



<b>To</b>	all Masters Speedskaters participating in IMSSC competitions
<b>From</b>	Board of the IMSSC
<b>Subject:</b>	<b>Anti-doping guidelines and advice to master speedskaters (version 2019-1)</b>
<b>Date</b>	November, 15th 2019

### Introduction

Already some years ago a number of thoughts have been developed by the Anti-Doping working group of the IMSSC. In 2013 the idea was that the IMSSC has to carry out by itself doping control. In itself this is a good idea, but looking to the financial consequences the conclusion was and still is that the IMSSC has not the budget to carry out doping control during competitions under the flag of the IMSSC.

In the meantime the ISU is more and more focussing on “clean sport” and “proud to be a clean sporter”. The ISU has developed its own anti-doping procedures (communication 2243) based on the WADA World Anti Doping Code 2015. Due to the strong relationship between ISU and the IMSSC, the IMSSC must comply with the regulations of the ISU also in this area.

The Board of the IMSSC supports the ideas of the ISU of “clean sport” and “proud to be a clean sporter”, but recognizes that there are or might be master speedskaters using medicines for therapeutic use that are on the WADA prohibited list (as an example medication for cardiac arrhythmia, blood pressure, glaucoma, and others).

### Doping control and therapeutic use exemption (TUE)

Not only the ISU is recognizing the importance of masters speedskating and a long life sporting, but also a number of national skating federations have introduced official masters speedskating championships. In 2017 doping control was carried out during the Dutch and German Masters Championships Speedskating. This means that doping control can be carried out in any official national or international masters speedskating competition. This includes the World Masters Winter Games, the winter olympic games for masters, organized by the IMGA.

It is important that all master speedskaters are aware of and prepared for doping control in any (formal) national or international masters speedskating competition. It is the responsibility of every master taking medicines to check against the WADA prohibited list. Every country has its own NADA (National Anti Doping Agency) that publish on a regular basis extensive information about anti-doping in the language of that country.

In the ISU Anti-doping procedure paragraph F deals with the exemption related to therapeutic use of medicines. Every master taking medicines that are published on the WADA prohibited list, must have a filled in and signed “Therapeutic Use Exemptions, Application Form” as defined in the ISU Anti-doping procedures (appendix 6).

If a master speedskater applies for the TUE regarding a certain medicine, it is reviewed by a subgroup of the ISU Medical Commission. If approved, information about that approval is uploaded into the WADA ADAMS system, which is their overall database regarding antidoping information about active athletes throughout many sports.

### Advices to Master speedskaters

The Board of the IMSSC has checked the following procedure with the Anti-doping Office of the ISU. The ISU recognises that some master speedskaters require medicines (as an example medicines for cardiac arrhythmia) that are on the WADA prohibited list.

#### Procedure

0. Each skater must consult her/his doctor to obtain the correct information about medications for comparison with the WADA prohibited list.
1. Every master speedskaters taking medications that are on the WADA prohibited list must fill in the Therapeutic Exemptions Application Form (TUE Form) of the ISU.
2. Every chapter of this form must be filled in by the athlete.
3. The form must be signed by the athlete but also by the Medical Doctor that prescribed the medicin(s).



4. The athlete must send the TUE to the ISU Antidoping Administrator via [antidoping@isu.ch](mailto:antidoping@isu.ch)
5. The ISU Medical Commission reviews the TUE request and will inform the athlete.  
If approved, information about that TUE approval is uploaded into the WADA ADAMS system.
6. If the athlete is selected in a masters competition for anti-doping control, information about the TUE is checked by the medical doctor in the WADA ADAMS system.
7. If this medical doctor has questions about the use of medications the athlete is obliged to answer these questions.
8. It is the responsibility of the athlete to get back her/his original Therapeutic Exemptions form for future use and to ensure that the medical information on the form will stay up to date.

### **Background information**

#### *ISU*

Anti-doping procedures 2019 : <https://www.isu.org/clean-sport/anti-doping>

TUE form and quick tips: <https://www.isu.org/clean-sport/anti-doping>

Information about "clean sport": <https://www.isu.org/clean-sport>

#### *IMGA*

<https://www.imga.ch/en/events/#doping>

The IMGA has adopted an anti-doping policy in line with the WADA code, which means that testing will be conducted during the games, including the World Winter Masters Games.

#### *WADA – World Anti-Doping Agency*

WADA general information: <https://www.wada-ama.org/en>

WADA ADAMS system: <https://www.wada-ama.org/en/what-we-do/adams>

Code 2115: <https://www.wada-ama.org/sites/default/files/resources/files/wada-2015-world-anti-doping-code.pdf>

Prohibited list: <https://www.wada-ama.org/en/content/what-is-prohibited>

#### *NADA Germany*

The NADA in Germany has worked out the WADA world anti-doping code and gives practical advices for athletes, see

<https://www.nada.de/en/medicine/current-medical-advice/>

#### *Anti Doping Authority in the Netherlands*

See: <https://www.dopingautoriteit.nl/>