

16 January 2009  
Lausanne, Switzerland

To: Affiliated Federations  
Council and Commission Members

## **Circular No. 1 of 2009**

### **SIGNIFICANT CHANGES FOR ATHLETES and NATIONAL FEDERATION**



Ladies and Gentlemen,

#### **Anti-Doping Obligations for Rowers and National Federations**

This circular is entirely dedicated to the Anti-Doping obligations for rowers and national federations and contains the following information:

1. 2009 FISA Anti-Doping Bye-Laws
2. 2009 WADA Prohibited List
3. 2009 Registered Testing Pool of Athletes ("RTP")
4. The Whereabouts Programme and use of electronic system
5. National Federations and the Team Whereabouts Programme
6. Retirement Policy
7. 2008 Anti-Doping Survey
8. Therapeutic Use Exemptions (TUEs) to be submitted using ADAMS

#### **1. 2009 FISA Anti-Doping Bye-Laws**

FISA has revised its anti-doping rules to be in line with the new revised World Anti-Doping Code. The changes, particularly to the whereabouts programme and the TUE programme, are implemented to be compliant with the new Code.

#### **2. 2009 WADA Prohibited List**

You will always find the very latest list of substances and methods which are prohibited by WADA, the IOC and FISA at the WADA website:

[www.wada-ama.org](http://www.wada-ama.org)

<http://www.wada-ama.org/en/prohibitedlist.ch2>

You are reminded that this list is automatically incorporated into the FISA Anti-Doping Bye-Laws.

### **3. 2009 Registered Testing Pool of Athletes (“RTP”)**

We would like to draw your attention to Byelaw 5.5.2 to Rule 93 Anti-Doping. The wording for the Registered Testing Pool is:

*5.5.2 “All rowers having placed in the first three finishers in the Olympic / Paralympic events at the World Championships or Olympic / Paralympic Games in at least one of the two previous years, as well as the first finishers in the Non-Olympic events at the World Championships in at least one of the two previous years shall be part of the FISA Registered Testing Pool. There is an obligation on each such rower to keep FISA informed about where the rower can be met for unannounced testing at any time by submitting quarterly whereabouts on or before 31 December, 31 March, 30 June and 30 September. Any changes to the information submitted should be immediately communicated to FISA Headquarters using ADAMS or an agreed centralised national database.*

The list of athletes from your national federation identified by FISA as part of its Registered Testing Pool (also known as the “whereabouts list”) has been attached with this circular and is found on the FISA website. These athletes must regularly send FISA their whereabouts information. Those on the 2009 list should begin submitting whereabouts as soon as possible in 2009.

### **4. The Whereabouts Programme and use of electronic system**

We would like to draw your attention to the revised wording for Articles 5.5.1 and 5.5.2 of the Bye-Laws to Rule 93 – Anti-Doping in the FISA Rule Book.

*5.5.1 ...Each Rower in the Registered Testing Pool a) shall advise FISA of his whereabouts on a quarterly basis, beginning on 31 December each year in the manner set out in Article 11.3 of the International Standard for Testing; b) shall update that information as necessary in accordance with Article 11.4.2 of the International Standard for Testing so that it remains accurate and complete at all times; and c) shall make himself available for Testing at such whereabouts, in accordance with Article 11.4 of the International Standard for Testing. FISA requires the use of the WADA web-based database management system ADAMS for rowers to submit whereabouts information to FISA. Other options include (if available to the rower and agreed by FISA) a national centralised database of similar functionality and security. The Whereabouts Filing must also include, for each day during the following quarter, one specific 60-minute time slot between 6 a.m. and 11 p.m. each day where the Rower will be available and accessible for Testing at a specific location.*

*The ultimate responsibility for providing whereabouts information rests with each Rower. However, it shall be the responsibility of each National Federation to use its best efforts to assist FISA in obtaining whereabouts information as requested by FISA.*

Athletes in the Registered Testing Pool must now submit their whereabouts information using ADAMS unless they already use a national on-line database system and that a sharing of information agreement has been reached with FISA.

Athletes who do not already have an access code for ADAMS should send an email to their national anti-doping agency or national federation and request a username and password. The WADA website: [www.wada-ama.org](http://www.wada-ama.org) contains educational material and training guides to learn to use ADAMS. Please note that all responses must be in French or English.

On ADAMS the athletes will be asked for their residential (home, temporary lodgings or hotel) address and mailing address, regular training locations, travelling locations and competition schedule as well as the 60 minute time slot per day between 6am and 11pm when the athlete must be available for testing.

The Athlete can choose which location to identify for this 60-minute time slot. It could be the Athlete's place of residence, training or competition, or it could be another location (e.g. work or school). A failure to be available for Testing at the specified location during the specified time slot will be pursued as an apparent Missed Test.

The rower must submit quarterly whereabouts by these dates:

- 1 <sup>st</sup> quarter	<b>due <u>as soon as possible</u></b>
- 2 <sup>nd</sup> quarter	<b>by 31 March 2009</b>
- 3 <sup>rd</sup> quarter	<b>by 30 June 2009</b>
- 4 <sup>th</sup> quarter	<b>by 30 September 2009</b>

Please note that all information submitted must be timely and complete. Incomplete information can lead to a filing failure or missed test violation. The principle of unannounced testing is that the athlete can be found by the doping control officer using the address submitted by the athlete. A contact phone number may be noted, but the doping control officer should not have to call to find the athlete, the address should be sufficient.

It is the responsibility of the national federation to please make sure the athletes concerned from your national federation are fully informed regarding the use of ADAMS and the consequences of not filing accurate whereabouts information on time which will result in a filing failure.

Please note the following from the WADA 2009 International Standard for Testing:

*A filing failure will be recorded by FISA if an Athlete fails to comply with the requirement to make Whereabouts Filings in the following circumstances:*

- i. when he/she does not make any such filing; or*
- ii. where he/she makes the filing (i.e. either the original quarterly filing or an update) but does not include all of the required information (e.g. he/she does not include the place where he/she will be residing for each day in the following quarter, or for each day covered by the update, or omits to declare a regular activity that he/she will be pursuing during the quarter, or during the period covered by the update); or where he/she includes information (whether in the original quarterly filing or an update) that is inaccurate*

*If it appears that the required whereabouts information has not been submitted on ADAMS, then no later than 14 (fourteen) days after the date of discovery of the apparent Filing Failure, FISA will send notice to the National Federation of the Athlete in question of the apparent Filing Failure, inviting a response within 14 (fourteen) days of receipt of the notice. In the notice, FISA will warn the Athlete:*

- i. that unless the Athlete persuades FISA that there has not been any Filing Failure, then a Filing Failure will be recorded against the Athlete;*

We would like to draw your attention to Articles 7.5.3 and 10.3.3 of the Bye-Laws to Rule 93 regarding the consequences of three Filing Failures, or Three Missed Tests or a combination:

*“7.5.3 Where, in any 18 month period from the first missed test, a Rower in FISA’s Registered Testing Pool is declared to have three Filing Failures, or three Missed Tests, or any combination of Filing Failures or Missed Tests adding up to three in total, whether under these Anti-Doping Rules or under the rules of any other Anti-Doping Organization, FISA shall bring them forward as an apparent anti-doping rule violation.”*

*“10.3.3 For violations of Article 2.4 (Filing Failures and/ or Missed Tests), the period of Ineligibility shall be ÷ at a minimum one (1) year and at a maximum two (2) years based on the Rower’s degree of fault.”*

## 5. National Federations and the Team Whereabouts Programme

We would like to draw your attention to Article 5.7.1 of the Bye-Laws to Rule 93 – Anti-Doping in the FISA Rule Book:

*“5.7.1 Before 31 December of each year, each member National Federation must provide to FISA Headquarters quarterly training camp and main training location whereabouts. The completed Summary Training Camp form, Main Training Location form and if possible, the Individual Training Camp forms for its national teams, as well as any other information requested by FISA should be submitted to FISA Headquarters quarterly by 31 December, 31 March, 30 June and 30 September (These forms set out the dates and venues of the camps and main training locations). The individual training camp forms must be completed and received by FISA Headquarters no later than two weeks before the start of any above reported training camp. It is the responsibility of the national federation to update this information so that the information received by FISA is timely, accurate and complete at all times. Any changes to the list of training camps, or training camp contacts must be immediately communicated to FISA Headquarters.*

*Failure to submit complete timely quarterly whereabouts may result in sanctions being imposed on the national federation. These range from a written warning for a first violation, the withholding of development aid and / or a maximum fine of CHF 25'000 for a second violation to the suspension of the member national federation till the next congress for a third violation. “*

Please note that all responses must be in English or French and as complete as possible. The competition form will no longer be required.

Summary Training Camp form and  
Main Training Location form -

**due as soon as possible**  
**due 31 March 2009**  
**due 30 June 2009**  
**due 30 September 2009**

Individual Training Camp Forms –

**due at the latest, 2 weeks before**  
**the start of each training camp.**

The relevant forms will now be available on the FISA website:

[www.worldrowing.com](http://www.worldrowing.com). in an electronic format. The paper forms can be still be submitted electronically to [info@fisa.org](mailto:info@fisa.org) or fax +41 21 617 83 75.

## **6. Retirement Policy – Form Attached**

Please note Articles 5.6.1 and 5.6.2 of the Bye-Laws to Rule 93 – Anti-Doping in the FISA Rule Book.

*“5.6.1 – A Rower who has been identified by FISA for inclusion in FISA’s Registered Testing Pool shall continue to be subject to these Anti-Doping Rules, including the obligation to comply with the whereabouts requirements of the International Standard for Testing, unless and until the Rower gives written notice to FISA that he has retired or until he no longer satisfies the criteria for inclusion in FISA’s Registered Testing Pool and has been so informed by FISA.”*

*“5.6.2 A Rower who has given notice of retirement to FISA may not resume competing at international rowing competitions unless he notifies FISA at least six (6) months before he expects to return to competition and makes himself available for unannounced Out-of-Competition Testing, including (if requested) complying with the whereabouts requirements of the International Standard for Testing in the manner set out in Article 11.3 of these standards, at any time during the period before actual return to competition.”*

## **7. 2008 Anti-Doping Survey – Due 31<sup>st</sup> January 2009**

We would like to remind you that FISA’s survey of all anti-doping tests conducted by national federations in 2008 is due on 31<sup>st</sup> January 2009. The survey form is attached with this circular. National federations must indicate the number of in-competition and out-of-competition tests conducted by the national federation or national anti-doping agency as well as the results of these tests and any sanctions imposed in the case of a doping offence. Even if a national federation did not conduct any tests in 2008, this information must be submitted to FISA.

Please note the revised Article 14.2.1 of the Bye-Laws to Rule 93 – Anti-Doping in the FISA Rule Book.

*“14.2.1 Before 31st January each year, each National Federation shall provide a report to FISA Headquarters on the anti doping tests conducted on its Rowers during the preceding year, indicating the number of in-competition and out-of competition tests conducted as well as the results of these tests and any sanctions imposed in the case of positive results or other doping offences.*

*Failure to provide a report to FISA Headquarters by 31 January each year on the anti-doping tests conducted on its Rowers during the previous year may result in sanctions being imposed on the national federation up a maximum fine of CHF 5’000 or the suspension of the national federation until the next congress.”*

## 8. Therapeutic Use Exemptions (TUEs) to be submitted using ADAMS

From 2009 there will be major changes to the TUE system:

1. All rowers intending to compete in Rowing World Cup regattas, Olympic Qualification regattas, senior Continental or Senior World Rowing Championship regattas must obtain a TUE from FISA, regardless of whether the Rower is included or not in the FISA RTP, or has previously received a TUE at the national level.
2. All TUEs must now be submitted to FISA using ADAMS. The World Anti-Doping Agency (WADA) is currently updating the TUE module in ADAMS which should be operational by mid January. Please do not submit TUEs to FISA for 2009 until we have confirmed that ADAMS is operational.
3. Abbreviated TUEs will no longer exist. A form specifically for beta-2 agonists will be available on ADAMS and will replicate the form used by the IOC for the Olympic Games. The forms available will be a standard TUE form, a beta-2 agonist form and a declaration of use form. For the completion of the beta-2 agonist form, the professional code of the doctor should be entered in lieu of the signature of the doctor.
4. Standard TUEs will remain unchanged, however they must be submitted through ADAMS and all medical evidence and the signature of the doctor must be scanned and attached.
5. The use of glucocorticosteroids will be declared on a form in ADAMS called a "declaration of use"
6. The length of validity of TUEs will change. A standard TUE for the use of beta-2 agonists will now be valid for 4 years, similarly for diabetes. However TUEs for treatments for other medical conditions may still only be valid for one year.
7. Before a rower asks a doctor for a TUE, he or she must have an ADAMS username and password.
8. National federations will be charged a processing fee for the TUEs submitted to FISA at the end of each year.

Thank you for your cooperation.

Yours sincerely,



Denis Oswald  
President  
Attachments



Matt Smith  
Executive Director