

# Anti-Doping Officer Report

## Orienteering Ireland AGM, 5th May 2024.

### 1. List of prohibited substances

WADA (World Anti-Doping Agency) updated its list of prohibited substances, which came into effect in January 2024. This was circulated to the Senior Squad, along with the useful explanatory notes provided by Sport Ireland.

### 2. Reminder

Orienteering Ireland has committed to promoting an environment where its members can compete fairly, and free from the use of performance-enhancing drugs.

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

I would encourage all athletes and their support personnel (coaches, parents etc.) to use the Sport Ireland and/or WADA e-Learning resources so that they are aware of anti-doping rules, policies and procedures.

A good place to get started is <https://www.orienteeing.ie/anti-doping/> – this webpage contains useful links to:

- Sport Ireland Anti-Doping webpage (an excellent resource including Anti-Doping Rules; Athlete Zone; Education Zone; and e-Learning)
- International Orienteering Federation (IOF) Anti-Doping webpage
- World Anti-Doping Agency (WADA) Anti-Doping eLearning platform

In addition, the International Testing Agency (ITA) also run monthly webinars on anti-doping which can all be watched on their youtube channel

<https://www.youtube.com/channel/UCVcByLBFzA9rhAYkR3dTNSg?app=desktop>

Their athlete hub also has some great anti-doping resources and information  
<https://ita.sport/athlete-hub/>

### 3. Athlete Education

Aside from forwarding e-mails from Sport Ireland on to our senior squad, highlighting the international testing agency webinars and reminding the senior squad of the availability of an antidoping seminar at WOC, I have not provided any anti-doping education this year. If anyone is on the senior squad and hasn't been receiving anti-doping bulletins, please contact [antidoping@orienteering.ie](mailto:antidoping@orienteering.ie).

#### **4. Future plans**

As we continue to promote clean and fair sport for all, the next step is to start increasing direct athlete education, via online webinars. I hope to implement this in the coming months and it will be open to all who are interested.

Revamp the orienteering Ireland anti-doping section on the website with UpToDate links and information for athletes.

Produce an anti-doping policy that will be available for all on the website.

#### **Summary**

Tasks for the coming year are the same as at last year's AGM:

- Deliver anti-doping education to orienteers and their support personnel -
- Draft the required amendments to the Orienteering Ireland constitution

Update the designated Anti-doping section on the orienteering Ireland website with updated links, appropriate resources and information for athletes on the testing process.

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