

Strasbourg, 21 July 2003

T-DO (2003) 18

## **Anti-Doping Convention (T-DO)**

### **Compliance with Commitments project**

# **Summary Report of the Advisory Visit (Consultative seminar) for Estonia, Latvia and Lithuania on the implementation of the Anti-Doping Convention**

Tallinn, 11- 13 June 2003

The consultative seminar was organised at the request of the authorities of Estonia, Latvia and Lithuania. It took place in Tallinn on 11-13 June and was opened by Mr Urmas PAET, Minister for Culture of Estonia. English and Russian were the working languages of the seminar, with simultaneous interpretation.

The composition of the consultative team (with the list of participants), the programme of the visit and the national reports presented by the three Baltic countries are set out in the Appendix.

Several initiatives have already been taken by the three Baltic countries for the implementation of the Anti-Doping Convention. However, these initiatives have shown their limits and the three countries have therefore recently changed, or are in the process of changing, their anti-doping structures and programmes. In this respect, the advisory visit was very timely and gave a good opportunity to the authorities of the three countries to discuss with experts the changes in course or envisaged. More funding is also planned for anti-doping programmes in each country (see national reports in appendix).

The consultative team noticed with satisfaction that the process for signature and ratification of the Additional Protocol to the Convention in three countries was well advanced and would be effective very soon (Latvia has already signed it).

The participants of the consultative seminar agreed on the following (in order of priority):

1. In the three countries, a national anti-doping body is now established, but their role is rather limited to doping testing activities. It is recommended to set up a co-ordinating mechanism at national level not only for doping testing but also for the co-ordination of all anti-doping initiatives and of the national programme in particular the co-ordination of the efforts of different ministries in the fight against the trafficking of doping substances; and that the national anti-doping body should have full authority for planning, co-ordinating and monitoring the whole anti-doping programme.
2. To increase the number of doping controls, in particular out of competition and unannounced controls. It is suggested that at least 2/3 of the tests be out of competition and without notice.
3. To ensure that the sampling be carried out by independent doping control officers (DCOs): in particular separate the function of the team's or athlete's medical doctor and DCO.
4. To clarify the disciplinary procedures in particular concerning the possibility of appeal both for athletes and for the national anti-doping body.
5. To ensure the independence of disciplinary bodies, they should be composed by independent experts with legal, medical and technical knowledge in anti-doping questions (eg. the composition of the appeal body in Lithuania is to be reviewed).
6. To establish clear rules to sanction the entourage of athletes and provide special protection in the case of doping of minors.
7. To ensure a better involvement of the sports organisations in the implementation of the anti-doping programme.
8. To adopt appropriate legislative and administrative measures to restrict the availability of doping substances (in particular in Latvia and Lithuania). There is a law in each country on the regulation of the pharmaceutical products, but it is not clear if these laws cover substances such as anabolic steroids, EPO, Growth hormone and other peptide hormones, for example. The relevant legislation and administrative measures need to be reviewed in the light of Recommendation (2000) 16 of the Committee of Ministers of the Council of Europe on common core principles to be introduced into national legislation to combat the traffic in doping agents.
9. To include in the anti-doping policy the social use of doping substances in general in society, in particular amongst young people, gym regulars, etc.
10. The usual materials for education have been published in three countries. For further steps, it is suggested to develop a comprehensive educational strategy including an evaluation of its effects. Also the educational programme needs to be adjusted in its objectives and target groups, it should not be limited to high-level sport but should include the social use of doping substances, in particular in gym centres. It was also suggested that there should be a special course on doping for medical students.

11. Concerning research, it is suggested that the research projects and means focus on the side effects and health consequences of the use of doping agents in the Baltic countries and on the social use of doping substances (amongst young people, gym users, etc). It would be worthwhile to launch common research projects in the three Baltic countries in these fields.

12. It is suggested that the three Baltic countries envisage an individual evaluation visit in the medium term (for example in 3-5 years).

\* \* \*

The consultative team wish to thank the authorities and participants from the three countries for their warm welcome, very open and sincere reports and exchange of views, fruitful discussion during the seminar and for their clear receptivity to the comments and suggestions.

The consultative team members are especially thankful to the Estonian authorities for the excellent organisation of the seminar and for the exceptional warm hospitality given to them during their stay in Tallinn.

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## Appendix 1

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## Appendix 2

### Programme of the consultative seminar

#### Wednesday 11 June afternoon

Arrivals

Accommodation at the Grand Hotel Tallinn, Toompuestee Str 27

#### Session 1

14:00	Welcome by Mr. Urmas Paet, Minister for Culture of Republic of Estonia	
14:10	Session I (Chaired by Estonia)	
	General principles and financing Anti-doping policy	COE
	Overview of Article 1 – aim of convention, Article 2 –	
	Definition and scope (including finances) in Baltic states	Estonia
15:30	Coffee break	
16:00	Session 1 continued	
	Article 3 – domestic anti-doping co-operation in Baltic states	Latvia
	Article 4 – legal acts to restrict availability and	
	use of substances in Baltic states	Latvia
	Article 5 – co-operation with laboratories of Baltic states	Lithuania
17:00	Discussion on presentations	
	Summary of the session	
19:00	European Championship qualification football	
	game Estonia vs. Croatia in the A le. Coq Arena	

#### Thursday 12 June

10:00	Session II (Chaired by Latvia)	
	Anti-doping education programmes	COE
	Article 5.2.b and c – anti-doping research in Baltic States	Estonia
	Article 6 – Education, information and prevention	
	programmes in Baltic States	Lithuania
	Article 7 – C-operation with sports organizations in Baltic states	Latvia
11:30	Coffee break	
12:00	Session II continued	
	National and international anti-doping policy and doping	
	controls: co-operation principles with sports organizations,	
	doping control programmes	COE
	Article 8 – International co-operation of Baltic states	Estonia
	Article 10 – Implementation of Convention in Baltic	
	states and Article 11 – Monitoring Group	Latvia
	Additional Protocol. Recognition of doping controls	
	in Baltic states	Lithuania

13:00	Discussions on presentations Summary of the session	
13:30	Lunch	
15:00	Session III (Chaired by Latvia) Identification of main problems in implementation of Anti-doping policy: legislative and disciplinary rules and procedures Laboratory and research Anti-doping programs and sanctions in national sports federations Implementation of World Anti-doping Code, ISO standard Food Supplements and doping outside competitive Sports Round table discussion on the problems in implementation of the Anti-Doping Convention	COE Lithuania  Lithuania Latvia Estonia
16:30	Coffee break	
17:00	Continued discussions on the problems in implementation of the Anti-Doping Convention Summary of the session	

**Friday 13 June**

10:00	Session IV (Chaired by Estonia) Conclusions on the implementation of the Anti-Doping Convention in Baltic States Recommendations for improvement of Anti-doping policies Summary. Closing of the meeting	COE
12:30	Lunch	
Afternoon	Departures	



### **Appendix 3**

#### **Estonian report on the implementation of the Anti-Doping Convention**

##### **Introduction**

Estonia signed the European Cultural Convention in 1992 and became the full member of Council of Europe's Committee for the Development of Sport (CDDS). Estonia became the member of the Council of Europe May 14 , 1993.

Estonia signed the Anti-Doping Convention on May 14<sup>th</sup>, 1993 and the Riigikogu ratified the Convention on November 20 , 1997. The date of entry into force was January 1, 1998.

This was a big step forward providing a base for establishing of institutional and legal system in order to fight effectively against the use of doping in the country and particularly in sports.

Estonia withdrew voluntarily from the SPRINT programmes in 1998 giving more possibilities to participate in SPRINT programmes for “ new member countries “.

##### **Overview of antidoping activities in Estonia since 1989.**

Estonian Antidoping Commission was formed by a group of specialists in the field of medicine , when the initiative came from the Estonian Olympic Committee , in 1989.

The main task of the Commission at that time was to establish a structure which could be responsible for the antidoping activities in Estonia, but also to translate the appropriate literature and to give all the possible information to sportspeople about antidoping.

In 1991 a contract between Estonian Central Sports Union and the Finnish appropriate organization was signed, what stated out the co operational activities in the field of antidoping.

Together with the Finnish Antidoping Committee 10 doping control officers were schooled in Helsinki, in 1991. Since then a close cowork has existed between Estonian and Finnish appropriate organizations – annually Estonian doping control officers participate in Finnish Antidoping Committee schooling days in Finland, in 1997 Finnish Antidoping Committee held its seminar in Pärnu , Estonia.

In 1992 the Estonian Antidoping Commission Control Group was formed and the chairman of this group elected.

At this time the budget of Estonian Antidoping Committee was about 10.000.-US, what was insufficient to cover educational activities, out of competition testing and office expenses. But despite the difficult financial situation, Estonian Antidoping Committee performed 105 doping control tests during the years 1992-1994, from what 72 were taken during the competitions and 33 out of competition. All samples were sent to the IOC accredited laboratory in Helsinki. This number of tests was possible as due to the Sport Unions, who covered part of the expenses of doping controls during the competitions.

Important document, what obliged the athletes to go through the out of competition testing, was signed between Estonian Antidoping Committee and 14 National Sport Federations in 1995 , just before the Olympic Games in Atlanta.

In 1994 a contract between the three Baltic States was signed. This contract stated out the testing policy in the Baltic States but also co operational activities in the field of antidoping in these countries.

The contract between three Baltic States was renewed and resigned in 17<sup>th</sup> April 1998.

During 1996 –1997 a great amount of work was done to establish a independent institution which could deal with all the antidoping activities , including doping controls . In this matter several meetings with NeCeDo and Finnish Antidoping Committee officials took place during these years. To the result Estonian Center for Doping Affairs was established in August 1997, what was quite close of its structure to NeCeDo. At this time EsCeDo primarily used a “Clean Sports Guide “as a guideline for antidoping activities in Estonia.

The same year EsCeDo together with NeCeDo started a research work what was targeted to the elite athletes in Estonia – Questionary Doping And Elite –Sports. Final results of this work was released in autumn 1999.

The annual budget increased the following Years - in 1999 the budget was approximately 20.000.-US , in 2003 the budget for Estonian Center for Doping Affairs is approximately 35.000.-US.

Since 1997 Estonian Center for Doping Affairs has been responsible in giving the feedback about antidoping activities reporting regularly on implementation of the Convention by filling in the database of the Monitoring Group of the Antidoping Convention and taking part of the meetings of the Monitoring Group.

As the annual budget still dictates how many doping controls can we perform, EsCeDo has been active in setting up a testing programme in the year 2000 which covers a wide variety of different sports, including for example bodybuilding. The system has already strategically proved itself as during last 3 years six athletes have been tested positive and have been sanctioned by appropriate National Sport Federations. (EsCeDo does not have the right to sanction the athletes). During last couple of years the annual number of tests has been around 100 from what approximately 50% were out of competition.

Another important task in front of EsCeDo is the educational and information activities on antidoping.

Annually a list of banned substances and methods is released what is available to everybody, also on the web site – [www.spordimed.ee](http://www.spordimed.ee) .

To this web site different subjects concerning antidoping are included.

As due to the fact that this web site was originally established together with the Sports Medicine Centre, also a large variety of recreational athletes can follow the information concerning antidoping.

Annually a booklet “ Doping Spordis” is released by EsCeDo , which is targeted mainly to athletes , coaches and team doctors.

EsCeDo also gives lectures in different seminars all over the country what is part of the promotion of doping free sport.

During last couple of years several elite athletes in Estonia have set up a movement of doping free sport and are willing to make cooperation with EsCeDo in this matter. We consider it a big step forward to promote doping free sport among young athletes.

EsCeDo is also responsible for preparing (translating) the documentation on antidoping . The last one was the World Anti-Doping Code what now is already in a process of preparing for the ratification in the parliament.

Estonian parliament has already accepted several acts restricting the availability and use of doping substances in the country:

- Sports Act – passed on 15<sup>th</sup> June 1998.
- Medications Law – passed on 19<sup>th</sup> December 1995.
- Law of Association with the Narcotic – and Psychotropic Substances Convention – passed 5<sup>th</sup> June 1996.
- The Copenhagen Declaration will be signed on the governmental level by the end of May 2003.

## **Conclusions**

During last five years EsCeDo together with the Ministry of Culture has done a great progress in implementation of the Convention, yet a great deal of work must be done to carry on this important task more effectively. Therefore we feel just about the right time for the Consultative Visit for all three Baltic States, as we all are in about the same stage , to get some good advise how to do our job better.

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## **Appendix 4**

### **Latvian report on the implementation of the Anti-Doping Convention**

*Prepared by the Sports Department of Ministry of Education and Science  
and  
Sports Medicine Centre of Ministry of Health  
in May 2003*

#### **Introduction**

The Parliament of Republic of Latvia in December 17, 1996 has adopted “Law on Council of Europe’s Anti-Doping Convention No. 135” (henceforth — the Convention). The adoption of this law provided base for establishing of institutional and legal system, in order to fight the use of doping in the country. According to the article 3 of the Convention the country is responsible for coordination of activities of state administration and other governmental institutions, which are connected to the problem of doping in sports. State has to provide means for implementation of the Convention by entrusting this task to certain governmental institution or other organisation. Article 4 of the Convention provides the rule that state within its limits shall adopt appropriate legislation, regulations or administrative measures to restrict the availability (including provisions to control movement, possession, importation, distribution and sale) as well as the use in sport of banned doping agents and doping methods and, in particular, anabolic steroids)

#### **Antidoping activities from 1992 – 2002**

Until year 2002 Latvia has not officially nominated any institution politically responsible for implementation of the Convention. Since 1992 all activities in the field of antidoping has been carried out by the Antidoping Commission established by Sports Department of the Ministry of Education and Science (henceforth - Antidoping Commission). The legal base, finances and human resources of the Antidoping Commission were insufficient. The legal status of the Antidoping Commission did not comply with international requirements defined in ISO standard, because the members of Antidoping Commission and financial means are every year revised and accepted by the order of Director of Sports Department of the Ministry of Education and Science, thus the independence from the sports organisations is not fully provided. Antidoping Commission did not have any employed person, but the task of co-ordination of Antidoping program was included among other tasks of one civil servant at Sports Department of the Ministry of Education and Science. Due to the lack of financial and human resources the possibilities of doping controls and antidoping propaganda were not used in the necessary quality and quantity, the needed research and legal developments were not possible at all.

In spite of very limited resources, the Antidoping Commission since 1992 did doping controls in compliance with recommendations of the Convention, in cooperation with IOC accredited laboratory Huddinge, in Sweden and Moscow, in Russia

Year	Number of controls	Special sports	Positive results of controls in Latvia (decision)	Positive results internationally (decision)
1992	56	12	1	
1993	39	6	0	
1994	50	7	2	
1995	32	4	1 (no sanction)	
1996	23	4	0	
1997	19	1	0	
1998	43	6	0	1 (no sanction)
1999	75	4	0	1 (2 year suspension)
2000	61	7	0	1 (life ban)
2001	44	8	1 (no sanction)	5 (sanctions from 3 months till 4 years)
2002	42	6	1 (no sanction)	

Antidoping Commission has every year issued list of prohibited substances and delivered it to sports organizations, organised lectures and seminars for athletes, doctors, coaches. Different information materials on the side effects have been issued as well.

Sports Department of the Ministry of Education and Science regularly reports on the implementation of the Convention by filling in the database of the Monitoring Group of the Convention and regularly participates in the meetings of the Monitoring Group.

Until November, 2002 the doping controls were carried out in accordance with the document "Doping Control Rules" accepted by non-governmental organisation Sports Federation Council of Latvia. This document envisaged the rights of the doping control officers approved by the Antidoping Commission to carry out doping controls for the members of the Sports federation Council of Latvia – 67 sports federations. It has to be underlined, that the competence of such controls has been several times disputed, even brought to court. General provisions on fight against doping also is defined in the statutes of Latvian Olympic Committee and some special sports federations, but these rules only prohibits the use of substances, but does not give any mechanism or financing for implementation of programs for antidoping purposes. Antidoping Commission was not eligible to accept any decisions and apply sanctions to the athletes, coaches, organisations in cases connected with use of doping. Antidoping Commission was lacking mandate to influence legal bodies (including sports organisations) or private persons, who does or promotes use, distribution or sell of doping substances.

### **Development of the Antidoping activities in 2002-2003**

Taking into account last international developments, started with the World Antidoping Conference in Lausanne 1999 and till Additional Protocol of the Convention (which Latvia signed in Warsaw), as well as a range of positive doping cases of Latvian athletes in 2000-2001, the Government of Latvia has undertaken serious steps in last year.

In September 4, 2002 the Government accepted "Strategy on implementation of the Convention", in order to ensure implementation of all Articles of the Convention, diminish the accessibility to the doping substances, improve the knowledge about side effects of

doping substances among athletes and society in general, ensure the doping control procedure in accordance with international standards. In order to achieve the aims of the Strategy, proposals for changes in several legal acts were made, plans for responsible institution were accepted, including financial and human resources.

Following the Governmental Strategy the Sports Law was accepted and became in force November 27, 2002, and defined the responsibilities of Ministry of Education and Science and Ministry of Welfare in the fight against doping. It is stated in Sections 5 and 6 of the Sports Law. It clearly defined the responsibility on carrying out doping controls within the Ministry of Welfare in accordance with the rules accepted by the government. Section 18 and 20 of the Sports Law determines responsibilities of the athletes and sports officials (coaches, doctors, and other persons of athlete's entourage).

In February 18, 2003 Government accepted the rules Nr.86 "Doping Control Rules". It provides the following general principles:

- prohibition of doping;
- doping substances and methods;
- principles of doping offence (use, presence in body, refusal for control);
- responsible decision-making institution – Antidoping Committee of Ministry of Health;
- organisations eligible to request doping control to the Antidoping Committee of Ministry of Health – sports federations, Olympic Committee etc.;
- organisation responsible for carrying out doping controls according to instruction of Ministry of Health (complies with international standard) – Sports Medicine Centre of Ministry of Health;
- result management process – from Centre to Antidoping Committee, then to organisation requesting control;
- role of different bodies in fight against doping – federations, athletes, government institutions; defining coordinative role of Sports Medicine Centre in implementation of antidoping program – controls, education, research;
- clause on possible reduction of government subsidies if sports federation does not implement antidoping program or has several doping cases.

At the same time the Government accepted principle budget for the Antidoping program, which will become into force in July 1, 2003.

Simultaneously with the preparation of the Government rules on doping control, Sports Department of Ministry of Education and Science prepared suggestions to changes in the Administrative Code and initiated the new article Administrative Violations in Field of Sport and included sanctions for violation of Doping Control Procedure. The Parliament of Latvia accepted this Law in March 20, 2003, and it became into force in April 15, 2003.

## **Conclusions**

Latvia in last two years has made a serious progress in the field of implementation of the Convention. The legal system and administration is developing in accordance with the requirements of the Convention. But all these novelties are not seriously tested in practise yet due to financial reservations, which will be solved from July 1, 2003.

At the evaluation visit compliance with the commitment to implement the rules of Convention Latvian delegation will present Latvia's current legal acts and administration system plans, in order to receive a competent evaluation and make necessary amendments to a new structure and rules.

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## **Appendix 5**

### **Lithuanian report on the implementation of the Anti-Doping Convention**

#### **Introduction**

In 1993, by signing European Cultural Convention, Lithuania joined the Council of Europe and started taking part in the activities of the CDDS. The year of 1993 was the year of the utmost importance since Lithuania became a signatory party of Anti - doping Convention, which was ratified by the Parliament of the Republic of Lithuania in 1995. According with Article 138 of Constitution of Republic of Lithuania International Agreements, which is ratified by the Parliament Of the Republic of Lithuania, is the constituent part of the legal system of the Republic of Lithuania.

This means that the whole Convention text is accepted as it is.

The Decree Nr.558p of the Government of the Republic of Lithuania established Lithuanian Antidoping Commission (LADC) in order to implement the Anti doping Convention in practice.

Article 46 of the Law of Physical Education and Sport of Republic of Lithuania is called “Prohibition of the Use of Doping”, Article 8 – “Methods Prohibited in Sport” (see Attachment Nr.1).

#### **History**

Many conspicuous reforms have taken place since 1990. The sports life has been decentralized. Reorganization took place in governmental sports management system: instead of the former Committee of Physical Education and Sports the Lithuanian State Department of Physical Education and Sports was established in April 1990. On 18 September 1991 Lithuanian Olympic Committee regained the rights of a member of IOC. In 1992 Lithuanian Union of Sport Federations was established and many new sport institutions, such as the Lithuanian “Sport for All” Association, Lithuanian Paralympic Committee were founded. The first steps in anti- doping fight were also taken.

There are 3 historical periods of the anti - doping activities’ development in Lithuania: **1)** 1990 – 1992 – on the basis of bilateral co – operation we tried to adopt the Nordic Antidoping model in Lithuania. The conditions were not enough to implement the model, therefore the implementation stopped in 1993. **2)** In order to implement the Anti - doping Convention in practice Lithuanian Antidoping Commission (LADC) was designed and approved by the Act of Decree Nr. 588p of the Government of the Republic of Lithuania on 10 July 1992. **3)** The third period on antidoping activities in Lithuania started since the end of 2002. The new strategy of development of anti-doping work in Lithuania was prepared by Lithuanian State Department of PE and sports and new Anti doping Agency (LADA) with higher potential including high skilled staff and better financial support is going start to work from the new finances year of 2004.



## **Activities of Lithuanian Antidoping Commission**

The Commission is composed of the representatives from both governmental and nongovernmental sport institutions. 7 out of 8 members of the Commission are voluntaries and only one is full time employee. The objectives of the Commission have been grouped according to the fields where the activities of the Commission could be most relevant and effective and based on the implementation of the Articles of the Convention. At the governmental level the Commission co – ordinates the anti- doping activities in the country, carries out the anti - doping education and doping abuse prevention programmes and also takes care of international relations. At non-governmental level the Commission provides information and gives advice on anti - doping education and legislation issues. At this level it acts as a server body. Sample collection and cases' investigation services are also available to the public bodies. The Government of the Republic of Lithuania through the Lithuanian State Department of Physical Education and Sports finances the activities of LADC. The budget counts as mush as 10 – 15 thousands euros per year. The budget is allocated to the following fields of activity:

- Doping control 60%
- Domestic co – operation 0%
- International co – operation 15%
- Information 10%
- Education 10%
- Salary for paid staff 5%

Although financially the LADC is dependent upon the governmental institution, according to the Commission' regulations it is fully independent in its activities and decisions.

The most important aim and task of the activity of LADC are to decrease the number of the athletes using doping. The activities of LADC is divided into the following spheres:

### **1. Doping controls**

The doping control procedures are carried out following the Doping Control Regulations; annual testing programme and the number of tests taken depends on the financing. The small number of doping tests defines the system of selection athletes, competition and out – of – competition. Our aim is to dope athletes representing conflicting sports in different age groups. On the one side, much of the attention within the doping test programme is given to the top and perspective athletes and on the other side – to the young athletes. 60% doping tests are competition and 40% - out – of – competition.

Another way of conducting doping tests is to be a service for the International or national sport federations when they need doping controls to be done during the international competitions which are held in Lithuania. There are 12 doping control officers working in 5 cities of Lithuania. They were trained by Norwegian specialists and have the certificates of LADC. All the doping control officers have higher medical education and the best conditions to implement the antidoping education work not only during the doping controls – they are all working in the Sport medicine centers as a doctors.

For the doping samples analysis IOC accredited Laboratory in Aker Hospital, Oslo, Norway is using.

In the case of positive test, Lithuanian Antidoping Commission investigates the case and gives recommendations on sanctions for the decision making body of relevant sport federation.

Athletes have the right to appeal to the Commission of Appeal, which is composed from 3 leaders of main sport organizations – Lithuanian State Department of PE and Sports, Lithuanian Olympic Committee and Lithuanian Union of Sports federations.

## **2. International co – operation**

Lithuania is taking an active part in the work of the Monitoring Group on Antidoping Convention of Council of Europe.

In the year 2000, in the frames of CDDS SPRINT programme regional seminar on the development of anti-doping policies and programmes in the former USSR countries was held in Vilnius, Lithuania.

The Antidoping Convention in its Article 8 calling the member States to promote co – operation between appropriate agencies. In this sense Estonia, Latvia and Lithuania in 1994 have signed an Agreement on co – operation and in early 1998 this Agreement has been revised and marks the start of new wave of co- operation. In short words this Agreement gives guidelines for Baltic Countries` Antidoping Commission, co – operation, exchange of experience, doping controls in the other countries and perfecting national antidoping programs.

## **3. Education**

Education is considered in our activities as one of the most important in the field on the fight against doping, because we cannot make so many doping controls to understand the doping use in sport society. Therefore we tried to establish a certain education system, were we define different target groups and make education activities for each group. We have defined the following means of education:

Education for Youth	Schools	Not yet
	Universities, students	medical Lectures, books
Education for Sports people	Clubs	Seminars
	Federations	Seminars, consultations
Education for Medical Staff	Sport Medicine Doctors	Seminars

## **4. Information**

Information program also contains different target groups and different tools to reach them. We have defined following target groups: Youth, Athletes, Coaches, Doctors and Nurses, Media, Society in general.

The list of prohibited substances and methods is issued annually and devilered to sport organizations. In the web site [www.sportopasaulis.lt](http://www.sportopasaulis.lt) all necessary information (lists of prohibited and permitted substances, doping control procedure, main documents, etc.) is included on the link “Antidopingas”

Informative posters, bucllets on doping control procedure and side effects of prohibited substances are issued. "Clean Sports Guide" of Council of Europe is translated in Lithuanian language and distributed to sport federations and other sport organizations.

## **5. Domestic co – operation**

Domestic co - operation mainly means the co - operation with national sport federations, where in financial means we spend nothing for this, because it is covered by education and information costs. LADC and NSF's signed an annual Agreement, including the rights, duties and responsibilities of both sides and , for example, Agreement says, that federation, member of which was sanctioned for the use of doping, shall cover the obligatory expenses of the analyses of the test.

Other big area of domestic co-operation is still not developed, and that is co-operation with police, customs and medicine wholesale controls - on the question of limitation of transport, transit, sell and buy of doping agents, especially anabolic steroids. The need of this activity is demonstrated by the incidents on the borders when dispatches of anabolic steroids were twice caught as well as Somatotropin produced in Lithuania was found in the suitcase of a Czech body-builder on the Polish - Czech border. Therefore, much of our attention has to be allotted to the latter sphere.

## **6. Conclusions**

Lithuania is on the way of big changes and progress in the field of antidoping activities and we consider Consultative Visit is to be held on the right time to assist us to make our progress in the most effective way.

Attachment Nr.1

Law of Physical Education and Sport of Republic of Lithuania

### **ARTICLE 46. Prohibition of the Use of Doping**

"Athletes shall be prohibited from using of doping while physicians, coaches and other individuals shall be prohibited from prescribing, encouraging and forcing the use of doping or doping methods established by the International Olympic Committee Medical Commission and international sports federations.

It shall be prohibited to use doping for equestrian sport horses.

Doping and its methods shall be controlled by a Governmental appointed commission and duly authorized international organizations.

Individuals who have used or encouraged, forced use of doping and its methods shall have sanctions applied to them as provided for by international sport organizations and the sport federations (associations, societies) of Lithuania."

### **ARTICLE 8. Methods Prohibited in Sport**

“The use of methods and substances that are prohibited by documents adopted by international or national sports federations, societies, associations of Lithuania, in order to achieve sport results, shall be prohibited.

Coaches and other workers or individuals involved in physical culture and sport must not implement or issue any orders that may harm the health of individuals practicing physical culture and sport, and may not issue orders that violate moral norms.

Individuals who violate these requirements shall be liable in accordance with the procedure established by laws.”

Rima Berloviene  
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Lithuanian State department of Physical Education and Sports