



INTERNATIONAL SKI FEDERATION

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

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FIS Anti-Doping / Medical Information

FIS Anti-Doping Rules 2015 applicable as of 1st January 2015

Available on the FIS website (Inside FIS - Anti-Doping) or through antidoping@fisski.com

Based on the new WADA Code 2015, the FIS Anti-Doping Rules have been adapted in compliance with the Code and sees numerous main changes summarised as follows:

- The Code amendments provide for longer periods of Ineligibility for cheats, and more flexibility in sanctioning in other specific circumstances
- Consideration of the Principles of Proportionality and Human Rights
- The Code amendments support the increasing importance of investigations and use of intelligence in the fight against doping
- Amendments to the Code have been included to better reach Athlete Support Personnel who are involved in doping
- The Code amendments place additional emphasis on the concepts of smart test distribution planning, and smart menus for Sample analysis
- The Code amendments attempt to be both more clear and fair in balance the interests of International Federations and national Anti-Doping Organisations
- Making the Code clearer and shorter.

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Therapeutic Use Exemptions

All "international-level athletes" (= FIS RTP athletes and/or athletes competing at a World Cup or World Championship event) must apply to FIS for their TUE (the form can be found here: <http://www.fis-ski.com/news-multimedia/news/article=therapeutic-use-exemption-tue.html>).

Athletes already in possession of a TUE from the NADO have the responsibility to forward such TUE to the FIS for recognition. In case the NADO enters TUEs in ADAMS, these can be seen by FIS directly, so please check with your NADO what is the policy in your case.

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WADA Prohibited List 2015

Available on the FIS website (Inside FIS - Anti-Doping, http://www.fis-ski.com/mm/Document/documentlibrary/Medical/05/87/40/wada-2015-prohibited-list-en_English.pdf) or through antidoping@fisski.com - A document pointing out the changes is there available as well

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WADA – ADAMS Information

The WADA-ADAMS Smartphone App is working well and hopefully many of you see it as an easy tool for updating Whereabouts on the road at short notice.

Using your smartphone, you can check and change your whereabouts details at any time with just a few clicks. Using mobile notifications, it also helps you to remember your obligations to submit whereabouts, including the relevant deadlines to do so.

We would like to point out again that the Athletes Biological Passport results of all FIS Testing are stored in ADAMS and the individual testing result parameters can be accessed by the athletes in their testing history.

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Testing in connection with Events

Please be informed that the pre-competition blood testing organisation has been adapted. From this season on, athletes will be notified at their hotel or other accommodation. There will no longer be appointments made in advance with a timetable for reporting to the doping control station. Therefore to be compliant with the FIS Anti-Doping Rules it is extremely important that full accommodation details also at event sites are added to ADAMS as soon as they are known in order for the testing team to be able to find the athletes.

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Paperless Doping Control Testing

FIS is pleased to inform you that this is the first season that we will see Paperless Doping Controls In-Competition as well as for numerous Out-of-Competition Testing conducted by the FIS-appointed doping control service agency PWC Global. Athletes who do not agree to use paperless control may always ask for a paper form from the DCO. Please share any feedback you may have from the paperless testing with FIS Anti-Doping in order to be able to review the process from the athletes' perspective (antidoping@fisski.com).

We wish you a successful World Championships season and count on your full commitment to a "Clean as Snow" sport without doping.

Kind regards

INTERNATIONAL SKI FEDERATION



Sarah Lewis
Secretary General



Sarah Fussek
FIS Anti-Doping Coordinator