experience but that a professional organisation should not be dependent on this situation. Since then, the subject of 'knowledge management' has become a part of the day-to-day work and it is a separate item in budgets and annual reports.

In addition to the archives required for each department, it was decided to set up a database with the most essential anti-doping information: the Anti-Doping Knowledge Centre (ADKC). The ADKC has proven its worth in recent years as the largest collection of doping-related documents in the world. In 2019, 547 records were added, bringing the total to 6,087 records at the end of the year. In addition, existing documents are constantly checked and improved, in part on the basis of new relevant search terms.

Most of the database consists of legal documents, and in particular the motivated decisions of competent disciplinary committees for the imposition of doping sanctions. The majority are decisions of the sports tribunal CAS but, increasingly, the legal decisions of the disciplinary committees of international sports federations and national disciplinary bodies can also be found in the database. The decisions of a few dozen sports and countries are now being processed. In addition, contact is sought on a continuous basis with countries and sports that do not yet share their decisions. The main objective of these efforts is to provide access to the available case law in the field of doping and therefore to provide a more robust basis for future decisions.

In addition, the website contains scientific articles on all conceivable doping topics, educational materials and all kinds of doping documents. In this way, the ADKC plays a historical role because outdated documents are generally difficult to find on the internet. In 2019, a specific 'record' was created bringing together all the sport-wide prohibited lists, from the first list of the International Olympic Committee from 1968 up to and including the 2019 WADA prohibited list. That makes it possible to accurately trace the history of each prohibited substance.

Visitors to the website come from all over the world. There was an increase in levels of interest from Russia and Canada in 2019. The target group of the ADKC consists of NADO and IF staff, the staff of other international organisations active in the field of doping (IOC, WADA, UNESCO, Council of Europe, European Union), journalists, lawyers, scientists, administrators and researchers, and finally athletes and athlete support staff (coaches, doctors, physiotherapists...).

The database is freely accessible through the website [www.doping.nl](http://www.doping.nl).

## Chapter 8 Therapeutic Use Exemptions

### THERAPEUTIC USE EXEMPTION COMMITTEE (COMMITTEE AND SECRETARY)

There were almost no amendments to the regulations relating to exemptions between 2018 and 2019.

Exemptions were ultimately granted in 118 cases. That is slightly down on 2018. Applications were turned down in fifteen cases, mainly due to the fact that a number of athletes decided to re-submit their exemption application, resulting in the extension of the 'not granted' status of applications.

	2014	2015	2016	2017	2018	2019
Granted	88	99	97	125	126	118
Not granted	6 (6.4%)	8 (7.5%)	5 (4.9%)	6 (4.6%)	12 (8.7%)	15 (11.3%)

As in recent years, most exemptions related to the use of methylphenidate (59). In percentage terms, this means that 50% of exemptions were for methylphenidate, a slight increase over 2018.

Other types of medication for which exemptions were often granted were prednisone/prednisolone (11%) and insulin (10.2%).

The applications came from a total of 34 different sports associations.

The Royal Dutch Cycling Union was at the top of the list again with 17 applications granted (14.4%), followed by the Royal Netherlands Swimming Association (11.0%), the Athletics Union, the Royal Dutch Football Association and the Royal Dutch Baseball and Softball Association (5.9%)

## Chapter 9 International Affairs

### GENERAL

Doping Authority Netherlands was very actively involved in 2019 in the international doping policy. The objective of the international activities of Doping Authority Netherlands is fourfold: Doping Authority Netherlands wishes to collect current knowledge, influence international anti-doping policy, promote Dutch anti-doping policy and strengthen international cooperation.

### WADA

#### Prohibited list

Like every year, a [response to the draft version of the prohibited list](#) was sent to WADA in the summer. Doping Authority Netherlands coordinates the Dutch response on behalf of the NOC\*NSF, the NOC\*NSF Athletes Committee and the Ministry of Health, Welfare and Sport.

#### NADO Advisory Group

The CEO of Doping Authority Netherlands is a member of this advisory committee of the World Anti-Doping Agency. The group met twice – on 15/16 April and 7/8 October 2019 – in Montreal, Canada. The group discussed various topics that are important for collaboration between National Anti-Doping Organisations and WADA. The points of view and recommendations of the group were submitted in writing to the board and management of WADA.

#### WADA Prevalence of Doping Working Group

At the request of WADA, we have a seat on the Prevalence of Doping Working Group. The general aim is to map out in greater detail current knowledge about the prevalence of doping use, and how this knowledge can best be enhanced in the future.

### COUNCIL OF EUROPE

#### CAHAMA and Monitoring Group

We attended three meetings of the CAHAMA (Ad hoc European Committee for the World Anti-Doping Agency). The CAHAMA mission is:

1. to examine the issues concerning relations between the Council of Europe, its Member States and the World Anti-Doping Agency (WADA), and to decide on a common position, when possible, on these issues;
2. to draw up, if necessary, opinions for the Committee of Ministers of the Council of Europe on these issues, including the budgetary elements;
3. to periodically revise the mandate of members of the WADA Foundation Board appointed by the Council of Europe.

In 2019, CAHAMA's activities mainly focused on the non-compliance of Russia, compliance testing by WADA of all doping organisations worldwide (including Doping Authority Netherlands), the wishes of WADA relating to an increase in the budget, and preparations for the election of the WADA president.

The Doping Authority also attended the two annual meetings of the Monitoring Group, which focuses on monitoring the implementation of the Anti-Doping Convention of the Council of Europe, and developing and improving anti-doping systems and structures.

### **Anti-Doping Convention**

Since 2017, a working group of the Council of Europe, chaired by the Head of Legal Affairs of Doping Authority Netherlands, has been studying the question of whether it is desirable and necessary to amend the Council of Europe Anti-Doping Convention. In 2019, the Monitoring Group of the Anti-Doping Convention unanimously approved proposals to amend the current Convention. The Committee of Ministers will now be asked to take a decision about the actual initiation in formal terms of the process of drafting an amended Convention.

### **Advisory Groups: Legal Issues**

Doping Authority Netherlands participated in the 'Advisory Group on Legal Issues' of the Council of Europe in Strasbourg on 29 February and 10 September and the working group on Human Rights in Strasbourg on 3 July and 19 November.

### **Advisory Groups: Education**

In the context of the 'Expert Group on Education' of the Council of Europe, Doping Authority Netherlands attended the meeting on 17-18 January (Paris, France) and 5-6 September (London, UK). In addition, a working group has emerged from this group. This 'Drafting Group' is providing WADA with support for the drafting of the Education Guidelines. Doping Authority Netherlands is a member of this group and it participated in a webinar meeting on 28 October and in a meeting on 10 and 11 December (Madrid, Spain).

It also attended a meeting of the Expert Group on Science of the Council of Europe on 23-24 January (Paris, France), and a webinar meeting of the same group on 25 June.

### **Anti-Doping Convention (Annual) Conference**

The head of Legal Affairs and the CEO attended the conference organised by the Council of Europe on 4 April. On that occasion, the CEO gave a presentation on the CoE Anti-Doping Convention. After the conference ended, the CoE decided to organise it on an annual basis.

### **iNADO**

The iNADO key objectives are: to support and strengthen the work of National Anti-Doping Organisations, and to represent their members in the international domain.

Doping Authority Netherlands is a very active member of the Institute for National Anti-Doping Organisations (iNADO). In addition, the CEO is also the Vice-Chair of the Board of Directors of the institute and he deputises for the Chair of the Board of Directors in his absence. Doping Authority Netherlands participated in, and contributed to, the annual iNADO Workshop, various Webinars and other iNADO activities. The CEO of Doping Authority Netherlands also chaired the committee that selected a new CEO for the organisation in the second half of 2019.

## **EUROPEAN UNION**

### **Erasmus+ Project FAIR / FAIR+**

The ADAN foundation was a partner in a three-year (2017-2019) project entitled 'Forum for Anti-Doping in Recreational Sports' (FAIR). The project was initiated by [Europe Active](#). The focus was on improving prevention programmes in fitness/recreational sport and the regulation of sports dietary supplements in European countries. The results of the project have been set out in a [final report](#).

Doping Authority Netherlands is also a partner in the follow-up project [FAIR+](#). The aim of the project is to enhance European collaboration in the fight against doping in 'recreational sports'.

### **Erasmus+ Project RESPECT / RESPECT-P**

The ADAN foundation is a partner in a three-year (2018-2020) project entitled 'Research-Embedded Strategic Plan for Anti-Doping Education: Clean Sport Alliance Initiative for Tackling Doping' (RESPECT). The initiator of this project is Leeds Beckett University. The aim is to bridge the gap between the academic world in the field of social science and the practical world of doping education. The emphasis is on ensuring that clean athletes are heard more. Former elite athlete and psychologist Jacco Arends interviewed 14 Dutch athletes about the theme of 'clean sport' for the purposes of the project. Jacco Arends and athlete Mark Bakker also spoke at the Clean Sport Insight Forum in London (United Kingdom) on 4 September 2019.

In 2020, the follow-up to RESPECT began (2020-2022), and Doping Authority Netherlands is a partner in this project – RESPECT-P – which focuses more on research and strengthening the voice of the clean athlete in disabled sports.

### **Other**

Following on from the Council of Europe Education Drafting Group meeting in Madrid, Doping Authority Netherlands attended a meeting of AEPSAD (the Spanish NADO) on 12 December. The meeting was part of an Erasmus+ Project and the theme was the prevention of doping in the fitness world.

## **CONTACTS WITH COLLEAGUES**

- On 18 March, three colleagues from Japan (JADA) visited Doping Authority Netherlands. The main topics of discussion were the collection of information, the deployment of doping controls and results management.
- On 11 April, two colleagues from South Korea (KADA) visited Doping Authority Netherlands. The main topics of discussion were the Wuab, the collection of information, the Supplement Checker app and therapeutic use exemptions.
- On 26 June, three representatives of SDFSA, the counterpart of the Dutch Food and Consumer Product Safety Authority from Saudi Arabia, visited Doping Authority Netherlands. The main topics of discussion were the Wuab, risk assessments and training courses.
- On 18 October, Karoline Solheim of Anti-Doping Norway visited Doping Authority Netherlands. The aim was mainly to share knowledge in the field of 'public health and doping'.
- On 20 November, the education departments of Doping Authority Netherlands and NADA Germany had a knowledge exchange day at Papendal.

## **Chapter 10      People & organisation**

### **Advisory Board**

Doping Authority Netherlands has an Advisory Board that consisted of five persons in 2019 (see Annex 2 for the members of the Board). The Board met on four occasions in 2011. In addition to discussing and commenting on the work of Doping Authority Netherlands on the basis of progress reports and other documents, the Board's task is to make recommendations to the CEO of Doping Authority Netherlands. The Board issued six advisory reports in 2019. These were sent for information purposes to the Ministry of Health, Welfare and Sport accompanied by an assessment from the CEO.

### **Office staff**

During the year under review, Doping Authority Netherlands had four departments (Education, Enforcement & Investigation, Legal Affairs and Support). Together with the CEO, the four heads of department constitute the Office Board (*Bestuursstafel*). At year-end 2019, the office organisation comprised 21 people and 19.5 FTEs. For an overview, the reader is referred to Annex 3.

### **Doping Control Officials (DCOs)**

In addition to the permanent staff, there were 16 part-time Doping Control Officials at the end of 2019 (nine men and seven women, see Annex 3), who were appointed under 'minimum hours' contracts. These contracts account for 1.6 FTE.

### **Absenteeism**

The absenteeism percentage was much higher in 2019 than in previous years: staff were absent on 7.6% of working days. This high percentage was mainly caused by two separate accidents that were not work-related. If these two incidents are left out of consideration, the absenteeism rate was 1.6%. This is a full percentage point lower than the percentage in 2018 and 2017.

### **COMPANY EMERGENCY SERVICES (BHV)**

Doping Authority Netherlands has three in-house emergency response workers to maximise the probability of enough support being available when it is needed. There were no significant incidents in 2019. An evacuation drill was conducted in collaboration with the other tenants in the office building.

### **Therapeutic Use Exemption Committee (TUE committee)**

One of the provisions in the doping regulations relates to the procedure for the use of prohibited medication. Doping Authority Netherlands has established, for the Dutch sports associations, a committee known as the Therapeutic Use Exemption Committee (TUE committee), which consists of ten independent doctors.

### **Compliance with Doping Sanctions Committee and Appeals Committee for Compliance with Doping Sanctions**

The World Anti-Doping Code requires Doping Authority Netherlands to monitor the implementation of sanctions imposed for doping. If there is any failure to comply with a sanction correctly, the same sanction begins again after the end of the original sanction. The Compliance with Doping Sanctions Committee is responsible for determining whether there has been correct compliance with a sanction and whether there are any reasons to reduce a subsequent sanction. A Compliance with Doping



Sanctions Appeals Committee was established in 2017 for appeals against decisions made by the Compliance with Doping Sanctions Committee.

A case was submitted to the CND for the first time in 2019. The committee found that the athlete in question had violated the sanction and it imposed an additional sanction of one year of ineligibility. The athlete appealed to the Appeals Committee, who took the view that, although the athlete had violated the sanction, he could not be blamed because his sports association had - wrongly - informed him that he was entitled to compete again with effect from a given date. The additional sanction was therefore reversed.

### **Consultations with the Ministry**

As an independent administrative body, Doping Authority Netherlands participates in various specialist consultations. For a relatively small organisation such as Doping Authority Netherlands, it is impossible to attend all meetings but the contacts that are established are useful in all organisational matters. Consultations relate to business operations, human resources, information security, general security, privacy and integrity.

### **Quality assurance**

Doping Authority Netherlands is a government organisation covered by the National Code of Conduct for Integrity. Preventing fraudulent conduct is an ongoing focus of attention. No infringements of the Code of Conduct were observed in 2019.

Doping Authority Netherlands also has a Complaints Procedure in addition to the regular procedures that those concerned can initiate under the General Administrative Law Act (Awb). This procedure can be found on the corporate website. It was not used in 2019.

Informal complaints, mistakes, areas for improvement and data leaks are a standard item on the agenda during the fortnightly meetings of the Office Board, and the discussion is noted in the minutes of these meetings.

### **Archives Act**

In order to meet all the requirements of the Archives Act, a project was initiated in 2019 for the adoption and publication of Management Arrangements.

## Annex 1 - Financial overview

### Balance sheet as at 31 December 2019

(After result appropriation)

#### Balance sheet as at 31 December 2019

<b>Assets</b>	<b>2019</b>	
	<u>€</u>	
<i>Fixed assets</i>		
Tangible fixed assets	118,158	
<i>Current assets</i>		
Receivables	423,260	
Cash at bank and in hand	420,087	
	<u>843,347</u>	
<b>Total assets</b>		<b><u><u>961,505</u></u></b>
<b>Liabilities</b>		
<i>Shareholders' equity</i>		
Equalisation reserve	128,412	
Earmarked funds for doping controls	173,473	
Special-purpose reserve for Ministry of Health, Welfare and Sport	105,000	
	<u>406,885</u>	
<i>Reserves</i>	26,838	
<i>Current liabilities</i>		
Creditors	167,164	
Staff expenses	82,912	
Other accounts payable	277,706	
	<u>527,782</u>	
<b>Total liabilities</b>		<b><u><u>961,505</u></u></b>

## Income statement for 2019

	<b>Actual 2019</b>		<b>Budget 2019</b>	
	€	€	€	€
<b>Income</b>		4,276,773		4,107,197
<b>Activity and project expenses</b>				
Expenses related directly to doping controls	1,542,344			
<b>Organisation expenses</b>				
Staff costs	1,866,679			
Other staff expenses	67,766			
Depreciation/amortisation	768			
Housing expenses	81,528			
Office expenses	141,483			
Car expenses	10,437			
General expenses	<u>158,705</u>			
<b>Total operating expenses</b>		3,869,710		4,107,197
<i>Balance of income and charges</i>		<u>407,063</u>		<u>0</u>
Financial income and charges -/-	178			
<b>Result</b>		<u><b>406,885</b></u>		<u><b>0</b></u>

**Profit appropriation**

	<b>2019</b>
	€
Equalisation reserve	128,412
Earmarked funds for doping controls	173,473
Special-purpose reserve for Ministry of Health, Welfare and Sport	105,000
	<b>406,885</b>

## **Annex 2 - Members of Advisory Board and Committees (as at 31-12-2019)**

### **Advisory Board**

Harro Knijff; chairman, legal affairs and shared audit position  
Marc Benninga; medical affairs  
Paul Depla; financial affairs and shared audit position  
Saskia Sterk; laboratory matters  
Hinkelien Schreuder; athletes' interests

### **Therapeutic Use Exemption Committee (TUE)**

Marjon van Eijsden-Besseling  
Edwin Goedhart  
Leo Heere (chair)  
Ed Hendriks (chair)  
Jan Hoogsteen  
Ivo van Outheusden  
Harry Koene  
Hans Jurgen Mager  
Huib Plemper  
Hans Vorsteveld

### **TUE appeals committee**

Babette Pluim (chair)  
Marieke Becker  
Françoise Broekhof

### **Compliance with Doping Sanctions Committee (CND)**

Dolf Segaar (chair)  
Diederik van Omme  
Dennis Koolaard

### **Compliance with Doping Sanctions Appeals Committee (BND)**

Jan Loorbach (chair)  
Jan Gerritse  
Ella Adriaanse

## **Annex 3 - Personnel (as at 31-12-2019)**

### **Office**

#### **Board**

Herman Ram                      chief executive officer

#### **Legal Affairs department**

Steven Teitler                  head of department  
Arthur van der Hoeff         legal officer/deputy head of department

#### **Enforcement & Investigations department**

Koen Terlouw                  head of department  
Jeroen Brakels                 account manager/deputy head of department  
Hans Jongeneel                intelligence officer  
Fienie Verhagen               senior officer for doping controls  
Angela Mols                    whereabouts officer/doping controls officer  
Yvonne Looren de Jong       doping controls officer  
Anuschka Rambhadjan       doping controls officer  
Sjoerd Kamperman             doping controls officer

#### **Education Department**

Erik Duiven                     head of department  
Laila Spruijt                    senior elite sports education officer/deputy head of department  
Wendy Schootemeijer        elite sports education officer  
Hans Wassink                  grassroots sports education officer  
Willem Koert                    science officer

#### **Support department**

Olivier de Hon                 head of department/COO  
Frans Stoele                    information/documentation policy officer & TUE secretary/deputy head of department  
Astrid van der Goot         management assistant  
Astrid Krijgsman              administrative officer  
Rien Tuk                         documentalist

## **Doping control officials**

Jeannet Beijen  
Dick Beverdam  
Johan Bouman  
Sally Fischer  
Just van der Kroef  
Karin van Rooij  
Gonnie Monsieus  
Victor Niemeijer  
Jan Nijmeijer  
Ronald Poulissen  
Geeta Ramdajal  
Frits Rietveld  
Jaap Stomphorst  
Fienie Verhagen  
Ton Verhagen  
Sytske Visser

## Annex 4 - Overview of publications and presentations

### *Oral presentations*

- Duiven, E. 'Organisation of sport in the Netherlands'. Doping Authority Knowledge Exchange Day - NADA Germany, Arnhem, 20 November 2019
- Duiven, E. 'Supplements & NZVT'. Doping Authority Knowledge Exchange Day - NADA Germany, Arnhem, 20 November 2019
- Hon, O. de 'Doping en het hart'. Heart2Move annual conference, Dutch Healthcare Authority, Utrecht, 11 January 2019
- Hon, O. de 'Dopingbeleid: de juiste balans'. Bataafsche Genootschap, Rotterdam, 4 March 2019
- Hon, O. de 'Epidemiologie van dopinggebruik'. SOS Basiscursus dopingzaken (Stichting Opleidingen in de Sportgezondheidszorg), Bilthoven, 8 March 2019
- Hon, O. de 'Dopingcasuïstiek'. SOS Basiscursus dopingzaken (Stichting Opleidingen in de Sportgezondheidszorg), Bilthoven, 8 March 2019
- Hon, O. de 'Supersporters'. VvBN symposium (Vereniging voor Bewegingswetenschappen Nederland), Utrecht, 29 March 2019
- Hon, O. de 'Genetische doping – een stand van zaken'. VvBN symposium (Vereniging voor Bewegingswetenschappen Nederland), Utrecht, 29 March 2019
- Hon, O. de 'Be PROUD'. VWS Bedrijfsvoeringsoverleg (Ministry of Health, Welfare and Sport), The Hague, 4 April 2019
- Hon, O. de 'Striking the Right Balance - Effectiveness of Anti-Doping Policies'. Guest lecture USBO (Department of Executive and Organisational Science), Utrecht University, Master Sports Policy & Sports Management, 20 May 2019
- Hon, O. de 'Everybody wants the world to change... So how in anti-doping?'. INDR Conference (International Network of Doping Research), Aarhus (DK), 23 August 2019
- Hon, O. de 'Dopingbeleid: de juiste balans'. Rotterdamsche Lunch Gezelschap, 4 September 2019
- Hon, O. de 'Sport is te mooi voor doping'. Human Movement Sciences Faculty of the VU-University, Amsterdam, Inleiding Inspanningsfysiologie, 11 October 2019
- Hon, O. de 'Dopingbeleid: de juiste balans'. BZW Studieclub de Langstraat (Brabants Zeeuwse Werkgeversvereniging), Waalwijk, 13 November 2019
- Ram, H. 'Doping en Dopingautoriteit: de regels in hun context', VU-University Law Academy, Amsterdam, 15 January 2019
- Ram, H. 'Antidopingbeleid voor (sport)artsen'. SOS Basiscursus dopingzaken (Stichting Opleidingen in de Sportgezondheidszorg), Bilthoven, 8 March 2019
- Ram, H. 'The Council of Europe Anti-Doping Convention', Council of Europe, T-DO Symposium, Athens (GR), 4 April 2019
- Ram, H. 'The anti-doping polder model', Lancom, Rotterdam, 13 May 2019
- Ram, H. 'Doping en de criminologie', Criminologie in actie, Erasmus University, Rotterdam, 15 May 2019
- Ram, H. 'Dun ijs of over de schreef?', Sportmedisch Symposium, Heerenveen, 23 February 2019
- Schootemeijer, W. 'Doping in sport'. Rotterdam Hogeschool: chemie en criminaliteit, 12 March 2019



- Schootemeijer, W. 'Curriculum for Elite Sport'. Doping Authority Knowledge Exchange Day - NADA Germany, Arnhem, 20 November 2019
- Schootemeijer, W. 'Hotline Service'. Doping Authority Knowledge Exchange Day - NADA Germany, Arnhem, 20 November 2019
- Schootemeijer, W. 'Doping in sport'. Avans Hogeschool: International Forensics, Breda, 16 December 2019
- Schootemeijer, W. 'Doping in sport'. Rotterdam Hogeschool: chemie en criminaliteit, 19 December 2019
- Spruijt, L. 'Be PROUD'. Doping Authority Knowledge Exchange Day - NADA Germany, Arnhem, 20 November 2019
- Wassink, H. 'Eigen Kracht - Bodybuilding, fitness, supplements'. Doping Authority Knowledge Exchange Day - NADA Germany, Arnhem, 20 November 2019
- Wassink, H. 'Evolutie van Bodybuilding'. Boekprestatie for Liesbeth Woertman, Huissen, 11 April 2019.
- Wassink, H. 'Evolutie van Bodybuilding'. Harm reduction meeting Mainline / Muscle Totaal, Eindhoven, 25 April 2019

#### *Scientific articles*

- Heuberger, J.A.A.C., Eenoo P. van, Rotmans J.I., Gal P., Stuurman F.E., Post T.E., Daniels J.M.A., Ram H., Hon O. de, Burggraaf J., Cohen A.F. Sensitivity and specificity of detection methods for erythropoietin doping in cyclists. *Drug Testing and Analysis* 11:1290-1301, 2019.
- Hilkens L., Wassink H. & Maas T. Krachttraining voor meer spiermassa, deel 1: Functies van spierweefsel en mechanismen van hypertrofie. *Sportgericht* (2019), no. 5.
- Hilkens L., Wassink H., & Maas T. Krachttraining voor meer spiermassa, deel 2: Kritische beschouwing van trainingsvariabelen. *Sportgericht* (2019), no. 6.
- Koert W. Anabole steroïden. Van medicijn tot dopingmiddel. *Folia Pharmaceutica* (2019), no. 3
- Peeling P., Castell L.M., Derave W., Hon O. de & Burke L.M. Sports Foods and Dietary Supplements for Optimal Function and Performance Enhancement in Track and Field Athletes. *International Journal of Sport Nutrition and Exercise Metabolism* 29(2):198-209, 2019.
- Smit D.L., Hon O. de, Venhuis B.J., Heijer M. den, Ronde W. de. Baseline Characteristics of the Haarlem Study: 100 Male Amateur Athletes Using Anabolic Androgenic Steroids. *Scandinavian Journal of Medicine & Science In Sports*. Accepted for publication DOI 10.1111/sms.13592.

#### *Other articles*

- Koert W. 'Afslanksupplementen | Verwacht er niet veel van', *Gezondgids* #3, June 2019, pp 32-25.
- Koert W. Doping uit spinazie. *Bionieuws* (2019)
- Ram H. 'De achtbaan van een zwemster', [www.sportenstrategie.nl](http://www.sportenstrategie.nl), 14 March 2019.
- Ram H. 'Worstelen met kickboksen', [www.sportenstrategie.nl](http://www.sportenstrategie.nl), 19 April 2019

#### *Contributions to books*

- Hon O. de & Pluim B.M. Contra-indicatie 100 – Sportbeoefening; doping. In: *Commentaren Medicatiebewaking 2019/2020*. Stichting Health Base, Houten, pages 1348-59, 2019.

## **Annex 5 - Secondary positions (as at 31-12-2019)**

The secondary positions of the members of the Office Board are listed below.

### **Herman Ram**

- Chair of the Objections and Appeals Committee, Executive MBA Sportmanagement Wagner Group, Groningen
- Member International Advisory Board, MA Sports Ethics and Integrity, Swansea
- Board of Directors, Institute of National Anti-Doping Organisations iNADO
- Member of the NADO Ad Hoc Working Group, World Anti-Doping Agency, Montreal
- Member of the Sport & Integrity Steering Group, NOC\*NSF, Arnhem

### **Olivier de Hon**

- Olympic Stadium tour guide (volunteer)
- Member of WADA Prevalence Expert Group

### **Steven Teitler**

- Chairman of the Ad Hoc Group Feasibility Study Council of Europe Anti-Doping Convention

### **Erik Duiven**

- Advisor to the anabolic steroids polyclinic at the Spaarne Gasthuis hospital in Haarlem
- Advisor to the British nutritional supplements testing system, Informed Sport, of the LGC company

## **Annex 6 - Abbreviations**

ABP	Athlete Biological Passport
ADAMS	Anti-Doping Administration and Management System
ADAN	Anti-Doping Authority Netherlands
ADKC	Anti-Doping Knowledge Centre
AEPSAD	Agencia Española de protección de la salud en el deporte
ANP	Algemeen Nederlands Persbureau
GDPR	General Data Protection Regulation
AP	Dutch Personal Data Authority
APMU	Athlete Passport Management Unit
AWB	Dutch General Administrative Law Act
BHV	Company emergency services
BND	Appeals Committee for Compliance with Doping Sanctions
CADF	Cycling Anti-Doping Foundation
CAHAMA	The Ad Hoc European Committee for the World Anti-Doping Agency
CAS	Court of Arbitration for Sport
CND	Compliance with Doping Sanctions Committee
COO	Chief Operating Officer
CTO	Centre for Elite Sports and Education
DCO	Doping control official

ESA	Erythropoiesis Stimulating Agents
FAIR	Forum for Anti-Doping in Recreational Sport
FIOD	Fiscal Intelligence and Investigation Department
FTE	Full-time equivalent
TUE	Therapeutic Use Exemption
GHRF	Growth Hormone Releasing Factor
HAARLEM	Health Risks of Anabolic Androgen Steroid Use by Male Amateur Athletes
HBOC	Haemoglobin-Based Oxygen Carriers
IF	International Federation
IGJ	Health Care and Youth Inspectorate
iNADO	Institute for National Anti-Doping Organizations
IOC	International Olympic Committee
IRMS	Isotope Ratio Mass Spectrometry
ISL	International Standard for Laboratories
ISO	International Organization for Standardization
ISR	Institute for Sports Law
ISTI	International Standard for Testing & Investigations
JADA	Japan Anti-Doping Agency
KADA	Korea Anti-Doping Agency
KNAU	Royal Dutch Athletics Union

KNBB	Royal Dutch Billiards Federation
KNBSB	Royal Dutch Baseball and Softball Association
KNRB	Royal Netherlands Rowing Association
KNVB	Royal Dutch Football Association
KNVK	Royal Dutch Korfbal Association
KNWU	Royal Dutch Cycling Union
KNZB	Royal Dutch Swimming Association
NADA	Nationale Anti-Doping Agentur (Germany)
NADO	National Anti-Doping Organisation
NF	National Federation
NK	Dutch Championships
NOC*NSF	National Olympic Committee*Dutch Sports Confederation
NVWA	Dutch Food and Commodities Authority
NZVT	Dutch Safeguards System for Dietary Supplements in Elite Sport
OM	Dutch Public Prosecutor's Office
OSINT	Open Source Intelligence
PIA	Privacy Impact Assessment
RESPECT	Research Embedded Strategic Plan for Anti-Doping Education: Clean Sport Alliance Initiative for Tackling Doping
RTO	Regional Elite Sports Organisation
RTP	Registered testing pool
CoE	Council of Europe

SAP	Strength and Physique
SDFA	Saudi Food and Drug Authority
SFN	Dutch Skateboard Federation
TDSSA	Technical Document Sport Specific Analysis
T/E	Testosterone/Epitestosterone
UCI	Union Cycliste Internationale
UKAD	United Kingdom Anti-Doping
USADA	United States Anti-Doping Agency
VU	VU-University of Amsterdam
VWS	Ministry of Health, Welfare and Sport
WADA	World Anti-Doping Agency
WADC	World Anti-Doping Code
WOB	Dutch Government Information (Public Access) Act
WUAB	Dutch Anti-Doping Policy Implementation Act
ZBO	Independent governing body