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FIS FACT SHEET

FIS Anti-Doping Program prepared for the Olympic Winter Games 2010

This FIS Fact Sheet is intended to provide an update on FIS Anti-Doping Activities before the Olympic Winter Games in Vancouver 2010.

1. Out-of-Competition testing until start of the Olympic period on 4th February

As mandated by the World Anti-Doping Code, no notice, out-of-competition target tests are the primary focus of testing within the FIS Anti-Doping program. Besides EPO urine tests, CERA blood testing has also been carried out.

The International Registered Testing Pool (RTP) of FIS currently consists of 486 athletes in the six FIS disciplines, in addition to the 300 athletes included in the additional Olympic Testing Pool that are not members of the FIS RTP.

From 1st May 2009 to 3rd February 2010, FIS has conducted the following number of out-of-competition tests:

Alpine: 25 urine tests and 1 blood test

Cross-Country: 208 urine tests (all including EPO analysis), 831 blood tests and 85 blood tests for CERA analysis

Nordic Combined: 114 urine tests (all including EPO analysis), 126 blood tests and 4 blood tests for CERA analysis

Snowboard: 2 urine tests

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

Alpine: 28 urine tests (of which 2 including EPO analysis) and 1 blood test

Cross-Country: 62 urine tests (of which 45 including EPO analysis) and 24 blood tests (of which 6 including blood transfusion analysis and 13 hGH)

Nordic Combined: 11 urine tests (all including EPO analysis) and 5 blood tests

Freestyle: 3 urine tests

Ski Jumping: 3 urine tests

Snowboard: 2 urine tests

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 season, please refer to <http://www.fis-ski.com/data/document/statistics-08-09.pdf>

2. In-Competition Testing Program

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

Alpine: Sölden (AUT), 12 urine tests; Val Gardena (ITA), 6 urine tests; Val d'Isere (FRA), 6 urine tests; Maribor (SLO), 6 urine tests; Kitzbühel (AUT), 6 urine tests

Cross-Country: Kuusamo (FIN), 22 urine tests (all including EPO analysis); Rogla (SLO), 24 urine tests (all including EPO analysis); Oberhof (GER), 17 urine tests (all including EPO analysis); Val di Fiemme (ITA), 28 urine tests (all including EPO analysis); JWSC Hinterzarten (GER), 24 urine tests (all including EPO analysis)

Nordic Combined: Hinterzarten (GER), 6 urine tests (all including EPO analysis); Kuusamo (FIN), 8 urine tests (all including EPO analysis); Val di Fiemme (ITA), 11 urine tests (all including EPO analysis); JWSC Hinterzarten (GER), 6 urine tests; Seefeld (AUT), 6 urine tests

Ski Jumping: Hinterzarten (GER), 6 urine tests; Kuusamo (FIN), 6 urine tests; Bischofshofen (AUT), 6 urine tests; JWSC Hinterzarten (GER), 12 urine tests

Snowboard: Landgraaf (NED), 14 urine tests; Stockholm (SWE), 6 urine; St. Johann (AUT), 12 urine tests; Kreischberg (AUT), 24 urine tests

Freestyle: Innichen (ITA), 12 urine tests

3. FIS Role at the XXI Olympic Winter Games Vancouver 2010

At the Olympic Games, anti-doping work is the responsibility of the International Olympic Committee (IOC) which operates in accordance with the latest WADA rules. During the Vancouver 2010 Games, the IOC will delegate the responsibility for implementing doping controls to VANOC and WADA. VANOC is responsible for tests at Olympic venues, while WADA will perform tests in Canada and around the world under the IOC's authority. More than 2'000 tests are planned. The IOC is exclusively responsible for managing the results.

FIS is cooperating closely with the task force, created by the IOC, VANOC and WADA, that is responsible for planning and coordinating pre-Games testing. This task force has established the test distribution plan for the pre-Games testing and selected specific athletes for undergoing controls, as well as coordinating testing and managing the athletes' whereabouts with the help of WADA's ADAMS system which is being used by all parties at a Winter Games for the first time.

At the Vancouver 2010 Games, FIS is responsible for the pre-competition Blood Testing program that will include all Cross-Country and Nordic Combined skiers before their first Olympic competition. These blood tests will be conducted following the newly adopted procedures for WADA's Athletes' Passport program and will also be included as part of the longitudinal FIS Blood Profiling Program that has been in place since the 2001/2002 season. The testing will be carried out in close cooperation with the IOC task force.

The FIS Blood Testing program at the Olympics will be carried out in accordance with Articles FIS.B.3 - 4 of the FIS Anti-Doping Rules which define the following parameters and procedures:

Blood Values

Hb (g/dL) 17.0 or higher (men) 16.0 or higher (ladies)

Reticulocyte value <0.2% and >2% (all)

Start Prohibition

An athlete with haemoglobin concentration that measures equal to or exceeds the values stated above after two consecutive measurements, is according to article FIS.B.4.1 FIS Anti-Doping Rules 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.

An athlete showing a Haemoglobin z-score or a Haemoglobin OFF z-score ≥ 3.09 , respectively an OFF-score model ≥ 125.6 in males / ≥ 113.5 in females, OR a positive Bayesian model, is according to articles FIS.B.2-FIS.B.4.4 FIS Anti-Doping Rules not allowed to start at any competitions for fourteen (14) 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 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.

However, changes in the z-scores indicate much longer and intense changes of the body functions which should be handled with extra care to protect the health and/or to investigate all possible physiological factors that might have influenced the athlete during the previous weeks or months, and if excluded, to be categorized as suspicious for the use of forbidden substances or methods.

4. FIS statement on cases concerning Russian athletes

Following the announcement by the Russian Ski Association of the doping case of cross-country skier Alena Sidko following a national test in Russia, there have now been five cases of Russian Cross-Country skiers within the current season alone. FIS President Gian Franco Kasper stated: "The International Ski Federation (FIS) is aware of the latest doping case in Russia. Our anti-doping activities are being closely coordinated with the International Biathlon Union who have also had several cases in Russia in the past year The FIS Doping Panel is studying the situation and after the season it will submit recommendations to the FIS Council which will determine any measures to be taken."

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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. It 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 110 member nations (one currently suspended), FIS 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 .

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Further references

FIS Anti-Doping Program enters the 2010 Olympic year:

<http://www.fis-ski.com/uk/news/pressreleases/press-releases-2009/fis-fact-sheet-anti-dopi.html>

Liberec 2009 Anti Doping Update:

<http://www.fis-ski.com/uk/news/pressreleases/press-releases-2009/liberec-program.html>

FIS Anti-Doping Update December 2008:

<http://www.fis-ski.com/uk/news/pressreleases/archive-2008/fis-fact-sheet-anti-dopi.html>

Organization of FIS Medical and Anti-Doping Activities:

<http://www.fis-ski.com/data/document/fis-fact-sheet-fis-medical-and-anti-doping-activities.pdf>

Frequently Asked Questions to Bengt Saltin – Torino 2006:

<http://www.fis-ski.com/data/document/faq.pdf>