

**REPUBLIC OF BULGARIA  
COUNCIL OF MINISTERS**

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**DECREE/ DESICION № 519  
From 28<sup>th</sup> of June 2016**

**For approving the Action Plan of the National strategy against doping in sport  
/2015-2024/ for the period 2016-2017**

On the grounds of article 8, paragraph 3 from the Regulations of Council of ministers and its administration

THE COUNCIL OF MINISTERS

DECIDED:

1. Approve Action plan for the period 2016-2017 part of the execution of the National strategy against doping in sport /2015-2024/ in accordance with the application.
2. In compliance with their competence, the ministers and the heads of departments shall undertake actions to implement the measures from the Plan under item 1.

**FOR PRIME MINISTER: RUMYANA BATCHVAROVA**

**FOR GENERAL SECRETARY OF COUNCIL OF MINISTERS: VESELIN DAKOV**

**Action Plan**

**For implementation/execution of the National strategy against doping in sport  
/2015-2024/**

**for the period 2016-2017**

The annual plan for the period 2016-2017 is the first action plan made as part of the implementation of the National strategy against doping in sport /2015-2024/ /The Strategy/.

The Strategy is adopted with Decree № 390 of the Council of Ministers on May 29, 2015, and for implementation of its objectives a number of measures has been undertaken by the institution related to the fight against doping, with the leading role of the Antidoping Centre as a national organization for doping control, prevention and fight against doping in sport.

The main efforts in 2015 were focused on the first, second, fifth and eight objectives of the Strategy.

Concerning the first operational objective "Legal and regulatory changes for control and prevention of doping", a working group at the Ministry of Youth and Sports was created, which prepared a Draft Law for the Physical education and Sport. In the draft, a separate chapter titled "Antidoping activity" is set up, in which the main rules for doping control and the fight against doping in sport in compliance with the World Antidoping Code are regulated. For the first time, an interaction between the institutions in the school and university systems and the Antidoping Center is legally foreseen, with the aim to increase the awareness of adolescents about the prevention of doping in sport and unhealthy substances and methods.

Series of trainings, seminars, and conferences in reference to the second operative objective "Higher awareness of the doping use negatives with focus on young people and their parents" were carried out, the major events being as follows:

1. In June 2015, during the SEESJA Annual forum in Bansko, Bulgaria, the Executive Director of the Antidoping Center read a report about the media involvement in prevention of doping use among athletes under 18 and the sanctions for their parents, trainers, and sport officials.

2. In October 2015, a seminar on theme "Antidoping program for teachers in the sports schools" was carried out in Plovdiv. Seventy representatives from 24 sports schools in Bulgaria were present and 65 teachers were trained.

3. In October, antidoping training of the medical staff from the football clubs was conducted.

4. In November 2015, during the National conference on sport medicine in Sofia, a paper on the topic "Nutrition and food supplements in sport" was presented by the Antidoping Center .

5. In December 2015, informational seminar addressed to the medical personnel of the Bulgarian sport federations and their role in the fight against doping in sport was conducted.

In reference to the fifth operative objective "Control of the products content such as food supplements or foods, intended for use at intensive muscular overtaxes", a workgroup at the Ministry of Agriculture and Foods was created, which has to prepare a draft Law of Foods. By the initiative of the Minister of Youth and Sport, in the draft law a detailed regulation of the food supplements and foods, intended for use at intensive muscular overtaxes that are coming on the market, is foreseen.

In reference to the eighth operative objective "Research activity", the Doping Control Laboratory took active part in analyzing urine samples, which had been taken in relation to two PhD theses: "Endocrine disorders caused by chronic treatment with opioid agonists" and "Characteristics of the metabolic syndrome at age from 17 to 19". The Laboratory developed a research project on the theme "Determination of reference values of steroid profiles".

During 2016, the work on the operational objectives continues. A working group defined from the Minister of Youth and Sport prepared the current plan with concrete aims, measures, indicators, sources of funding, indicative terms, and responsible institutions.

It is envisaged to enter for consideration in the Council of Ministers the drafts of the new Law of Physical Education and Sport and Law of Foods. It is planned to examine the European experience of legal regulation of doping traffic and dissemination, as well as the good practices in this field, which would be of doubtless benefit when clarifying the possibilities for their regulation in our country.

The activity for enlargement of the basis for education on the harm by doping use in sport and for increased publicity on the problem would continue. By initiative of the Ministry of Education and Science, the inclusion of teaching on prevention of doping use in the educational programs of physical education and sport is foreseen. Based on the experience of the Antidoping Centre in this sphere, it is planned to develop a program for "training the trainers".

Activities on the fourth objective "Regulation of the fitness centers activity in Bulgaria" and on the sixth objective "International accreditation of the Doping Control Laboratory" are foreseen.