



IFI Risk Assessment and Test Distribution Plan (TDP) 2017

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1) Introduction

The International Standard for Testing and Investigation (ISTI) is a mandatory Standard for IFs and insofar is part of IFI's Anti-Doping Code (ADC). It describes among other things the need for risk assessment in planning doping controls. It states that risk assessment should contain an evaluation of doping trends, competition seasons, the physical demands of a sport and the performance-enhancing value of the different listed agents. The TDP is to be developed on the basis of a risk assessment and possible doping patterns in Icestocksport.

2) Risk assessment

a) Physical demands

The sport requires explosive strength. The following apply to all its disciplines: It has no influence on heart rate; no influence on blood pressure; no influence on lactate levels. When making tries, demand is placed only on adenosine triphosphate (ATP) storage in the muscles. The break until the next try is sufficiently long for the adenosine triphosphate (ATP) storage to be refilled. Thus, Icestocksport is an anaerobic discipline (study under competition conditions in Höchststadt, 1982, Zwiebel, Anke et al.). In the target competition, strength is of subordinate significance to accuracy, coordination and skill. In the distance competition, power is of greater significance in addition to highly-developed technique. Here, too, ATP storage can refill completely in the breaks between tries.

b) Performance-enhancing substances in Icestocksport and other aspects

As mentioned under A., none of the listed drugs bring any recognizable advantage in our sport. The studies carried out in Höchststadt have illustrated this clearly. Moreover, economic rewards have no influence due the fact that there are no professional leagues and no money is involved. It may be assumed that there is a certain risk of the use of anabolic steroids, which is covered by urine tests (IC and OOC).

c) Competition seasons

Our sport is practised in winter on ice. The season starts in October and ends in April. The matches are played during the weekends, as all players have a regular job.

d) History of doping

The risk of Anti-Doping Rule Violations (ADRV) in Icestocksport is obviously quite low. Since 2008, there has not been a known case of ADRV in IFI-conducted events. One case came to light in 2013 under the authority of the German National Anti-Doping Organization (NADO), namely Methylhexanamin, incorporated by a dietary supplement. The sanction was a six-month ban.

3) Education

IFI will properly continue to provide education on anti-doping issues, especially by using the "WADA coach true" online tool. Educational materials have been sent to the member associations. WADA materials are available on the IFI website. At suitable intervals, IFI releases anti-doping news in written form or electronically. Participants in an IFI-conducted event are provided in advance with a booklet containing information on issues like Therapeutic Use Exemption (TUE) procedures, doping-control procedures and a list of forbidden substances. A course of instruction by the Doping Control Officer (DCO) for recruited chaperones is obligatory. Members of the IFI Executive Board attend the IF Forum each year and the WADA Annual Symposium in Lausanne, as well as participating in the Webinar.

4) IFI Test Distribution Plan 2017

IFI finalized preparations for the Anti-Doping Plan 2017 in Erding on 4 December 2016. The plan has been approved by the IFI Executive Board and the IFI Medical and Anti-Doping Commission (MADC) in line with the IFI ADC and the requirements of WADA and especially the Technical Document Sport Specific Analysis (TDSSA).

The parameters below are mandatory for the IFI as of 1 January 2017.

The IFI RTP was selected as before from three nations at the top of the current rankings: Germany, Austria and Italy.

As before, the IFI RTP will include four individuals: one woman and one man from Germany, one man from Austria und one woman from Italy. The RTP members are given an introduction to the provisions of ADAMS.

The individuals have been accepted for inclusion in the IFI RTP 2017.

- a) IFI will conduct 8 OOCT as in 2016 on remaining urine according to the TDSSA.
- b) IFI will conduct 14 ICT during the Women's and Men's European Championship in Pisek (CZE) in March 2017. In addition to that, 4 ICT will be conducted during the Men's European Championship Distance Competition in Neuenstadt (D). Two of these tests will include blood and urine in line with the requirements of WADA.

This plan will be operated from 1 January to 31 December and will be periodically evaluated and modified. The samples will be taken by PWC on behalf of the IFI.

For the IFI Executive Board

Manfred Schaefer, President
Peter Longo, Vice-President



First Amendment of IFI Test Distribution Plan 2017

In line with a WADA recommendation (made by Mr Pierre Edouard Sottas, European Regional Office), the IFI has adopted a first amendment to its Test Distribution Plan 2017, which concerns its item 4 b.

In line with WADA requirements, IFI will conduct two more out-of-competition blood tests in the Icestock distance discipline in 2017.

These tests will be carried out during the athletes' training phase.

For the IFI Executive Board

Manfred Schäfer, President
Peter Longo, Vice President

29 April 2017