

**INTERNATIONAL SKI FEDERATION**

Blochstrasse 2  
3653 Oberhofen/Thunersee  
Switzerland  
Tel +41 33 244 61 61  
Fax +41 33 244 61 71

**FOR MORE INFORMATION**

Riikka Rakic  
FIS Communications Manager  
Mobile: + 41 79 64 34 281  
E-Mail: rakic@fisski.com

**FOR IMMEDIATE RELEASE**

## **FIS MEDIA INFO**

### **FIS FACT SHEET: Oslo 2011 - FIS Anti-Doping Program 2011 underlines position of zero tolerance on doping**

22.02.2011/-- The FIS Nordic World Ski Championships 2011 in Oslo will feature one of the most comprehensive anti-doping programs at a major international sports event following the Olympic Winter Games. In addition to in-competition testing after all competitions, the program includes a significant out-of-competition testing program, implemented in conjunction with the World Anti-Doping Agency (WADA). Similar programs were already executed prior to the FIS Nordic World Ski Championships since 2003 and the Olympic Winter Games in 2002, 2006 and 2010.

Testing in Oslo will be carried out in co-operation with Anti-Doping Norway, one of the leading National Anti-Doping Organizations. Pre-competition blood testing will be carried out on all Cross-Country and Nordic Combined competitors by the FIS-appointed specialist agency, PWC, and approximately 420 pre-competition blood tests will be conducted.

For all events in the three Nordic disciplines, the number of athletes subject to post-competition doping controls is the top 4 plus 2 at random, as per FIS Rules. In total, approximately 130 post-competition controls will be carried out during the championships.

#### **1. Out-of-Competition Testing Program**

The International Testing Pool of FIS currently consists of 473 athletes in the six FIS Olympic disciplines. From 1st May 2010 to 20th February 2011, FIS has conducted the following number of out-of-competition tests in the Nordic disciplines:

Cross-Country: 259 urine tests (256 incl. EPO analysis), 26 blood tests, 1085 blood passport samples  
Nordic Combined: 67 urine tests (incl. EPO analysis), 9 blood tests, 169 blood passports samples  
Ski Jumping: 31 urine tests, 19 blood tests

In addition, during the same time period, WADA (the World Anti-Doping Agency) has conducted the following number of out-of-competition tests in the FIS Nordic disciplines:

Cross-Country: 57 urine tests (45 incl. EPO analysis), 20 blood tests  
Nordic Combined: 9 urine tests (8 incl. EPO analysis), 10 blood tests

For a complete overview of out-of-competition tests in all FIS disciplines over the same time period, please refer to <http://www.fis-ski.com/data/document/stats-wsc-2011.pdf>

These numbers do not include the out-of-competition tests conducted by the National Anti-Doping Organizations (NADOs) under their responsibility.

To view a statistical summary of tests conducted during the 2008/2009 and 2009/2010 seasons, please refer to <http://www.fis-ski.com/data/document/statistics-08-09.pdf> and <http://www.fis-ski.com/data/document/number-doping-controls-2009-2010.pdf>

## **2. In-Competition Testing Program at FIS World Cups**

FIS conducts in-competition testing at selected FIS World Cup events. Additionally, in-competition testing is coordinated with many National Anti-Doping Organizations (NADOs) who have carried out testing at a number of FIS World Cup events. So far, FIS in-competition testing took place at the following FIS Nordic World Cup events this season:

### **Cross-Country**

Gällivare (SWE), 12 urine samples  
 Kuusamo (FIN), 12 urine samples  
 Davos (SUI), 12 urine samples  
 La Clusaz (FRA), 12 urine samples  
 Otepää (EST), 24 urine samples  
 Oberhof (GER), 12 urine samples  
 Toblach (ITA), 24 urine samples  
 Val di Fiemme (ITA), 12 urine samples  
 Liberec (CZE), 12 urine samples  
 Drammen (NOR), 12 urine samples

### **Nordic Combined**

Oberstdorf (GER), 6 urine samples  
 Kuusamo (FIN), 6 urine samples  
 Ramsau (AUT), 6 urine samples

### **Ski Jumping**

Hinterzarten (GER), 6 urine samples  
 Kuusamo (FIN), 6 urine samples  
 Innsbruck (AUT), 6 urine samples

## **3. FIS Blood Testing Program**

The FIS Blood Testing Program at the FIS Nordic World Ski Championships 2011 will be carried out in accordance with Articles FIS.B.2 - 4 of the FIS Anti-Doping Rules which define the following parameters and procedures:

### **Start Prohibition**

An athlete with haemoglobin (Hb) concentration that measures  $\geq 17.0$  (g/dl) (men) or  $\geq 16.0$  (ladies), is not allowed to start at any competitions for five (5) consecutive days, including the day on which the test took place, and then only subject to the results of a new blood test, according to article FIS.B.4.1 FIS Anti- Doping Rules.

Furthermore, according to articles B.4.2-4.4 of the FIS Anti-Doping Rules, an athlete showing a haemoglobin z-score or a haemoglobin OFF z-score  $\geq 3.09$ , respectively an OFF-score model  $\geq 125.6$  in males /  $\geq 113.5$  in females, or a positive Bayesian model, is not allowed to start at any competitions for five (5) consecutive days, including the day on which the test took place, and then only subject to the results of a new blood test.

This prohibition from participating in the competition(s) is not a sanction, but is instituted to protect the health of the athlete because Hb and reticulocytes react rapidly to acute changes in the physiology of the body. Such acute health related changes could include e.g. moving from the sea level to an altitude of 2'000m, a medical condition such as an episode of diarrhea, or a hemo-concentration due to a long-haul flight in which cases a few days should suffice to protect the health of the athlete until the body has recovered.

\* \* \*

The overall investment by FIS in its Anti-Doping program during the 2010/2011 season amounts to approximately CHF 1.5 million. This includes both the in- and out-of-competition testing programs and various preventive, informational and educational efforts.

\* \* \*

For more background information please refer to:

*FIS FACT SHEET: FIS Anti-Doping Program enters the Worlds 2011 winter*

<http://www.fis-ski.com/uk/news/pressreleases/press-releases-2010/anti-doping-20102011.html>

*FIS FACT SHEET: Q & A with Rasmus Damsgaard, FIS Anti-Doping Expert*

<http://www.fis-ski.com/uk/news/pressreleases/press-releases-2010/rasmus.html>

\* \* \*

\* \* \*

## About FIS

Founded in 1924 during the first Olympic Games in Chamonix, France, the International Ski Federation (FIS) aims to promote the sport of skiing and snowboarding and directs the development of all ski and snowboarding activities world-wide. FIS administers the Olympic disciplines of Alpine Skiing, Cross-Country Skiing, Ski Jumping, Nordic Combined, Freestyle Skiing and Snowboarding, including setting the international competition rules. With the help of its 112 member nations (one currently suspended), it stages more than 6'000 ski and snowboard competitions annually. FIS also makes recommendations for recreational skiing and snowboarding in the interest of all and promotes play in the snow as a healthy leisure activity for children and the youth. For more information, please visit [www.fis-ski.com](http://www.fis-ski.com).