



General Anti-Doping Risk Assessment for World Strongman (WSM)

1. Current Status Overview:

- **Registered Testing Pool (RTP):**
 - Not yet established; collaboration with AIMS & WADA is ongoing.
- **Testing History:**
 - No formal testing conducted in the last 3 years; no Adverse Analytical Findings (AAFs) or Anti-Doping Rule Violations (ADRVs) reported.
- **Therapeutic Use Exemptions (TUE):**
 - No TUE applications or program in place; plans to develop a policy aligned with WADA standards.

2. Risk Factors:

- **Weight Management Risks:**
 - Strict weight categories (U80, U95, U110, +110 kg for men; U75, +75 kg for women).
 - Common use of saunas and fluid restriction for rapid weight loss increases risk of diuretics use.
- **Performance Demands:**
 - Strength, power, and endurance are primary attributes.
 - Potential moderate risk of anabolic steroids, stimulants, and growth hormones due to the physical demands.
- **Supplement Use:**
 - Popular supplements: Protein, creatine, BCAA, pre-workout formulas.
 - Risk of contamination from unverified suppliers; no known cases reported.

3. Structural and Regulatory Aspects:

- **Anti-Doping Policy:**



- WSM Anti-Doping Code developed and operational in line with WADA standards.
- **Testing and Education:**
 - Budget allocated for 2025.
 - Plans to conduct 3-5 in-competition tests at major tournaments and selective out-of-competition testing.
 - Educational programs for athletes and coaches are in development.

4. Geographical and Demographic Considerations:

- **Key Regions:** Asia, Middle East, South America.
 - Strong focus on Arab countries due to their stance on anti-doping.
 - Youth and student competitions prioritized for education.

5. General Risk Summary:

- **Moderate Risk:** Due to the lack of historical testing and established RTP, combined with the physiological demands of the sport.
 - **Potential High-Risk Areas:**
 - Weight management practices involving rapid dehydration.
 - Supplement use without stringent guidelines.
 - **Mitigating Actions:**
 - Immediate establishment of RTP and initiation of regular testing.
 - Implementation of robust TUE and education programs.
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Mitigating Actions for Anti-Doping Risk Reduction in World Strongman (WSM)

1. Establishing the Registered Testing Pool (RTP)

To ensure compliance with **WADA standards**, WSM must establish an **RTP** to identify and monitor athletes for anti-doping testing.

1.1. RTP Formation Guidelines

- **Step 1: Define the RTP Scope**
 - Determine the **number of athletes** based on competition levels (e.g., top-ranked international, national champions, continental event winners).
 - Prioritize **high-performance athletes** who are frequently competing in major WSM events.
- **Step 2: Selection Criteria for RTP Inclusion**
 - Athletes who:
 - Participate in **World Strongman Championship** and **Continental Cups**.
 - Have achieved **top rankings** in WSM-sanctioned events.
 - Are **targeted for international competition** (e.g., potential Olympic or multi-sport games inclusion).
 - Have a **history of rapid performance improvement** (potential indicator of doping risk).
 - Are flagged by **intelligence-based risk assessments**.
- **Step 3: Athlete Notification & Obligations**
 - Provide formal notification to selected athletes.
 - Explain **whereabouts requirements** for out-of-competition testing.
 - Educate them on **their rights and responsibilities** under WADA regulations.
 - Secure **athlete acknowledgment & consent** for RTP inclusion.
- **Step 4: Testing Implementation**
 - In-competition testing: **3-5 tests per major event** (random selection).



- Out-of-competition testing: **Targeted and unannounced** (geographical distribution).
- **Step 5: RTP Management & Compliance Monitoring**
 - Regular review of RTP athlete performance and whereabouts compliance.
 - Ensure proper **data submission to WADA’s ADAMS system**.

2. Education Plan for Athletes & Athlete Support Personnel

To mitigate doping risks, WSM should implement a **structured education program** for **athletes** and **athlete support personnel** (coaches, medical staff, trainers).

2.1. Education Plan for Athletes

Topic	Objectives	Method of Delivery	Frequency
Introduction to Anti-Doping	Explain doping risks, WADA Code, and athlete obligations.	Online course, Handbook, Webinars	Upon RTP entry + Annual
Prohibited Substances & Methods	Educate on substances/methods banned in strength sports.	Seminars, E-learning modules	Quarterly
TUE Process	Guide athletes on how to apply for Therapeutic Use Exemptions.	Handbook, Video Tutorials	Annually
Doping Control Process	Walkthrough of in-competition and out-of-competition testing.	Practical demonstrations, Mock testing	Before Major Events
Risks of Supplements	Explain contamination risks, safe supplement use.	Video tutorials, Panel discussions	Every 6 months
Whereabouts & ADAMS Compliance	Ensure athletes understand and comply with RTP reporting.	Hands-on ADAMS training	Bi-annual



2.2. Education Plan for Athlete Support Personnel

Group	Key Topics	Method of Delivery	Frequency
Coaches & Trainers	Influence on athletes, anti-doping responsibilities.	Workshops, Seminars	Annually
Team Doctors & Medical Staff	TUE procedures, recognizing doping side effects.	Case studies, Medical ethics sessions	Bi-annual
Event Organizers & Officials	Ensuring fair play, recognizing potential doping violations.	Conferences, Handbooks	Annually

3. Implementation Strategy

- **Implement Mandatory WADA Anti-Doping E-Learning (ADEL)** certification requirement for participation in WSM events (e-learning for athletes & support personnel).
- **Organize Regional Training Sessions** in collaboration with **National Anti-Doping Organizations (NADOs)**.
- **Incorporate Anti-Doping Awareness** into event registration for **mandatory participation**.

4. Tracking & Evaluation Metrics

To ensure the effectiveness of the mitigating actions, WSM should implement the following **tracking and evaluation methods**:

Metric	Objective	Evaluation Method	Review Frequency
RTP Compliance Rate	Ensure athletes comply with whereabouts obligations	ADAMS Reporting & Compliance Reports	Quarterly



Number of Tests Conducted	Measure adherence to in-competition & OOC testing	Test Reports from NADO/WADA	Annually
Education Program Completion Rate	Ensure athletes & personnel complete education	Certificate Completion Logs	Bi-annual
TUE Application Processing Time	Monitor efficiency of TUE system	Review of TUE Requests & Approvals	Annually
Supplement Contamination Cases Reported	Track incidence of contaminated supplement cases	Case Reports & Athlete Surveys	Annually
ADRVs & Violations Trends	Assess impact of anti-doping measures	Review of AAFs & ADRVs from Testing Data	Annually
Athlete & Support Personnel Feedback	Identify gaps in education and awareness	Surveys & Feedback Forms	Annually

By systematically **establishing the RTP**, implementing **comprehensive education programs**, and utilizing **effective tracking mechanisms**, WSM can **reduce doping risks** and ensure **compliance with international anti-doping standards**.