

2018 Letter to National Federations and Athletes from Leslie Buchanan, ITU Anti-doping Director

As another calendar year of triathlon competitions gets under way, I would like to that this 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 2017 and provide you with an overview of our ITU Anti-Doping Program in the form of a year-end report.

2017 Testing Program Year End Report

The 2017 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:

ITU Registered Testing Pool

- ITU has approximately 51 athletes in its RTP.

Athlete Biological Passport

- ITU collected 150 out-of-competition blood passport samples as part of the Athlete Biological Passport program.

In-Competition Testing

- 663 in-competition urine samples were collected
- 60 in-competition blood samples were collected

Out-of-Competition Testing

- 145 out-of-competition urine samples were collected
- 42 out-of-competition blood samples were collected
- Athletes from 47 different countries were tested
- 65% of tests were conducted on athletes while they were living or training outside their home country;

Anti-Doping Rule Violations

Three (3) anti-doping rule violations involving the presence of Androgenic Anabolic Steroids were asserted at the international-level in 2017. Each athlete was sanctioned in accordance with the ITU Anti-Doping Rules.

Not all national-level anti-doping rule violations have been reported but as of December 20, 2017, 10 national-level anti-doping rule violation were reported in 2017.

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

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.

Code Compliance

In 2017, ITU completed WADA's Code Compliance exercise which aimed to verify that all aspects of the ITU's anti-doping program complied with the World Anti-Doping Code.

For the most part, ITU met expectations. And, where ITU fell short in meeting some of its obligations, WADA outlined by way of a Corrective Action Plan the steps that needed to be taken by ITU to reach full compliance.

After promptly acknowledging the contents of WADA's Corrective Action Plan and outlining the actions ITU would need to implement to meet its compliancy requirements, ITU is proud to assert that all the corrective actions identified by WADA have either already been addressed or are in the process of being rectified. Therefore, ITU is confident all the Code requirements will seamlessly be met within WADA's established deadline and incorporated in the ITU's regulatory mechanisms for 2018.

These Code requirements are many. Among others, the requirements include:

- ✓ Implementing Code compliant anti-doping rules,
- ✓ Having and following proper TUE, results management and disciplinary processes,
- ✓ Operating a thorough and robust testing program including in and out-of-competition testing, a well thought-out RTP and participation in the Athlete Biological Passport Program, and,
- ✓ Administering a well-defined values-based education program.

Meeting all these requirements is not an easy task. However, the team of professionals who are involved in the day to day operation of the ITU's Anti-Doping Program work tirelessly throughout the year to ensure that all compliance requirements are met and that ITU's anti-doping program effectively meets a gold standard. You can be sure that we will continue to do so in 2018!

Looking ahead to 2018

ITU is dedicated in maintaining and implementing its anti-doping program and promoting drug-free sport and shall specifically continue to tackle all anti-doping issues with the same determination and conviction as follows in 2018:

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, endorsed ITU's decision 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 trusts that 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 2018 and to use it to effectively and efficiently complement all its other anti-doping initiatives. The fact that the implementation of the ABP continues to be 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 2018 Prohibited List

The 2018 Prohibited List can be downloaded from the WADA website at https://www.wada-ama.org/sites/default/files/prohibited_list_2018_en.pdf

Education

ITU firmly 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 2017, ITU partnered with

the Canadian Centre for Ethics in Sport (CCES) for an outreach booth in Penticton at the Multi-Sport Festival and then ITU hosted another outreach booth at the Grand Final in Rotterdam, Netherlands.

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

Finally, looking ahead to this new year that is upon us, I would like to take this opportunity to thank you all for your continued commitment to drug-free sport. 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 the CCES and SAIDS who are ITU's active partners and allies in the operation of its anti-doping program;
- 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 RTP athletes who continue to submit timely and accurate whereabouts information notwithstanding the burden this may impose;
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:

Thank you!

Leslie Buchanan

ITU Anti-Doping Director

Leslie.buchanan@triathlon.org