



WFDF Anti-Doping Program 2011-2013

Introduction

At the 2003 WFDF Congress held in Santa Cruz, CA, USA, WFDF voted to adopt the World Anti-Doping Agency (WADA) Code effective in 2004. Although WFDF has maintained its status as a signatory, it has not actively implemented any of the elements required by WADA, except for the adoption of a written Code (and even this was out of date given the update of the WADA standards in 2009) and internal policies. WFDF officials have had several meetings with WADA, IWGA, and SportAccord throughout early 2011 regarding anti-doping compliance. The consistent message was very clear: full compliance is required if WFDF intends to remain a member of SportAccord and IWGA. Having said that, WADA's position in our on-on-one meeting was that they are working to help associations get into compliance, and that there is some flexibility in sizing the level of program commitment to the particular organization. Notwithstanding, we are required to show significant activity in each of four areas of our anti-doping program in order to be considered in compliance:

1. Education
2. Therapeutic Use Exemptions (TUEs)
3. Testing (in-competition and out of competition)
4. Results Management

A number of WFDF's national Member Associations stated in the WFDF census that they were signatories to the WADA code at a national level. These include: Australia, Austria, Canada, Finland, India, Japan, Netherlands, Sweden, and the USA. Provisional member Latvia also indicated they were a signatory. Having said that, only two countries indicated they had done any tests in 2010: Denmark (1), and Sweden (2).

WADA is presenting its definitive report on compliance this November, with interim reports to be submitted in May and September. We believe that WFDF will have to approve an updated Code and show tangible proof of our activities in each of the above four areas by September in order to be certified. Further, WADA has reviewed our preliminary plan and insists that we must plan for both in- and out-of-competition tests in 2011 to be considered compliant.

Context for WFDF's Anti-Doping Program

Doping is defined as the use by a player of prohibited substances or methods in order to enhance his/her sport performance. The current (2009) version of the World Anti-Doping Code states its fundamental rationale: "Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as "the spirit of sport", it is the essence of Olympism; it is how we play true. The spirit of sport is the celebration of the human spirit, body and mind, and is characterized by the following values: ethics, fair play and honesty; health; excellence in performance; character and education; fun and joy; teamwork; dedication and commitment; respect for rules and laws; respect for self and other participants; courage; community and solidarity. Doping is fundamentally contrary to the spirit of sport."

Ultimate and other flying disc sport athletes and administrators likely find this statement by WADA very familiar. Much of the rationale is captured under the "spirit of the game" that is such an integral part of flying disc sports. Notwithstanding, Anti-Doping is a funny concept for disc sports, or Ultimate in particular as that is our one Disc Sport involved with the Olympic Movement at present. WADA's motto



is “play true.” Spirit of the game in Ultimate is all about playing fairly, not cheating, and at its essence that is what WADA is trying to instil in so many sports where doping in some form gives an unfair advantage to some athlete or team, and is a form of cheating. For Ultimate, where adherence to not only the letter but the spirit of the rules is an obligation for each individual player, the idea of bringing in an outside arbiter -- a drug-tester, in effect a referee - is anathema to what we are trying to exhibit to the world. However, it is unfortunate that, given the level of cheating in so many other sports, that drug-testing is now mandatory. Yet, if we want to remain a part of the Olympic Movement in SportAccord and the world Games, we are now obligated to abide by their rules.

We are hopeful that we can design an anti-doping program where the fundamental elements of “spirit of the game” are preserved and yet we still may be deemed in compliance with the Code.

WFDF Anti-Doping Rules

The version of the WADA Code on which WFDF’s Anti-Doping Rules were based was revised in 2009. Executive Director Bernardi has made several additional revisions of our WFDF’s Anti-Doping Rules to bring it up-to-date with the new version. After incorporating any feedback from the board, he recently submitted the document to WADA for their comment to ensure that we conformed to their standards. The document was deemed in conformance, and therefore the new WFDF Rules will be submitted to Congress for approval. If approved, the new version of the WFDF Anti-Doping Rules shall come into effect on September 1, 2011.

Education and Outreach

Education will be the main thrust of our 2011 program. WADA makes a variety of material available. We need to educate our Member associations and athletes about the anti-doping rules and establish (as our own approach) an understanding of doping as cheating, something that is antithetical to “spirit of the game.” Review of the program and approval at Congress will be a first step. Other elements of this will include dissemination of literature at WFDF sanctioned events this year, publication on the web site of WFDF required information, putting the WADA logo on tournament discs, short discussions of anti-doping at events, etc. This will have to be an ongoing program.

Specific programs would include:

1. Update WFDF website with the basic information about anti-doping and direct athletes and administrators to WADA education pages (August 2011)
2. Outreach
 - a. Follow WADA’s outreach programme (Bronze level): <http://www.wada-ama.org/outreach/index.html> at the following events in 2011:
 - i. PAOUC 2011 (24-27 Nov 2011)
 - ii. AOUC 2011 (1-4 Dec 2011)
 - b. Ultimate events in 2011 would also include:
 - i. Information sheet in player packages to be supplied by WFDF for PAUC and AOUC
 - ii. WADA logo with “Play True” imprinted on tournament discs for PAUC and AOUC
 - c. Investigate whether it is feasible to set up an “information desk” at either PAUC or AOUC with appropriately knowledgeable people.
3. Begin work with National Federations:
 - a. Get each Member Association to appoint an Anti-Doping coordinator who will act as the contact officer with WFDF (October 2011)



- b. Request Member Associations to update their websites with the basic information about anti-doping and direct athletes and administrators to WADA education pages (October 2011)
 - c. Encourage/support them in appointing and training one or two individuals that can deliver presentations to the international athletes in their country (2012)
 - d. Encourage the larger National Federations to approach WADA directly to run outreach programmes at their own Nationals (2012).
4. World Ultimate and Guts Championship (July 2012):
 - a. Information sheet in player packages to be supplied by WFDF
 - b. WADA logo with "Play True" imprinted on tournament discs
 - c. Set up an "information desk" at the event with appropriately knowledgeable people.
 5. World Games (2013):
 - a. Require participating athlete education prior to event
 - b. Special commentary heading into World Games on WFDF web site

WFDF will measure success by electronic means like annual surveys and diplomas which athletes receive by completing online courses. The survey will measure how familiar the athletes are with anti-doping requirements and receive input on programs and education conducted by Member Associations.

Therapeutic Use Exemptions (TUEs) and Results Management Infrastructure

Simon Hill continues as chair of the Medical & Anti-Doping Committee, and Volker Bernardi as Executive Director will be directing much of the day-to-day activity. Volker will also serve as the main WADA contact officer. Volker Bernardi, Executive Director, will be taking the lead at establishing the infrastructure internally within WFDF to handle TUEs and result management with a goal to have it functional no later than October 2011. Although SportAccord and various other private vendors offer services to handle this, it is expensive and WFDF would not have full control over the process.

Athletes may be taking certain substances for medicinal or therapeutic reasons that are included in the WADA Prohibited List. It is important that those players obtain a Therapeutic Use Exemption ("TUE") prior to participating in any WFDF event or they will run the risk being disqualified and possibly banned from future competition. In order to obtain a TUE, an athlete must visit a physician to verify that the prohibited substance or method is a necessary treatment and must complete the TUE application form. That form is then sent to the Medical & Anti-Doping Committee -- which will act as the Therapeutic Use Exemption Committee -- for approval. The Medical & Anti-Doping Committee (MADC) will be established, comprised of at least three physicians with specialized knowledge of anti-doping and sports. The athlete is later notified when approval has been granted and over what timeframe that approval applies. TUEs obtained from National (ie government-run) Anti-Doping Organisations (NADOs) will be recognised by WFDF at the international level as well.

The Doping Control Panel (DCP) is responsible for the results management process, and would be comprised of three individuals with medical and legal expertise. The Committee would be chaired by Volker Bernardi, WFDF Executive Director, and would include Donald McKenzie, MD, PhD (Director of the Sports Medicine Department at the University of British Columbia), and one other individual to be identified. WFDF will keep all testing results and information strictly confidential within WFDF and the board will decide what data to release publicly upon recommendation of the DCP.



Testing (in-competition and out of competition)

For 2011, we believe that we will need to do at least a pilot program for in-competition testing. We propose to do two in-competition tests at the Asian-Oceanic Ultimate Championship, which is being held in Chinese Taipei this December, using the local testing service which is WADA affiliated. We would intend to do 4-6 in-competition tests at WUGC 2012. In 2013, in-competition drug-testing at the World Games will be overseen by the IWGA officials and is mandatory for World Games participation. WFDF would plan to do 2-3 tests at each of the Continental Games in 2013.

Out-of-competition testing is a much more onerous process. It requires that WFDF designate a registered testing pool (“RTP”) where the athletes so designated are required to inform WADA of their whereabouts 24/7/365, designating an hour a day (“one hour rule”) where they commit to be so that a “no-advance-warning” test may be applied (“whereabouts reporting”). Whereabouts reporting is handled through an online system called ADAMS and must be kept up to date. WADA has advised us that we may be able to start with a relatively small group of elite athletes in the pool, with the expectation that most will likely designate their daily hour at 6-7am where they are likely to be asleep or just about to awake. Although we originally proposed to WADA that the RTP only go into effect in 2012, we were told in July that we will need to do out-of-competition testing in 2011 to be considered compliant. They have indicated that we will be able to meet the requirements for out-of-competition testing if athletes are tested at an event but 24 hours prior to the formal start of competition. It is possible that the requirements may get more stringent over time, but in the absence of positive tests it is not definite that the numbers would have to increase significantly over time.

Our plan is to designate three athletes participating in the AOUC for out-of-competition testing in 2011, and six male athletes and three female athletes for the 2012 RTP. For the test just prior to competition in 2011, we would ask Australia, Chinese Taipei, and Japan to each designate one athlete. For 2012, the athletes would be chosen based on current world rankings. For the open division, this would be Canada, USA, Japan, Great Britain, Australia and Sweden. For the women it would be USA, Japan and Canada. The RTP for 2012 would be identified no later than the end of October 2011 and the RTP would be effective January 1, 2012.

Financial Aspects

WFDF has established a budget for the Anti-Doping Program for 2011, 2012, and 2013 of US\$8,000 per year. It is expected that the 2011 budget will be divided into US\$6,000 for education and US\$2,000 for testing and results management. For 2012-2013, it is anticipated the budget would be split 50% for education and 50% for testing.

Procedural Next Steps

- Board Approval (August 18, 2011)
- Congress discussion and approval of WFDF Code (August 27, 2011)
- Preparation of educational materials (August-September 2011)
- New WFDF Code becomes effective (September 1, 2011)
- Identification of members for MADC and DCP (September/October 2011)
- Discussions with Member Associations and identification of RTP athletes (September/October 2011)
- Initial in-competition testing at Asian Oceanic Ultimate Championship (December 2011)
- RTP effective date (January 1, 2012)