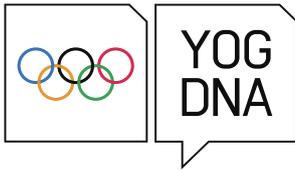




# BULL'S EYE THE ISSF IPOD ON DOPING

**BUENOS  
AIRES  
2018**

YOUTH OLYMPIC GAMES



## THE YOUTH OLYMPIC GAMES ISSF FOCUS DAY

**THE INTERNATIONAL FEDERATION FOCUS DAY IS AN EDUCATIONAL INITIATIVE OF THE IOC (INTERNATIONAL OLYMPIC COMMITTEE) FOR ALL THE ATHLETES COMPETING AT THE YOUTH OLYMPIC GAMES.**

**P**rior to the start of the YOG's in Buenos Aires, each International sporting Federation (IF) was invited by the IOC to choose topics that they wanted to address with their youth athletes so as to educate them on these important topics in an informal setting and manner. Some IF Focus Day activities focused on, for example, safeguarding in social media, proper nutrition, injury prevention, balancing school with high level sport etc.

The ISSF's Youth Olympic Games focus day was organised by the IOC in the Athletes Village. During this activity, ISSF's legal counsel in anti-doping, Janie Soublière, moderated a fun and informative session on both anti-doping and the new ISSF Policy safeguarding against harassment and abuse in Shooting Sport with the help of ISSF Athlete Role Models (ARMs), Anna Korakaki and Federico Gil.

Ana and Federico also shared their personal experiences with all athletes and coaches present. It was a fun and educational opportunity for all participants to grow together in a two-way learning experience.

### ISSF AND THE PREVENTION OF HARASSMENT AND ABUSE

Although the IPOD's focus is, as per its name-sake: anti-doping, it should be mentioned, that another important initiative of the ISSF Medical Committee is the prevention of harassment and abuse in Shooting Sport.

Accordingly, and in promotion of the principles of both the ISSF Code of Ethics and General Rules of Conduct to which all persons associated with ISSF are bound: notably, the respect for human dignity, the rejection of discrimination and the rejection of all forms of harassment and abuse, the ISSF Executive Committee has adopted the ISSF Policy and Procedures Safeguarding Against Harass-

ment and Abuse (hereinafter "Safeguarding Policy") pursuant to article 1.8.2.3 of the ISSF Statutes.

The Safeguarding Policy establishes a clear set of guidelines that must be in place, notably at all ISSF supervised-competitions, in recognition of the importance of providing all ISSF athletes and competition officials with a field of play that is free from abuse and harassment.

The Safeguarding policy is now available online on the ISSF Website at [https://www.issf-sports.org/theissf/rules/amendments\\_interpretation.ashx](https://www.issf-sports.org/theissf/rules/amendments_interpretation.ashx)

There is a Quick Fact sheet that has also been uploaded to the ISSF Athletes Page which provides a summary of the Policy. It can be found here: <https://www.issf-sports.org/athletes.ashx>.

The ISSF Medical Committee will ensure that the Policy is implemented and that all necessary actions and investigations are conducted in accordance with the established procedures. Most importantly, the ISSF will ensure that all matters are dealt with confidentially and in accordance with all Privacy Legislation.

The ISSF is therefore proud to have reached the Gold Standard for such policies as set and determined by the IOC.

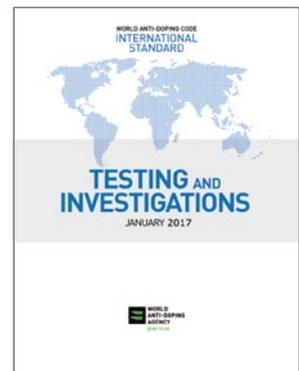
And so, in order to share this important information with all young athletes, the contents and purpose of Safeguarding Policy was explained to all athletes who participated in the Focus Day activity. All were encouraged to report any cases of harassment and abuse, be it against them, their teammates or officials, to the ISSF.

### ANTI-DOPING

The most interactive part of the Focus Day Activity was the anti-doping segment.

For all of you who missed it, or who would have benefited from attending, Janie, Anna and Federico simulated a doping control session with the help of a volunteer athlete randomly chosen amongst the participants as though it was a random test. Federico was the doping control officer, Anna the chaperone (of the same sex as the volunteer athlete), and Janie the moderator, explaining in greater detail and in sequence what happens and why during each step of a sample collection session.

The goal of the simulation was for every step of a sample collection session to be acted out and explained so that every athlete present would be aware of the roles and responsibilities if/when selected for sample collection.



While every step of the sample collection is outlined in the International Standard for Testing and Investigation [https://www.wada-ama.org/sites/default/files/resources/files/2016-09-30\\_-\\_isti\\_final\\_january\\_2017.pdf](https://www.wada-ama.org/sites/default/files/resources/files/2016-09-30_-_isti_final_january_2017.pdf), the following is a useful WADA resource which provides the 11 major steps to the sample collection session.

**The 11 Stages of Doping Control**

**Athlete Rights and Responsibilities**

**Find out more at wada-ama.org**

**Find out more at wada-ama.org**

**At-a-Glance**

**The Doping Control Process**

**RIGHTS RESPONSIBILITIES**

**WORLD ANTI-DOPING AGENCY**  
play true

**From the time of notification to the end of the doping control process, you will be accompanied at all times.**

**17** Choose a sample collection kit from the selection provided. Seal the vials in the A and B bottles. Pour urine at the line in the B bottle first. Next, fill the A bottle and leave a small portion in the collection vessel.

**18** Seal the A and B bottles.

**19** The DCO will measure the specific gravity of the sample to ensure it is not too diluted to analyze. If it is too dilute, you may be required to provide additional samples.

**20** You will complete the Doping Control Form, by:

- providing personal information
- noting any substances you may be taking, prescription medications, over-the-counter medication and supplements
- noting concerns or comments, if you have any, about the doping control
- confirming the information, recorded numbers and sample code are correct
- signing and receiving your copy of the doping control form

**21** Samples will be sent to a WADA accredited laboratory in strict confidentiality and will be tracked to ensure their identity.

**22** Your A sample will be analyzed and your B sample will be analyzed should further testing be required. The laboratory will send the results to the responsible anti-doping organization (ADO) and WADA.

**You will be notified by a doping control officer (DCO) or chaperone about your selection for doping control. You will be asked to sign a form confirming that you understand your rights and responsibilities.**

**You will report to the doping control station as soon as possible.**

**You will choose a collection vessel from the selection provided.**

**A minimum amount of 90mL of urine will need to be provided.**

**You will urinate from knees to avoid and holding your hands to allow to provide an unobstructed view of the passing of the sample.**

**A DCO or chaperone of the same gender will observe the urine entering your body.**

**You have the right to:**

- have a representative and, available, an interpreter
- ask for additional information about the sample collection process
- request a delay in reporting to the Doping Control Station or valid reasons (as determined by the DCO)
- if you are an athlete with disability, to request accommodations to the sample collection procedure

**You have a responsibility to:**

- remain within direct observation of the DCO-chaperone at all times from the point of notification until the completion of the sample collection process
- produce appropriate identification
- comply with sample collection procedures (failure to do so may constitute an anti-doping rule violation)
- report immediately for doping control, unless there are compelling reasons for a delay

**DOPING CONTROL VIDEO**

For a fun and informative review of the information presented in this flyer, check out WADA's Doping Control Video at: [www.wada-ama.org/anti-doping-control-procedure-for-athletes](http://www.wada-ama.org/anti-doping-control-procedure-for-athletes)

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**Additional elements that all athletes should expect and not forget regarding sample collection**

As stated above, an exhaustive outline of every mandatory step of the doping control and sample collection session is provided in the International Standard for Testing.

Although the 11 steps provided in the diagram offer the general stages of the doping control process, the following offers some additional practical information all athletes should be aware of.

- Athletes need to be aware of all the substances listed on the prohibited list, even those who would not seem to be beneficial to a shooting athlete. Doping rules generally make no distinction between sports. If a substance is on the Prohibited List, assume that its use is forbidden in Shooting Sport and do not use it.
- Once athletes are notified that they have been selected for doping control, they must direct themselves to the doping control station and cannot leave until they have provided a suitable sample, regardless of how long this takes.
- Athletes must also be aware that the Chaperone is not permitted to leave the athlete unattended at any time. Therefore, athletes should essentially expect and accept to have a shadow until the process is completed.
- Although every sample collection agency has different rules with regards to cell phone use, athletes should assume that the use of their cell phone will not be permitted in the doping control station. This means no calls, no selfies, no pictures.

- Athletes should be honest and forthright when filling out the doping control form. If an athlete has used a supplement or over the counter medication or energy drink, he or she is strongly encouraged to be frank in filling out the section where an over supplement used in the last 7 days. Moreover, to stay on the safe side, any medication used in the last month should probably be declared.
- Athletes should not forget to hold on to all copies of their doping control documentation once the sample collection session is completed. This documentation is of utmost importance should the sample analysis confirm the presence of a prohibited substance.

The general feedback was that this Focus Day Activity simulation exercise was quite beneficial to all those athletes and coaches present, whether they had been asked to submit to a doping control in the past or not. Since providing an educational piece to our participants was the exact the purpose of the simulation exercise – we are happy that it was effective. Finally, to finish the anti-doping segment of the Focus Day activity, Janie, Anna and Federico asked various questions from the WADA Play True Quiz and gave prizes to the athletes who could answer the questions correctly. Of course, every answer was explained so that this game was as informative as possible.

All athletes and coaches are always invited to take the WADA Play True Quiz which you can download here <https://www.wada-ama.org/en/resources/play-true-quiz>.

**THE TAKE AWAY**

Throughout the IOC Focus Day Activity, various very interesting questions were put to Janie, Anna and Federico who answered all of these based on applicable rules, legal principles and also based on personal experience. The YOG Focus Day activity was clearly a success!

We would like to express special recognition to our esteemed guests, ISSF President Olegario Vázquez and ISSF Secretary General Franz Schreiber, who were both in attendance for the entire Focus Day Activity. We were also honored to have President Vázquez offer a few closing words for the benefit of our participants.

Having the ISSF Executive actively support such educational activities underlines the significance that the ISSF places on the well-being of its athletes.

We hope that all athletes and coaches who were present will continue to educate themselves on anti-doping and the prevention of harassment and abuse in the Shooting Sport. We also hope that those of you who were not present at the YOG focus day activity in Buenos Aires will nonetheless benefit from it by reading this article and in turn educate yourselves on anti-doping and the prevention of harassment and abuse in the Shooting Sport. There is a lot of educational and informative content available to all of you on the ISSF website. Please, make use of it!

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