



REPORT

ACTIVITIES OF THE ANTIDOPING CENTRE IN 2015

In 2015, the aim of the Antidoping Centre (ADC) was the compliance of its work with the planned activities, according to the year-plan.

When fulfilling the 2015 plan, the Antidoping Centre, kept to its basic strategic aims and the measurable objectives for the year.

Strategic aims of the Antidoping Centre:

- Adherence to the principles and directions of the World Antidoping Code 2015 (the Code);
- Increased effectiveness of the fight against doping use, thus ensuring the athletes' right of clean sport;
- Enhanced control on observance of the antidoping rules;
- Preventive activity, based on focused antidoping education.

Measurable objectives of the Antidoping Centre for 01.01.2015 - 31.12.2015:

- Completion and adoption of the National Strategy against doping in sport (2016-2020);
- Second supervision audit on the realization of the Standard ISO 9001:2008;
- All-year doping control according the Test Distribution Plan – 369 urine samples, incl. 266 in-competition and 103 out-of-competition; besides, the DCOs of the ADC had to collect 43 blood samples, according to the WADA's TDSSA;
- Elaboration and implementation of educative programs aimed at enlarged information on the negatives of doping use;
- Finalization of the project "Antidoping education against false self-affirmation", financed by the UNESCO Fund for the Elimination of Doping in Sport.

All activities of the ADC in 2015 were performed in compliance with the Code 2015, its International Standards, and the Regulations for Doping Control in Training and Competition Activity (RDCTCA).

At the start of 2015, each member of the Centre's staff prepared individual work-plan for the year. Based on them, the annual plan of the ADC activities in 2015 was drawn-up.

In 2015, the following reports were generated:

- Year-report on the Antidoping Centre activities in 2014;
- Report on the Antidoping Centre activities in first half-year of 2015;
- Evaluation report on the project "Antidoping education against false self-affirmation".

Report on the activities of the Antidoping Centre in 2015

The Antidoping Centre arranged its Test Distribution Plan for 2016. Besides, the Centre prepared the overall year-plan for its activities in 2016 and submitted it to the Minister of youth and sports for authorization.

The staff of the Control Medical Commission of the ADC submitted to the UNESCO Fund for the Elimination of Doping in Sport the Evaluation Report on the project “Antidoping education against false self-affirmation”. This report and its conclusions were approved by the UNESCO Fund and the project was deemed completed.

On 05.12.2015, the second supervision audit on the realization of the Standard ISO 9001:2008 by the ADC took place. The observation of the Standard requirements by the Centre staff was stated. Some recommendations considering strict adherence to ISO 9001 in the activities of the ADC were given, too.

In 2015, the Antidoping Centre organized and carried out antidoping education on 204 athletes and coaches in a number of sports. The topics of the delivered lectures included doping-control procedures, athletes’ rights and responsibilities, TUE application. Special antidoping lectures, in conformity with the International Olympic Committee rules, were delivered to the athletes in rhythmic gymnastics who have already obtained quotas for the RIO 2016 Olympic Games.

At the end of 2015, the staff of the ADC started education of athletes who had obtained quotas for the Winter Youth Olympic Games Lillehammer 2016. In the training, 23 athletes and 6 coaches from different federations were included: alpine skiing, cross-country skiing (incl. free-style), biathlon, ski jumping, figure skating, snowboard, and sleighs.

The ADC began the preparation of programs aimed at education, in compliance with the antidoping rules of the International Olympic Committee, of athletes who have obtained or expect quotas for the for Summer Olympic and Paralympic Games in Rio’2016.

After a demand of the ADC, 13 national sport federations and organizations conducted on their own antidoping education of athletes and supporting personnel. Together with the Bulgarian Football Union, the Antidoping Centre organized antidoping training of sport physicians in football clubs. In Plovdiv, the ADC carried out a seminar on “Antidoping program for tutors in sport schools”. In the event, 70 representatives of 24 sport schools participated. On request, antidoping training was additionally carried out on 31 athletes in Judo, Sambo, and Wrestling.

Re-educations of DCOs with experience in doping control procedure were conducted in Sofia and Burgas by the ADC staff.

At the end of 2015, three multimedia presentations were delivered at the seminar for the medical personnel of Bulgarian sport federations. The event aimed to make the audience familiar with their role in the fight against doping and the changes in the WADA documents (the Code, the 2016 Prohibited List, the ISTUE and the needed medical information for TUE application). Also, explanations were provided about athlete’s biological passport and the risks at use of nutrient supplements.

At the Year Forum of the South-Eastern Europe Sport Journalists Association (SEESJA) in the town of Bansko, the Executive Director of the Antidoping Centre delivered a presentation devoted to the participation of media in prevention of doping among young athletes under 18-year of age and the sanctions for their parents, trainers, and sport officials.

Teaching of representatives of licensed sport federations on the topic “Instructions for preparing antidoping rules” was performed. The antidoping rules submitted by the sport federations were reviewed by the Antidoping Centre.

Closing antidoping lectures were delivered and the final inquiry was conducted in sport schools, the students of which were involved in the UNESCO-funded project “Antidoping education against false self-affirmation”. In the educative process on the project, the approach “Teaching the teachers” was used, the trainers and the teachers of the athletes being present at the lectures.

Concerning the realization of the ADC strategic policy, enhanced and coordinated work against

doping use in sport, DCOs of the Antidoping Centre performed 825 doping tests. The latter were conducted according to the Test Distribution Plan (TDP) and the Registered Testing Pool (RTP), or by request of Bulgarian and international federations. The doping control was carried out in compliance with the requirements and the technical documents of the WADA, paying utmost attention on target and intelligent testing, ranking risk sports first.

Out of the 364 doping tests conducted according to the year plan, 255 urine samples were collected in-competition and 109 urine samples were out-of-competition tests. On the TDSSA-program, 26 blood samples were collected. Due to financial problems, 5 urine samples less were collected on the TDP and 17 blood samples less were collected on the TDSSA-plan. Fourteen additional tests were performed on athletes in the RTP, on athletes who returned after having previously retired, and in response to a signal.

After requests of Bulgarian and International Federations, 334 samples were collected. Additionally, according to agreements with the Bulgarian Olympic Committee, 95 urine and 6 blood samples were collected from athletes with quotas for participation in the European Games 2015 in Baku.

In compliance with the Code and the International Standard for Testing and Investigations, the Antidoping Center changed the internal rules for its work and updated 8 times the RTP.

In 2015, the Control Medical Commission (CMC) of the Antidoping Centre was informed for 14 AAF and managed them in compliance with the International Standard of Testing and Investigations. It was found that one athlete in the sport of Wrestling has not violated the antidoping rules since he had a valid TUE for the substance that had been established in his sample. Doping rules violations were proved in the rest 13 cases and the athletes' files were sent to the Disciplinary Commission at the Bulgarian Olympic Committee. The sanctions determined by the Disciplinary Commission and imposed by the corresponding sports organization were placed on the Antidoping Centre website.

The Antidoping Centre appealed two decisions of the Disciplinary Commission about the sanctions determined on athletes with established ADR-violations:

- 3 months ineligibility of an athlete in the sport of Judo. The Bulgarian Sport Arbitration has changed this sanction to two years ineligibility of the athlete;
- 9 months ineligibility of an athlete in the sport of Cycling. The Bulgarian Sport Arbitration has changed this sanction to four years ineligibility of the athlete.

Two International Federations, these of Weightlifting and Cycling, have managed AAF of Bulgarian athletes and have established ADR-violations of 11 weightlifters (stanosolol in the nutrient supplement Trybest) and one cyclist (steroid).

The ADC was additionally informed about ADR-violations of Bulgarian athletes established by other ADO:

- An athlete in the sport of Athletics, found by the IAAF with stanosolol in her sample of 2005;
- An athlete in the sport of Tennis, found by the ITF with D-methamphetamine in his sample of 2015.

In 2015, the ADC also managed 17 Atypical Findings (elevated T/E ratio); the additional analyses of 16 samples did not prove AAF. One sample was not additionally analyzed, since the athlete had been followed-up for several years and endogenic high T/E ratio had been found.

In 2015, 6 TUE-applications have been submitted to the Antidoping Centre. TUEs were granted to five athletes. One application was submitted twice and was not considered by the TUEC, since in both cases it did not comply with the ISTUE.

The ADAMS was periodically updated, revising the existing data and creating new profiles of athletes listed in the Registered Testing Pool.

On the table below, data about the doping-control activity of the Antidoping Centre in 2015 is presented.

Indices	Data for 2015					
	Samples collected					
	Antidoping Centre		Bulgarian Federations		International Federations	
	IC	OOO	IC	OOO	IC	OOO
	256	134	27	107	288	13
Doping rules violations, incl.:	AAF of Bulgarian athletes				Breaches by supporting personnel	
	17+11				-	
Athletics	3					
Wrestling	2					
Boxing	2					
Cycling	2					
Judo	1					
Canoe	1					
Volleyball	1					
Biathlon	1					
Skiing (cross-country)	1					
Body-building	1					
Tennis	1					
Weight-lifting	1+11					
Atypical Findings					17	
TUE applications					6	
TUE granted					5	