

# Annual Report 2023



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# Preface

**This is the annual report from the independent administrative body (zbo - zelfstandig bestuursorgaan) Doping Authority Netherlands for 2023. An independent administrative body implements government tasks defined by law. The Dutch Anti-Doping Policy Implementation Act (Wuab) lists the tasks of Doping Authority Netherlands.**

In Chapter 1, we report on how we have implemented our remit of 'providing information about doping' (Wuab, Article 5(d)). Chapters 2, 4, and 8 describe various aspects of 'the implementation of the doping control process' (Wuab, Article 5(b)). Chapter 3 contains information about 'the collection and investigation of information about possible violations of doping regulations' (Wuab, Article 5(c)). The other chapters cover the implementation of a range of support tasks and processes needed to fulfil the statutory remit in a correct way.

I am proud that we have achieved the stated objectives.

We collected 3,520 samples that were analysed by the WADA-accredited laboratory. That is more than in 2022, when a total of 3,186 samples were collected. Of those controls, 3,098 (2022: 3,018) were part of the National Doping Control Programme, which means that the target of 3,000 controls was comfortably attained. The remaining 422 controls were conducted on behalf and for the account of a range of sports and anti-doping organisations.

In 2023, Doping Authority Netherlands organised 112 information sessions, of which 102 were in person, 7 online and 3 hybrid. Once again, that was more than in the previous year. In addition, Doping Authority Netherlands developed and maintained two apps that play an important role in athlete education: the Doping Information App and the Supplement Checker App. In addition, 14,708 e-learning modules were completed, almost double the number in the previous year.

In 2023, we welcomed three new colleagues and seven employees left Doping Authority Netherlands. As at 31 December 2023, a total of 43 people were working at Doping Authority Netherlands.

**Vincent Egbers**  
CEO

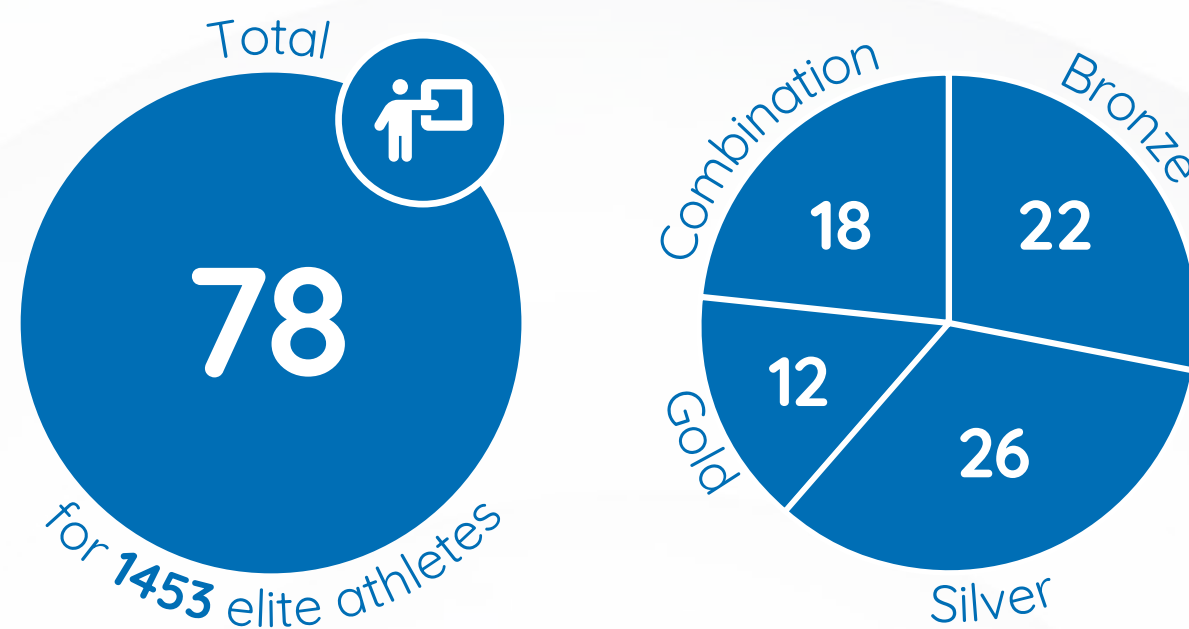
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# Education

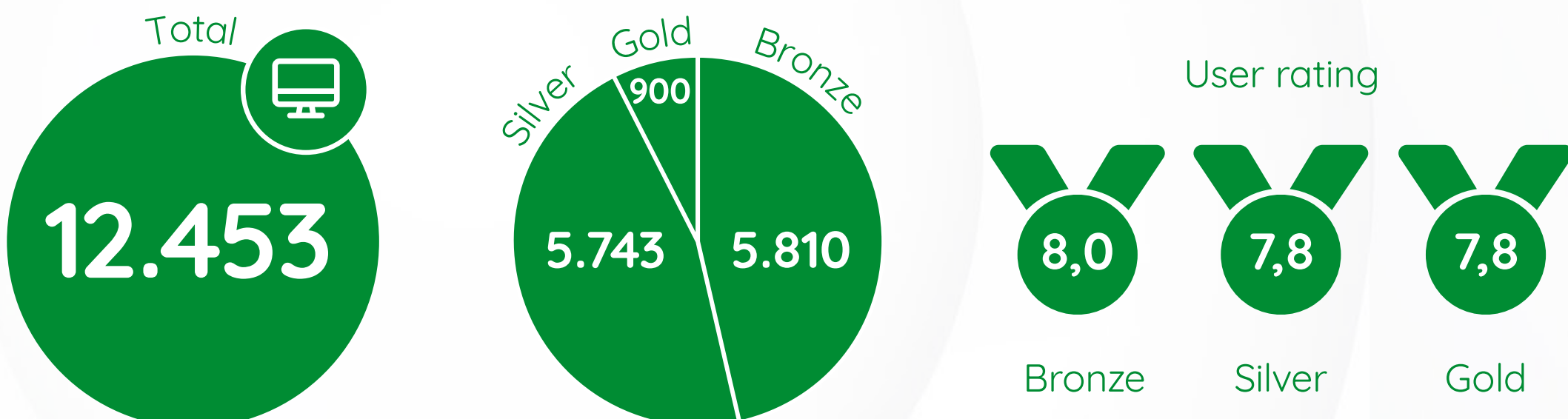


# 1.1 Education Highlights in 2023

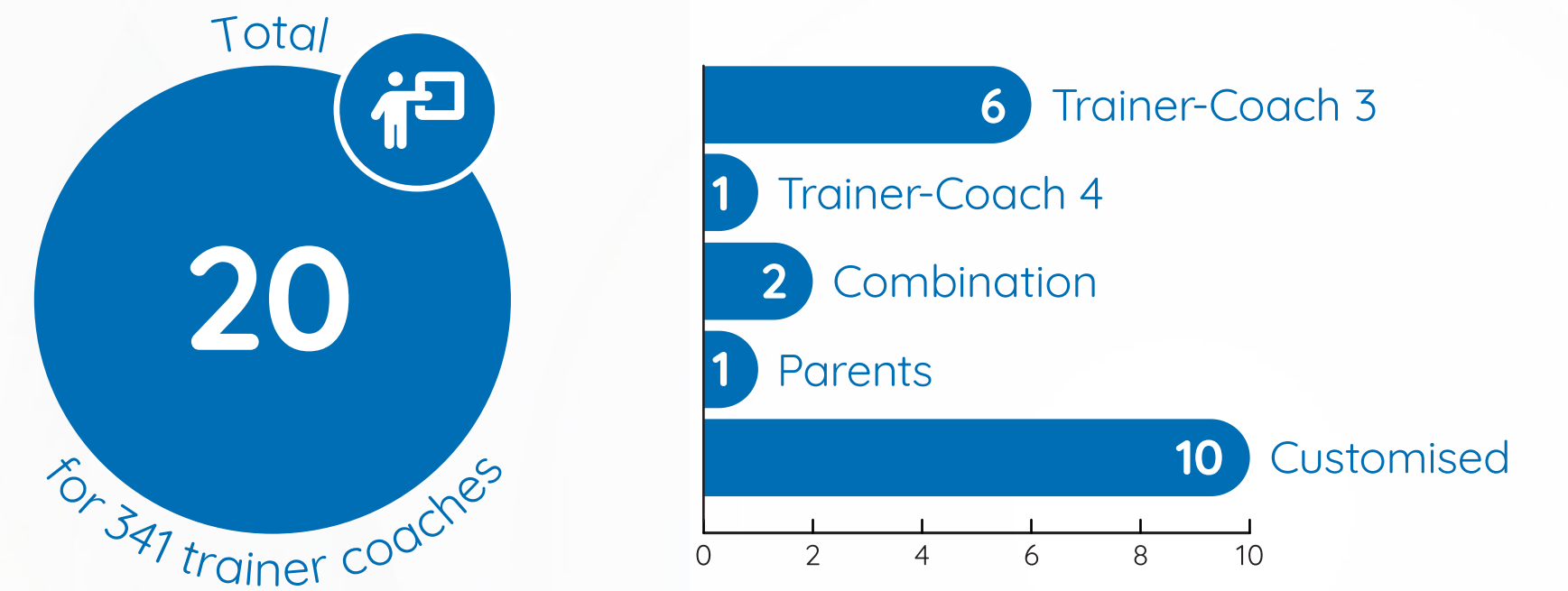
## Number of education sessions for elite athletes



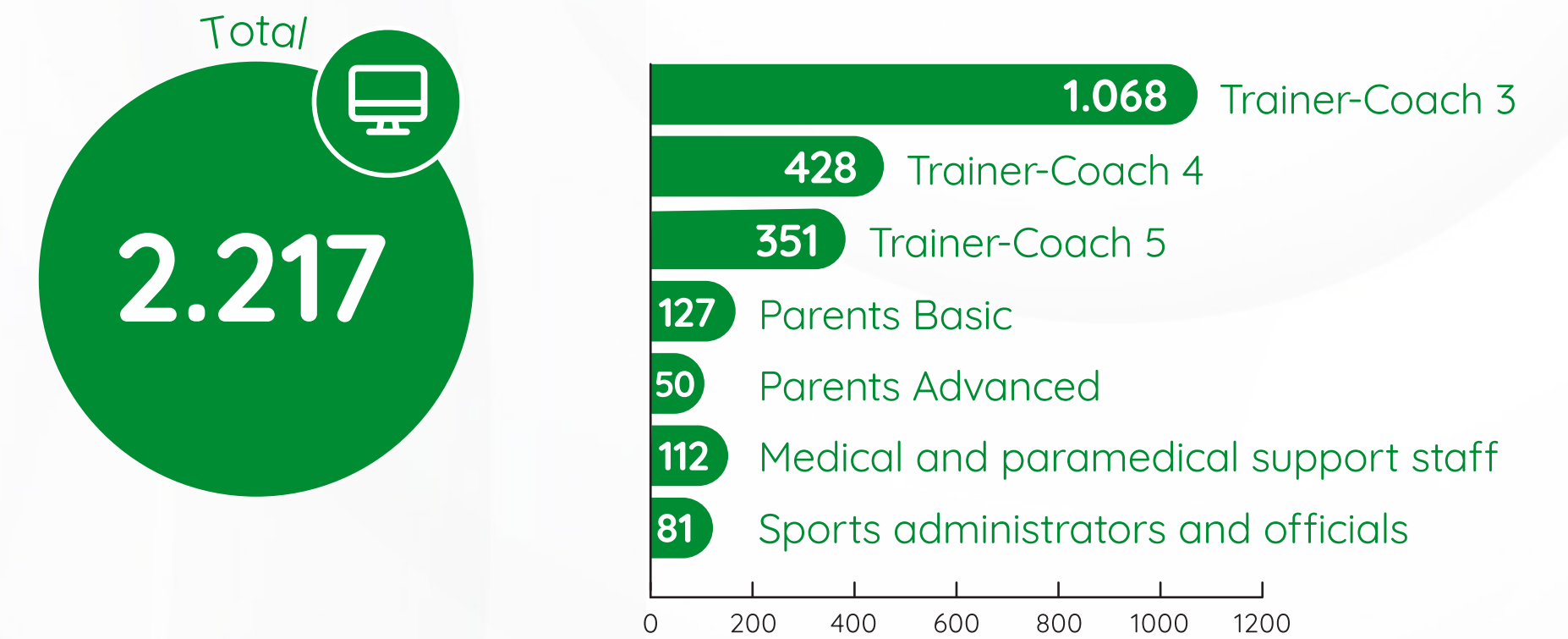
## Number of e-learning modules for elite athletes



## Number of education sessions for support staff



## Number of e-learning modules for support staff



## 1.2 General

The educational policy of Doping Authority Netherlands makes a clear distinction between elite sports (organised sports) and fitness (sports organised on other lines). Elite sports are subject to doping regulations. Doping Authority Netherlands has the authority to conduct doping controls on the basis of these regulations. That is not the case in the fitness sector and so a different approach is required there. Furthermore, Doping Authority Netherlands is responsible for providing the general public with information.

## 1.3 Elite Sports

The objective for elite sports is: **the prevention of inadvertent and deliberate doping violations in Dutch sports.**

The three main target groups in elite sports are:

1 Elite athletes

2 Support staff

3 Sports federations

### Elite athletes

To prepare promising athletes within approximately eight years for competition at the global level, Doping Authority Netherlands developed the 'Doorlopende Leerlijn Schone Sport' (ongoing education module for clean sports) in collaboration with the NOC\*NSF. This module describes the knowledge, skills and attitude needed for doping-free sports. It is a part of the [National Education Programme](#).

#### Education sessions

Following up on that module, Doping Authority Netherlands has developed three different education modules for athletes: Bronze, Silver and Gold. Bronze was designed as the first module and it serves as an introduction to the topic of doping. Silver focuses more on practising skills such as checking medication and dietary supplements.

Finally, during the Gold programme, the athletes look at whereabouts and difficult doping dilemmas that they may encounter during their careers, such as suspicions that a teammate may be involved with doping or may be using approved medication purely and simply to perform better.

Doping Authority Netherlands organised a total of 78 education sessions for a total of 1,453 elite athletes. Six sessions took place online with Microsoft Teams or a similar program, and three involved a hybrid approach. The rest took place in person. This is more education sessions than in the last two years, but slightly less than in the years before the corona pandemic. However, the difference was again slightly lower.

Education Session	2019	2020	2021	2022	2023
Bronze	43	9	15	26	22
Silver	16	8	21	16	26
Gold	2	2	3	3	12
Combination	22	12	7	24	18
<b>Total</b>	<b>83</b>	<b>31</b>	<b>46</b>	<b>69</b>	<b>78</b>

**Table 1.1** Overview of education sessions for elite athletes.

### E-learning platform

In addition to organising education sessions, Doping Authority Netherlands also has e-learning modules for athletes. A total of 12,453 modules were completed for athletes. This was a lot more than in 2022 (6,042) and 2021 (5,108).

At the end of an e-learning module, users of the e-learning platform are asked to rate the module on a scale of 1 to 10. The ratings for the e-learning modules were as follows: *Bronze* 8.0, *Silver* 7.8 and *Gold* 7.8. These ratings are similar to those given in 2022.

The new design of the e-learning platform was launched in August. It provides a better user experience and accessibility to the e-learning platform. In addition, the structure in the modules has been modified and version management has been optimised.

### Videos

A change has been made to the education video about whereabouts. This was needed because of a change regarding the whereabouts policy of Doping Authority Netherlands.

### Doping Information App

The Doping Information App has been with us since late 2013. The app works on iOS and Android. There is also a [responsive website](#). The Doping Information App allows athletes and support staff, among others, to check their medication and dietary supplements, read the most important doping regulations and view the doping control procedure. The app was downloaded 4,773 times in 2023 (2022: 4,157 times). The total number of downloads was 49,782 at year-end 2023. The Doping Information App is updated continuously. The app is also constantly promoted, for example at education sessions, on a range of websites, in different articles, and on Z cards.

E-learning module	2019	2020	2021	2022	2023
Bronze	1,848	2,409	3,305	4,022	5,810
Silver	675	532	1,159	1,487	5,743
Gold	230	271	675	533	900
<b>Total</b>	<b>2,799</b>	<b>3,304</b>	<b>5,180</b>	<b>6,042</b>	<b>12,453</b>

Table 1.2 Overview of completed e-learning modules for elite athletes.

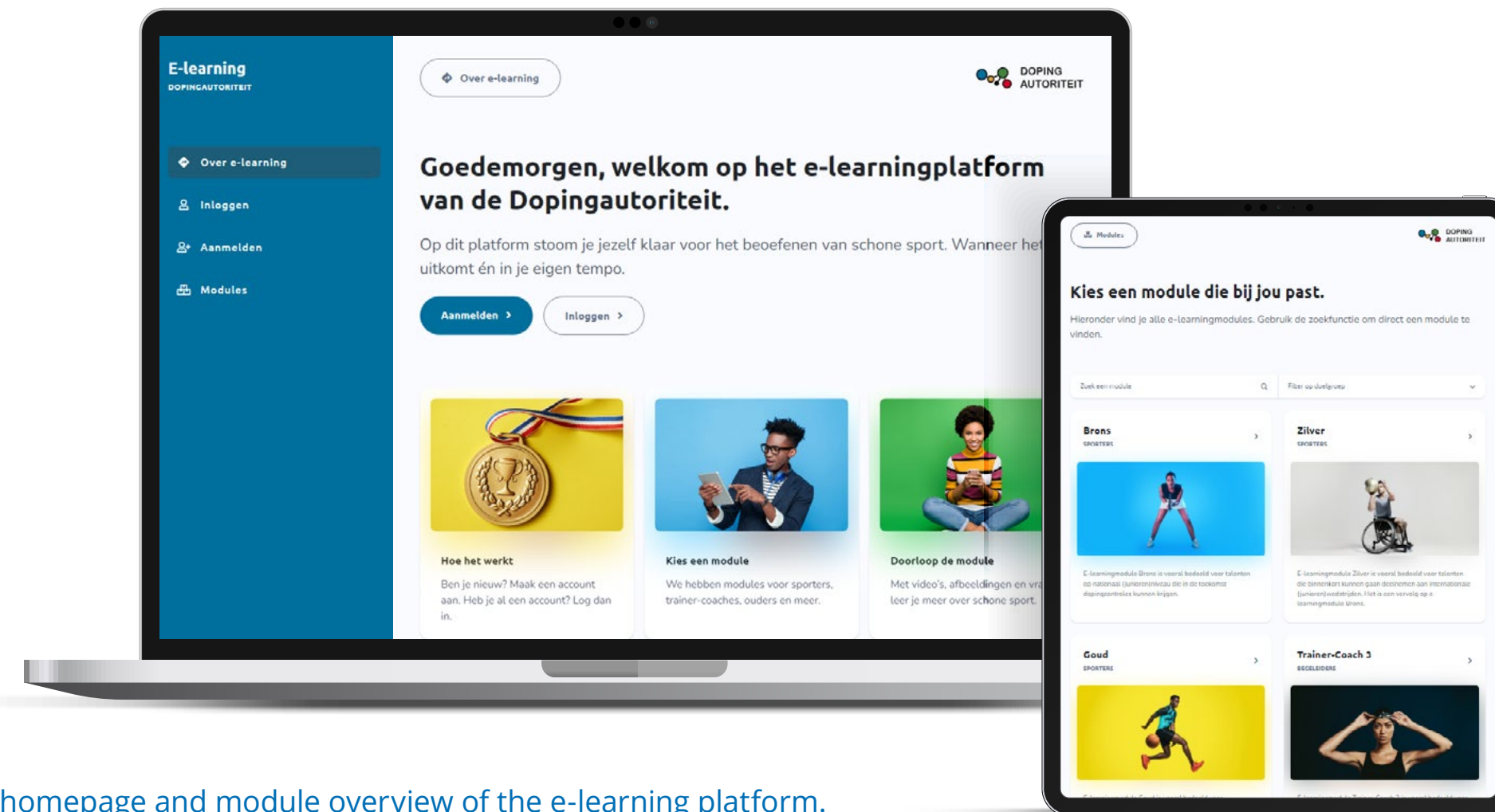


Figure 1.1 The new design of the homepage and module overview of the e-learning platform.

### Be PROUD

Be PROUD is an initiative of Doping Authority Netherlands and it focuses on affirming the right sporting values. The programme was established in collaboration with NOC\*NSF, elite athletes of the past and present, and trainers/coaches. It was launched in the summer of 2018. Athletes, family, coaches, medical staff, sports federation staff and other sports enthusiasts are invited to support Be PROUD, either as supporters or ambassadors. Sports organisations also have the option of being partners. In this way, a large and powerful team is established that is proud of clean sports. The Be PROUD programme has its [own website](#) and social media accounts on [Instagram](#), [Facebook](#), [X](#) and [YouTube](#).

Be PROUD has a total of fifteen [ambassadors](#). The ambassadors are: Liesette Bruinsma (para-swimming), Jordy Beekwilder (kick boxing), Guy Mendes de Leon (bridge), Eva Voortman (softball), Margriet Bergstra (judo), Rogier Hofman (hockey), Sophie Souwer (rowing), Steve Wijler (archery), Epke Zonderland (gymnastics), Jessica Schilder (athletics), Jetze Plat (handbiking/paratriathlon), Kai Verbij (speed skating), Madelein Meppelink (beach volleyball), Vince Rooi (baseball) and Ran Faber (korfbal).

Forty [organisations](#) (Be PROUD partners) are affiliated with Be PROUD. The number of supporters rose from 1,780 to 2,008. To promote Be PROUD, water bottles, badges and towels have been handed out.

### Outreach Events

At outreach events, Doping Authority Netherlands is present with a stand at a sporting event in order to promote Be PROUD and to provide general information for large groups of elite athletes and support staff. One outreach event was organised: the conference *Blijf je stil of praat je erover?* (*Will you keep quiet or talk about it?*) of Centrum Veilige Sport Nederland on 23 May.

### Dutch Safeguards System for Dietary Supplements in Elite Sport (NZVT)

Dietary supplements can contain prohibited substances. They are often not listed on the label. The use of dietary supplements therefore constitutes a risk for elite athletes because it can lead to a positive result from a doping test. In response to this risk, Doping Authority Netherlands established the [Dutch Safeguards System for Dietary Supplements in Elite Sport](#) (NZVT) in 2003. The system allows manufacturers of dietary supplements to have batches of their supplements checked in exchange for payment. The 'clean' [product-batch combinations](#) are added to the NZVT database.

In 2023, Doping Authority Netherlands took over some administrative roles from NPN (Nature and Health Products Netherlands). NPN is the trade association for producers, raw materials suppliers, wholesalers, importers and distributors of dietary supplements. NPN continues to be involved with the NZVT system by entering into contracts with manufacturers and maintaining contact with them. Doping Authority Netherlands and a producer have initiated a trial to allow producers themselves to process information in the digital NZVT system.

A total of 407 NZVT certificates were issued (for 429 product-batch combinations). On 31 December 2023, there were 1,085 product-batch combinations on the [NZVT website](#) representing 374 products, 59 brands and 15 substantive categories. Two batches were rejected because prohibited substances were found in them.

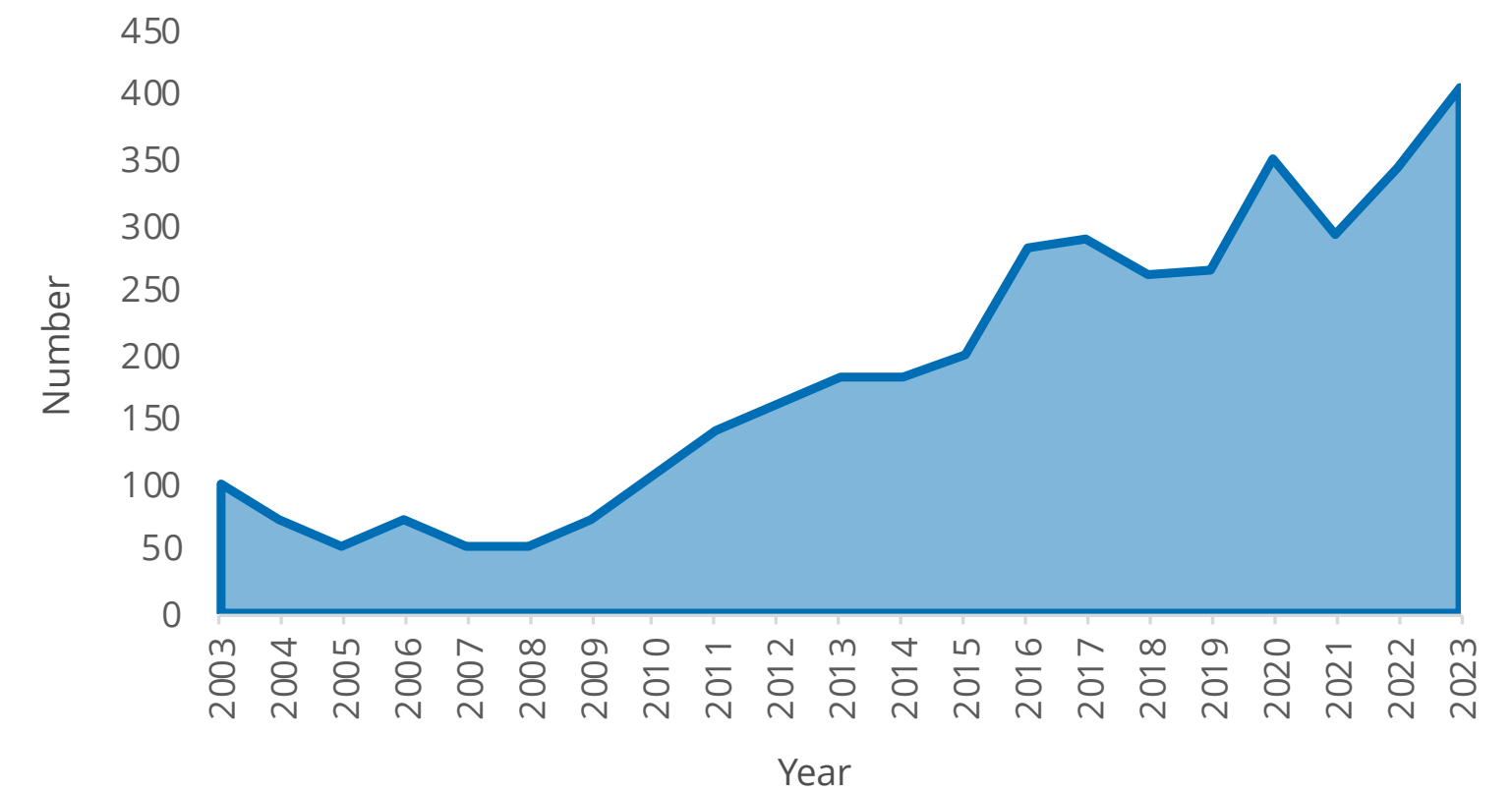


Figure 1.1 Number of approved certificates.

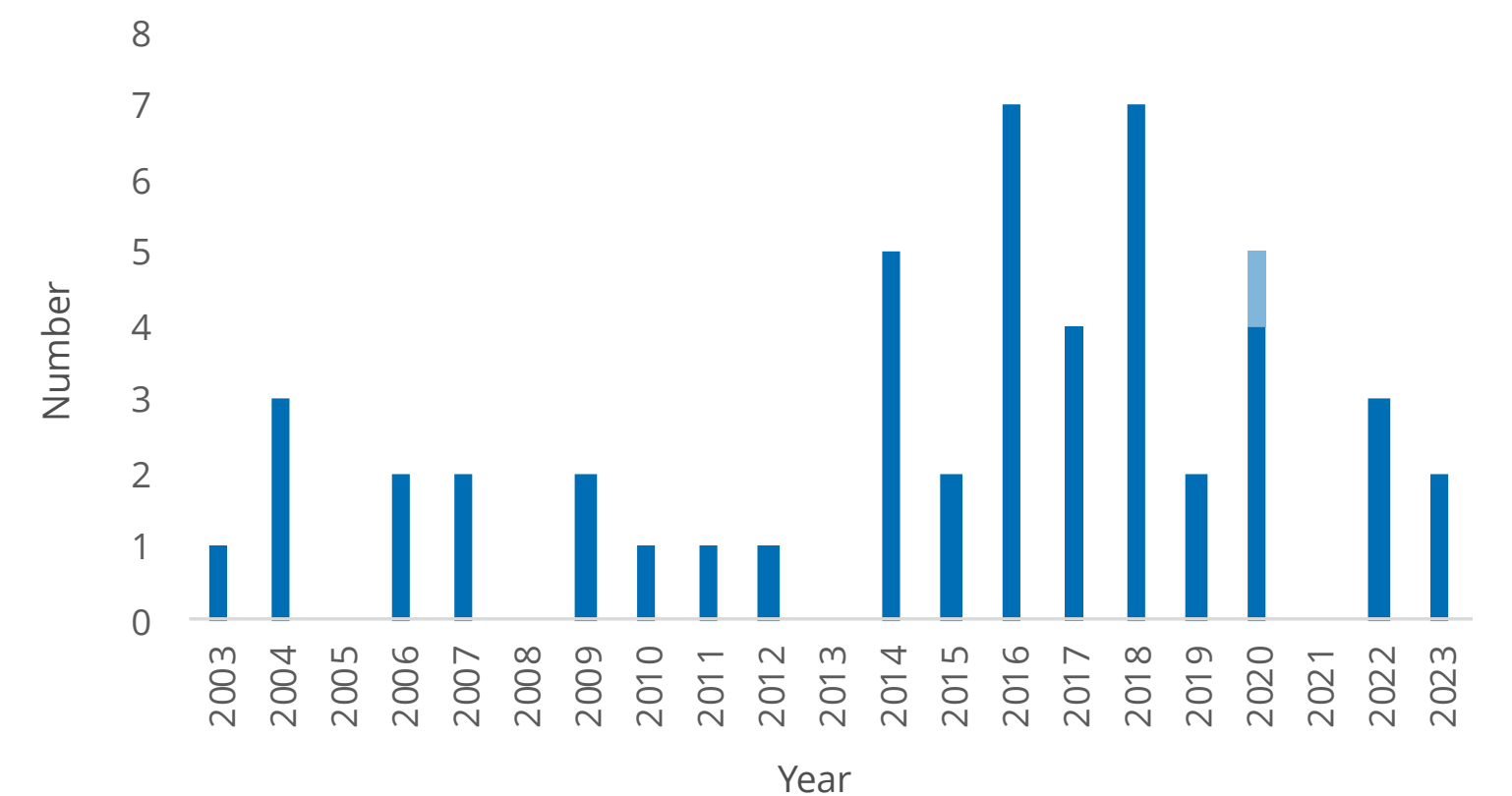


Figure 1.2 Number of rejected batches.



## Support staff

Alongside athletes, there has been an increasing focus on support staff in recent years. This group mainly includes the trainer-coaches, but also sports physicians, sports physiotherapists, sports dieticians and parents.

### Education sessions

A total of twenty education sessions were organised for 341 support staff: 120 trainer-coaches and 221 other support staff. All the sessions took place in person. Nine of the twenty sessions were for trainer-coaches and eleven for other categories of support staff.

The trainer-coach education sessions are based on the Ongoing Education Module for Clean Sports for trainer-coaches. Doping Authority Netherlands has developed three different basic education modules for this purpose: Trainer-Coach 3, Trainer-Coach 4 and Trainer-Coach 5 (also known as Master Coach). The modules tie in with the Sport Qualification Structure. All nine education sessions for trainer-coaches were organised in this way. The eleven education sessions for other groups of support staff were for specific groups. Since early 2021, there has also been an Ongoing Education Module for Clean Sports for parents. This module consists of two levels: Parents Basic and Parents Advanced. One education session was provided specifically for parents.

Education Session	2019	2020	2021	2022	2023
Trainer-Coach 3	3	1	3	5	6
Trainer-Coach 4	3	2	1	1	1
Trainer-Coach 5	4	-	-	-	-
Combination	1	1	1	1	2
Parents	-	-	-	4	1
Specific sessions	10	7	5	4	10
<b>Total</b>	<b>21</b>	<b>11</b>	<b>10</b>	<b>15</b>	<b>20</b>

**Table 1.3** Overview of education sessions for support staff.

**E-learning platform**

Doping Authority Netherlands has also developed e-learning modules for support staff. A total of 2,217 modules were completed for support staff. That was substantially more than in 2022 (1,743).

The average user ratings for the e-learning modules were: Trainer-Coach 3 8.0, Trainer-Coach 4 7.9, Trainer-Coach 5 8.0, Parents Basic 8.0, Parents Advanced 8.2, (Para)Medical Support Staff 8.0 and Sports Administrators and Officials 8.2. These ratings are similar to those given in 2022.

E-learning module	2019	2020	2021	2022	2023
Trainer-Coach 3	108	294	884	937	1,068
Trainer-Coach 4	60	98	405	303	428
Trainer-Coach 5	-	-	293	174	351
Parents Basic	-	-	110	161	127
Parents Advanced	24	52	49	34	50
Medical and paramedical support staff	14	37	108	78	112
Sports administrators and officials	-	-	79	56	81
<b>Total</b>	<b>206</b>	<b>481</b>	<b>1,928</b>	<b>1,743</b>	<b>2,217</b>

**Table 1.4** Overview of e-learning modules completed by support staff.

## Sports federations

The sports federations are also an important target group for Doping Authority Netherlands. They are closest to the elite athletes and the support staff. Doping Authority Netherlands is in contact with the sports federations at all times.

### Meeting of sports federations

The Support Clean Sports meeting was organised for the fourteenth time on 31 October 2023. During this meeting, elite sports organisations such as sports federations and other stakeholders were updated about developments in the field of anti-doping. The focus here was on education. The meeting was attended by 67 people, 23 of whom completed an evaluation form after the event. They gave the meeting an average rating of 7.8. A [report](#) of the meeting was published on the corporate website.

### Implementation discussions for the National Education Programme

In recent years, Doping Authority Netherlands has held discussions with all 58 elite sports federations with doping regulations about implementing the National Education Programme, with implementation plans being drawn up for each of those federations: 54 out of 58 (95%) had been completed at year-end 2022. Initial discussions were organised with four federations in 2023 and update discussions with thirteen federations. The elite sports federations received the figures on a quarterly basis relating to the number of education sessions and the number of e-learning modules completed by members of the federations in question.

### European Games and European Youth Olympic Festival (EYOF)

It was agreed with NOC\*NSF that all athletes and support staff going to the European Games in Krakow would be required to complete the following e-learning modules:

- Athletes: Gold
- Technical support staff: Trainer-Coach 5
- Medical and paramedical support staff: Medical and paramedical support staff

Athletes and support staff going to the EYOF in Maribor were required to complete the following e-learning modules:

- Athletes: Silver
- Technical support staff: Trainer-Coach 5
- Medical and paramedical support staff: Medical and paramedical support staff

Certificates from another NADO, International Federation or WADA were also accepted.

In the end, 100% of athletes and 100% of support staff in both delegations met the education requirement.

### Miscellaneous

- Doping Authority Netherlands is involved as an expert for the enriched elite sport curriculum for the clean sports theme for TopsportTalentScholen (*Elite Sport Talent Schools*) in the project Impulse Open Learning Materials (IOL). This project will run until the end of the 2023-2024 academic year. In this project, teachers from the TopsportTalentSchools will create 24 challenges (assignments) about clean sport for the students in the lower years of secondary schools. The challenges address four themes relating to clean sport. In 2023, it was decided which four themes relating to clean sport the project would cover and two kick-off meetings were organised. During these meetings, there were two presentations about the four themes. In addition, the teachers started work on developing the challenges.
- Doping Authority Netherlands is required to monitor and evaluate its education plan annually. In 2023, we evaluated the 2022 Education Plan. This included looking at the scope and content of our educational activities. The evaluation served as input for the 2024 Education Plan.

## 1.4 Fitness

The objective for fitness (sports organised outside a club context) is: **preventing or discouraging deliberate and inadvertent doping use by athletes in Dutch fitness centres.** There is also a focus on *harm reduction*: reducing the health risks associated with doping.

In the fitness world, Doping Authority Netherlands focuses in particular on the people in the fitness centres: the athletes themselves but also the instructors (with whom we establish contact primarily through the various fitness courses) and the owners. Doping Authority Netherlands organised communications for this target group on the basis of the *True Strength* programme. The book *Doping, the sober facts* is published directly under the auspices of *Doping Authority Netherlands* rather than under the *True Strength* banner.

### True Strength

There are 3 million fitness adherents in the Netherlands. This makes fitness the most popular sporting activity in the Netherlands. An estimated 24 percent of them use some form of doping.<sup>1</sup> This is allowed in principle because they are not subject to doping regulations. However, the use of prohibited substances still harms health and it also has a negative effect on the image of the fitness branch itself. It is therefore desirable to reduce levels of doping in fitness centres. Doping Authority Netherlands therefore decided to develop the education programme *True Strength* specifically for this group. Doping Authority Netherlands uses *True Strength* to inform people about the risks of using anabolic steroids and other prohibited substances, and to provide detailed information about healthy alternatives for becoming more muscular or slimmer using *True Strength*. That generates more knowledge and awareness. This process also affirms the values and norms associated with sports in line with *True Strength*.

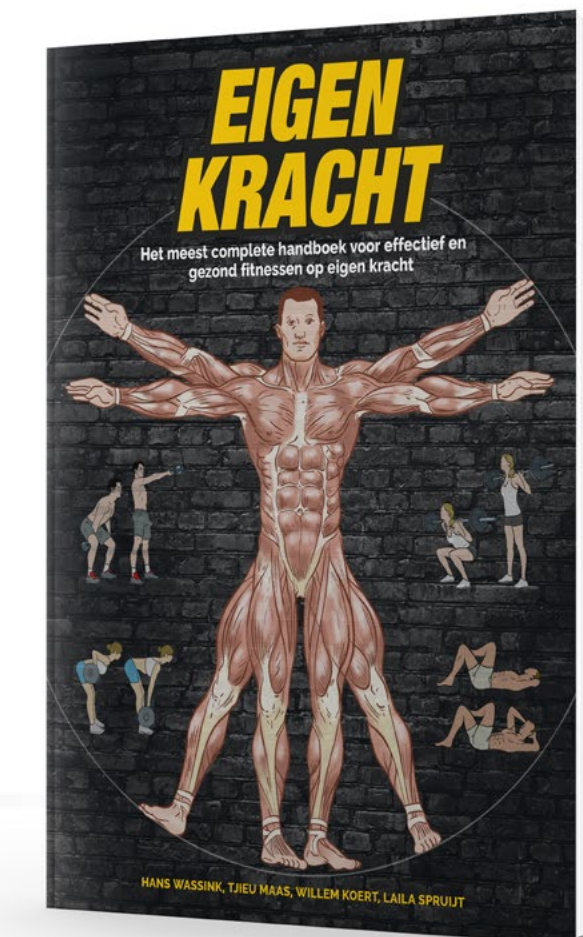
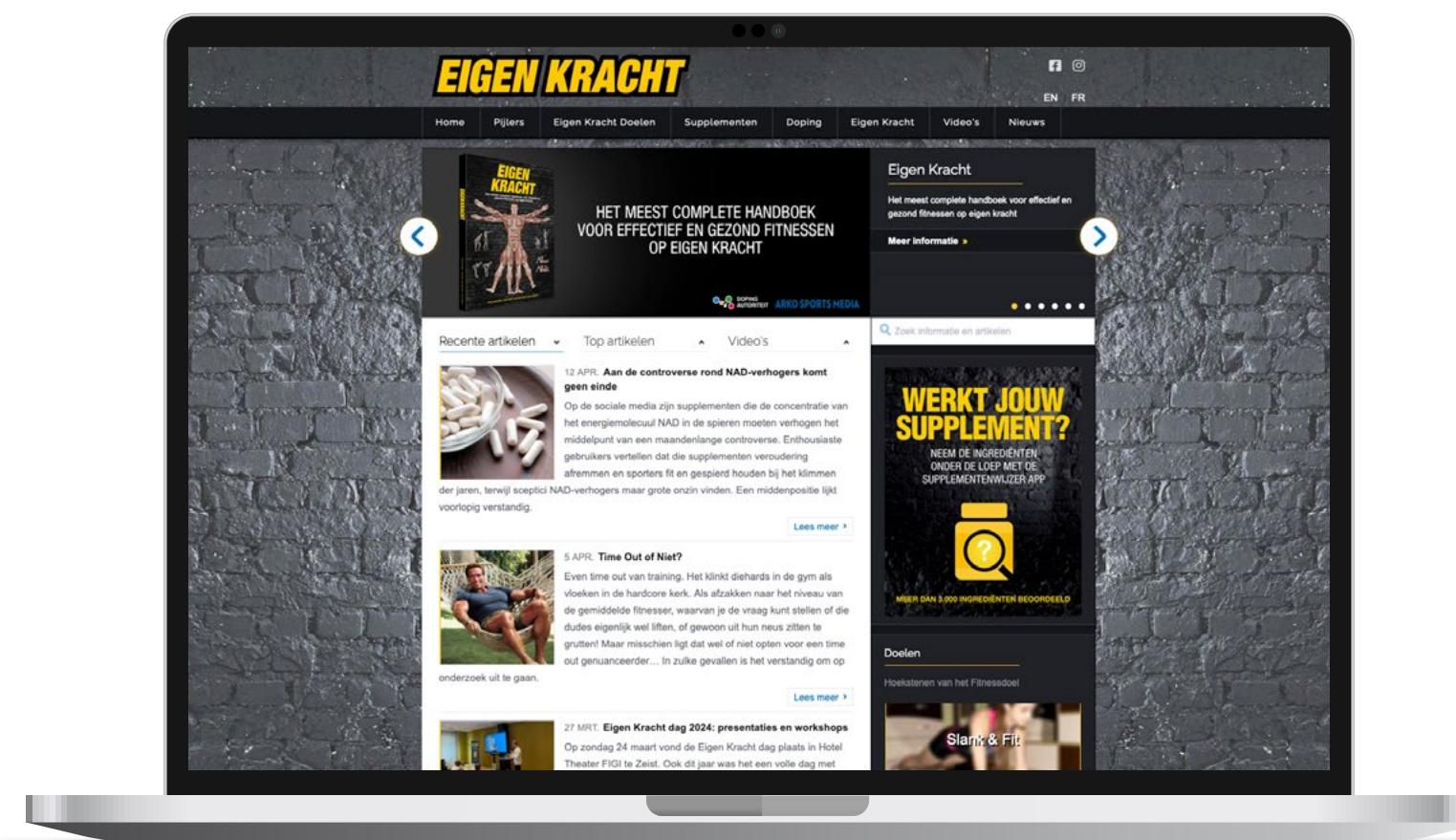


Figure 1.2 Eigen Kracht website and the Eigen Kracht book.

### True Strength website

The *True Strength* website plays a central role in the programme. It provides objective, clear and practical information about how to build up muscle mass cleanly and effectively, and about sound ways of losing weight. There is also objective information about various types of prohibited substances and the side-effects, The doping risks of dietary supplements are also discussed.

A total of 54 factual news reports were posted on the site. They were written by three external experts (journalists or specific experts) from the fitness/bodybuilding branch and by our own education officers. The *True Strength* website has existed for over twenty years and it contains over 1,000 web messages and articles.

### Social media

Through the programme's own social media channels on Facebook and Instagram, 54 short messages were published in addition to the 54 web posts. This brought the total number of posts for *True Strength* to 108.

### True Strength book

Doping Authority Netherlands completely rewrote the *True Strength book* in late 2018. The book complements the *True Strength* website and the Supplement Checker App. It is promoted on an ongoing basis on the website and at meetings. Approximately 330 copies were sold in 2023 (2022: 260).

1. Stubbe J. Chorus A., Frank L., de Hon O., Schermers P., van der Heijden P. *Prestatiebevorderende middelen bij fitnessbeoefenaars* (Summary). Doping Authority Netherlands, Capelle aan den IJssel, 2009.

### Supplement Checker App

Doping Authority Netherlands launched the Supplement Checker App in August 2017 under the True Strength banner. Over the past decade, the market for dietary supplements has grown explosively. Nearly 60% of fitness athletes in the Netherlands use supplements. Top athletes also use many supplements. The free Supplement Checker App helps athletes to work with supplements in a conscious and critical way. The heart of the app is a discussion and assessment of more than 3,000 ingredients.

The app was downloaded 7,843 times in one year. Ten profiles were added or amended on the basis of new insights.

### Guest lectures and meetings

Four guest lectures were organised at fitness training centres for 135 people (2022: eight for 190 people).

### E-learning

The e-learning module Fitness Trainer A was completed by 38 people (2022: 58).

### Clean Hunks

Clean Hunks are fitness athletes/body builders who have demonstrated that you can build up an impressive physique without dope. They are the ambassadors for doping-free fitness. There are **nineteen Clean Hunks** affiliated with the True Strength programme. They are all on the site, which includes background stories and photos.

### Book: Doping, the sober facts

**Doping, the sober facts** was published in October 2014. It provides the reader with a thorough overview of the substances currently used in fitness and bodybuilding. As much relevant scientific information as possible has been collected about the effects and side-effects of anabolic steroids, growth hormones, insulin, appetite-suppressing amphetamines and many other prohibited substances. There are also reports about the experiences of users in practice and knowledge from the doping world itself. The emphasis is on information that is still too often swept under the carpet in this world. Although there is still interest in the book, there will be no second edition.

### Dopinginfo.nl

In 2019, Doping Authority Netherlands started on the development of a new website: Dopinginfo.nl. The website consists of a database for prohibited substances and the aim is to provide policymakers and health professionals with a source of information. The website has not yet been launched.

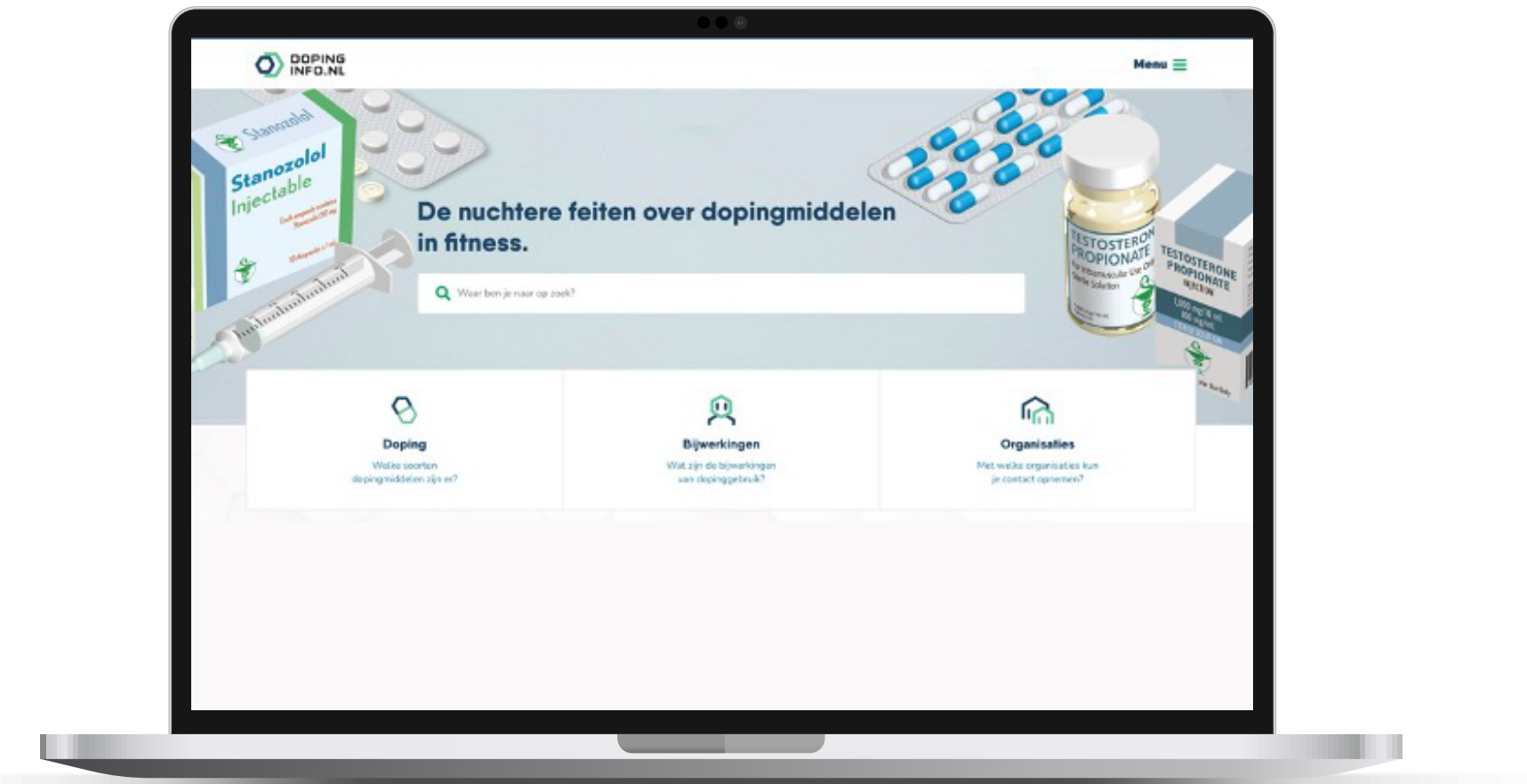


Figure 1.3 Design of dopinginfo.nl.

## 1.5 General Public

### Corporate website

The corporate website of Doping Authority Netherlands is [dopingautoriteit.nl](https://dopingautoriteit.nl). Eleven press releases were posted on the site (2022: 14). In addition, 100 ANP press releases were also posted (automatically). That is less than in 2022 (170).

### Doping Information Line

The Doping Information Line is the front office for all questions (by email/WhatsApp) relating to doping. It is staffed by four people working in turn. All questions are processed within one working day and recorded anonymously in a database.

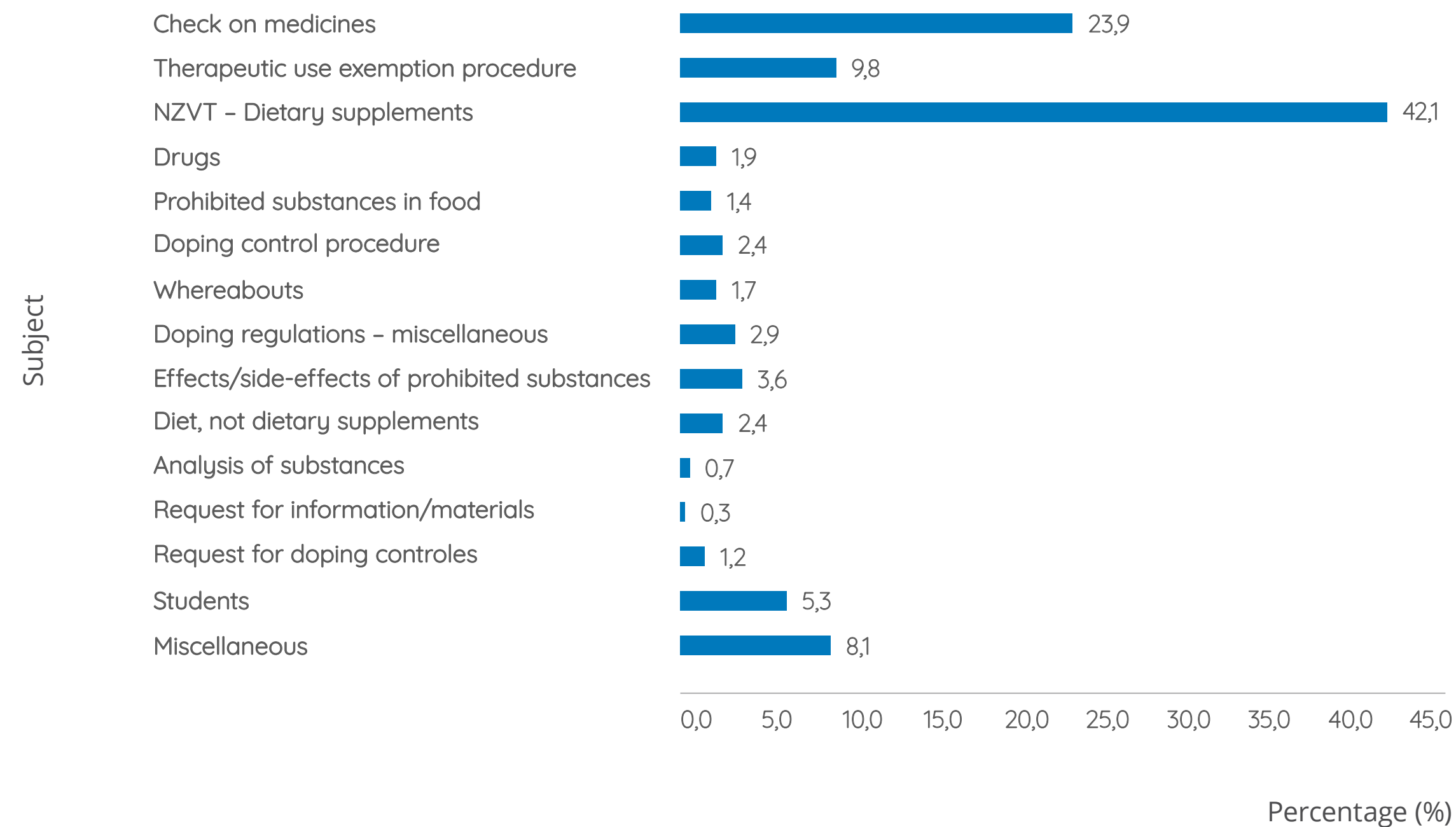
The email address is [dopingvragen@dopingautoriteit.nl](mailto:dopingvragen@dopingautoriteit.nl).

The mobile number is +31 (0)6-11226200 (WhatsApp service).

A total of 589 questions were received. That is 33% more than in 2022, when there were 443 registered questions.

In addition, the numbers of questions per subject were also monitored. Individual questions could be allocated to several subjects. The percentages for each subject can be found in the table here. As in previous years, two subjects stand out: checking whether a medicine contains a prohibited substance (23.9%) and questions about dietary supplements (42.1%).

Organised (elite) sports accounted for 69.8% of the questions, the general public for 19.5%, miscellaneous for 5.4%, fitness for 4.6% and harm reduction for 0.7%. Questions received through WhatsApp (212) accounted for 36% of the total.



**Figure 1.3** Doping Information Line 2023: the percentage of questions by subject.

### Presentations

In 2022, Doping Authority Netherlands gave seven presentations that did not exactly match the target groups of elite sport or fitness described above. Most of them were at institutes of higher education. See also [Annex 4](#).

### Social Media

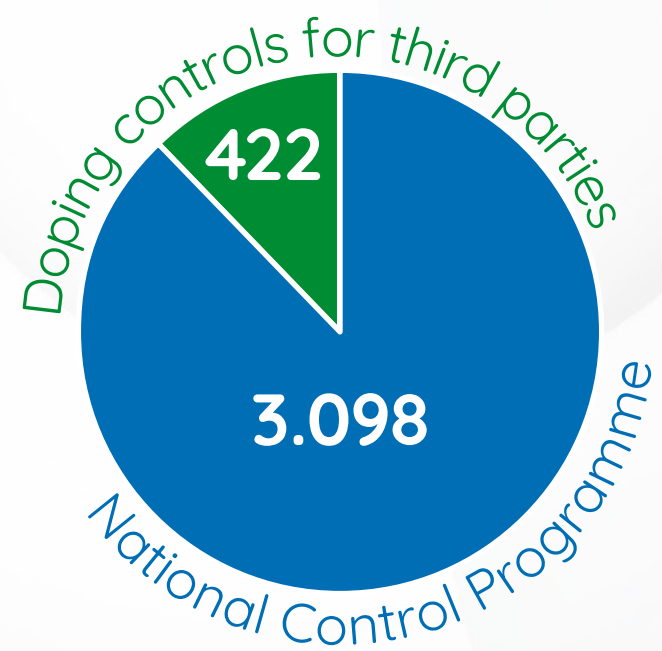
Doping Authority Netherlands is active on [YouTube](#), [Vimeo](#), [Facebook](#), [X](#) and [Instagram](#). The aim is to reach the target groups better and therefore raise their awareness of the rules, rights and risks. We post, among other things, news items from the corporate website and educational videos.

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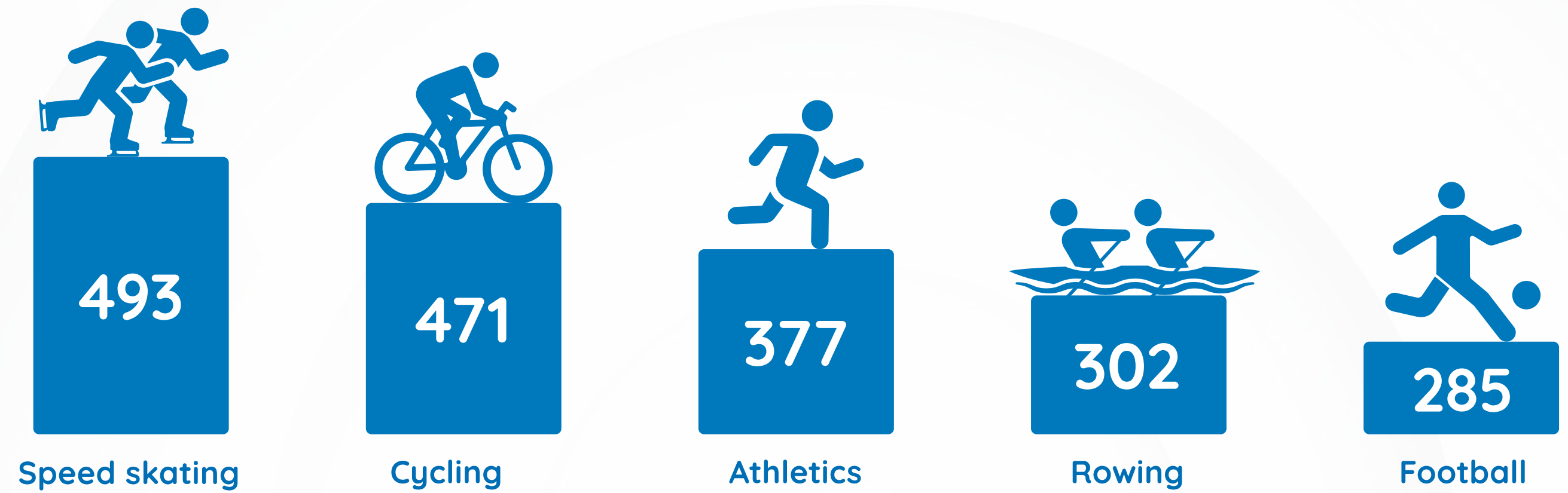
# Doping controls



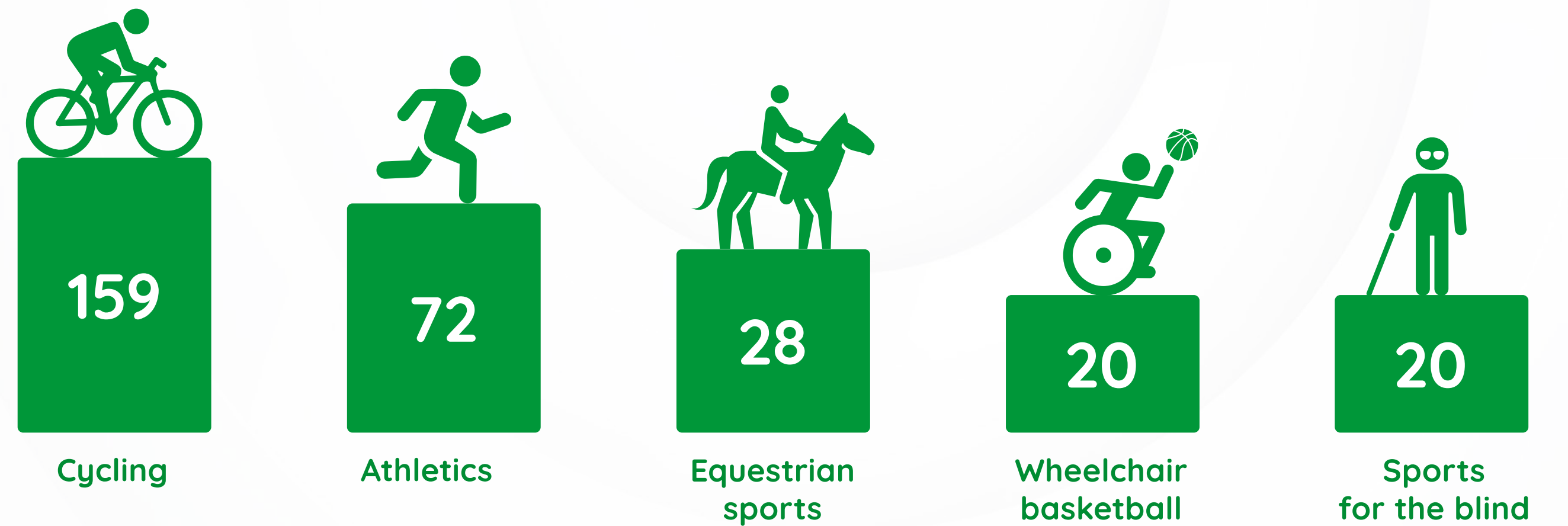
## 2.1 Doping Control Highlights in 2023



### National Control Programme: number of doping controls: the top five by sport



### Doping controls for third parties: number of doping controls: the top five by sport





## 2.2 Doping controls

### General

Doping controls are important for the enforcement of anti-doping regulations. They contribute to fair(er) competition and to protecting athletes' health.

On the one hand, the doping controls serve to detect doping violations; on the other hand, they serve as a preventive deterrent. Both aspects are important for the distribution and implementation of doping controls. Doping controls are used where and when the likelihood of preventing and/or identifying an anti-doping rule violation is greatest.

Dutch elite sports are the main operating area of doping control officials (in the National Control Programme). However, their deployment for other target groups is also possible on behalf of other organisations (third-party controls).

In order to conduct out-of-competition controls efficiently (for the National Control Programme), Doping Authority Netherlands allocates selected groups of athletes to testing pools. These athletes are required to provide whereabouts information: the locations of the athlete at certain times where controls can take place.

### The overall doping control programme

The controls for the National Control Programme and the controls for third parties together make up the entire doping control programme. Doping Authority Netherlands conducted 3,520 doping controls in 2023 (2022: 3,186), of which 3,098 (2022: 3018) were part of the National Control Programme. The remaining 422 were conducted on behalf of and at the expense of third parties (see below 'Third-party doping controls').

Doping controls conducted by Doping Authority Netherlands	Urine	Blood	Total
National Control Programme	2,376	722	3,098
Doping controls for third parties	266	156	422
<b>Total doping control programme</b>	<b>2,642</b>	<b>878</b>	<b>3,520</b>

**Table 2.1** General overview of doping controls conducted in 2023.

### Risk analysis and testing distribution plan

On the basis of the formulated policy, Doping Authority Netherlands divided most of the available controls beforehand between the Dutch sports federations. The distribution of the available doping controls between the sports federations (the 'Testing Distribution Plan') is based on an extensive risk analysis. This risk analysis includes parameters such as sport-specific physiological characteristics, relevant prohibited substances, medal chances and incentives, national sport context, doping history, anti-doping trends and scientific research, available intelligence, the outcomes of previous testing plans, and the seasonal and career progression of the athlete. On the basis of the outcome, Doping Authority Netherlands then determines the number and type of doping controls (urine, blood and/or athlete passport) that will take place. A number of controls are not allocated beforehand, being used for target controls, follow-up investigations, and for doping controls pursuant to official records and meeting official limits.

### Testing Pools

On the basis of the World Anti-Doping Code and the associated International Standards, Doping Authority Netherlands has established

a Registered Testing Pool (RTP) and a National Testing Pool (NTP). There were twelve sports federations with athletes in the RTP in 2023, more than in 2022 (eight). The number of athletes in the RTP was slightly higher than in 2022: 236 athletes at the beginning of 2023 as opposed to 215 at the beginning of 2022. In addition, a National Testing Pool (NTP) with 172 athletes from fifteen sports federations was established in 2023. NTP athletes are also required to submit whereabouts information but they are exempted from the obligation to submit a '60-minute time slot' in which they must be available at a stated location for doping controls; nevertheless, they are required to provide overnight addresses and information about training sessions.

Athletes are required to provide whereabouts information to one organisation only: either Doping Authority Netherlands or the international federation. Doping Authority Netherlands uses the whereabouts module of the global Anti-Doping Administration & Management System (ADAMS) and the associated app developed by WADA (Athlete Central). There were 160 Dutch athletes (from fourteen sports federations) in an international Testing Pool in 2023.

**National Control Programme**

A total of 3,098 doping controls were conducted as part of the National Control Programme (2022: 3,018). The overwhelming majority (2,376) were urine controls (2022: 2,237). In addition, there are also 722 blood controls (2022: 781) implemented, of which 353 (2022: 333) were for the purposes of the Athlete Biological Passport. This means that Doping Authority Netherlands achieved the target of 3,000 controls set beforehand.

The percentage of out-of-competition controls (blood and urine) was 68%. This is comparable with 2022 (66%). Men underwent 1776 controls (57%) and women 1322 (43%). The difference was therefore larger than in the previous year (2022: 52% and 48% respectively).

Sports federation	Number of urine	Number of blood	Total
Royal Netherlands Skating Association	342	151	493
Royal Dutch Cycling Union	316	155	471
Athletics Union	295	82	377
Royal Dutch Rowing Association	144	158	302
Royal Dutch Football Association	250	35	285
Royal Dutch Swimming Association	162	17	179
Dutch Judo Federation	118	17	135
Royal Dutch Strength Sport and Fitness Association	65	18	83
Royal Dutch Gymnastics Union	70	9	79
Dutch Triathlon Association	47	28	75
Royal Dutch Hockey Association	68	7	75
Dutch Volleyball Association	64	7	71
Royal Dutch Lawn Tennis Association	59	6	65
Royal Dutch Baseball and Softball Association	44	3	47
Dutch Basketball Association	41	2	43
Royal Dutch Equestrian Sports Federation	32	1	33
Water Sports Federation	30	2	32
Dutch Boxing Association	24	5	29
Dutch Handball Association	26	2	28
Dutch Rugby	24	3	27
Dutch Weightlifting Association	18	6	24

Table continues on next page.

**Table 2.2** Overview of the number of doping controls for the National Control Programme in 2023.

Sports federation	Number of urine	Number of blood	Total
Ice Hockey Netherlands	20	0	20
Royal Dutch Korfbal Association	14	2	16
Badminton Netherlands	13	2	15
Royal Dutch Cricket Association	12	0	12
Dutch Table Tennis Association	10	0	10
Royal Dutch Motorcycle Association	8	0	8
Karate-Do Association Netherlands	6	2	8
Dutch Taekwondo Association	5	2	7
Dutch Lifesaving Association	6	0	6
Dutch Bowling Association	4	0	4
Royal Dutch Shooting Association	4	0	4
Royal Dutch Billiard Sports Association	4	0	4
Royal Dutch General Fencing Association	4	0	4
Dutch Archery Association	4	0	4
Floorball and Unihockey Association	4	0	4
Dutch Squash Association	4	0	4
Dutch Jeu de Boules Association	4	0	4
Dutch Darts Association	4	0	4
Dutch Golf Association	3	0	3
Bob and Sledge Association Netherlands	2	0	2
KNAC National Autosport Federation	2	0	2
<b>Total</b>	<b>2376</b>	<b>722</b>	<b>3098</b>

Table 2.2 Overview of the number of doping controls for the National Control Programme in 2023.

**Doping controls for third parties**

Several sports organisations purchased additional controls from Doping Authority Netherlands, including international federations, foreign national anti-doping organisations (NADOs), event organisers and professional sports organisations. A total of 422 doping controls were conducted on the basis of assignments from third parties, an increase of 151% compared with 2022, when this category accounted for 168 controls. This increase was primarily attributable to the controls purchased in the context of the European Para Championships (Rotterdam, August 2023) and those purchased by cycling team DSM-Firmenich. The 422 controls consisted of 266 urine controls (63%) and 156 blood controls (37%), of which 140 were for the purposes of the Athlete Biological Passport.

Most controls were out of competition (56%). This was much less the case in 2022 (21%), when most of the requests were for controls in competition. The difference is largely attributable to the additional 159 out-of-competition doping controls for the DSM-Firmenich cycling team. Men underwent 249 controls (59%) and women 173 (41%). The difference was therefore smaller than in the previous year (2022: 65% and 35% respectively).

Sports federation	Number of urine	Number of blood	Total
Cycling	51	108	159
Athletics	36	36	72
Equestrian sports	28	0	28
Wheelchair basketball	20	0	20
Sports for the blind	20	0	20
Badminton	12	4	16
Swimming	14	2	16
Judo	16	0	16
Shooting	13	0	13
Korfball	9	3	12
Military Sports	8	1	9
Archery	8	0	8
Boccia	7	0	7
Hockey	6	0	6
Taekwondo	6	0	6
Rowing	2	2	4
Dance sports	3	0	3
Angling	2	0	2
Fencing	2	0	2
Sailing	1	0	1
Gymnastics	1	0	1
Speed skating	1	0	1
<b>Total</b>	<b>266</b>	<b>156</b>	<b>422</b>

**Table 2.3** Overview of the number of doping controls for third parties in 2023.

### Unannounced doping controls

Almost all doping controls were conducted without the athlete receiving prior warning ('no advance notice testing'). The only exceptions were doping controls triggered by a record or limit; in these cases, the initiative for the control resides with the athlete or the athlete's federation.

### Doping controls that did not take place

There were 216 unsuccessful attempts to conduct doping controls in 2023, for example because:

1. the athlete was not present during the specified 60-minute time slot;
2. the athlete was not present at the specified overnight address;
3. athletes/teams were absent from events, competitions and central training sessions;
4. a training session or competition had been cancelled or moved.

### Sport-specific analyses

On the basis of a risk analysis, the relevant standards of the World Anti-Doping Code for sports and sports disciplines include a specific calculation for the minimum percentages required for additional laboratory analyses. WADA's Technical Document for Sport Specific Analysis (TDSSA) includes binding provisions that apply to national anti-doping organisations, including Doping Authority Netherlands. The analyses relate to, among other things, erythropoietin-like substances and growth hormones. The minimum number of specific additional analyses is expressed as a percentage of the number of doping controls conducted in a sport (a percentage of additional analyses in addition to the standard analysis package).

In 2023, the analyses of at least 19% of the 3,098 doping controls in the National Control Programme involved testing urine and/or blood samples for Erythropoiesis Receptor Agonists (ERAs). This percentage was lower than in 2022 (23%). However, in reality, the percentage may end up being higher because subsequent analyses have been or are requested, for example in the context of the TDSSA provisions or on the basis of APMU (Athlete Passport Management Unit) recommendations. The analyses covered a range of sports, with athletics, rowing, speed skating, football and cycling at the top of the list (in absolute numbers).

The urine and/or blood samples collected in 25% of the 3,098 controls for the National Control Programme were also analysed for the presence of human growth hormone and/or Growth Hormone Releasing Factors (GHRFs). This is a slight increase over 2022 (24%). The analyses covered a range of sports, with speed skating, football and cycling at the top of the list (in absolute numbers).

In 2023, virtually all the blood and urine samples were stored to allow for the possibility of repeat analyses at some time in the future.

### Athlete Biological Passport

In the Athlete Biological Passport (ABP) programme, several blood samples are taken over time from selected athletes from a range of sports for the purposes of establishing longitudinal profiles. A total of 493 blood samples, of which 353 were for the National Control Programme of Doping Authority Netherlands, were collected for the purposes of the Athlete Biological Passport. The number of ABP controls for the National Control Programme rose approximately 6% by comparison with 2022, when 333 samples were taken. The 493 ABP blood controls were conducted in the following sports: athletics, rowing, speed skating, triathlon, football and cycling.

### DCO courses

In 2023, four courses were organised for the doping control officials (DCOs) in February, June, September and December. The courses covered cases from practice and integrity issues. The last meeting in December focused on the theoretical component of reaccreditation. All the officials passed.

3

# Intelligence & Investigations



## 3 Intelligence & Investigations

### General

In addition to the implementation of the doping control process, the collection and investigation of information can also generate evidence of doping. Pursuant to Article 5 of the Wuab and Articles 16 to 20 (incl.) of the Dutch National Doping Regulations, Doping Authority Netherlands investigates possible anti-doping rule violations, both in the Netherlands and other countries. This information, in the broadest sense and including scientific information, is also the main input for targeting doping controls and it serves as the basis for Doping Authority Netherlands' testing distribution plan. All of this work is housed with the Intelligence & Investigations department.

### Reports received

Visitors to the [Doping Hotline](#) website page can submit reports about possible anti-doping rule violations. They can also use the link to obtain information about the procedure and the subjects for reporting. People submitting reports can, among other things, complete a web form and, if they wish, report on a completely anonymous basis.

In 2023, Doping Authority Netherlands received, via one of the options provided, 37 tips from external parties about possible anti-doping rule violations. That was less than in 2022 (48). The substance of the reports ranged from doping to trafficking and they related to thirteen different sports (2022: 12). None of the reports resulted in a non-analytical anti-doping rule violation (2022: also 0). However, in response to the reports, targeted controls were conducted several times and they resulted in the detection of an anti-doping rule violation on three occasions (2022: 0). In addition, as a result of the reports, there were contacts with a range of agencies (investigative and otherwise) in 23 cases (2022: 15). In this way, Doping Authority Netherlands supported the police and the Royal Netherlands Military Constabulary during ongoing investigations.

### Collaboration with government services and anti-doping organisations

By contrast to the situation with respect to the doping control process, Doping Authority Netherlands is dependent on the cooperation of organisations other than sports organisations, in particular government investigation and enforcement organisations, for the implementation of some of the statutory tasks referred to in Article 5 of the Wuab. The development and expansion of good collaborative relationships with these organisations is therefore of major importance. This involves supplying and receiving information. The terms of the collaboration with chain partners such as the IGJ, the NVWA-IOD, the police, the FIOD and the customs authorities have been set out in protocols.

The sharing of information with Doping Authority Netherlands continues to be a challenge in collaboration between the government services. This is a result of various statutory frameworks such as the Dutch Police Data Act (Wpg). The contacts became even more intensive in 2023 but Doping Authority Netherlands continues emphatically to seek ever closer collaboration with investigation and enforcement agencies. Information is shared efficiently in mutual exchanges with anti-doping organisations from other countries. There is also support for ongoing investigations.



4

# Disciplinary proceedings





## 4 Disciplinary proceedings

### Introduction

In the Netherlands, disciplinary proceedings relating to possible anti-doping rule violations are the responsibility of Doping Authority Netherlands and the sports federations. Doping Authority Netherlands determines in which cases proceedings should be initiated, and it has the competence to close cases and to agree settlements for anti-doping rule violations. If proceedings are initiated in cases of anti-doping rule violations, the disciplinary proceedings are conducted under the responsibility of the sports federations. Virtually all sports federations affiliated with NOC\*NSF have outsourced disciplinary proceedings for matters related to doping to the Institute for Sports Law (ISR).

### The position of Doping Authority Netherlands in disciplinary proceedings

The first part of the disciplinary process is the responsibility of Doping Authority Netherlands. If a potential anti-doping rule violation is observed, Doping Authority Netherlands assesses whether there is sufficient evidence to prove that there has been a violation. If not, Doping Authority Netherlands has the competence to decide to close a case. If, in the opinion of Doping Authority Netherlands, there is sufficient evidence, Doping Authority Netherlands can propose a settlement to the athlete. If a possible anti-doping rule violation does not result in a settlement or the closing of the case, a charge will be filed with the disciplinary board of the sports federation in question. In these cases, the sports federation may file a charge but Doping Authority Netherlands can also file the charge itself. In the case of those sports federations who work with the ISR for doping procedures, Doping Authority Netherlands reports the doping case to the prosecutor of the ISR, who then files a charge against the athlete in question with the ISR's judicial department.

The disciplinary committees of the ISR arrive at their decisions entirely independently of Doping Authority Netherlands. Nevertheless, Doping Authority Netherlands is closely involved in disciplinary proceedings relating to possible anti-doping rule violations. Under the World Anti-Doping Code and the National Doping Regulations (NDR), Doping Authority Netherlands is responsible for ensuring that the proper disciplinary handling of doping cases in the Netherlands takes place in accordance with the Code. The various duties of Doping Authority Netherlands in disciplinary proceedings are defined and set forth in the Code, the International Standard for Results Management (ISRM) and the National Doping Regulations. Those duties also include correcting decisions that do not comply with any of those regulations.

The role of Doping Authority Netherlands during disciplinary hearings consists primarily of submitting arguments: Doping Authority Netherlands, having taken cognizance of the file, submits written pleadings that discuss and explain all the relevant aspects of the regulations. If there is a hearing, Doping Authority Netherlands will be present and speak.

The corrective role of Doping Authority Netherlands in doping disciplinary law consists of the right of Doping Authority Netherlands to appeal against rulings of disciplinary boards.

Doping Authority Netherlands did not submit any appeals at all in 2023.

### Reporting to WADA and International sports federations

Doping Authority Netherlands reports on the disciplinary handling of doping cases to WADA, the relevant international sports federations (IF) and, where appropriate, the foreign National Anti-Doping Organisation (NADO). These organisations are competent to appeal against all disciplinary decisions: decisions to close a case, settlements and disciplinary board rulings.

Reporting takes the form of sending the decision of Doping Authority Netherlands, the settlement, or the decision of the disciplinary board (in full or as a summary) to the aforementioned organisations. In addition, Doping Authority Netherlands answers follow-up questions, supplies case files, and uploads documents to WADA's database (ADAMS).

There were no decisions at all in 2023 in cases involving an appeal by the CAS or an IF against a decision made by Doping Authority Netherlands or a Dutch disciplinary body.

### Reporting on disciplinary decisions

Table 4.1 lists all the decisions taken by Dutch disciplinary and appeals committees in doping cases in 2023 (inclusion depends upon the date of the decision), as well as the cases in which Doping Authority Netherlands closed a case or proposed a sanction that was accepted by the athlete.<sup>2</sup>

Sport	Prohibited substance(s)	Year of violation	Decision
Hockey	Cocaine	2022	Settlement by Doping Authority Netherlands: one (1) month ineligibility
Power lifting	5-methylhexane-2-amine	2022	Settlement by Doping Authority Netherlands: two (2) years ineligibility
Billiard sports	Mesterolone	2022	Decision of the disciplinary board: two (2) years ineligibility
Power lifting	5-methylhexane-2-amine	2023	Settlement by Doping Authority Netherlands: three (3) years of ineligibility
Power lifting	Drostanolone, clostebol, oxandrolone	2023	Settlement by Doping Authority Netherlands: four (4) years of ineligibility

**Table 4.1** Disciplinary decisions and sanction proposals accepted; situation when the annual report was closed.

<sup>2</sup> Sanction proposals (which are referred to as settlements in the National Doping Regulations) may involve cases where the standard or maximum penalty has been offered and cases where, in accordance with the World Anti-Doping Code and the National Doping Regulations, a reduced sanction has been proposed.

5

# Legal Affairs



## 5 Legal affairs

### Introduction

In matters relating to possible anti-doping rule violations, the Legal Affairs department of Doping Authority Netherlands fulfils a role comparable to that of the Dutch Public Prosecutions Service (OM): it is responsible for all legal aspects of investigating and handling violations of this kind. If there is a possible anti-doping rule violation, Legal Affairs acts as a 'public prosecutor': it decides about settlements, closing cases, filing charges, and it provides evidence, and assesses the case and the appropriate sanction.

In that capacity, the Legal Affairs department of Doping Authority Netherlands is involved in all legal aspects of the investigation of anti-doping rule violations, the prosecution of violations, and the disciplinary handling of those violations. The procedures relating to these activities and processes derive from the Dutch National Doping Regulations, the World Anti-Doping Code and the various International Standards associated with that Code.

The legal activities in doping cases usually begin as soon as a test result indicates the possible presence of a prohibited substance or method in an athlete's blood or urine sample. However, they may also be initiated if there is a suspicion of another anti-doping rule violation, such as a refusal, an attempt to tamper with the doping control, the sample or tampering with evidence (in other words, falsification).

If a possible anti-doping rule violation does not result in a settlement or the closing of the case, a charge will be filed. That step is followed by the statement of defence of the athlete or person concerned. Doping Authority Netherlands is entitled to state written arguments in response to a statement of defence. In those pleadings, Doping Authority

Netherlands states its views of the case and discusses the relevant provisions from the National Doping Regulations (NDR), the defence of the athlete or other persons, the facts and circumstances of the case, and the relevant case law (particularly from the CAS).

After the written decision of the competent disciplinary body has been received, Doping Authority Netherlands reviews it as part of its responsibility with respect to monitoring the conformity of decisions with the Code in order to determine whether the decision meets the requirements of the NDR and the Code. This is done on the basis of Doping Authority Netherlands' remit laid down in the Code, viz. the monitoring and supervision of the correct application of the doping regulations. This remit does not relate to national decisions alone. Decisions made by international sports federations or doping organisations from other countries relating to anti-doping rule violations by Dutch athletes or foreign athletes who play for a Dutch club are also shared with Doping Authority Netherlands so that these decisions can be reviewed in the light of the Code.

For the same reason, Doping Authority Netherlands is required to inform WADA, the relevant international federation and (if applicable) the relevant National Anti-Doping Organisation in another country about all settlements, closed cases and disciplinary decisions, and therapeutic use exemptions that have been granted. In turn, these organisations have the competence to assess decisions made in the Netherlands in the light of the World Anti-Doping Code and the International Standards, and to appeal against them. The legal activities described here are conducted in the context of the doping control process, which is defined by the Wuab as the process of determining a possible violation of given doping regulations (in other words, not only the NDR).

There are also legal activities that are conducted for the purposes of the doping control process, without actually being part of that process, or that are conducted after the completion of the doping control process.



**Adverse analytical findings**

In 2023, twelve adverse analytical findings were registered with Doping Authority Netherlands. In nine cases, a therapeutic use exemption had been granted for the therapeutic use of the prohibited substance(s) found. See Table 5.1. These cases were therefore closed. Eleven cases were identified as possible anti-doping rule violations in 2022. See Table 5.2.

Sport	Adverse analytical finding	Number
Gymnastics	Methylphenidate and its metabolite Ritalinic acid	1
Ice hockey	Methylphenidate and its metabolite Ritalinic acid	1
Judo	Methylphenidate and its metabolite Ritalinic acid	1
Power lifting	Methylphenidate and its metabolite Ritalinic acid	1
Rugby	Methylphenidate and its metabolite Ritalinic acid	1
Cycling	Methylphenidate and its metabolite Ritalinic acid	1
Swimming	Methylphenidate and its metabolite Ritalinic acid	3

**Table 5.1** Adverse analytical findings in 2023 covered by a therapeutic use exemption.

Sport	Adverse analytical finding
Power lifting	Drostanolone (and its metabolite 2a-methyl-5a-androstan-3a-ol-17-one), clostebol (and its metabolite 4-chloro-3a-hydroxy-androst-4-en-17-one) and oxandrolone (and its metabolites 17b-hydroxymethyl-17a-methyl-18-nor-2-oxa-5a-androsta-13-en-3-one and 17a-hydroxymethyl-17b-methyl-18-nor-2-oxa-5a-androsta-13-en-3-one)
Power lifting	5-methylhexane-2-amine (1,4-dimethylpentylamine)
Football	Carboxy-tetrahydrocannabinol (carboxy-THC) exceeding threshold value

**Table 5.2** Adverse analytical findings in 2023 identified by Doping Authority Netherlands as possible anti-doping rule violations.

**Substance classification according to the WADA Prohibited List**

WADA’s prohibited list includes several categories. A distinction is made between different groups of substances and methods: substances that are always prohibited, substances that are prohibited only in competition, and substances that are prohibited only in certain sports. On the basis of the allocation of substances to categories in accordance with the 2023 WADA Prohibited List, a prohibited substance (or metabolite of such a substance) was found a total of fourteen times in the twelve adverse analytical findings referred to above. One urine sample contained three prohibited substances or their metabolites. Eleven urine samples contained one prohibited substance or a metabolite.

**Whereabouts failures**

If an athlete does not comply with the whereabouts requirement, that may result in a whereabouts failure. There are two types of whereabouts failure:

- Missed test: if an athlete cannot be found and is not available for a doping control during the 60-minute time slot; and
- Filing failures: a failure to provide complete, timely and/or accurate whereabouts.

The Legal Affairs department of Doping Authority Netherlands is involved in the assessment and handling of any possible whereabouts failure. A total of 131 whereabouts failures noted in 2023 were registered by Doping Authority Netherlands. In addition, one whereabouts failure was pending as the annual report was being drafted. In 2023, a second whereabouts failure in a twelve-month period was noted in the case of twelve athletes.

Detected substances	2023
Anabolic substances	3
Cannabinoids	1
Stimulants	10
<b>Total</b>	<b>14</b>

**Table 5.3** Substances found in 2023.

**Dutch National Doping Regulations and annexes**

The National Doping Regulations (NDR) contained a number of references to the National Doping Regulations Appeals Committee. This committee was replaced by a committee established by law: the Anti-Doping Rule Violations Review Committee. The commission was established in an amendment to the Dutch Anti-Doping Policy Implementation Act (Wuab). The amended Wuab went into effect on 15 August 2023 and the NDR was amended for that reason. All references to the NDR Appeals Committee have been replaced with references to the Anti-Doping Rule Violations Review Committee. In addition, a number of passages have been cleaned up and/or clarified.

In response to the amendment referred to here, WADA made a number of suggestions for improvements. In response, the National Doping Regulations were again amended, including a clarification of the effect of a therapeutic use exemption in relation to a positive result, the extension of the possibility of a settlement with WADA,

additional provisions about involvement in education, the inclusion of a definition of the term ‘Federation’ and the widening of the definition of ‘member’ by including participants in competitions under the auspices of the federation.

Furthermore, following a number of changes in the testing pools of Doping Authority Netherlands, the Whereabouts Annex of the NDR has been amended. These amendments relate to (1) the inclusion of a provision regarding team whereabouts, (2) the consequences of whereabouts failures for athletes in the NTP and (3) some textual amendments.

### **Structural activities and operations**

Our structural legal activities in 2023 also included the provision of general legal services and support within the organisation. This involved drafting, assessing and/or revising contracts, letters, memoranda and policy memoranda, and regulations, as well as advice for the various departments of Doping Authority Netherlands and the CEO.

In addition, the structural activities included education and advice for sports federations and, in various cases, athletes (and their support staff) with respect to the content, operation and application of the doping regulations.

### **Dutch Open Government Act**

Doping Authority Netherlands did not receive any requests under the Dutch Open Government Act (Woo) in 2023.

### **Objections and appeals under the Dutch General Administrative Law Act**

One of the consequences of the establishment of Doping Authority Netherlands as an independent administrative body is that, under the Dutch General Administrative Law Act (Awb), interested parties have the right to lodge administrative objections to certain decisions made by Doping Authority Netherlands. If desired, there is also the option of lodging appeals with the administrative court.

In 2023, Doping Authority Netherlands received eight objections under the terms of the Awb against a decision it made. An appeal was lodged with the administrative court against the decision of Doping Authority Netherlands relating to one objection.

### **Privacy**

All documents drawn up pursuant to the General Data Protection Regulation (GDPR) (privacy policy, Privacy Statement of Doping Authority Netherlands and the Regulation for the Rights of Persons Concerned) have been evaluated and updated where necessary. Doping Authority Netherlands registered two data leaks in 2023. There was no obligation to notify the Dutch Personal Data Authority (AP) in either instance.

### **Policies, rules and regulations associated with the status of an independent administrative body**

Several rules and regulations have been revised.



6

Scientific  
research





## 6.1 General

The scientific activities of Doping Authority Netherlands consist of the following:

- monitoring scientific literature;
- consulting experts;
- the further development of scientific research.

## 6.2 Review of academic literature

To ensure it is informed about the latest scientific developments, Doping Authority Netherlands keeps a close eye on new publications of doping-related scientific literature and saves copies of the relevant articles in its archives. Thirty-four relevant articles were added to those archives in 2023 (2022: 118). All the articles are available in digital format inside the organisation and they are also posted on the website [doping.nl](https://doping.nl).

The information from the available literature serves as a basis for internal advice for the Legal Affairs, Enforcement and Education departments, and the CEO (for, among other things, his contacts with the press). The information is also used to answer specific scientific questions from people outside the organisation such as doctors, lawyers, journalists, students and other interested parties.

## 6.3 Consulting experts

A network with a range of scientists is constantly being maintained in order to keep up to date with the latest developments in all sorts of areas relevant to doping: haematology, cardiology, endocrinology, physiology, sociology, health education, ethics, sports medicine, gene therapy and clinical chemistry.

Doping Authority Netherlands also plays an advisory role in a range of initiatives. The basic idea here is always to contribute both knowledge and experience and to further them in our own organisation. In some cases, this advisory role has been formalised. In this context, scientific contacts were maintained with the steroids clinics in the Spaarne Gasthuis hospital in Haarlem and the Elisabeth-Tweesteden hospital in Tilburg, and the British dietary supplement testing system, Informed Sport, of the LGC company. In addition, there was participation in an expert panel for the 'Further development of data infrastructure for Sport and Exercise' and in an 'integrity in sport expert session' of the RIVM. In addition, Doping Authority Netherlands attended different scientific conferences in the Netherlands and other countries.

### Spending of scientific budget

Doping Authority Netherlands initiated and completed an investigation into the contamination of pre-workout supplements with prohibited substances in 2023. In addition, with the sector association NPN, the costs were paid for the 2022-2023 archive round of the NZVT system. The publication costs were also paid for some articles published by the University of Leuven as a result of previous research in collaboration with Doping Authority Netherlands. The study of the development of a detection method for thyroid hormones by DoCoLab in Ghent has been completed and a paper is now being worked on.

### Supervision of students

The research officer supervised the work of two students on their literature studies looking into the performance-enhancing effects of cannabinoids and GLP-1 receptor agonists. Both studies were successfully completed.

7

# Knowledge management



## 7 Knowledge management

Doping Authority Netherlands is a knowledge institute. An important way of integrating 'knowledge management' in day-to-day work involves the Anti-Doping Knowledge Center (ADKC), which is housed with the Legal Affairs department. The ADKC has proven its worth in recent years as the largest collection of doping-related documents in the world. In 2023, 469 new records were added. The total number of available documents was 8,975 on 31 December 2023. In addition, existing documents are constantly checked and improved, in part on the basis of new relevant search terms.

The information in the database consists primarily of legal documents, in particular the motivated decisions of competent disciplinary boards relating to doping sanctions. These are mainly decisions made by the Court of Arbitration for Sport (CAS). Increasingly, the ADKC also contains rulings from the disciplinary boards and arbitration bodies of international sports federations and foreign anti-doping organisations. The decisions of a few dozen international federations and countries are now being processed. For the purposes of the ADKC, there are continuous contacts with colleagues from NADOs in other countries and international federations whose rulings have not yet been included in the ADKC. The main goal of this work is to provide access to the available jurisprudence in the field of doping in order to make decisions in the future stronger.

The website also contains scientific articles about all conceivable doping-related subjects, such as educational materials and all kinds of other doping documents. This means that the ADKC also has a historical role since documents that have expired are generally difficult to find on the Internet.

The database is freely accessible through the website [doping.nl](https://doping.nl).



8

# Therapeutic use exemptions



## 8 Therapeutic Use Exemptions

### Therapeutic Use Exemption Committee (TUE committee)

One of the provisions in the doping regulations relates to the procedure for the use of prohibited medication. Doping Authority Netherlands has established, for the Dutch sports federations, a committee known as the Therapeutic Use Exemption Committee (TUE committee), which consists of independent doctors.

In 2023, the number of requests for exemptions increased substantially. Exemptions were ultimately granted in 157 cases; an increase over 2022 (see Table 8.1). Applications were turned down initially in eleven cases; a number of these were granted after all at a later date (for example after more specific information had been provided).

As in most recent years, the largest number of exemptions in 2023 related to the use of methylphenidate (78): half of the exemptions granted. Other types of medication for which exemptions were often granted were insulin (11%), triamcinolone (7%), (lis)dexamphetamine (5%) and methylprednisolone (5% as well).

The applications came from 35 different sports federations. With 27 applications granted, the KNVB and KNWU were the best represented (17.2%), followed by the Dutch Athletics Union and the JBN with ten applications (6.4%).

Applications for a therapeutic use exemption	2018	2019	2020	2021	2022	2023
Granted	126	118	86	108	130	157
Not granted	12 (8.7%)	15 (11.3%)	12 (12.2%)	5 (4.4%)	8 (5.8%)	11 (6.1%)

**Table 8.1** Number of exemptions granted and rejected applications over the years.

9

# International Affairs



## 9.1 General

Doping Authority Netherlands was actively involved in 2023 in the international anti-doping policy. The international activities of Doping Authority Netherlands have several aims: Doping Authority Netherlands wishes to collect current knowledge, influence international anti-doping policy, promote Dutch anti-doping policy and strengthen international collaboration.

## 9.2 WADA

### Education Standing Committee

The Head of Education is a member of WADA's Education Standing Committee. The Education Standing Committee met once (in March in Montreal). There were online meetings in September and December. The Head of Education also participates in two Education Standing Committee working groups, one to determine WADA's future education strategy and one to revise the International Standard for Education (ISE Drafting Team). The ISE Drafting Team met in Vienna in November. In addition, both working groups met online several times during the year.

### Working group on the development of training programmes

The Head of Education chaired WADA's working groups on the development of the Results Management training programme (part of WADA's Global Learning & Development Framework). The training programmes are for people working in the field of anti-doping. The Results Management working group met online in March one year after the completion of the work to evaluate the programme. In addition, the Head of Education is a trainer on the GLDF training programmes Train the trainer and Education.

### Prohibited list

Like every year, a [response to the draft version of the prohibited list](#) was sent to WADA in the summer. Doping Authority Netherlands coordinates the Dutch response on behalf of the NOC\*NSF, the NOC\*NSF Athletes Committee and the Ministry of Health, Welfare and Sport.

### WADA Prevalence of Doping Working Group

At the request of WADA, we have a seat on the Prevalence of Doping Working Group. The general aim is to establish a more detailed picture of the knowledge currently available about the prevalence of doping and how this knowledge can best be increased in the future. In 2023, the pilot phase was completed and work continued on a number of scientific publications as a basis for the system selected to measure prevalence. WADA has announced the establishment of a new, expanded, working group in 2024 to implement the system globally. Doping Authority Netherlands will also be represented on this new working group.

### Council of Europe

Doping Authority Netherlands was actively involved in 2023 in the international anti-doping policy. The international activities of Doping Authority Netherlands address two goals: Doping Authority Netherlands wants to collect up-to-date current knowledge and to influence the international anti-doping policy. The latter is relevant since WADA will be adopting an updated version of the World Anti-Doping Code and the associated International Standards in late 2026. The structural international activities of Doping Authority Netherlands are situated in the context of the Council of Europe. This involves, on the one hand, activities in the context of the Council of Europe's Anti-Doping Convention and, on the other hand, coordinating the positions of the European representatives at WADA's board meetings.

The latter is organised in the meetings of the [Ad hoc European Committee for the World Anti-Doping Agency](#). The CAHAMA mission is:

1. to examine the issues concerning relations between the Council of Europe, its Member States and the World Anti-Doping Agency (WADA), and to decide on a common position, when possible, on these issues;
2. to draw up, if necessary, opinions for the Committee of Ministers of the Council of Europe on these issues, including the budgetary elements;
3. to periodically revise the mandate of members of the WADA Foundation Board appointed by the Council of Europe.

In 2023, the Head of the Legal Affairs department was elected chair of the Informal Group on Governmental Issues on the updating of the World Anti-Doping Program established by CAHAMA.

At the April meeting of The Monitoring Group of the Anti-doping Convention (T-DO), the Head of Education was elected as chair of the Advisory Group on Education (T-DO ED). On the basis of that position, he is also a member of the Coordination Group (T-DO CG). The Head of Education also joined the Ad Hoc Group of experts on recreational doping (T-DO ADRS) during the year. The group was established to help Member States to raise awareness with respect to the risks of doping in grassroots sports. Several online meetings were arranged for the various groups throughout the year. There were also physical meetings: one for the Coordination Group in October in Paris and one for the Advisory Group on Education in November in Vienna. In addition, an Education Workshop was organised by the Council of Europe in collaboration with UEFA in March. The workshop was at UEFA's headquarters in Nyon. The Head of Education chaired the workshop.

**Institute for National Anti-Doping Organisations (iNADO)**

The iNADO key objectives are: to support and strengthen the work of national anti-doping organisations, and to represent their members in the international domain. Doping Authority Netherlands is an active member of iNADO. Doping Authority Netherlands also participated in, and contributed to, a range of iNADO activities.

**Dutch Caribbean**

During WADA's Annual Symposium, there were discussions with several contacts from the Caribbean Netherlands, Aruba, Sint Maarten and the director of CRADO, the Caribbean Regional Anti-Doping Organisation. There were also online discussions. It became clear that in all cases (three countries and the three Caribbean Islands of Bonaire, Sint Eustatius and Saba), the work of Doping Authority Netherlands will continue to be limited to a supporting role. The CRADO can also provide support. Of the three Caribbean countries in the Kingdom of the Netherlands, Curaçao has its own NADO, C-NADO. Aruba does not have a NADO, but it does have a National Olympic Committee, Comité Olímpico Arubano, which serves as a NADO. Sint Maarten is the only one of the three countries without an operational NADO.

## 9.3 ERASMUS+ PROJECTS

Doping Authority Netherlands was involved as a partner in two ERASMUS+ projects in 2023: RESPECT-P and GLDF4CLEANSPORT.

RESPECT-P is a continuation of the earlier RESPECT project, but with the focus on disabled sports. The goal is to bring policymakers, researchers and practitioners together in order to improve anti-doping education for this group. The project was completed in February. The final evaluation (by the subsidy organisation) also took place. With a score of 96 out of 100, the project was very highly rated.

GLDF4CLEANSPORT is a three-year project linked to WADA's Global Learning and Development Framework programme. The goal of the project is: to enhance the skills and competencies of anti-doping professionals and the effectiveness of anti-doping organisations. The project group consists of EOSE, WADA, two international federations and five national anti-doping organisations (including Doping Authority Netherlands). One of the policy officers is participating in this project on behalf of Doping Authority Netherlands. In July, Doping Authority Netherlands hosted an in-person partner meeting in Rotterdam. There were also several online consultations.

**Play the Game**

The research officer and the DCO team leader attended a conference abroad on democracy, transparency and freedom in sports culture worldwide: Play the Game 2023.





10

People &  
organisation



## 10 People & organisation

### Advisory Board

Doping Authority Netherlands has an Advisory Board that consisted of five persons in 2023 (see [Annex 2](#) for the members of the Board). The Board met on four occasions in 2011. In addition to discussing and commenting on the work of Doping Authority Netherlands on the basis of progress reports and other documents, the Board is required to make recommendations to the CEO of Doping Authority Netherlands.

### Personnel: office

Doping Authority Netherlands has five departments (Education, Enforcement, Intelligence & Investigations, Legal Affairs and Operations). Together with the CEO, the five heads of department constitute the Management Team. As at year-end 2023, the office organisation consisted of 30 people and 27.34 FTEs. For an overview, the reader is referred to [Annex 3](#).

### Doping control officials (DCOs)

In addition to the office staff, there were fourteen part-time Doping Control Officials at year-end 2023 (six men and eight women, see [Annex 3](#)) working under 'minimum hours' contracts. These contracts now account for 4.9 FTEs.

### Absenteeism

The absenteeism percentage was higher in 2023 than in 2022: staff were absent on 9.1% of working days (2022: 6.8%). Most of this consisted of short-term absences; three employees had chronic illnesses.

### In-House Emergency Services (BHV)

Doping Authority Netherlands has three in-house emergency response workers to maximise the probability of enough support being available when it is needed. There were no incidents in 2023.

### Therapeutic Use Exemption Committee (TUE committee)

One of the provisions in the doping regulations relates to the procedure for the use of prohibited medication. Doping Authority Netherlands has, for the Dutch sports federations, a committee known as the Therapeutic Use Exemption Committee (TUE committee), which consists of independent doctors.

### Compliance with Doping Sanctions Committee (CND)

The World Anti-Doping Code requires Doping Authority Netherlands to monitor the implementation of sanctions imposed for doping. If there is any failure to comply with a sanction correctly, the same sanction begins again after the end of the original sanction. The Compliance with Doping Sanctions Committee is responsible for determining whether there has been correct compliance with a sanction and whether there are any reasons to reduce a subsequent sanction. No cases were submitted to the CND in 2023.

### Consultations with the Ministry of Health, Welfare and Sport

As an independent administrative body, Doping Authority Netherlands participates in various specialist consultations. Consultations relate to business operations, human resources, information security, general security, privacy and integrity.

### Quality assurance

Doping Authority Netherlands is a government organisation covered by the National Code of Conduct for Integrity. The prevention of fraudulent activity is a constant focus of attention and a standing component of the annual performance interviews.

Doping Authority Netherlands also has, in addition to the regular procedures, a Complaints Procedure that those concerned can initiate under the General Administrative Law Act (Awb). This procedure can be found on the corporate website. It was not used in 2023.

Informal complaints, mistakes, areas for improvement and data leaks are a standard item on the agenda during the fortnightly meetings of the Management Team, and the discussion is noted in the minutes of these meetings.

11

Annexes



# Annex 1

## Financial overview

Balance sheet as at 31 December 2023

Assets	2023 €		2022 €	
<b>Fixed Assets</b>				
Tangible fixed assets	<b>72,442</b>		<b>161,316</b>	
<b>Current assets</b>				
Receivables	155,947		96,108	
Cash at bank and in hand	819,061		481,419	
	<b>975,008</b>		<b>577,527</b>	
<b>Total assets</b>		<b>1,047,450</b>		<b>738,843</b>

Liabilities	2023 €		2022 €	
<b>Net Equity</b>				
Equalisation reserve	144,015		113,281	
Earmarked funds for doping controls	316,410		285,676	
	<b>460,424</b>		<b>398,957</b>	
<b>Provisions</b>	<b>26,683</b>		<b>13,106</b>	
<b>Current liabilities</b>	975,008		577,527	
Creditors	98,368		8,395	
Staff expenses	325,246		207,474	
Other accounts payable	136,730		110,911	
	<b>560,344</b>		<b>326,780</b>	
<b>Total liabilities</b>		<b>1,047,450</b>		<b>738,843</b>

## Income statement for 2023

	Actual 2023 €		Budget 2023 €		Actual 2022 €	
<b>Income</b>		<b>5,414,302</b>		<b>5,121,336</b>		<b>4,918,636</b>
<b>Activity and project expenses</b>						
Expenses related directly to doping controls	1,297,811		1,777,256		1,266,723	
Expenses related directly to other statutory tasks	322,883		365,500		378,159	
<b>Organisation expenses</b>						
Staff expenses	2,901,793		2,329,580		2,582,212	
Other staff expenses	140,648		65,000		136,368	
Depreciation/amortisation	105,293		66,000		69,546	
Accommodation expenses	117,303		110,500		112,400	
Office expenses	342,877		276,500		257,195	
Car expenses	0		0		2,057	
General expenses	145,241		131,000		161,431	
<b>Total operating expenses</b>		<b>5,373,849</b>		<b>5,121,336</b>		<b>4,966,092</b>
<b>Balance of income and charges</b>		<b>40,453</b>		<b>40,453</b>		<b>-47,456</b>
<b>Financial income (+) and charges (-)</b>		<b>21,014</b>		<b>21,014</b>		<b>-4,454</b>
<b>Result</b>		<b>61,467</b>		<b>61,467</b>		<b>-51,910</b>

Result appropriation	2023 €	2022 €
Equalisation reserve	30,734	-33,119
Earmarked funds for doping controls	30,734	-18,791
	<b>61,467</b>	<b>-51,910</b>

# Annex 2

## Members of the Advisory Board and Committees (as at 31-12-2023)

### Advisory Board

Harro Knijff	chair, legal affairs and audit position
Marc Benning	medical affairs
Hans van der Pas	financial affairs
Saskia Sterk	laboratory matters
Hinkelien Schreuder	athletes' interests

### Therapeutic Use Exemption Athletes Committee (TUE committee)

Marjon van Eijdsden-Besseling	
Edwin Goedhart	
Leo Heere	chair
Ed Hendriks	chair
Jan Hoogsteen	
Ivo van Outheusden	
Harry Koene	
Hans Jurgen Mager	
Huib Plemper	

### Compliance with Doping Sanctions Committee (CND)

Dolf Segaar	chair
Diederik van Omme	
Dennis Koolaard	



# Annex 3

## Personnel (as at 31-12-2023)

### Board

Vincent Egbers chair

### Operations Department

Astrid Krijgsman head of business operations  
 Astrid van der Goot secretary management assistant  
 Angela Mols administrative assistant  
 Zahid Khan janitor

### Legal Affairs department

Steven Teitler head of department  
 Arthur van der Hoeff lawyer / deputy head of department  
 Mara Pouw lawyer  
 Wyke Ruedisulj lawyer  
 Robert Ficker compliance officer  
 Rien Tuk documentalist  
 Louanne Eckebus legal assistant

### Enforcement department

Koen Terlouw head of department  
 Jeroen Brakels account manager / deputy head of department  
 Anuschka Rambhadjan doping control officer  
 Ezra Sjiem Fat doping control officer  
 Marlene van Knobelsdorff doping control officer

### Intelligence & Investigations department

Olivier de Hon head of department / COO  
 Frans Stoele information policy officer / documentation & TUE secretary / deputy head of department  
 Sjoerd Kamperman intelligence officer  
 Karlijn Roijackers intelligence officer  
 Jelle van der Meer intelligence officer  
 Michiel Olijhoek research officer

### Education Department

Erik Duiven department head  
 Laila Spruijt policy officer / deputy head of department  
 Wendy Schootemeijer policy officer  
 Hans Wassink grassroots sports educator  
 Enid Duut marketing & communications officer  
 Jens van der Horst elite sports educator  
 Jesper Rietmeije elite sports & fitness educator

### Doping control officials

Dick Beverdam doping control official (investigative)  
 Fienie Verhagen doping control official (investigative)  
 Geeta Ramdajal doping control official (medical)  
 Jeannet Beijen doping control official (medical)  
 Johan Bouman doping control official (investigative)  
 Just van der Kroef doping control official (medical)  
 Karin van Rooij doping control official (investigative)  
 Farida el Hamzaoui doping control official (investigative)  
 Marianne de Jong doping control official (medical)  
 Alexander Keulemans doping control official (investigative)  
 Joep Leune doping control official (investigative)  
 Jeroen Out doping control official (investigative)  
 Ezra Sjiem Fat doping control official (medical)  
 Ilona Wijbenga doping control official (medical)



## Annex 4

# Overview of presentations and academic publications

### Oral presentations

- Teitler S. and Pouw M. 'Doping & Dopingautoriteit'. VU-University Amsterdam: Sport en Recht, 17 January 2023
- De Hon O. Epidemiologie van dopinggebruik & herkenning daarvan, Basis cursus Dopingzaken Stichting Beroepsopleiding tot Sportarts, 17 March
- De Hon O. & Wassink H. Over het gebruik en de gevaren van doping(handel), Koninklijke Marechaussee, 28 March
- De Hon O. Update Dopingzaken, Topsportartsen Masterclass, 14 April 2023
- Schootemeijer W. 'Positief getest op doping, wat nu?' Centrum Veilige Sport Nederland conference round 1, 23 May 2023
- Schootemeijer W. 'Positief getest op doping, wat nu?' Centrum Veilige Sport Nederland conference round 2, 23 May 2023
- De Hon O. Gendoping: fabricatie, detectie en penaliseren?, Collegeserie over Mensverbetering, Ghent (Belgium), 5 June 2023
- De Hon O. The effectiveness of anti-doping policies, Sport Science Day, Jyväskylä (Finland), 7 September 2023
- Duiven E. Supplements and doping risks from the '90s to the present, PINES Symposium, 8 September 2023
- Van der Horst J. 'Sport is te mooi voor doping'. Fontys: SPECO, 6 October 2023
- Van der Horst J. 'Sport is te mooi voor doping'. Avans Hogeschool: International Forensics + Ketenanalyse, 10 October 2023
- Van der Horst J. 'Sport is te mooi voor doping'. Hogeschool van Rotterdam: chemie en criminaliteit, 28 November 2023

### Scientific articles with authors from Doping Authority Netherlands

- Balk L., Dopheide M., Cruyff M., Duiven E. & de Hon O. Doping prevalence and attitudes towards doping in Dutch elite sports. *Scientific Journal of Sport and Performance*. 2(2), 132-43, 2023
- Camilleri E., Smit D.L., van Rein N., Le Cessie S., de Hon O., den Heijer M., Lisman T., Cannegieter S.C. & de Ronde W. Coagulation profiles during and after anabolic androgenic steroid use: data from the HAARLEM study. *Research and Practice in Thrombosis and Haemostasis*, doi: 10.1016/j.rpth.2023.102215, 2023
- Olijhoek M., van der Horst J. & Wassink H. Gezondheidsrisico's door dopingstoffen in pre-workout supplementen? *Sportgericht* 77(5): 17-19, 2023

### Publications on research commissioned by Doping Authority Netherlands

- Paoli L. & Cox L.T.J. [Across the spectrum of legality: the market activities of influencers specialized in steroids and other performance and image enhancing drugs](#), *International Journal of Drug Policy*, doi: 10.1016/j.drugpo.2023.104246, 2023
- Cox L.T.J. & Paoli L. [Social media influencers, YouTube & performance and image enhancing drugs: A narrative-typology](#), *Performance Enhancement & Health*, doi:10.1016/j.peh.2023.100266, 2023



## Annex 5

### Secondary positions (as at 31-12-2019)

The secondary positions of the members of the Office Board are listed below.

#### **Vincent Egbers**

- Security officer at UEFA
- Member of the Sport & Integrity Steering Group, NOC\*NSF,
- Vice-chair of the VVD's defence thematic network
- Member of the Advisory Board of the War Graves Foundation

#### **Olivier de Hon**

- Olympic Stadium tour guide (volunteer)
- Member of WADA Working Group on Prevalence
- Athletics trainer for youngest pupils at AV'23

#### **Erik Duiven**

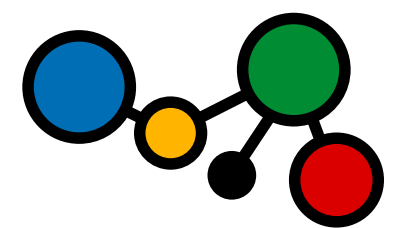
- Chair of the Council of Europe Anti-Doping Convention's Advisory Group on Education (T-DO ED)
- Member of the Council of Europe Anti-Doping Convention's Coordination Group (T-DO CG)
- Member of the Council of Europe Anti-Doping Convention's Ad Hoc Group of experts on anti-doping in recreational sport (T-DO ADRS)
- Member of the WADA Education Standing Committee
- Trainer in WADA's Global Learning & Development Framework



## Annex 6

# Abbreviations

<b>ABP</b>	Athlete Biological Passport	<b>ISRM</b>	International Standard for Results Management
<b>ADAMS</b>	Anti-Doping Administration and Management System	<b>JBN</b>	Dutch Judo Federation
<b>ADKC</b>	Anti-Doping Knowledge Center	<b>KNVB</b>	Royal Dutch Football Federation
<b>ANP</b>	Algemeen Nederlands Persbureau	<b>KNWU</b>	Royal Dutch Cycling Union
<b>GDPR</b>	General Data Protection Regulation	<b>NADO</b>	National Anti-Doping Organisation
<b>AP</b>	Dutch Personal Data Authority	<b>NDR</b>	Dutch National Doping Regulations
<b>APMU</b>	Athlete Passport Management Unit	<b>NOC*NSF</b>	National Olympic Committee*Dutch Sports Confederation
<b>AWB</b>	Dutch Administrative Law Act	<b>NPN</b>	Nature and Health Products Netherlands
<b>CAHAMA</b>	The Ad Hoc European Committee for the World Anti-Doping Agency	<b>NTP</b>	National Testing Pool
<b>CAS</b>	Court of Arbitration for Sport	<b>NVWA</b>	Dutch Food and Commodities Authority
<b>CE</b>	National Institute of Public Health and Environmental Protection	<b>NVWA-IOD</b>	Dutch Food and Commodities Authority – Intelligence and Investigations Service
<b>CND</b>	Compliance with Doping Sanctions Committee	<b>NZVT</b>	Dutch Safeguards System for Dietary Supplements in Elite Sport
<b>Code</b>	World Anti-Doping Code	<b>OM</b>	Dutch department of Public Prosecutions
<b>COO</b>	Chief Operating Officer	<b>RESPECT</b>	Research Embedded Strategic Plan for Anti-Doping Education: Clean Sport Alliance Initiative for Tackling Doping
<b>DCO</b>	Doping control official	<b>RIVM</b>	National Institute of Public Health and Environmental Protection
<b>ERAs</b>	Erythropoietin Receptor Agonists	<b>RTP</b>	Registered Testing Pool
<b>EYOF</b>	Europe Games and European Youth Olympic Festival	<b>TDSSA</b>	Technical Document Sport Specific Analysis
<b>FIOD</b>	Fiscal Intelligence and Investigation Department	<b>TUE</b>	Therapeutic Use Exemption
<b>FTE</b>	Full-time equivalent	<b>VWS</b>	Ministry of Health, Welfare and Sport
<b>GHRF</b>	Growth Hormone Releasing Factor	<b>WADA</b>	World Anti-Doping Agency
<b>HAARLEM</b>	Health Risks of Anabolic Androgen Steroid Use by Male Amateur Athletes	<b>WADC</b>	World Anti-Doping Code
<b>IF</b>	international federation	<b>Woo</b>	Dutch Open Government Act
<b>IGJ</b>	Dutch Health Care and Youth Inspectorate	<b>Wpg</b>	Dutch Police Data Act
<b>IOL</b>	Impulse Open Learning Materials	<b>Wuab</b>	Anti-Doping Policy Implementation Act
<b>iNADO</b>	Institute for National Anti-Doping Organisations	<b>zbo</b>	independent governing body
<b>ISR</b>	Sports Judicial Institute		



**DOPING  
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