

3 December 2009
Lausanne, Switzerland

To: Affiliated Federations
Council and Commission Members

**Circular No 7 of 2009
Anti-Doping Programme Information**



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. 2010 Prohibited Substances and Methods List
2. National Federations and the Team Whereabouts Programme
3. Retirement Policy – Form Attached
4. Anti-Doping Survey (due by 31th January 2010)
5. Therapeutic Use Exemptions (TUEs) and ADAMS.
6. Anti-doping education – REAL WINNER
7. 2010 FISA Registered Testing Pool (RTP)

1. 2010 Prohibited Substances and Methods 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:

<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/>

You are reminded that this list is automatically incorporated into the FISA Anti-Doping Bye-Laws. The 2010 Prohibited substances list will come into effect on 1 January 2010. Please distribute it widely to rowers, clubs, team doctors and coaches.

2. 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 95 – 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.

Summary Training Camp and Main Training Location forms –

due as soon as possible

then the updates are

due 31 March 2010

due 30 June 2010

due 30 September 2010

Individual Training Camp Forms –

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

The forms can be submitted electronically to info@fisa.org or fax +41 21 617 83 75.

3. Retirement Policy – Form Attached

Please note Articles 5.6.1 and 5.6.2 of the Bye-Laws to Rule 95 – 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.”

4. Anti-Doping Survey – Due 31st January 2010

We would like to remind you that FISA’s survey of all anti-doping tests conducted by national federations in 2008 is due on 31st January 2010. 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 2009, this information must be submitted to FISA.

Please note the revised Article 14.2.1 of the Bye-Laws to Rule 95 – 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.”

5. Therapeutic Use Exemptions (TUEs)

To be submitted using ADAMS

From 2010 there will be major changes to the TUE system:

1. All rowers intending to compete in Rowing World Cup regattas, Olympic and Paralympic Qualification regattas, 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. TUEs valid in 2009 will have their validity extended until **31 March 2010**.
3. All TUEs submitted to FISA must be submitted in ADAMS. All medical evidence and the signature of the doctor must be scanned and attached.

Glucocorticosteroids

4. All use of glucocorticosteroids when administered by oral, intravenous, intramuscular or rectal routes are prohibited and require a TUE. However from 2010, glucocorticosteroids administered by intraarticular, periarticular, peritendinous, epidural, intradermal and inhalation routes no longer require a declaration of use.

Asthma

5. An asthma form is available on ADAMS and will replicate the form used by the IOC for the Olympic Games.
6. Inhaled salbutamol and salmeterol are no longer included in the WADA Prohibited list. The 2010 WADA Prohibited substances list requires that the use of these substances be declared on the doping control form and in a declaration of use form. However as non declaration will not result in an anti-doping violation, FISA has received confirmation from WADA that in fact, the use of these substances does not need to be declared.
7. The inhalation of formoterol and terbutaline still requires the submission of an asthma form in ADAMS.

Validity of TUES

8. The length of validity of TUEs will change. An asthma 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.

ADAMS accounts

9. Please note that it is possible now for a doctor or administrator to have an account in ADAMS in order to submit TUEs for athletes. Please send the names of the doctor and /or administrator to FISA with the names of the athletes requiring a TUE. FISA will then give the doctor a username and password to submit the TUES for those athletes. If the athlete doesn't already have an account in ADAMS, then a request should be made to FISA to set up an account for the athlete.

10. National federations will be charged for the TUEs submitted to FISA (40 euros per TUE). The NFs will be invoiced at the end of the year.

6. Anti Doping Education

RealWinner is an online educational interactive programme for athletes and support personnel. The nine e-learning modules cover various subjects such as the doping control procedure and dietary supplements. RealWinner can be accessed from the FISA website:
www.worldrowing.com

7. 2010 FISA Registered Testing Pool

National Federations with rowers on the FISA Registered Testing Pool will receive a separate communication with information on the FISA RTP for 2010.

Thank you for your cooperation.

Yours sincerely,



Denis Oswald
President



Matt Smith
Executive Director

Attachments