

## **Anti-Doping Officer Report**

**Irish Orienteering Association AGM, 29th August 2020.**

### **Amendments to the IOA Constitution**

In my 2019 report, I outlined my intention to draft amendments to the anti-doping section of the IOA constitution, in order to align with our national anti-doping policy (the Sport Ireland Anti-Doping Rules, aka “The Rules”).

Unfortunately, I have yet to get started on this work. As it happens, Sport Ireland is currently amending its Rules anyway, to reflect changes in the World Anti-Doping Agency (WADA) Code (aka “The Code”). The new Code and Rules will take effect from 1st January 2021.

### **Athlete Education**

With the help of Darren Burke in his role of Director of High Performance Orienteering, I maintain an e-mail list of athletes who are on the Senior Squad. Since the last AGM, I have used this list to distribute information from Sport Ireland on:

- World Anti-Doping Agency 2020 prohibited drugs list
- How to check if certain prescription medications are prohibited
- Supplement use and the potential for unintentional ingestion of banned substances
- New advice regarding CBD (cannabidiol) products
- Proposed amendments to the Sport Ireland Anti-Doping Rules for 2021

If any athlete hasn't received this information, please e-mail me and I will forward it to you.

As per the Rules, every orienteer on our national squad has a responsibility to be aware of and comply with the Sport Ireland Anti-Doping Rules. This applies to both Seniors and Juniors.

Ideally, I would like to deliver anti-doping education in person. However, opportunities to meet with the Squads are rare. As far as I am aware, the Juniors (or their parents) do not receive any formal anti-doping guidance from the IOA, and I am keen to explore appropriate ways to deliver this.

### **Summary**

Tasks for the coming year:

- Draft constitutional amendments once the new version of The Rules is released
- Deliver anti-doping education to orienteers and their support personnel – perhaps via an online webinar, in this Covid-19 era

I am happy to stand for re-election at this year's AGM – bearing in mind that with work constraints I may get all or none of the above tasks done. I am equally happy to support someone else if they want to take on the role.

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