REPORT on the WADA WORLD CONFERENCE 2013

The purpose of this conference was to have the draft 2015 ver. 4 and the TUE & laboratory standards for 2015 (obtainable from the WADA website) ratified by all signatories. This was done (with a few very minor adjustments), and it will come into effect on 1/1/2015.

From 3 days of discussion, 3 things stand out.

1. The minimal “ineligibility” period – when all contact with sporting people & trainers - is forbidden is now **4 years** . To be imposed on all intentional cheats. The object of this is to make sure that intentional cheats miss the next Olympic Games.
2. The athletes’  **entourages** are now to be targeted for sanctioning. (IMHO the penalties for offending entourage members are nowhere near stiff enough yet)
3. **Education**, especially of young athletes, is to be expanded to the lower levels of competition.

Testing is to be “targeted” & whistle-blowing encouraged.

In pursuance of the education function of the anti-doping function of our participation in WADA, which is everybody’s responsibility, I have some pamphlets from the SA Institute for Drug-Free Sport to distribute at GFA Open.

I suggest that all the Provincial committees get literature from SAIDFS to distribute to clubs. The sooner we accustom everyone to thinking about avoiding accidental doping offences the better.

Dr van Dugteran also suggested that we ask people of all ages on chronic medication to list these on entry forms for our national competitions (This should be a separate, detachable sheet, so it can be removed & filed separately. C confidentiality must be maintained). Not only will this raise awareness of what we are taking, it will also form a very useful database if someone needs urgent medical assistance.

It will also alert SAAFA organisers about which international-standard SA athletes will need TUEs for international competitions.

Having scrutinized the various application & appeal processes involved in getting a TUE, I would advise that **TUE applications start at least 3 months before they will be needed.** Preferably earlier.

 This should be borne in mind by the Selection Committees, so there is time allowed to go thro’ the necessary application processes by those who need them.

There is not the same emphasis by FIE on TUEs at the Veteran level comps. This is because the older we get, the more we rattle! But I would advise Vets on chronic medication to carry medical documentation anyway.

If need for a TUE develops, a retro-active TUE can be obtained.

DOPING – there are 3 types of doping.

1. **Deliberate use** of performance-enhancing drugs. Offenders will get the 4-year ban – and in Sri Lanka this now carries a **2-year jail term with the option of a USD 10 000 fine**. May all countries follow suit!
2. **Accidental doping** – use of forbidden substances which have not been OKayed by TUE or have contaminated recovery muthi or other vitamin supplements.

Not all “asthma pumps” are OK to use, for instance. And some over-the-counter cold, flu & sinusitis medications contain forbidden medications.

Every year an up-dated list of drugs is released by SAIDFS, which is available on their web-site.

 I have requested that a hard copy of this list is sent to every doctor in the country.

But athletes can obtain their own copies to carry for reference by any medical practitioner who may need them.

1. Using forbidden drugs in order **to treat chronic medical conditions**. Eg asthma or diabetes.

If the athlete needs these drugs, s/he has to obtain a “TUE” – Therapeutic Use Exemption” – and all international competition organisers demand these.

The new application forms are also on the WADA web-site, at the end of the TUE document.

Athletes who need chronic medication are advised **to keep a file with copies of all documents**, including application forms, and all medical tests performed & medical reports you are given, even for work. Also all scripts you are given.

The further back this file goes the better. Also keep all the TUE’s issued by whoever, even when they become outdated. Take this file with you to international competitions. (Or take a complete copy of this file. Probably safer, as organisers may freeze onto your file & then deep-six it rather than return it to you)

National anti-doping organisations can issue TUE’s for national and provincial competitions.

For international competitions, the International Federations have to issue the TUE’s.

BUT the IFs can accept local TUE’s if they are satisfied they meet all standards.

**We are lucky**! Dr George van Dugteran has promised to accept, on FIE’s behalf, SAIDFS TUE’s if they meet the required criteria. So rather submit extra data to SAIDFS, and when you get your TUE you can submit it and copies of the supporting documents to George.☺

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