

Fighting against doping; protecting the athlete

by Marco Aurelio Klein

On the site of the World Anti-Doping Agency, WADA the English acronym for the international organization the word doping (*dopagem* in Portuguese) is derived from the Dutch *doop*. The word means sauce and its name was lent to an alcoholic beverage made of grape skins used by Zulu warriors seeking courage in battle.

Some say that doping has its origin in the verb from the English language to dupe, which means deceive, cheat ... To me this explanation seems appropriate, since the doping makes a fraud of sports results.

For ABCD, Autoridade Brasileira de Controle de Dopagem, the fight against doping in sport is not a question of drugs; is about ethics. It is the fight against fraud in the sport. This is to preserve the ethics in sport, protecting athletes competing who are powered only by their talent, technique, training capacity and will to win.

ABCD, a National Secretariat of the Ministry of Sports, is a National Anti-Doping Organization, as per the World Anti-Doping Code currently in force. ABCD "is the entity designated in each country as the main authority to adopt and implement anti-doping rules, conduct sampling, manage test results and conduct hearings, all at the national level."

It is the responsibility of ABCD to protect Brazilian sport against doping. To accomplish this goal we have drafted a strategic plan based on five key points: Information, Education, Prevention, Intelligence and Action. Information allows you to prepare programs and Education initiatives for athletes, their coaching staff and families, thus achieving Prevention against doping. Intelligence points to the necessary strategies to combat any doping schemes.

In parallel with the strengthening of ABCD, the Federal Government, through the Ministries of both Sport and Education, also invests in facilities, equipment and staff for the Laboratório Brasileiro de Controle de Dopagem, LBCD, da UFRJ, the Brazilian Doping Control Laboratory located on the campus of the Federal University of Rio de Janeiro, UFRJ, Rio. The ultra-modern laboratory is in final phases of reaccreditation by WADA, will be the laboratory serving the Rio 2016 Games. There are only 32 laboratories in the world accredited by WADA for doping control. Only two are located in the southern hemisphere.

The fight against doping in sport is established government policy. Each of the actions planned as a part of the five points mentioned earlier is a part of a tapestry woven by ABCD to for the protection of athletes before they are confronted with the devastating consequences of doping.

Currently, quality of our testing exceeds the number of tests we conduct. International best practices point to the importance of using intelligence in the testing process, and increased "out-of-competition" controls. The sophistication

of the analysis by the laboratories is increasingly adapted to each sport. ABCD has utilized and adopted the intelligence and the specific analysis from the laboratories. The results of this will lead Brazil to be considered a county of best practices.

Athletes are informed that they are in the control group of their international federation or national anti-doping organization, which in the case of Brazil is ABCD. Every 90 days, they must inform their daily schedule and a one-hour window in which they will make themselves available for testing. In the United States, for example, out-of-competition tests account for nearly 80% of all test conducted by that NADO.

ABCD's plan for 2015 includes about 300 athletes in its target testing pool. Of 2500 planned doping controls, almost 50% will be out-of-competition.

Learn more about ABCD's fight against doping in sport by visiting: www.abcd.gov.br

Our goal is that among the Brazilian athletes who will compete in the 2016 Games, there not be a single case of doping. Our dream is that the year of 2016 can be a year of zero doping cases in Brazilian sport. The victory of ethics in sport!