

UNESCO FUNDS AVAILABLE!

Papua New Guinea became the latest island nation to ratify the UNESCO Convention Against Doping in Sport which in turn qualifies them for financial assistance from UNESCO to fund their Anti-Doping Program.

There is **over USD 3.2 Million** in the **Fund for the Elimination of Doping in Sport** which was created to provide financial assistance to countries to help them develop or implement effective anti-doping programs in accordance with the UNESCO Convention against Doping in Sport.



Specifically, the Fund provides assistance for three areas which are:

- **Education** projects focusing on youth and sports organizations
- **Policy Advice**, meaning you can receive assistance to develop administrative practices, policies and regulations, legislations for anti-doping in your country
- **Anti-doping mentoring and capacity development**, for example to establish a National Anti-Doping Organisation (NADO).

Eligible countries can apply for up to USD 20,000 per national project and can make three requests every 2 years. Regional projects which cover three or more countries can receive USD 50,000.

Interested countries can access a copy of the handbook with the application forms included at <http://www.unesco.org/new/en/social-and-human-sciences/themes/sport/anti-doping/fund-for-the-elimination-of-doping-in-sport>

For any further questions about the fund you can contact Paul Marriot-Lloyd, Programme Specialist for Anti-Doping, Sector for Social and Human Sciences on email p.marriot-lloyd@unesco.org or by telephone on +33 (0)1 45 68 45 33.

This newsletter is dedicated to provide news and information and promote the fight against Doping in all its forms in the Oceania Region.
For a **free** electronic version, please send an email to natanya@onoc.org.fj

Inside this issue:

Voices of the Athletes	2
Partnering with VOA in Palau	
Medical Corner	3
Case Study - Supplements	
Nutrition Tips	
Dangers of Anabolic Steroids	
Activities in Brief	4 - 5
World Anti-Doping News	6
Case Study Answers	7
Resources	8

So who is eligible to apply for funding?

All countries that have ratified the UNESCO Convention Against Doping in Sport. **These countries are:**

- | | |
|--------------------|--------------------|
| • American Samoa | • New Zealand |
| • Australia | • Palau |
| • Cook Islands | • Papua New Guinea |
| • Guam | • Samoa |
| • Marshall Islands | • Tonga |
| • Nauru | |



PARTNERING WITH VOA IN PALAU



It's the first time for the Voices of the Athletes (VOA) to appear in the North Pacific to take part at the 7th Micronesian Games in Palau.

ORADO joined forces with the VOA Outreach Program to help educate and create awareness about Play True or Fair Play to the athletes and youth in the North Pacific.

Voices of the athletes staff included Carl Probert (5 times Olympian representing Fiji for

Swimming), Jone Wesele (Captain of Fiji Rugby League and STOP HIV Champion) and Mary Mahuk (Retired athlete and current women 400m hurdle record holder), and Ekitino Vaiangina (Beach Volleyball Coach and Doping Control Officer - Tonga). Below are some shots of the busy VOA tent and quotations from some of the athletes who wrote their thoughts on being a leader.



WHAT DOES "BE A LEADER" MEAN TO YOU?

Basically, to me it means that you have to be a good role model to others and just apply all the values that your family gave to you.

Whitney Aitaro
Palau
Volleyball

Standing up for what you truly believe in and setting good examples for other people/peers. Taking charge for what you think is right, and being a guiding light for young people.

Courtney Tellei
Palau
Women's Basketball

Looking out for others and doing what is best for you and your team. Being a role model for younger athletes and setting good examples. Self control, positive attitude, and a big smile.

Kai Staal
Northern Mariana Islands
Swimming

BE A LEADER
PLAY TRUE
PLAY SAFE

Critique of Case Study - Supplements

This case study was submitted by Dr Chris Milne (pictured), Chairman - ONOC Medical Commission and ORADO TUEC Member. (Answers for the questions are provided on page 7.)



History

Rose is a 17 year old swimmer, in the 100 and 200 metre freestyle events. She is having trouble finishing races strongly, and is tired after training. Her uncle, who is a competitive bodybuilder, suggests she try some of his supplements. He bought them off the internet last year, and he says they helped him train harder and recover more quickly.

Q1 Are supplements bought over the internet likely to contain banned substances?

Q2 Who is responsible for what foods or medicines Rose consumes?

She takes her uncle's supplement pills for three months. She feels much stronger at the end of races and can train much more easily. She has also noticed much better muscle definition in her legs and arms, and has gained 3kg in weight.

She goes to see her doctor, as she is concerned regarding acne on her face and upper body, and some hair growth on her upper lip.

Q3 What substances may be contained in her uncle's supplements?

Q4 What should Rose do now?

Q5 What should her doctor do?

Nutrition Tips - Fuel needs for training and recovery

This article is an extract from **Nutrition for Athletes - A practical guide to eating and performance**, prepared by the Nutrition Working Group of the International Olympic Committee.

Carbohydrate provides an important but relatively short-lived supply of fuel for exercise that must be refilled each day from carbohydrate foods in the diet. .

It is valuable to choose nutrient-rich carbohydrates and to add other foods to recovery meals and snacks to provide a good source of protein and other nutrients. These nutrients may assist in other recovery processes, and in the

case of protein, may promote additional glycogen recovery when carbohydrate intake is below targets or when frequent snacking is not possible.

Carbohydrate-rich foods with a moderate to high glycaemic index (GI) provide a readily available source of carbohydrate for glycogen synthesis, and should be the major fuel choices in recovery meals.

Examples of carbohydrate foods with moderate-high Glycaemic Index:

- Most breakfast cereals
- Most forms of rice
- White and brown breads
- Sports drinks and soft drinks
- Sugar, jam and honey
- Potatoes
- Tropical fruits and juices

Examples of nutrient-rich carbohydrate foods and meal combinations

- Breakfast cereal with milk
- Flavoured yoghurt
- Fruit smoothie or liquid meal supplement
- Sandwich with meat and salad filling
- Stir-fry with rice and noodles

MEDICAL CORNER

Useful advice from a medical perspective.

Side effects of anabolic steroids

Anabolic steroids are taken by athletes to increase their muscle bulk and gain weight. They are taken by athletes typically in strength events who are doing heavy weight training. However, they have side effects which can damage the athlete's health and relationships with others and these are listed below.

Common side effects in both sexes are:

Acne;

Alopecia (baldness);

Abnormal liver enzymes;

Altered cholesterol profile with lowered HDL (the good cholesterol) and raised LDL (the bad cholesterol) plus raised triglyceride levels. Also, they predispose to hypertension.

Collectively, these side effects lead to coronary artery disease appearing many years earlier than would be expected if the athlete had avoided anabolic steroids.

Important behavioural side effects can appear. These include irritability, aggression and mood swings. These have been termed the roid rage, but the taking of anabolic steroids is no excuse for bad behaviour.

Additional side effects occurring in males only include decreased sperm production and decreased size of the testicles, plus the appearance of breasts (man boobs) - this is termed gynaecomastia and is not a good look for a young man.

Side effects that are relevant to women include irregularities of the menstrual period plus deepening of the voice. Some women develop male pattern baldness and excess hair growth, and a few develop shrinkage of the breasts and enlargement of the clitoris.

Side effects relevant to adolescents include worsening of teenage acne and premature closure of the growth plates, which may mean that the young athlete does not grow to their full adult height.

As can be seen, there are many important side effects of anabolic steroids and that is why they are banned drugs.



ACTIVITIES IN BRIEF

This section highlights some activities of ORADO relative to its Key Result Areas

OBJECTIVE 1 EDUCATION/ADVOCACY

To educate and inform Oceania National Olympic Committees, Governments, Sporting Organisations, athletes and support personnel about the benefits of doping free sport and the requirements of the World Anti-Doping Code and the UNESCO International Convention Against Doping in Sport.

The ORADO conducted several Anti-Doping Education Sessions which included:

Pacific Rugby Cup Tournament, Nadi, Fiji

ORADO in partnership with Drug Free Sport Fiji provided formal anti-doping education sessions with the participating countries and teams. This included Tonga Tautahi Gold, Tonga Tauta Reds, Samoa Savaii, Samoa Upolu, Fiji Warriors and Fiji Barbarians.

Pacific Nations Cup Tournament, Apia, Samoa

ORADO in partnership with the Samoa Anti-Doping Agency and Samoa AIDS Foundation conducted sessions with each team on Anti-Doping and HIV/AIDS. Teams visited were Tonga, Fiji, and Samoa.

Cook Islands Medicine Course

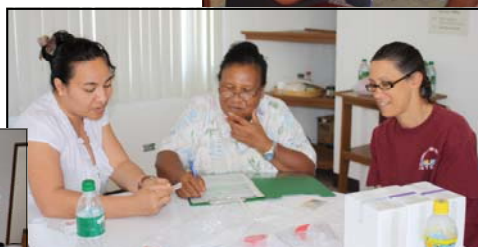
Under the banner of the ONOC Medical Commission and its Olympic Solidarity funding ORADO took the opportunity to create awareness on the "Dangers of Doping" and "Doping Control Procedures". Cook Islands DCOs, Mata Iroa and Charlie Numanga, helped facilitate the sessions. These sessions were attended by over 40 people including representatives of Cook Islands Medical Commission, National Federations and Island Associations.

OBJECTIVE 2 DOPING CONTROL

To ensure the implementation of effective doping control programs to prevent, deter and detect the use of doping in the sport in the Oceania region and for athletes of the Oceania region.

The ORADO conducted several DCO and Chaperone Training Workshops, including:

- A three day training workshop for DCOs and Chaperones from Drug Free Sport Fiji in preparation for the Oceania Weightlifting Championship and Youth Olympic Qualifying. Four new DCOs and three Chaperones were trained.
- One day training of five Chaperones in the west of Fiji in preparation for the Pacific Rugby Cup Tournament, Lautoka, Fiji.
- Three days of training of DCOs and Chaperones for the Samoa Anti-Doping Agency in preparation for the IRB Pacific Nations Cup Tournament and the Oceania Swimming Championship. Four new DCOs and eight new Chaperones were trained.
- Two DCOs and four Chaperones in Palau were trained over three days in preparation for the 7th Micronesia Games.



OBJECTIVE 3 IMPLEMENTATION OF ANTI-DOPING RULES AND ESTABLISHMENT OF NATIONAL ANTI-DOPING ORGANISATIONS

To provide assistance, guidance and leadership to Oceania countries in the development and implementation of anti-doping rules and regulations; along with the establishment of their national anti-doping program and respective compliance to the World Anti-Doping Code.

The ORADO continues to follow up with those countries who have yet to submit their anti-doping rules to WADA. Below is an updated table of compliance status.

Status of Rules	NOC rules in line with Code	NOC and NADO rules in line with Code	No rules received NOC is required to submit NADO anti-doping rules
Countries	American Samoa Marshall Islands Micronesia Guam Tonga	Cook Islands Fiji Palau Papua New Guinea Samoa Vanuatu	Kiribati Nauru Solomon Islands Tuvalu

OBJECTIVE 4 COMMUNICATION

To communicate and raise awareness of the importance of anti-doping initiatives with Governments, National Olympic Committees, sporting organizations, athletes, support personnel and media to ensure effective regional buy-in, support and compliance

ORADO Website

The ORADO continues to maintain a website at www.oceaniasport.com\rado with regular updates on ORADO activities, useful resources and links to relevant information and websites.



OBJECTIVE 5 SUSTAINABILITY

To ensure the long-term sustainability of the Oceania Regional Anti-Doping Organisation

Funding from Australian Government

The Australian Government, through its Department of Health and Aging, had offered WADA a funding agreement to underpin the Australian Government's support for the ORADO project.

With the funding from the Australian Government, it is anticipated that ORADO will have the opportunity to become self sustainable by 2012. For a 2 year period the fund (USD) is allocated as follows:

- ORADO Administrator Salary: \$50,000
- Contribution to travel costs: \$30,000
- Education Programmes: \$30,000
- Office Operations: \$10,000



Donation from DFSNZ

Drug Free Sport New Zealand donated NZD \$20,000.00 to ORADO's Doping Control Program. This money will be utilized by ORADO to continue its DCO training program around the region.



Ryan Napoleon
Photo: Steve Christo

Doping Bans for Swimmers, Water Polo Player

Daynara de Paula (BRA) - On the 26 and 27 March 2010, the Brazilian swimmer Daynara de Paula tested positive twice to the substance Furosemide (Class S.5 Diuretics and Other Masking Agents) at the 2010 South American Games.

The FINA Doping Panel ruled that the swimmer had taken a legally allowed supplement that had been contaminated in the production process, and without the intent of enhancing sport performance.

The Panel imposed a 6 month ban starting August 20th, 2010.

Ryan Napoleon (AUS) -

The Australian swimmer Ryan Napoleon tested positive to the substance Formoterol (Class S.3 Beta-2 Agonists) on 16 November 2009.

During the hearing it was established that the banned substance entered the body due to the use of an inhaler wrongly labeled by a pharmacist, and that Ryan had no intention of enhancing his sports performances.

The Panel imposed a 3 month ban.

Matthew Zammit (MLT) -

Matthew Zammit tested positive to Stanazolol (Class S.1 Anabolic Agent at the Men's Qualification Tournament for the 2010 European Water Polo Championships.

The FINA Doping Panel found that the athlete committed fault and negligence by taking allegedly unknown pills from a personal trainer.

In light of the strict liability, Mr Zammit was given a 2 year ban starting June 22, 2010.

"Our endeavour is to host a clean Games. We are determined to root out doping from sport in the country."

Rahul Bhatnagar

Breakthrough in battle against gene doping

Source: thestar.com

Two groups of scientists have developed tests for gene doping in what the World Anti-Doping Agency hailed Friday as a major breakthrough in fighting the next frontier of cheating in sports.

Scientists in Germany said they have come up with a blood test that can provide "conclusive proof" of gene doping, as far back as 56 days from when the doping took place. And a U.S.-French research team has devised its own method for detecting genetic doping in muscles.

The discoveries raise the possibility that a valid gene-doping test

can be implemented across the sports world by the 2012 London Olympics.

Gene doping is the practice of using genetic engineering to artificially enhance athletic performance. It is a spinoff of gene therapy, which alters a person's DNA to fight disease. The method is banned by WADA and the International Olympic Committee.

While experts say they don't believe gene doping is being abused yet by athletes, they suspect it's only a matter of time.

Scientists at Tuebingen & Mainz

universities said they found a "relatively low-cost method" for detecting gene doping through conventional blood samples. They said it had previously been thought that gene doping could only be detected through costly indirect molecular tests.

The study said the test provides clear "yes or no answers" on whether DNA in blood samples has been transferred into the body to create performance-enhancing substances such as the endurance-boosting hormone EPO.

Our endeavour is to hold a clean Games: NADA chief

Source: Hindustan Times (www.hindustantimes.com)

India has had 103 positive dope cases since January this year, 18 of them in the last week.

"As far as numbers are concerned, it's true," confirmed Rahul Bhatnagar, Director-General, National Anti-Doping Agency (NADA).

"But it also shows we are serious about catching cheats and curbing the menace of doping in the

country. It also shows our commitment towards a dope-free sport. The federations need to be more careful. Our endeavour is to hold a clean Games. We are determined to root out doping from sport in the country," he said.

The NADA has, of late, become proactive given the fact that India's prestige will be at stake

when the quadrennial Games kick off. No less than 600 samples have been taken in selection trials and national championships. NADA has also conducted more than a dozen surprise visits to various camps.

This exercise has resulted in 18 athletes — eight of them part of CWG teams — being caught during camps and selection trials.



Rahul Bhatnagar

Critique of Case Study - Supplements (continued from pg 3)

Answers

The answers below represent the consensus of senior doctors from around the Pacific and so are particularly relevant to the people of Oceania:

Q1 Are supplements bought over the internet likely to contain banned substances?

A1 Supplements bought over the internet are quite likely to contain banned substances. Previous studies where supplements have been subjected to laboratory analysis show that between 10-15% of all supplements can be expected to contain banned substances. Therefore, the athlete should be suspicious of all supplements. In particular, if the manufacturer is also in the business of selling anti-ageing supplements then these frequently contain DHEA and other steroid precursors. In the words of Professor Ron Maughan, "we should be suspicious of all supplements". To quote him "if it works it's probably banned and it's not banned it's probably useless".



Q2 Who is responsible for what foods or medicines Rose consumes?

A2 This is Rose herself. The law of strict liability applies. In other words, anything the athlete eats or drinks is that athlete's responsibility. They are assumed to be in control of their own destiny and able to make wise choices, and anybody assisting the athlete, e.g. coaches, family and other advisors, should help them to make wise choices.

Q3 What substances may be contained in her uncle's supplements?

A3 The substances in her uncle's supplements probably include some form of androgenic anabolic steroid or a precursor of one of these drugs. This is because she has developed symptoms of virilisation, i.e. becoming more like a man, with better muscle definition plus hair growth on the upper lip. She has developed acne, and although this is a frequent complaint of teenagers, it usually appears three or four years earlier in the first couple of teenage years. Finally, she has gained 3kg in weight and this may be because of increased muscle bulk.

"Every athlete at every level deserves the opportunity to compete on a level playing field without feeling like they have to risk their health in order to be successful."

Q4 What should Rose do now?

A4 She should stop the supplement and discuss the issue with her parents and her doctor. The important discussion will be between her close advisors and her uncle. Whilst her uncle was probably just trying to do the best for his niece, this action has backfired and he has given her a supplement that has had these adverse effects on her as a young woman. The issue will require sensitive and delicate handling, and the consensus among the senior doctors present was that ideally the doctor plus a senior family member, e.g. Rose's father, should discuss this with the uncle rather than leaving this over to Rose, as she is only a teenager and there would be an imbalance of power between her and her uncle.

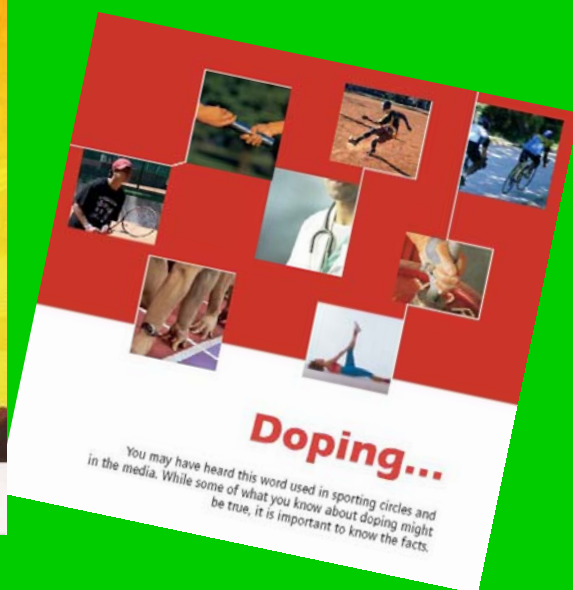
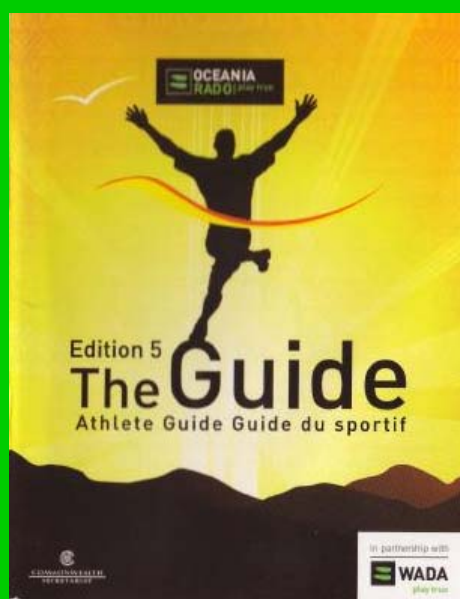
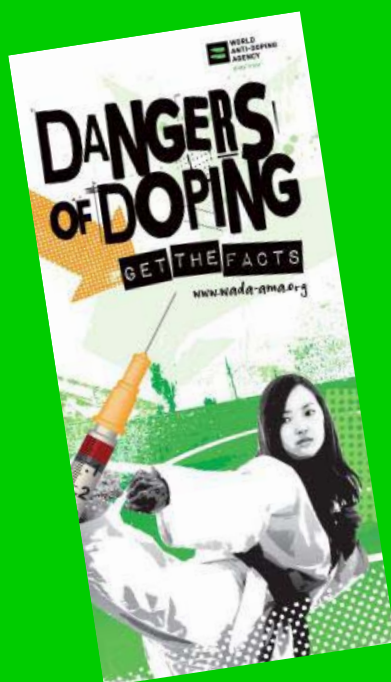
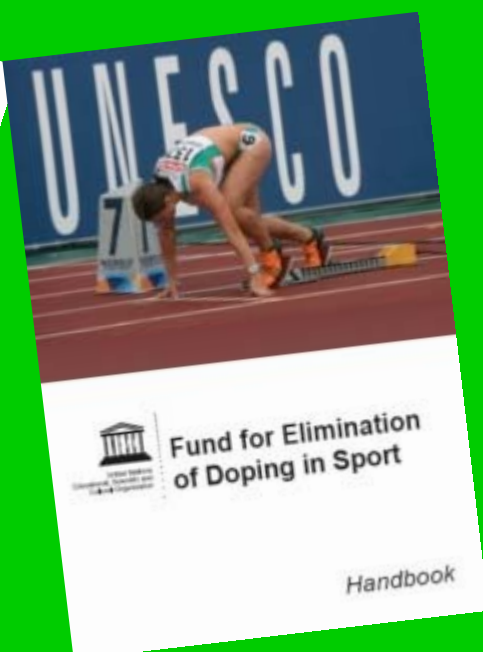
Q5 What should her doctor do?

A5 We felt that the doctor should be very much involved with liaison with her uncle, but should also do the strictly medical things well and check out her fatigue. It may just be that she is overtraining and fatigue is a very common symptom in any athlete performing hard training. However, Rose may have other causes, for example a viral infection or she may be iron deficient. Therefore, the doctor will need to question her about her diet and, in particular, whether she is having sufficient red meat, which is the best source of dietary iron. Also, the doctor will question her about her periods, as heavy periods are known to predispose female athletes to iron deficiency. The doctor could well order blood tests including full blood count and serum ferritin. These two tests are the only ones which are routinely required to diagnose iron deficiency. Serum iron only reflects the iron content of the last meal and is not a reliable test.

RESOURCES

Resource materials available from ORADO.

These are a few of the resource materials available from ORADO. Please feel free to contact Natanya Potoi-Ulia at natanya@onoc.org.fj to learn more about how you can utilize them.



Please contact the ORADO office if you need further information OR any materials for your club or organization.

Contact Person—NATANYA POTOI-ULIA

Oceania RADO

GPO Box 798

Suva

Fiji

phone - (679) 3302 140

fax - (679) 3302 082

email - natanya@onoc.org.fj

ORADO would like to acknowledge the following partners for their support:



**Oceania
National
Olympic
Committees**

