

20 December 2013  
Lausanne, Switzerland

To: Affiliated Federations  
Council and Commission Members

**Circular No 9 of 2013  
Anti-Doping Programme Information**



Ladies and Gentlemen,

**Anti-Doping Obligations for Rowers and National Federations**

This circular is entirely dedicated to the Anti-Doping obligations for rowers and national federations and contains the following information:

1. 2014 Prohibited Substances and Methods List
2. Training Camp Forms - National Federations and the Team Whereabouts Programme
3. Retirement Policy – Form Attached
4. Anti-Doping Survey Form (due by 31<sup>th</sup> January 2014)
5. Therapeutic Use Exemptions (TUEs) and ADAMS.
6. Anti-doping education – REAL WINNER
7. 2014 FISA Registered Testing Pool (RTP)

**1. 2014 Prohibited Substances and Methods List**

You will always find the very latest list of substances and methods which are prohibited by WADA, the IOC and FISA at the WADA website:

[http://www.wada-ama.org/Documents/World\\_Anti-Doping\\_Program/WADP-Prohibited-list/2014/WADA-prohibited-list-2014-EN.pdf](http://www.wada-ama.org/Documents/World_Anti-Doping_Program/WADP-Prohibited-list/2014/WADA-prohibited-list-2014-EN.pdf)

You are reminded that this list is automatically incorporated into the FISA Anti-Doping Bye-Laws. The 2014 Prohibited substances list will come into effect on 1 January 2014. Please distribute it widely to rowers, clubs, team doctors and coaches.

## 2. National Federations and the Team Whereabouts Programme

**These forms can be submitted by fax or email using the attached forms.**

We would like to draw your attention to Article 5.7.1 of the Bye-Laws to Rule 100 – Anti-Doping in the FISA Rule Book:

*“5.7.1 Before 31 December of each year, each member National Federation must provide to FISA Headquarters quarterly training camp and main training location whereabouts. The completed Summary Training Camp form, Main Training Location form and if possible, the Individual Training Camp forms for its national teams, as well as any other information requested by FISA should be submitted to FISA Headquarters quarterly by 31 December, 31 March, 30 June and 30 September (These forms set out the dates and venues of the camps and main training locations). The individual training camp forms must be completed and received by FISA Headquarters no later than two weeks before the start of any above reported training camp. It is the responsibility of the national federation to update this information so that the information received by FISA is timely, accurate and complete at all times. Any changes to the list of training camps, or training camp contacts must be immediately communicated to FISA Headquarters.*

*Failure to submit complete timely quarterly whereabouts may result in sanctions being imposed on the national federation...”*

Please note that all responses must be in English or French and as complete as possible.

Summary Training Camp and Main Training Location forms –

**Are due 31 January 2014**

then the updates are

**due 31 March 2014**

**due 30 June 2014**

**due 30 September 2014**

Individual Training Camp Forms –

**due at the latest, 2 weeks  
before the start of each  
training camp.**

### **3. Retirement Policy – Form Attached**

Please note Articles 5.6.1 and 5.6.2 of the Bye-Laws to Rule 100 – Anti-Doping in the FISA Rule Book.

*“5.6.1 – A Rower who has been identified by FISA for inclusion in FISA’s Registered Testing Pool shall continue to be subject to these Anti-Doping Rules, including the obligation to comply with the whereabouts requirements of the International Standard for Testing, unless and until the Rower gives written notice to FISA that he has retired or until he no longer satisfies the criteria for inclusion in FISA’s Registered Testing Pool and has been so informed by FISA.”*

*“5.6.2 A Rower who has given notice of retirement to FISA may not resume competing at international rowing competitions unless he notifies FISA at least six (6) months before he expects to return to competition and makes himself available for unannounced Out-of-Competition Testing, including (if requested) complying with the whereabouts requirements of the International Standard for Testing in the manner set out in Article 11.3 of these standards, at any time during the period before actual return to competition.”*

### **4. Anti-Doping Survey – Due 31 January 2014**

**This form can be submitted by fax or email using the attached form.**

We would like to remind you that FISA’s survey of all anti-doping tests conducted by national federations in 2013 is due on 31 January 2014. The survey form is attached with this circular. National federations must indicate the number of in-competition and out-of-competition tests conducted by the national federation or national anti-doping agency as well as the results of these tests and any sanctions imposed in the case of a doping offence. Even if a national federation did not conduct any tests in 2013, this information must be submitted to FISA.

Please note the revised Article 14.2.1 of the Bye-Laws to Rule 100 – Anti-Doping in the FISA Rule Book.

*“14.2.1 Before 31st January each year, each National Federation shall provide a report to FISA Headquarters on the anti doping tests conducted on its Rowers during the preceding year, indicating the number of in-competition and out-of competition tests conducted as well as the results of these tests and any sanctions imposed in the case of positive results or other doping offences. Failure to provide a report to FISA Headquarters by 31 January each year on the anti-doping tests conducted on its Rowers during the previous year may result in sanctions being imposed on the national federation up a maximum fine of CHF 5’000 or the suspension of the national federation until the next congress.”*

## **5. Therapeutic Use Exemptions (TUEs)**

### **To be submitted using ADAMS**

1. All rowers intending to compete in Rowing World Cup regattas, Olympic and Paralympic Qualification regattas, or Senior World Rowing Championship regattas must obtain a TUE from FISA, to be submitted at least 30 days before the event, regardless of whether the Rower is included or not in the FISA RTP, or has previously received a TUE at the national level.
2. All TUEs submitted to FISA must be submitted in ADAMS. All medical evidence and the signature of the doctor must be scanned and attached.

### **Glucocorticosteroids**

3. The use of glucocorticosteroids when administered by oral, intravenous, intramuscular or rectal routes is prohibited and requires a TUE.
4. Glucocorticosteroids administered by intraarticular, periarticular, peritendinous, epidural, intradermal and inhalation routes do not require a TUE or a declaration of use. However the athlete should declare the use of these substances on the doping control form if required to undergo an anti-doping test.

### **Asthma**

5.

6. Inhaled formoterol, salbutamol and salmeterol are not included in the WADA Prohibited list. A declaration of use is not required however the use of these substances must be declared on the doping control form by the athlete if tested.
7. The inhalation of terbutaline still requires the submission of an asthma TUE form in ADAMS.

### **ADAMS accounts**

8. If the athlete doesn't already have an account in ADAMS, then a request should be made to FISA or the national anti-doping organisation to set up an account for the athlete.

## **6. Anti Doping Education**

RealWinner is an online educational interactive programme for athletes and support personnel. The nine e-learning modules cover various subjects such as the doping control procedure and dietary supplements. RealWinner can be accessed from the FISA website:  
[www.worldrowing.com](http://www.worldrowing.com)

## **7. 2014 FISA Registered Testing Pool**

National Federations with rowers included in the FISA Registered Testing Pool would have received a separate communication with information on the FISA RTP for 2014. Please note that if a rower is included in the 2014 RTP it will be for one calendar year, that is from 1 January 2014 until 31 December 2014.

Thank you for your cooperation.

Yours sincerely,



Denis Oswald  
President



Matt Smith  
Executive Director

Attachments