



## **2016 Letter to National Federations and Athletes from the ITU Anti-doping Department**

As another calendar year of triathlon competitions gets under way, the ITU Anti-Doping Department takes the opportunity to remind all triathletes and their respective national federations of the importance of maintaining a zero-tolerance attitude towards doping in triathlon and to reiterate that you are all an intrinsic part of the continued success of ITU's anti-doping program.

We first take this opportunity to look back on 2015 and provide you with an overview of our Anti-Doping Program.

### **2015 Testing Program**

The 2015 testing program was carried out according to the objectives and parameters of ITU's Test Distribution Plan and within ITU's established anti-doping budget:

#### ***Athlete Biological Passport***

- ITU has approximately 20 athletes in the ABP.

#### ***In-Competition Testing***

- There were 890 urine in-competition doping control tests conducted and 72 blood doping controls.

#### ***Out-of-Competition Testing***

- 159 blood, urine, or passport samples were collected from a total of 87 tests;
- Athletes from 23 different countries were tested;
- 54% of tests were conducted on athletes while they were living or training outside their home country;
- There were 12 unsuccessful attempts during 2015. Seven of these attempts took place during the athlete's 60-minute slot.

#### ***The TDSSA***

WADA's Technical Document for Sport Specific Analysis (TDSSA) came into effect on January 1, 2015. This document requires the ITU to analyze samples for certain substances a prescribed percentage of the time.

ITU is pleased to assert that it has and will continue to meet all TDSSA requirements.

#### ***Anti-Doping Rule Violations***

Only one anti-doping rule violation was asserted at the international-level in 2015.

Not all anti-doping rule violations have been reported but currently there were 10 asserted at the national-level in 2015.



With the help of focused and intelligent testing, education, deterrence and vigilance ITU is confident these numbers should diminish in the coming years.

In summary, ITU can proudly and confidently assert that all the testing and education initiatives it has undertaken in the past years have played an instrumental role in keeping the number of anti-doping rule violations and doping cases low.

### **Looking ahead to 2016**

It is already another Olympic year!

ITU is dedicated in maintaining and implementing its anti-doping program and promoting drug-free sport and shall continue to tackle all anti-doping issues with the same determination and conviction in 2016:

#### ***Additional Staff***

The Anti-doping department is pleased to welcome Eriketti Margari to its staff. Eriketti will join the anti-doping department and continue her work with the Sport department at ITU in 2016. Eriketti will work from Greece. Eriketti can be reached at [sportadmin@triathlon.org](mailto:sportadmin@triathlon.org)

#### ***Doping controls***

The ITU test distribution plan which has been carefully and mindfully established with the help of our doping control services providers shall, as per usual, be carefully monitored throughout the year. It shall also be evaluated, modified and updated periodically, as required by the ITU Anti-Doping Director and the Canadian Center for Ethics in Sport, who manages the ITU Out-of-Competition testing program.

The monitoring shall focus on efficiency, efficacy and targeted testing all the while taking into account the ongoing importance of deterrence and detection. The monitoring shall apply to both in-competition and out- of- competition testing.

The monitoring shall also be based on ITU's intelligence gathering and shall include the acknowledgment of various red-flags such as significant performance improvements, suspicious behaviour, follow-up testing on atypical findings, filing failures and missed tests, etc.

#### ***Athlete Biological Passport***

The ITU believes that although the typical doping control approach based on the detection of prohibited substances or their metabolites in an athlete's sample remains an effective approach to combat doping in triathlon, it has limitations when an athlete may be using substances on an intermittent and low-dose basis.

Furthermore, it is hard to argue that notwithstanding all the advances that have been made in this field, new substances or modifications of prohibited substances (designer drugs) or methods continue to be



difficult to detect by conventional analytical means. In fact, doping regimes have become much more scientifically planned and have taken full advantage of the weaknesses in traditional protocols.

These elements, among others, justified ITU's decision in 2010 to implement a more sophisticated and complementary strategy to effectively fight doping in triathlon in addition to doping controls: the *Athlete Biological Passport (ABP)*. ITU is steadfast in its belief that the implementation of the ABP has kept our anti-doping rule violations low by not only deterring potential cheaters but by making all our athletes more accountable.

ITU believes it has properly integrated the ABP its existing doping control program by weighing all factors including the required resources and capacity to operate such a program. As such, you can all expect for ITU to continue to build its ABP database in 2016 and to use it to effectively and efficiently complement all its other anti-doping initiatives. The fact that the implementation of the ABP was well received by our athletes speaks volumes as to the value that you have all bestowed upon ITU's anti-doping initiatives and your desire to keep our sport clean and the playing field level.

### ***The 2016 Prohibited List***

The 2016 Prohibited List can be downloaded from the WADA website at [wada-main-prod.s3.amazonaws.com/resources/files/wada-2016-prohibited-list-en.pdf](http://wada-main-prod.s3.amazonaws.com/resources/files/wada-2016-prohibited-list-en.pdf).

### ***Education***

ITU strongly believes that education is the cornerstone to successfully deterring all our athletes at all levels of competition from using performance enhancing substances.

ITU shall continue to offer useful information on anti-doping on its website and to distribute various educational materials to triathletes of all levels. We will also continue to work closely with our national federations and NADOs to facilitate the dissemination of these materials. We trust that you will contact ITU directly should you require assistance in this regard.

Finally, the WADA Athlete Outreach Booth continues to be a successful and interactive educational medium. Every year since 2009, ITU has had an outreach booth at its Grand Final and has always partnered with the NADO of the country in which the Grand Final takes place. In 2015, ITU partnered with USADA (as the Grand Final was in Chicago) and with WADA.

WADA has a legacy project and ITU is proud to be the second International Federation to participate in the programme.

Accordingly, ITU shall continue to promote educational initiatives through this informative and entertaining medium.

### ***Thank you***



If ITU is proud of the work it continues to accomplish in carrying out its anti-doping program, it is equally proud to acknowledge the work that you have all accomplished in respecting your obligations with regards to anti-doping.

- To our national federations who have respected their testing, reporting and results management obligations;
- To all medical staff for being mindful of the Prohibited List, offering Code-compliant consultations and properly filing out timely TUE applications;
- To all athlete support personnel who continue to deter athletes to resort to the use of performance enhance substances by emphasizing the importance of proper training and nutrition and the adoption of ethical sporting values;
- To our Local Organising Committee and Technical Delegates who ensure that our TDP is being respected and implement in the course of their events.
- To our RTP athletes who continue to submit timely and accurate whereabouts information; and,
- To each athlete who has made a personal decision to not use prohibited substances or methods to enhance his or her performance and discouraged others to do so as well:

The ITU thanks you for taking your responsibilities with regard to anti-doping seriously and for protecting the integrity of triathlon, for promoting the health and well-being of all our athletes and for respecting and honouring the intrinsic values of sport in general.

*Let us all pledge to continue to be steadfast in our concerted efforts of fighting doping in triathlon in 2016.*