



NOTES FROM  
**THE 2<sup>nd</sup> FAIR ANNUAL FORUM**

21<sup>st</sup> November 2018, Brussels

*Within the context of the EU-funded project called FAIR, the 2<sup>nd</sup> forum for anti-doping in recreational sport took place 21st November 2018 at Thon Hotel Stephanie in Brussels. The forum was well attended by representatives from the sport food industries, anti-doping authorities, the European Committee for Standardization, the European Commission, fitness professionals, higher education and other stakeholders.*

## **“Effective interventions to fight doping”**

### **Speakers:**

- *“Welcome to participants”* – Yves Le Lostecque, Head of the Sport Unit
- *“FAIR Project Overview”* – Cliff Collins, EuropeActive Director of Programme
- *“Introduction to the FORUM main theme”* – Dr. Ask Vest Christiansen, Aarhus University, Denmark
- *“Literature Review, what do we know now”* – Luke Cox, Swansea University
- *“The EU NADO’s Survey”* – Evie Ham and Prof. Andrew Bloodworth, Swansea University, UK
- *“Review of Educational Programmes”* – Katharina Gatterer, UMIT University
- *“An assessment of what has been found and future directions”* – Prof. Fabio Lucidi, Sapienza University of Rome, Italy
- *“Preliminary findings and outcomes on actions to improve testing and labelling for food and supplements intended for sportspeople”* - Prof. Susan Backhouse, Leeds Beckett University, Erik Duiven, Antidoping Netherlands
- *The development of European Standards, the CEN/TC 453* - Irène Margaritis, ANSES

**\*\*\* The Forum was chaired by Prof. Mike McNamee – Swansea University**

## PRESENTATIONS

- ✓ **Yves Le Lostecque** welcomed the participants on behalf of the European Commission. The Head of the Sport unit also underlined how doping prevention will remain an EU priority in the next years. Projects dealing with doping in recreational sport especially are not enough, he stressed, whereas it will be important to study more deeply this issue (e.g. a study on the prevalence of doping in amateur sport).
- ✓ **Cliff Collins** welcomed the participants on behalf of EuropeActive. He presented the EuropeActive Commitment against doping and the objectives of the FAIR Project. He introduced the objective and main topic of the second Annual Forum.
- ✓ **Ask Vest Christiansen** introduced for the participants the main theme of the Forum. He mentioned how FAIR Project is based on some of the recommendations from the Study on Doping Prevention and he clarified the concept of recreational sport and the prevalence of doping as public health issue. Eventually as coordinator of the Technical Expert Group on effective antidoping interventions, he showed its workplan till the end of 2019 when the final report will be ready.
- ✓ **Luke Cox** reported on the effectiveness of existing anti-doping intervention based on his literature review. He presented an analysis spanning 25 studies on interventions which took place between 1990 – 2018 carried out by policy makers, NADOs, Sport Federations, etc.. highlighting key findings and comparing methodologies.
- ✓ **Evie Ham and Andrew Bloodworth** presented the 29 NADOs Survey which was launched last summer in order to update the national factsheets of the 2014 Study on Doping Prevention.
- ✓ **Katharina Gatterer** introduced her PhD at UMIT on doping prevention for adolescent athletes by focusing on what NADOs offer for them and the effectiveness of those programmes. The research is based on a survey for 32 NADOs addressing: programme name, target group, content, frequency and barriers of the programmes.
- ✓ **Fabio Lucidi** provided an assessment of what has been found and future directions of the TEG1. The intervention clarified the jurisdiction role of NADOs with regard to recreational athletes and gave an external overview about the EU 29 NADOs survey conducted by the Swansea University researchers.

- ✓ **Susan Backhouse and Erik Duiven** in the framework of FAIR Technical Expert Group n.2, which aims to review and report existing interventions practices for the labelling and testing of food and supplements intended for sportspeople and to make concrete recommendations for possible future harmonization. They presented preliminary findings and outcomes of actions to improve testing and labelling for food and supplements intended for sportspeople. The findings were based on a survey launched in October to European NADOs. Susan and Erik described also the European Landscape of actors and actions on supplements for sports people, the different testing systems, the inadvertent doping guidelines and practices and eventually the process of the risk assessment.
  
  - ✓ **Irini Margaritis**, presented the developments of the CEN/TC 453 that aims to achieve European standards for harmonizing manufacturing practices that ensure the absence of doping substances in dietary supplements and sports foods. In this regard, she presented the process to reach a European standard, its legal leverage and the state of play of the technical group.
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## THE FORUM

The FORUM session has been split in different parts.

### **1. Q&A with speakers**

### **2. Café Model Discussion**

### **3. Reporting and Conclusions**

1. The participants discussed different research methodologies, the importance of having a study on the prevalence of doping in amateur sport, and finally the barriers to analyse the efficacy of anti-doping interventions. Some words of caution were again raised about the lack of shared definitions of supplements and recreational sport.

2. Participants were split in 5 groups for replying to various questions. Each group had a captain with a role of rapporteur.

## To recap:

### **What to include in FAIR REPORT**

- Once agreed on the issues of use of doping in recreational sport, we should not only analyse but also prioritize the interventions, including a prioritization or hierarchy of interventions according to needs analysis;
- Analyse the prevalence of doping in amateur sports populations, adding a range of other relevant factors: motivations for recreational athletes to dope; types of substances (typically) used; starting age of use of doping among recreational sport;
- Broadening the scope of the research: what comparisons can be made across the current state of affairs within the EU, compared to the rest of the world?;
- Analyse the relationship between the social consequences versus individual sanctions or penalties of doping;
- The prevalence of contamination in supplements, and associated prevalence of positive findings following use of contaminated supplements;
- Describe differences and commonalities of approaches of all EU NADOs;
- Agree upon more precise methodologies and tools used to analysing the effectiveness of interventions;
- Define trigger points for doping in recreational sport- and how to neutralize them;
- Develop strategies to better reach target audiences; develop provide low cost preventive measures, In particular to consider strategies to facilitate long term behavioral change, considering the full spectrum of amateur athletes, not focusing excessively on gym users;
- Evaluate the role of education, specifically highlighting which countries managed to make significant changes the cultures of doping? and
- Map public health perspectives to reconcile or distinguish from sport-driven models.

### **For TEG1 and TEG2 Interview:**

- consider contacting municipalities (that sometime conduct interventions), and other social sectors such as medicine and sport associations and IO.
- We should considering reaching participant populations such as the users of PEDS, to better understand why and how they started using doping substances and methods,

### **Sharing**

- It has noted that anti-doping authorities are not against to share best practices but there are some barriers:
  - Language and translation costs
  - lack of common definitions
  - short-staffed organisation for effective dissemination and sharing with researchers

NADOs are willing to establish more relations with researchers in order to evaluate their interventions. It was noted that the FORUM could be an excellent platform for inspiration.

FAIR Partners underlined how the project could become a liaison platform between CEN and the interested stakeholders. EuropeActive will play a role as coordinator if requested. It was also suggested that INADO might raise the voice of NADO stakeholders in the development of the standard.

Greater collaboration would open further the possibility of build-up harmonised approaches.

### **Definitions**

- There still remains a pressing need to be clear on definitions of what sport supplements are, in order to regulate and identify risks.
- To reach general consensus, we could start with a negative definition of recreational sport i.e. not elite/professional sport (nb some others are against because negative definitions may be so broad as to cause misunderstandings)
- the need to consider the distinction between fitness and recreational sport (e.g. distinguish between the 21-year-old at the gym who wants to benefit from steroids to get an attractive body and the 21-year-old 4th division Welsh rugby player who wants to benefit from steroids to perform better on the pitch). It was noted that this vision risks collapsing fitness athletes into the narrower category of bodybuilding athletes. It was noted that the definition of fitness is broader.

**3.** Prof. McNamee and Dr. Christiansen closed the FORUM session by providing few conclusions for the participants.

- The utility of the term "recreational athlete" was still an open issue
- The need to clarify the role of testing and sanctions for non-competitive athletes
- To map all preventive anti-doping interventions to be developed in recreational sport
- To examine the effects of the lack of coherence between scientific literature and intervention studies
- To propose strategies to combat the paucity of information concerning the efficacy of interventions

## List of Participants:

<b>NAME</b>	<b>COMPANY</b>
Austen Ross	LGC Group
Backhouse Susan	Leeds Beckett University
Baracat Amelie	SNE
Benadiba Simon	ESSNA
Bloodworth Andrew	Swansea University
Capuani Francesco	EuropeActive
Christiansen Ask Vest	Aarhus University
Cocchiere Ignazio	EU Commission
Collins Cliff	EuropeActive
Cox Luke	Swansea University
Delavigne Nirina	French Sport Ministry
Devlin Carla	LGC
Duiven Erik	AntiDoping Authority Netherlands
Garcia Gaetan	TAFISA
Gatterer Katharina	UMIT University
Gillot Sebastien	WADA EU Office
Ham Evie	Swansea University
Helle Christine	Svensk AntiDoping
Hudson Amanda	UK Anti-Doping
Lauritzen Fredrik	Anti-Doping Norway
Le Lostecque Yves	EU Commission
Lee Rebecca	UEFA
Lucidi Fabio	Sapienza University
Margaritis Irene	ANSES
McNamee Michael	Swansea University

Perrichet Aurelie	SNE
Petrou Michael	Cyprus Anti-Doping Authority
Radmer Malene	Anti-Doping Denmark
Rangeon Florence	WADA
Steel Graeme	iNADO
Tomczyk Paulina	EU Athletes
Vandenabeele Eric	Fitness Be
Vestin Emma	Prodis Sweeden
Watson Graham	EuropeActive