

IOF Anti-Doping Seminar

Clean Sports at the Junior World Orienteering Championships

With focus on Athlete Support Personnel

1 July 2025

Sondre Gullord, IOF Secretary General

“**COACHES AND PEERS** having a close and trusty relationship with the athletes were considered **MOST INFLUENTIAL** with respect to doping-related decisions”

(Barkoukis, 2019)



Entourage can prevent
doping



Entourage can facilitate
doping

even unknowingly through the motivational climate they create



Partnership since 2022

Check out:
orienteering.sport/iof/anti-doping/

2024 ANTI-DOPING ACTIVITIES



SAMPLE COLLECTION

TOTAL SAMPLES
COLLECTED

91

TOTAL
COMPLETED
TESTS
82

SAMPLES
COLLECTED
FROM
57
ATHLETES

MEN/WOMEN
61 **39**
PERCENTAGE (%)

FROM ATHLETES
BELONGING TO
15
NATIONALITIES

TOP TESTED NATIONALITIES

NOR SWE FIN CZE JPN POL DEN SLO EST UKR HUN ITA POL LIT NZL URS

SAMPLES COLLECTED
OUT-OF-COMPETITION **34**

SAMPLES
COLLECTED
IN-COMPETITION
57

TYPE OF SAMPLE

Blood
10

Urine
81

RESULTS MANAGEMENT

Anti-Doping Rule
Violations (ADRVs) confirmed
and sanction imposed

0

Please note that the caseload
2024 is ongoing.

EDUCATION

The clean sport education plan
was updated for 2024

Number of webinar participants

3
3

Number of routines reached

THERAPEUTIC USE EXEMPTIONS

Number
of applications

6

4 APPROVED

2 NOT NEEDED/
WITHDRAWN

Event-based education

1
EVENT

Data valid as of 26.3.2025

This report pertains solely to the activities conducted by the ITA under the IOF's Testing Authority/jurisdiction

What you need to do...

KNOW YOUR ANTI-DOPING RIGHTS AND RESPONSIBILITIES

ATHLETE SUPPORT PERSONNEL

Roles & Responsibilities

- ✓ Be knowledgeable of and comply with anti-doping policies and rules which are applicable to you and the athletes you support.
- ✓ Cooperate with the Athlete Testing Program.
 - ✓ Must not be offensive toward a Doping Control official or other person involved in Doping Control.
- ✓ **Use your influence on Athlete values and behaviours to foster anti-doping attitudes.**

ATHLETE SUPPORT PERSONNEL

Roles & Responsibilities

- ✓ Disclose to IOF and your National Anti-Doping Organisation if you have committed an Anti-Doping Rule Violation in the previous ten (10) years.
- ✓ Cooperate with any Anti-Doping Organisation investigating Anti-Doping Rule Violations.
- ✓ Athlete Support Personnel must not possess any prohibited substance or prohibited method without a valid justification.

TO USE YOUR INFLUENCE ON ATHLETE VALUES AND BEHAVIOURS TO FOSTER ANTI-DOPING ATTITUDES

What do you need to do?

- ✓ Be a role model
- ✓ Be a clean sport ambassador
- ✓ Guide an athlete's moral compass
- ✓ Know the rules and understand the principle of Strict Liability
- ✓ Reinforce clean sport values
- ✓ Nurture a culture of being the best you can be, as opposed to winning at all costs
- ✓ Promote informed choices
- ✓ Signpost to support tools and resources

What you need to do...

**KNOW THE ANTI-DOPING RULE
VIOLATIONS (ADRVs), WHY THEY EXIST
AND WHOM THEY APPLY TO**

11. Acts by an athlete or other person to **discourage or retaliate** against reporting to authorities.

1. Presence of a prohibited substance in athlete's sample.

2. Use or attempted use of a prohibited substance or method.

3. Evading, refusing or failing to submit to sample collection.

4. Whereabouts Failures by an athlete in a Registered Testing Pool.

5. Tampering or attempted tampering with any part of doping control.

6. Possession of a prohibited substance or method.

7. Trafficking or attempted trafficking of a prohibited substance or method.

8. Administration or attempted administration of a prohibited substance or method.

9. Complicity or attempted complicity in an ADRV.

10. Prohibited association by an athlete or other person.



11 ADRVs

STRICT LIABILITY PRINCIPLE

The athlete is solely responsible for everything they use and that is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault.



THE PROHIBITED LIST

UPDATED AT LEAST ANNUALLY



**SCAN THE
PROHIBITED LIST**



Includes substances and methods that are prohibited in sport and when:

- ✓ Prohibited at all times.
- ✓ Prohibited only during In-Competition.
- ✓ Prohibited only in particular sports.

Substances can be found in some medications, supplements and recreational drugs.

What you need to do...

**KNOW HOW TO CHECK ALL
MEDICATIONS BEFORE USE**

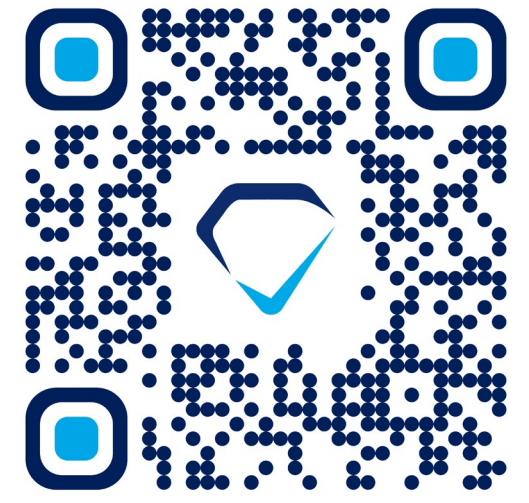
CHECK ALL MEDICATIONS BEFORE USE

- ✓ Ask a doctor or a pharmacist who is familiar with the Prohibited List
- ✓ Check with your National Anti-Doping Organisation (NADO)
- ✓ Use a reliable online resources such as **GlobalDRO**

List of NADOs



GlobalDRO



IT IS IMPORTANT TO NOTE THAT UNDER THE WORLD ANTI-DOPING CODE, ATHLETES ARE STRICTLY LIABLE, MEANING THEY ARE ULTIMATELY RESPONSIBLE FOR WHAT IS IN THEIR SYSTEMS – REMEMBER THE PRINCIPLE OF STRICT LIABILITY WE JUST COVERED.

Searching for a medication online with GLOBAL DRO

#KeepingSportReal



Prohibited in-competition



Permitted

WHICH ONE WOULD YOU USE ON
COMPETITION DAY?





Prohibited in-competition



Permitted

What you need to do...

**UNDERSTAND WHAT IS A TUE IF YOUR
ATHLETE NEEDS TO USE A SUBSTANCE OR
METHOD ON THE PROHIBITED LIST**

THERAPEUTIC USE EXEMPTION (TUE)



Athletes may have a condition, illness or injury that requires a particular substance or method. If this substance or method appears on the Prohibited List, they may be granted a

Therapeutic Use Exemption (TUE)

If strict conditions are met which gives them permission to use it within the context of sports regulations.

The TUE process **avoids the risk of sanctions** due to a positive test.

Want to know more about TUEs?
[TUE Assistant - International Testing Agency \(ita.sport\)](https://ita.sport)



What you need to do...

**MAKE INFORMED DECISIONS ABOUT
SUPPLEMENT USE**

UNDERSTAND SUPPLEMENT RISKS

- ✓ **CONTAMINATION** →
 - ✓ **MISLABELLING** →
- Inadvertent
ingestion of
prohibited
substances
-
- ✓ **A RISK TO HEALTH** – Testing of supplements has shown some to contain heavy metals and pesticides.

REMEMBER, no supplement is 100% risk free and may lead to an Anti-Doping Rule Violation!



Supplement Facts

Serving Size : 1 Scoop (4.2g) Servings per container: 30

	Amount Per Serving	%DV
Vitamin B12 (as Cyanocobalamin)	200mcg	3,333%
Chromium (as Chromium Picolinate)	100mcg	83%
Vitamin B6 (as Pyridoxine HCl)	2mg	118%
Vitamin B3(as Niacin)	15mg	94%
Acetyl L Carnitine	1000mg	**
Caffeine Anhydrous	300mg	**
KSM-66® (KSM-66Ashwagandha Root Extract)	150mg	**
5 HTP (Griffonia Simplicifolia) (seed) (extract)	100mg	**
Cocoabuterol® (Theobroma Cacao L. Extract) (seed)	100mg	**
Synephrine HCl	50mg	**
Higenamine HCl	50mg	**
Paradoxine® (Grains of Paradise (12.5% 6-paradol))	25mg	**
ProGBB™ (Gamma-butyrobetaine Ethyl Ester Chloride)	25mg	**
AstraGin® (Astragalus membranaceus & Panax notoginseng Root Extract)	25mg	**
Huperzine A (Huperzia Serrata leaf std. extract)	50mcg	**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Daily Value not established

Other Ingredients: Citric Acid, Malic Acid, Silicon Dioxide, Natural and Artificial Flavors, Sucralose. Contains Milk

Supplement Facts

Serving Size : 1 Scoop (4.2g) Servings per container: 30

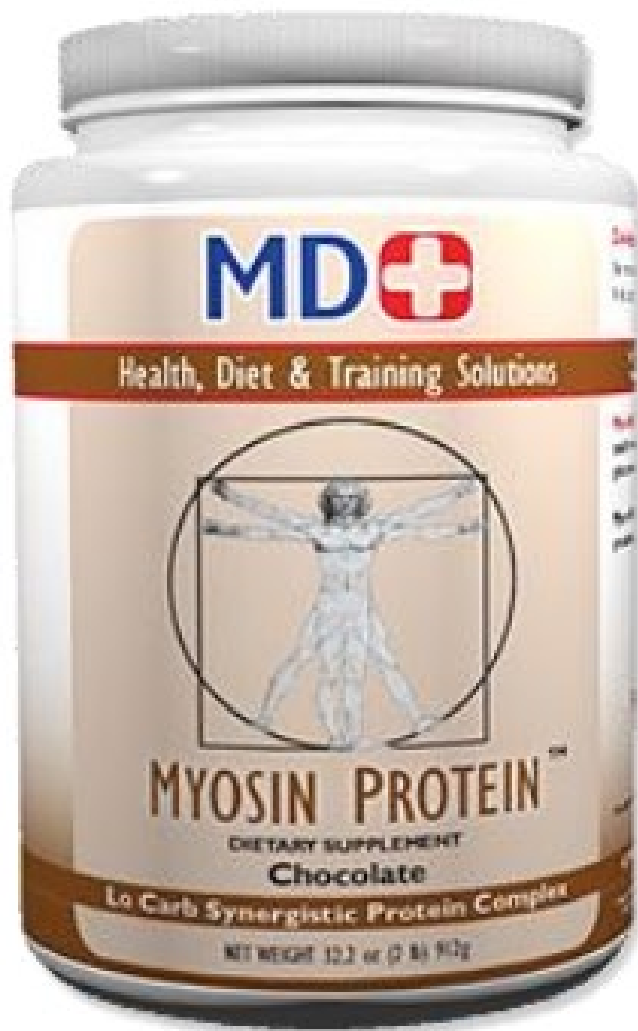
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- Higenamine
- S3 Beta-2 Agonists
- Prohibited at all times



Myosin Protein™ Chocolate		
Net Weight 32.2 oz. (912 grams)		
<div> <div>III VERSION</div> </div>		
Supplement Facts:		
Serving Size - 2 Level Scoops (38 grams) Number of Servings: 24		
Amount Per Serving		% Daily Value
Calories	150	
Calories from Fat	9	
Total Fat	1 gram	2%
Saturated Fat	0	
Cholesterol	8 mg	2%
Sodium	100 mg	4%
Potassium	200 mg	5%
Total Carbohydrates	2 grams	1%
Dietary Fiber	Less than 1 gram	
Sugar	Less than 1 gram	
Protein	33 grams	
(Whole and Hydrolyzed Proteins plus Peptides and Amino Acids)		
Calcium 10% Phosphorus 10% Magnesium 4%		
Ingredients: Protein Blend (Micellar casein, ion exchange whey protein isolate, milk protein isolate, egg albumin, hydrolyzed casein and whey isolates (mixture of single amino acids, di- tri- and polypeptides), whey protein concentrate, and soy protein isolate), Glutamine peptides (from casein), BCAAs (ratio 3:1:1 L-leucine, isoleucine, valine), LArginine, L-Glycine, L-Alanine, Bovine Colostrum, Organic Cacao Powder, Natural Flavors, Organic nonGMO Stevia Powder.		
* Daily values are based on a 2000 calorie diet		

A female athlete is captured from behind, running on a blue athletic track. She is wearing a grey tank top, black shorts, and black running shoes. Her hair is tied in a bun. The track has white lane markings. In the background, there are rows of empty stadium seats in various colors (yellow, red, blue, white) under a clear sky.

And 20 April 2017 was just another test.

Athletes **should only consider using supplements that have been batch tested** by an independent supplement certification company for substances prohibited in sport.

INDEPENDENT SUPPLEMENT CERTIFICATION COMPANIES



sport.wetestyoutrust.com



nsfsport.com



koelnerliste.com



bscg.com

REMEMBER, no supplement is 100% risk free!

What you need to do...





SUPPORT YOUR ATHLETE WITH THE DOPING CONTROL PROCESS

FOR CLEAN, TRUE SPORT

DOPING CONTROL PROCEDURE








[MANGA Doping Control Procedure Anime – JADA - Japan Anti-Doping Agency YouTube channel](#)

ATHLETES' RESPONSIBILITIES DURING DOPING CONTROL

-  Report for testing immediately once notified
-  Show valid identification
-  Remain in direct sight of DCO or Chaperone
-  Comply with the sample collection procedure



ATHLETES' RIGHTS DURING DOPING CONTROL

-  Have a representative with you
-  Request an interpreter, if available
-  Ask for Chaperone's/DCO's identification
-  Ask any questions
-  Request special assistance or modifications for valid reasons
-  Record any comments or concerns on the form
-  Request a delay for valid reasons

VALID REASONS TO REQUEST A DELAY

- ⌚ Attending a victory ceremony
- ⌚ Finishing a training session or competing in further events
- ⌚ Receiving necessary medical attention
- ⌚ Fulfilling media commitments
- ⌚ Warming down

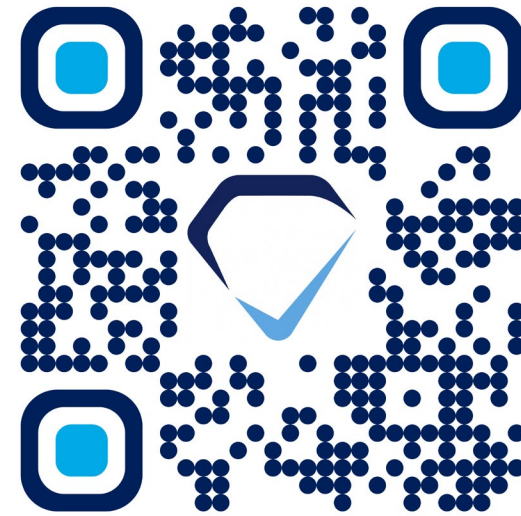
The DCO will decide if a request to delay testing is valid and the athlete will be continuously observed during any delay.

ADVICE FOR ATHLETE SUPPORT PERSONNEL

- ✓ Athlete Support Personnel play a **key role in developing the narrative around testing** – make sure this is positive! e.g., 'Testing is recognition of your hard work and success.'
- ✓ You may act as an Athlete Representative during Doping Control - **observe the process is being followed correctly and support your athlete** with tasks like checking the sample codes and adding any comments to the Doping Control form.
- ✓ If you are an Athlete Representative during Doping Control you should **sign the form** in addition to the athlete and DCO to indicate you are satisfied it is accurate.

KEY STEPS OF THE DOPING CONTROL PROCESS

- ✓ Arabic
- ✓ Chinese
- ✓ English
- ✓ French
- ✓ German
- ✓ Italian
- ✓ Japanese
- ✓ Korean
- ✓ Portuguese
- ✓ Russian
- ✓ Spanish
- ✓ Hungarian



What you need to do...

**PROACTIVELY REPORT
DOPING IN SPORT**

WHAT CAN I REPORT?



Anyone within the sport community can report anything they see, hear, know or suspect.



Something from the past, something happening now, or something someone intends to do in the future.



About athletes, coaches, team doctors, physios, administrators or parents of athletes.



All information is important, no matter how big or small.

ITA's reporting platform

REVEAL is the ITA's secure reporting platform designed to help uncover doping violations through the confidential sharing of information.

- ✓ Confidential or anonymous sharing of any doping suspicion
- ✓ Processed with the highest level of integrity and rigour by the ITA's Intelligence & Investigations department
- ✓ The protection of the identity of the Proactive Reporter is at the heart of the ITA's intelligence and investigation's work
- ✓ You can report in any language



Secure platform & Mailbox

www.reveal.sport



WhatsApp anonymous messaging

+41 79 807 85 18



Anonymous email

information@ita.realresponse.ch



BY REPORTING YOU ARE PROTECTING:

YOURSELF
YOUR ATHLETES
YOUR SPORT

REPORTING MAKES A DIFFERENCE