



ANTI-DOPING COMMISSION

1. General

40 In general 2009 was a quiet year after the hectic year 2008 - a new World Anti-Doping Code from WADA and all related work such as modifying the IDSF Anti-Doping Code and all related IDSF Procedures and download documents on the IDSF web site.

45 In April I again represented IDSF at the annual WADA Convention for International Federations at Lausanne, Switzerland. This Convention, held yearly, is a splendid opportunity to learn about anti-doping matters from the professionals and extend the IDSF anti-doping network including the NADO's:

50 --- WADA specialists provide lectures about important items in the World Anti-Doping Code and how to handle problems;

--- full time professionals of the major International Federations provide lectures about their day-to-day practice, and

55 --- during the working sessions there is always a possibility to discuss items and problems with various professionals in various disciplines.

60 By the end of the year the IDSF Registered Testing Pool was updated because several couples either retired from IDSF competitions or split. The newly-selected couples had to be instructed and trained in the matter of providing whereabouts information and ADAMS.

65 Managing and guidance of the whereabouts information of the athletes in the Registered Testing Pool.

Replying to questions from Member bodies and athletes and solving problems continued as usual.

70 And, of course, we continued the testing activities.

75 ***Kudos to the GOC testing team consisting of Dr. Ineke Crijns from the Netherlands, member of the IDSF Anti-Doping Commission and TUE Commission, Dr. Tim Rausche (DTV) and Petra Krause (GOC) both from Germany, including the voluntary staff of the competition administration at the GOC Event.***

2. Anti-Doping testing by IDSF

80 In 2009 again, in a very successful cooperation with the German IDSF Member DTV and the organizers of the competitions, we conducted a series of anti-doping tests



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during the German Open Competitions (GOC) at Stuttgart, Germany, August 18-22 2009. Testing was organized and performed by a team of the IDSF Anti-Doping Commission in close cooperation with GOC volunteers. All tests at Stuttgart have
85 been administrated in ADAMS. For the testing at Assen, the Netherlands and Aarhus, Denmark, we entered into a contract with the National Anti-Doping Organizations (NADO) of the respective countries.

90 In 2009 IDSF performed Anti-Doping controls in the following IDSF competitions:

- GOC Youth Latin, Stuttgart, Germany, August 18th, 2009;
- GOC Youth Standard, Stuttgart, Germany, August 20th, 2009;
- 95 --- 2009 IDSF Open Senior I Standard, Stuttgart, Germany, August 20th, 2009;
- 2009 IDSF Grand Slam Latin, Stuttgart, Germany, August 19th, 2009;
- 2009 IDSF Grand Slam Standard, Stuttgart, Germany, August 21st, 2009;
- 100 --- 2009 Dutch Open Standard, Assen, Netherlands, November 14th, 2009
- 2009 Dutch Open Latin, Assen, Netherlands, November 15th, 2009
- 105 --- 2009 IDSF World Standard Championships, Aarhus, Denmark, November 28th, 2009.

No tests were performed in the Formation competitions due to budget limitations.

110 In total 57 athletes (29 male and 28 female, 24 tests at the GOC on account of the DTV) were tested; 39 in-competition and 18 out-of-competition (Stuttgart, Germany).

No adverse analytical findings (AAF positive laboratory analyses) were reported.

115 A formal warning was issued to 2 athletes for missed test/filing failure in out-of-competition testing.

2 athletes refused to report to the doping control room (intentional refusal).

Congratulations and thanks to all athletes for their cooperation.

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The IDSF Member bodies of the athletes tested in-competition in 2009 are:

- Belarus : 2 athletes;
- Belgium : 2 athletes;
- 125 Bulgaria : 1 athlete;
- Denmark : 6 athletes;



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	Estonia	: 2 athletes;
	Germany	: 4 athletes;
	Italy	: 10 athletes;
130	Japan	: 1 athlete;
	Latvia	: 1 athlete;
	Moldavia	: 1 athlete;
	Netherlands	: 2 athletes;
	Poland	: 5 athletes;
135	Russia	: 15 athletes;
	Slovenia	: 4 athletes, and
	Spain	: 1 athlete.

140 The cooperation of most athlete's (especially the top ranked couples) is good, however we still see a tendency that some (lower ranked) athletes have a negative and patronizing attitude towards the anti-doping controls and the testing officials, especially younger athletes and athletes who are not so familiar with anti-doping controls.

145 Providing proper identification papers by the athletes *in the control rooms* has improved to an acceptable level, also because when the organizer of the testing makes special arrangements before the actual testing. The ID's of the athletes with the competition administration has been improved in most of the competitions, except for a few, especially starting booklets with photo. But still in the Youth and
150 Senior competitions, in which age limitations are so important as a condition for participation, often no proper ID papers are available and competition numbers are issued to couples without any proof that participation is justified within the age limitations.

155 **Kudos:**

--- again, a special thanks is to be given to the German IDSF member DTV, as well as to the organizer of the GOC Event and its volunteers, for its cooperation and financial assistance in testing at the GOC at Stuttgart;

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3. Anti-Doping activities by the IDSF members

165 *Under the IDSF Anti-Doping Code, IDSF Members have the obligation to report their own anti-doping activities and testing, including the results, to the IDSF Anti-Doping Commission.*

170 Early 2010 the IDSF General Secretary issued a brief Questionnaire to all members. Only 18 members replied to this questionnaire. Not enough replies to provide reliable statistical information.



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In 2009 we received information about anti-doping activities from following IDSF members:

- 175 --- AUSTRIA: no testing performed. Works in close cooperation with the Austrian NADO (Code, education and information).
- FINLAND: 4 tests reported, all results negative. Works in close cooperation with the Finish NADO, that also handles the TUE's.
- 180 --- GERMANY: 80 tests performed in national competitions and championships as well as international competitions (16 on account of IDSF); all test results reported negative. The number includes 4 tests in R&R competitions.
- 185 --- ICELAND: works in close cooperation with the NADO, that also handles TUE's.
- LITHUANIA: works in cooperation with the Lithuanian NADO in education programs for athletes and trainers/coaches.
- 190 --- LUXEMBOURG: works on close cooperation with the national NADO that works under the auspices of the Ministry of Sport.
- NETHERLANDS: 16 tests performed by the national NADO in the National Championships incl. Formation; all test results negative. On November 14-15, 2009 IDSF performed anti-doping testing at the Dutch Open at Assen. 2 athletes refused intentionally to report to the doping control room. Rule violations to be handled primary by the Dutch member.
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- RUSSIA: 9 tests performed by the Russian NADO, all test results negative.
- 200 --- SCOTLAND: no testing reported. Education and information program under UK Sport.
- SERBIA: 2 tests reported. Education and information program under the national NADO.
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- SWITZERLAND: 4 tests reported in R&R competitions. 1 sample tested positive. Rule violation handled by the WRRC.
- 210 --- U.S.A.: 12 tests performed by USADA, the NADO for the USA. All test results negative.

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4. Testing by others (WADA, NADO's) etc.

220 Out-of-competition testing (OOCT) WADA/IDSF is only applicable to top ranked
athletes in each sport, national as well as international. Therefore two different
testing pools are composed, national (by the National Anti-Doping Organization
(NADO) of the country) as well as international (by ISDF). The NADO's in each
country deal with the national testing pool and the national top ranked athletes in all
225 sports. ISDF deals with the international top ranked DanceSport athletes. WADA is
authorized to test both groups.

The NADOs in each country have their own responsibility and powers in this respect.
You, as a member of your NOC, must realize that your NADO can and will have its
230 own policies that you have to follow. NADOs can and will order and perform anti-
doping tests, in-competition as well as out-of-competition in your national
competitions. ISDF Members, as recognized national sports organizations, must
cooperate also with such organizations and adhere to the requests for information
and activities of their NADOs.

235 Whereabouts information is the basic for OOCT. The success of the OOCT depends
directly on the quality of the information which authorized bodies receive. So far all
athletes except for one couple, report their whereabouts in ADAMS.

240 WADA and the NADO's will follow up the results management of such violations
closely or even handling the rule violation themselves.

Although we know that several NADO's do perform testing in various countries we
have not receive any report about such testing. We probably can solve this lack of
245 information this year.

The following OOC tests performed by WADA/NADO's have been reported in 2009:

- Czech Republic, Prague, May 2009, 2 athletes;
- 250 --- Slovenia, Ljubljana, August 8th 2009, 2 athletes;
- Spain, Cerdanyola del Valles, October 2009, 2 athletes;

255 All test results were negative.

5. ADAMS, whereabouts, TUE's

260 The ADAMS system was slightly modified according to the latest requirements of the
mandatory International Standard for Testing, especially the whereabouts
information for OOCT.



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265 We had to do a lot of work to guide the athletes into the new whereabouts system, especially since many new athletes have been selected in the Registered Testing Pool.

270 For 2010 a number of 48 couples have been selected for the Registered Testing Pool, including the 11 WRRRC couples. All these couples have to provide whereabouts information. Only 1 of the selected couples is NOT using ADAMS.

This is a great success and I wish to offer a great compliment to the athletes.

275 Presently 483 DanceSport athletes have been loaded into ADAMS. As from last year all testing is administrated in ADAMS s well as TUE's, warnings, suspensions (sanctions), etc.

280 Photographs of many of the athletes have also been loaded into the system; the system permits direct online loading of photographs. Together with the unique ADAMS ID-number, given by the system automatically, this can be used for emergencies as the athletes ID in the doping control room.

The majority of the IDSF Member bodies have been loaded into ADAMS and connected to their couples.

285 During 2009 athletes will become able to report the use of medicines for asthma (B2 agonist for inhalation, the former abbreviated TUE) directly in ADAMS, again saving paperwork and time. See also paragraph 6 of this report.

290 In 2008 a sms-system was introduced in ADAMS, providing athletes an opportunity to make last-minute emergency changes in their whereabouts information without an internet connection. All athletes have been instructed in detail about how to use the system, so there is really no excuse anymore for failure or neglect to provide accurate and current whereabouts information.

295 The IDSF Anti-Doping Code and the World Anti-Doping Code includes a system of Therapeutic Use Exemptions (TUE's), i.e. the use of certain forbidden substances by athletes (medicines), who need those substances for health reasons, without being sanctioned.

300 TUE's have changed seriously as per January 1st 2009 according to the new 2009 International Standard for Therapeutic Use Exemptions and International Standard for Testing. Before that date we knew the standard TUE and the Abbreviated TUE (for the use of asthma medicines). This is no longer applicable; the abbreviated TUE for asthma medicines is no longer in use.

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The IDSF Whereabouts and OOC Procedure as well as the IDSF TUE Procedure have been modified and published on the IDSF website (and submitted to the IDSF Members). For details see my report to your last years AGM. The changes resulted in a drastic reduction of the TUE's by the athletes.

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6. Education and information:

For several years now in the annual topic of information and education in my report I informed you about Obligations of the various groups in DanceSport under the anti-Doping Code. For this year I have chosen to inform you more about dangers of the use of doping. The text comes from WADA. The topic is also published on the IDSF website. Please inform your athletes about this article.

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Dangers of Doping

Text: WADA

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What is the Big Deal??

Most medications on the Prohibited List can be bought at a pharmacy – so they must be safe to use, right??

NO!!

Medications are for people with specific health issues – not for healthy athletes. These medications are not approved to be used by healthy people, in higher doses and in combination with other substances.

What about dietary or nutritional supplements??

All natural!!! Pure!! Fast results!!

BEWARE!!

Supplement companies are not highly regulated – meaning you never know what you are taking. There could be a banned substance in your “all natural” supplement.

Use at your own risk.

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What's at risk??

All medications have side effects – but taking them when your body doesn't need them can cause serious damage to your body and destroy your athletic career.

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What else should you know??

Methods: There are also methods of administering substances or manipulating your physiology that is banned.

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These methods can also have negative effects on your body for example.

Blood doping, including having blood transfusions to change the way your blood carries oxygen to the rest of your body, may result in:

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- an increased risk of heart failure, stroke, kidney damage and high blood pressure;
- problems with your blood like infections, poisoning, overloading of your white cells and reduction of your platelet count;
- problems with your circulatory system.

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HIV / Aids, as with any injectable drug, using a syringe to dope puts you at a higher risk for contracting infectious diseases such as HIV/aids and hepatitis.

What happens to an athlete who uses??

Steroids: steroids may make your muscles big and strong. But ... you may become dependent on it and it may:

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- give you acne
- make you bald
- increase your risk of liver and cardiovascular disease

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- give you mood swings
- make you more aggressive
- make you suicidal

Gays, you may also look forward to:

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- shrinking testicles
- breast growth
- reduced sex drive and even impotence
- decrease in sperm production

Ladies, you may look forward to:

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- deeper voice
- excessive facial and body hair
- abnormal menstrual cycles
- an enlarged clitoris

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EPO: may help with the way your body uses oxygen. But ... why risk it when it may lead to death?



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Using EPO may make your blood more like honey – thick and sticky – than water.

- 400 Trying to pump this thick blood to your veins may:
- you feel weak – not good when you trying to train hard
 - give you high blood pressure
 - make your heart work so hard that you have a heart attack or stroke
- 405 **Stimulants:** stimulants are used to heighten the competitive edge. But ... how edgy would you feel if you:
- can't sleep (insomnia)
 - have involuntary shaking or trembling
 - have problems with your coordination and balance
- 410 --- are anxious and aggressive
- develop and increased and irregular heart rate
 - have a heart attack or a stroke
- These are the effects that using stimulants may have on your body.
- 415 **HGH:** (human growth hormone) may make muscles and bones stronger and recover faster. But ... it's not only your muscles that get bigger.

Using HGH may lead to:

- 420 --- protruding forehead, brow, skull and jaw – which can't be reversed
- an enlarged heart that can result in high blood pressure and even heart failure
 - damage to your liver, thyroid and vision
 - crippling arthritis

- 425 **Masking agents:** some athletes try to cheat the system by using diuretics and other substances to cover-up the signs of using banned substances. The side effects can definitely affect your ability to compete and train.

You may:

- 430 --- become dizzy or even faint
- become dehydrated
 - get muscle cramps
 - have a drop in blood pressure
 - loose coordination and balance
 - Become confused and moody
- 435 --- develop cardiac disorders

Marijuana: marijuana, cannabis, pot – whatever you call it - it is banned.

Whether you are a pot-head or a casual user, marijuana may have a negative effect on your athletic performance or your health.

- 440 Using may:
- reduce your memory, attention and motivation, even resulting in learning disabilities
 - weaken your immune system
 - affect your lungs (chronic bronchitis and other respiratory diseases, even throat cancer)
- 445 --- lead to psychological and physical dependence



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Narcotics: like heroine and morphine, may help you forget about the pain. But ... how competitive do you think you'd be with a:

- 450 --- weakened immune system
- decreased heart rate and suppressed respiratory system
- less in balance, coordination and concentration
- gastrointestinal problem like vomiting and constipation
- narcotics are highly addictive – your body and mind quickly become dependent on them.

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Stamp out doping. be part of the Play True generation!!

460 **To conclude:**

I would like to thank the IDSF Presidium and the AGM Delegates for the privilege of serving IDSF as Chair of the IDSF Anti-Doping Commission and as IDSF Anti-Doping Director again this past IDSF year.

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Kudos: special thanks to all my colleagues of the IDSF Anti-Doping Commission that did such good work over the past years.

All of which is submitted with respect.

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Sincerely,

Ko de Mooy

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IDSF Anti-Doping Director/
Chair IDSF Anti-Doping Commission