



# **Annual Report of the Pan-American Regional Anti-Doping Organization (PAN-RADO)**

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**Pan American Regional Antidoping Organization (PAN-RADO)**

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The Pan American Regional Anti-Doping Organization, PAN-RADO, is the organization officially recognized by the World Anti-Doping Agency (WADA) for the protection of clean sport in Latin America through the harmonization and coordination of the anti-doping programs of the associated National Anti-Doping Organizations, and are recognized in Article 21.4 of the 2021 World Anti-Doping Code.

By the end of 2022, PAN-RADO manages to have 11 member countries and 3 strategic partners (Cuba, Mexico and the Dominican Republic) to strengthen the organization for the benefit of play true and the fight against Doping in sport.

## Our member countries:



PAN-RADO continues to strengthen ties between the countries of the region and working hard in the fight against doping. Our goal remains valid as an organization in making member countries feel supported and supported.

This document compiles the different activities carried out by the Pan American Regional Anti-Doping Organization (PAN-RADO), during 2022.

It includes what has been done by the different areas of the PAN-RADO, including the Education area, the Control and Investigation Panel, Results Management and finally the activities in international cooperation and with each member country.

## EDUCACIÓN

In 2022, the PAN-RADO had various educational tools that made it possible to facilitate education for all target groups. These tools allowed athletes, support personnel, doctors, coaches and parents to have a much better understanding of the various issues related to doping in sport.



As the first tool for the target group of children from 8 to 12 years old, the animated series The True Athlete Challenge was being implemented. This animated series already has 7 different episodes that test the values of clean sports.

The children had to identify the different values and qualities that the athletes in the episode had and it gave the opportunity to create an environment of questions and answers, exchange of opinions and final comments by the athletes and the educational staff.

### Virtual Game:

During the year 2021 the virtual game that would complement the animated series was developed and in the year 2022 the use of the Game was promoted through our digital platforms and through all the NADO's.



By the end of 2022, the virtual game managed to have a total of 350 users interacting and playing. For PAN-RADO, the results were positive, since it motivates us to continue implementing new digital and fun tools to reach our members of the sports ecosystem in various ways and raise awareness of the importance of staying clean in sport and promoting equal opportunities.

### Doping Control Simulator:



The anti-doping control simulator was used in 2022 as a tool to understand urine and blood control processes. This tool could be used to reinforce the knowledge of our doping control officers and could also be used to teach athletes, support staff, doctors, coaches and parents all about these processes.

The tool explains in real time through characters the step by step of the process, allowing an easy understanding of the 11 steps of the doping control process both out of competition and in competition. We achieved a total of 265 visits.

### ADEL Platform:

The new ADEL platform and educational content are fully responsive to allow users to learn via desktop, laptop, tablet or mobile.

The various courses on the platform allowed different members of the sports ecosystem to learn about various topics depending on the role they play. In other words, there were courses dedicated to doctors, or coaches and of course athletes.

The different courses that were being promoted in 2022 were:



International-Level Athletes Education Program (English)



## National-Level Athletes Education Program (English)



### Talented Athletes Education Program (THAI)

2 courses

Education Program

The education program for talented athletes that included 2 courses in English and Spanish.



### At-a-Glance: Therapeutic Use Exemptions (TUE)

★ 5.0

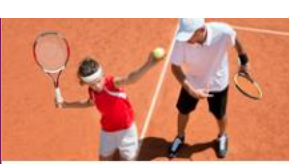
E-Learning



### At-a-Glance: Anti-Doping Overview

★ 5.0

E-Learning



### Coaches of High Performance Education Program (English)

2 courses

Education Program



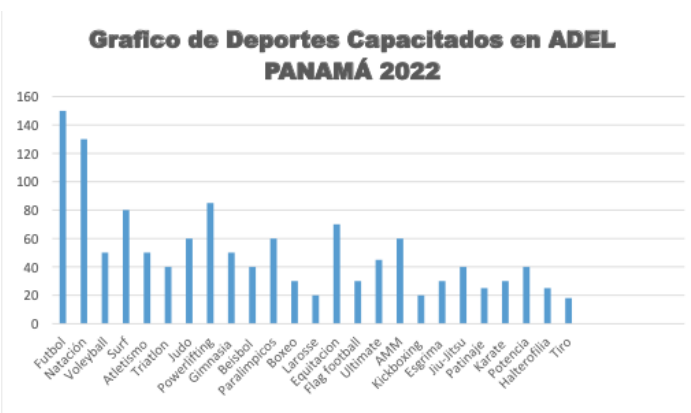
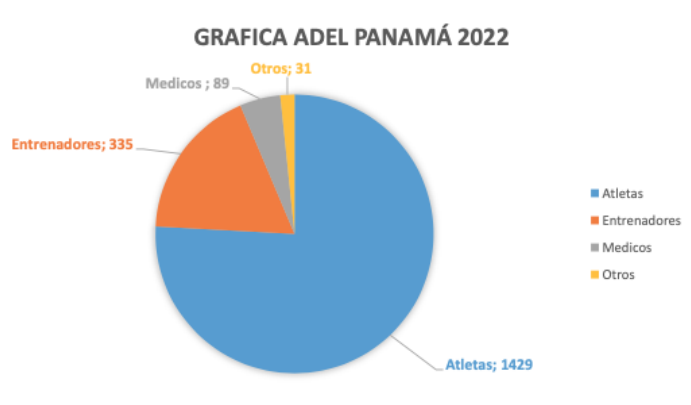
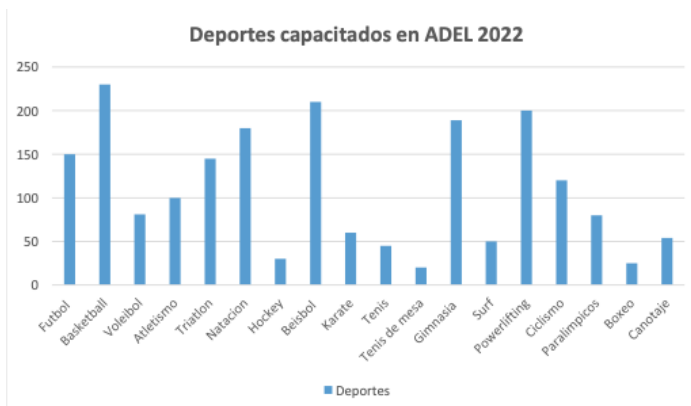
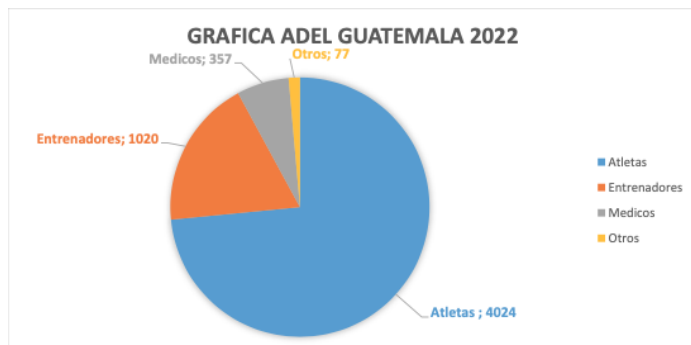
### Medical Professional's Education Program (English)

2 courses

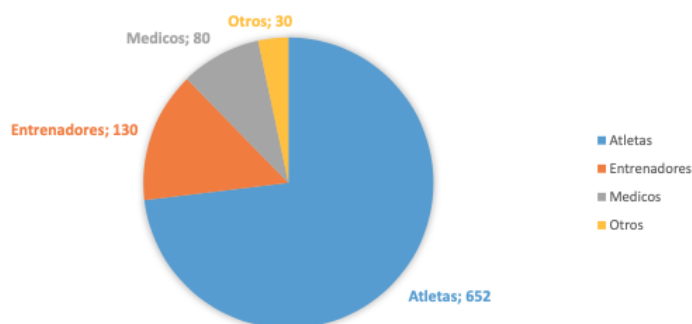
Education Program

Courses such as TUE, ADEL for medical professionals in large events, Guide for athlete support personnel and for coaches were other courses that were carried out and completed by all the participants registered to the ADEL platform in each of the NADO's .

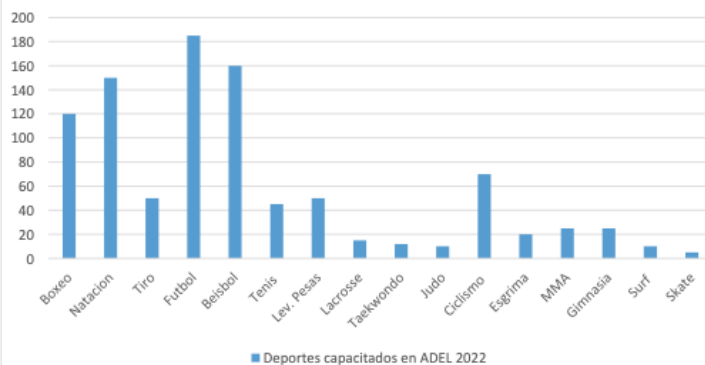
These are the statistics of the member countries, using the ADEL platform in the year 2022: Athletes and support personnel registered and completed:



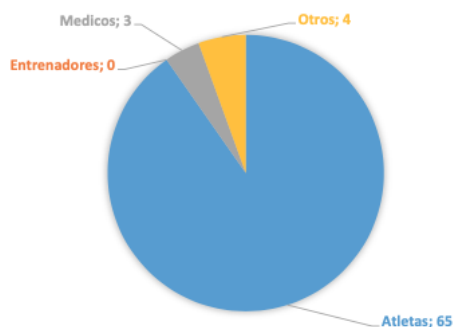
**GRAFICA ADEL PUERTO RICO 2022**



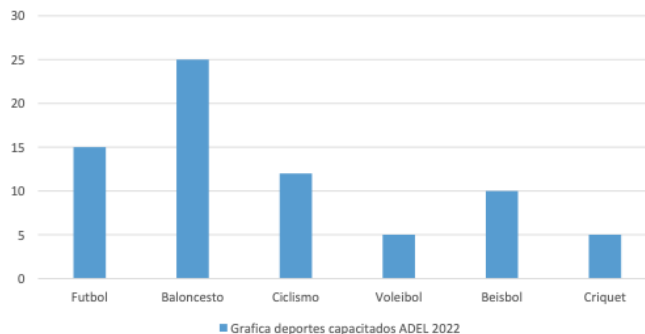
**Deportes capacitados en ADEL 2022**



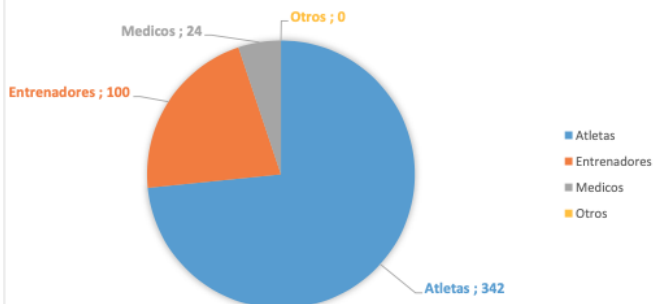
**GRAFICA ADEL BELIZE 2022**



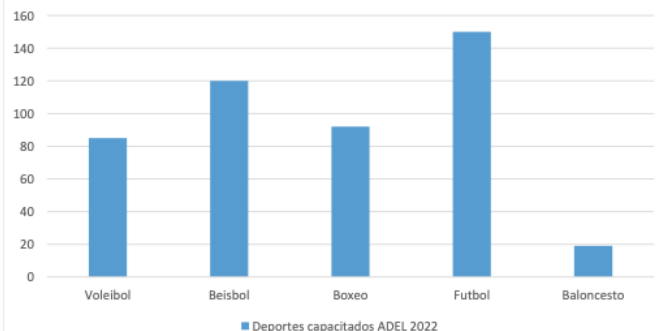
**Grafica deportes capacitados ADEL 2022**



**GRAFICAS ADEL CUBA 2022**

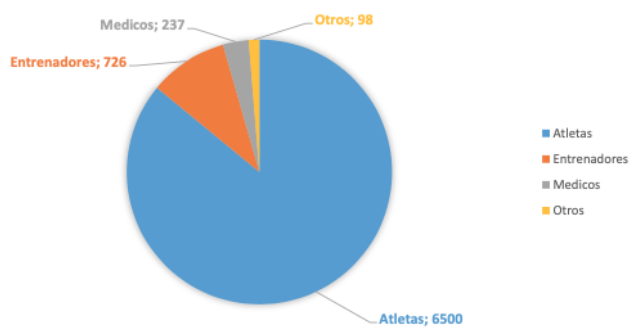


**Deportes capacitados ADEL 2022**

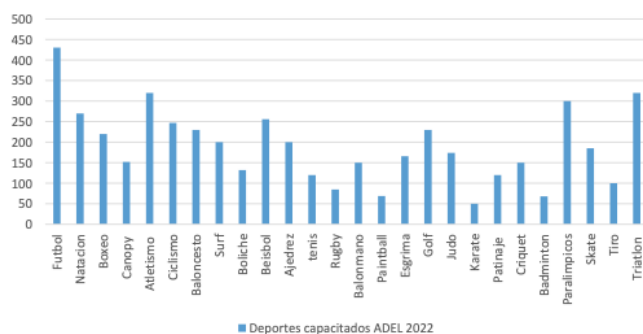




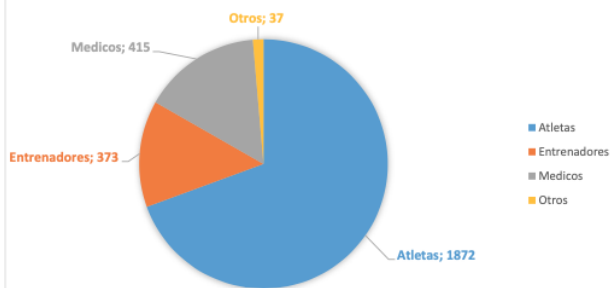
**GRAFICAS ADEL COSTA RICA 2022**



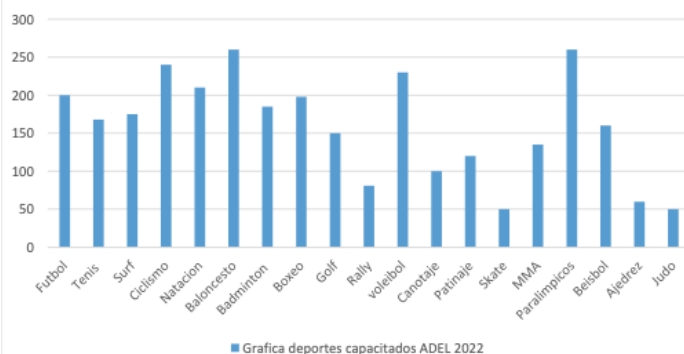
**Deportes capacitados ADEL 2022**



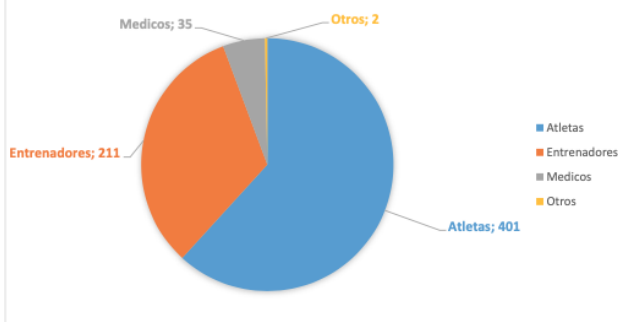
**GRAFICAS ADEL PERU 2022**



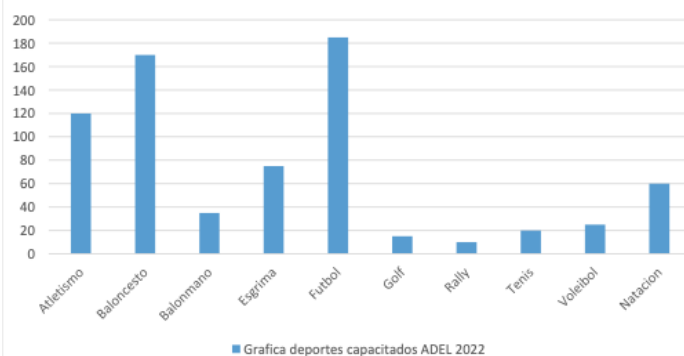
**Grafica deportes capacitados ADEL 2022**



**GRAFICAS ADEL PARAGUAY 2022**

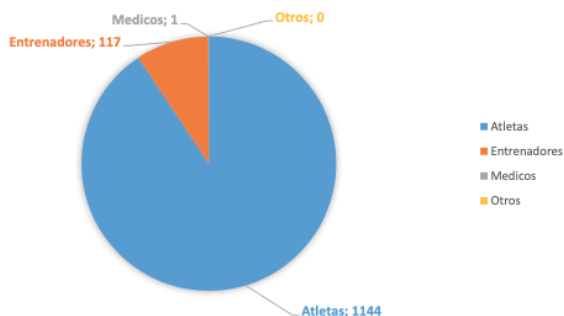


**Grafica deportes capacitados ADEL 2022**

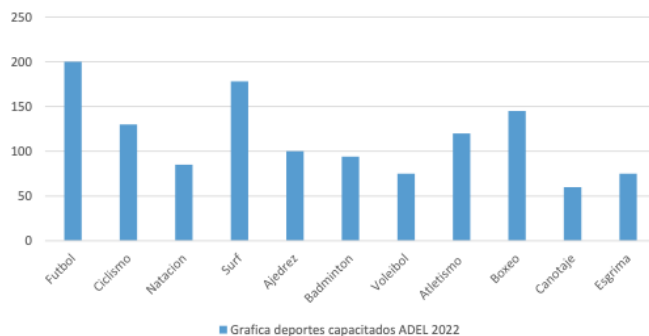




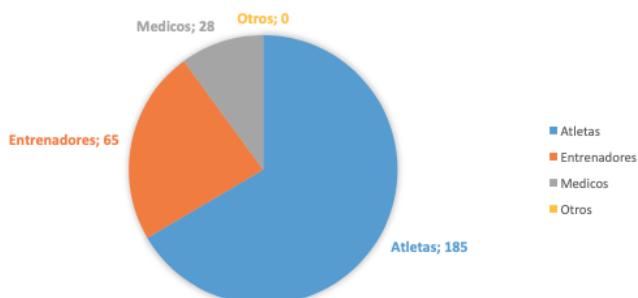
**GRAFICA ADEL EL SALVADOR 2022**



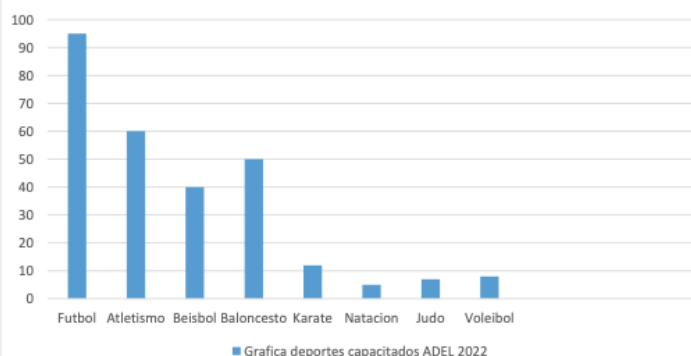
**Grafica deportes capacitados ADEL 2022**



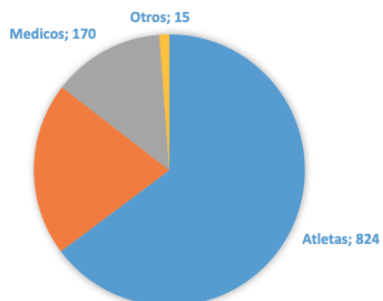
**GRAFICAS ADEL HONDURAS 2022**



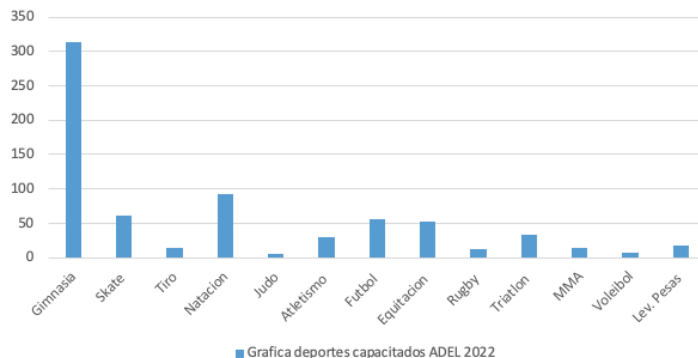
**Grafica deportes capacitados ADEL 2022**



**GRAFICA ADEL BOLIVIA 2022**



**Grafica deportes capacitados ADEL 2022**



## Play True Quiz:



WADA's play true quiz is an interactive computer game that tests your anti-doping knowledge. It is currently available in 49 languages. PAN-RADO was using it in various multi-sport events that were taking place throughout the year in various member countries.

The objective of using the quiz was to have a measurable method to know how much knowledge our athletes and members of the sports ecosystem have regarding anti-doping and in which areas to reinforce in 2023 to improve and increase

that level of knowledge of our target audience.

## Antidoping Education: Educational Trainings.

During 2022, the PAN-RADO work team received training on various anti-doping topics to continue preparing and informing to be at the forefront of information on TUEs, Prohibited List, Control Processes, International Standards, ADEL Platform, and many other important topics that we must know in order to be multipliers of information.

TRAININGS		
ORGANIZATION	TOPIC	DATE
ITA	Building clean sports community	January 26, 2022
WADA	IX Conferencia Drogas Emergentes evento octubre	February 1, 2022
WADA	Plan de educacion para las ONADs	February 3, 2022
WADA	Code Compliance Questionnaire	February 17, 2022
ITA	Intelligence & Invetigations	February 23, 2022
WADA	CCQ Code Compliance Questionnaire	May 11, 2022
WADA	AUT *MODIFICACIONES AL FORMULARIO	May 12, 2022

ITA	Analisis de Riesgo	June 23, 2022
SEARADO	DCO TRAINING	July 4, 2022
COMISION NACIONAL ANTIDOPAJE DE MEXICO	AUT	June 11 – 13 , 2022
ITA	SUBSTANCES AND METHODS PROHIBITED IN SPORTS, AND TUES	July 14, 2022
ONADChile	Gestion de Resultados (Seminario)	September 26 -29, 2022
Speak Up! to Help Raise the Game for Clean Sport	ITA	October 5, 2022
Nuevas actualizaciones	ITA	November 23, 2022

## Educational Trainings of PAN-RADO in support of Costa Rica and Bolivia:

Education Antidoping Training			
Population	Modality	Date	Number of participants
Selección de Bolivia para asunción	Virtual	September 26	50
CONADCR Atletas becados y personal de apoyo	Virtual	July 27	84
CONADCR comité cantonales	Virtual	November 30	40

## Educational Trainings from the NADO's:

Educational Activities			
Guatemala			
Prevention and control of the use of prohibited substances in sport and anti-doping control			
Date	Population	Participants	Modality
February 1	Navegación a Vela	29	Virtual
April 5	Atletas y entrenadores de alto rendimiento	455	
May 26	Atletas y entrenadores de segunda y tercera línea	167	
April 27	Médicos, fisioterapeutas y nutricionistas	33	
July 28	Maestros de educación física y promotores deportivos	193	
August 23	Maestros de educación física y promotores deportivos	106	
September 2	Preparadores físicos	99	
November 12	Oficiales y chaperones	31	
October 18	Profesionales en las ciencias médicas y jurídicas	13	

Antidoping Trainings - Panamá				
JANUARY				
Population	Face to Face	Virtual	Date	Participants
Entrenadores Deportes paralimpicos	x		January 12	13
Capitanes y Tecnicos LPF		x	January 13	25 + 3 coaches
Karate Pre seleccion Nacional	x		January 14	20
FEPAFUT		x	January 20	25 + 3 coaches
FEPAFUT		x	January 27	25 + 3 coaches
FEBRARY				
Jump Gymnastics	x		February 4	15
Federacion de Boxeo			February 15	15
Federacion de voleibol	x		February 16	20
Comite Olimpico de Panama Federacion Panamena de gimnasia	x		February 17	35
Federacion Panameña de Amazonas		x	February 22	15
Federacion de pesas		x	February 23	46
Correcaminos de colon (Baloncesto)	x		February 28	30
MARCH				
CAI	x		March 7	25 + 3 coaches
Herrera FC		x	March 10	25 + 3 coaches
Tauro FC	x		March 10	25 + 3 coaches
Alianza Futbol Club	x		March 16	25 + 3 coaches
Arabe Unido FC	x		March 17	25 + 3 coaches
Federacion de Natacion	x		March 18	15
Open de surf (categoria junior)	x		March 19	20
Open de surf (senior)	x		March 26	20
Sporting	x		March 28	25 + 3 coaches
Plaza Amador		x	March 29	25 + 3 coaches
MAY				
Paralimpicos	x		May 10	20
JUNE				

FEPAFUT		x	June 9	20
Federacion Panameña de Beisbol UI8	x		June 6	25
Seleccion femenina de Futbol grupo 1	x		June 10	25
Seleccion femenina de Futbol grupo 2	x		June 10	25
Federacion de Natacion	x		June 14	20 athletes 30 parents and support personnel
Fepafut		x	June 16	25
Federacion de Jui-Jitsu	x		June 17	20
Fepafut		x	June 23	25
<b>JULY</b>				
Club Deportivo del Este	x		July 4	25 + 3 coaches
CAI	x		July 5	25 + 3 coaches
Plaza Amador		x	July 5	25 + 3 coaches
El Tauro FC	x		July 6	25 + 3 coaches
Sporting	x		July 7	25 + 3 coaches
UI2 BEISBOL	X		July 20	18 + 3
<b>AUGUST</b>				
UI7 BEISBOL	X		August 21	18 + 3
FEPAFUT	X		August 25	25 + 3 coaches
<b>SEPTEMBER</b>				
Federación de Skateboard	x		September 3	12
<b>NOVEMBER</b>				
equipos de voleibol para campeonato de playa	x		November 12	50
Triathlon Panama pacifico	x		November 20	60
<b>DECEMBER</b>				
Federacion de Natacion provincia panama		x	December 5	89
Federación de natacion provincia cocolé y panama oeste		x	December 6	35
Federación de natacion provincia Herrera		x	December 7	45

Federacion de natacion provincias Colón Chiriqui y Veraguas		x	December 12	90
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Educational Trainings		
Puerto Rico		
Date	Population	Participants
April 23y June 8	Atletas programa Relevó Generacional DRD	34
May 4 and 18	Departamento de recreacion y deporte estatal	10
May 12	Departamento de recreacion y deporte estatal	8
June 12	Atletas programa Relevó Generacional DRD	27
July 1	Selección Nacional Volleyball masculino	20
July 21	Atletas de alto rendimiento	60
July 21	Presidentes y personal Federativo	40
October 28	Maestros de educación física, recreacion y entrenadores	30
November 7	Atletas, Directivos y federativos	50
November 30	Atletas, entrenadores, gestores y padres	40

## Educational Training from PERÚ:

Virtual and face-to-face educational sessions were held during the first semester of the 2022 period.

The total number of participants during the first semester was 535, considering that in this period the Peruvian delegation participated in two multidisciplinary events (South American Youth Games Rosario 2022 and Bolivarian Games of Valledupar 2022).

Table N° I: Participants in educational sessions per month, during the first semester of 2022.

FIRST TRIMESTRE	PARTICIPANTS
JANUARY	17
FEBRARY	156
MARCH	32

APRIL	140
MAY	47
JUNE	143
<b>TOTAL</b>	<b>535</b>

Virtual and face-to-face educational sessions were held during the second semester of the 2022 period. The total number of beneficiaries during the second semester was 740, considering that in this period the Peruvian delegation participated in the Asunción 2022 South American Games, the youth swimming world championship was held and Pan American championships in weightlifting, shooting and fencing.

Table N°2: Participants of educational sessions per month, during the second semester of 2022.

<b>SECOND SEMESTER</b>	<b>PARTICIPANTS</b>
JULY	92
AUGUST	354
SEPTEMBER	147
OCTOBER	94
NOVEMBER	11
DECEMBER	42
<b>TOTAL</b>	<b>740</b>

<b>Educational Trainings</b>	
<b>El Salvador</b>	
<b>Trainings</b>	<b>Participants</b>
Selección Nacional Juvenil de Natación	30
Curso de especialización en psicología Deportiva	35
Federación Salvadoreña de Judo para entrenadores, atletas y padres de familia	85
Federación salvadoreña de Taekwondo ITF	60



Educational Trainings	
Costa Rica	
Trainings	Participants
Asociación de Stand Up Paddle	40
Federación de Sambo	25
Delegación para Juegos Centroamericanos y del Caribe, Mar y Playa 2022	22 atletas
Federación de Rugby	25
Asociación de deportivo de Levantamiento de Potencia	40
Atletas y personal de apoyo a participar en Juegos Deportivos Nacionales	42
Periodistas y comunicadores deportivos	40
Comité Cantonal de Deportes y Recreación de Escazú	35
Comité Cantonal de Deportes y Recreación de San José	32
Federación de Luchas	25
Becados del ICODER	108
Chaperones para controles de dopaje	22

## International and Sport Events

### South American Games Asunción 2022 – Paraguay



The XII South American Games Asunción 2022 took place in Paraguay from October 1 to 15. The 15 National Olympic Committees that make up Odesur participated in them, and their athletes who competed in 53 sports disciplines, of which 41 are considered Olympic in the next Olympic Games, those of Paris 2024.



The National Anti-Doping Organization of Paraguay, in its continuous fight against doping, was present with an educational stand at the XII South American Games in Asunción 2022, disseminating the most up-to-date and necessary information for all Athletes, coaches, doctors and support personnel who were part of the event and promoting clean sports free of prohibited substances or methods, also putting into practice the knowledge acquired with the Play True Quiz And as part of the training of the Doping Control Officers, the educational tool the Doping Control Simulator was used in the different scenarios that could happen at the time of sample collection.

### IX New Psychoactive Substances and Emerging Drugs

In recent years, there has been a dramatic increase in the number of new psychoactive substances (NPS) detected around the world. The NPS market remains resilient and highly dynamic, characterized by the emergence of a large number of new substances reported in an increasing number of countries. The series, which began in Budapest in 2012, and in this 2022 held in Panama City, aims to share knowledge and strengthen collaboration in NPS among multidisciplinary professionals at an international level to benefit society and improve lives.

It is jointly organized by the International Society for the Study of Emerging Drugs (ISSED), the United Nations Office on Drugs and Crime (UNODC), the European Monitoring Center for Drugs and Drug Addiction (EMCDDA), the World Agency for Anti-Doping (@wada\_ama) the University of Hertfordshire (UH), Pan American Regional Antidoping Organization (PAN-RADO) and the Panamanian Institute of Sports @pandeportes



The Conference took place in Panama in the capital city and lasted 3 days and was made up of participants in person and virtually.

Our official Sponsor of the event was PANDEPORTES as a sports Institution in Panama and Government and Sports Institutions also joined to support this great event, such as: National Assembly of Panama, PROMTUR, Vistit Panama, Senadis, among others.

### Opening of the Genetix Laboratory based in Panama



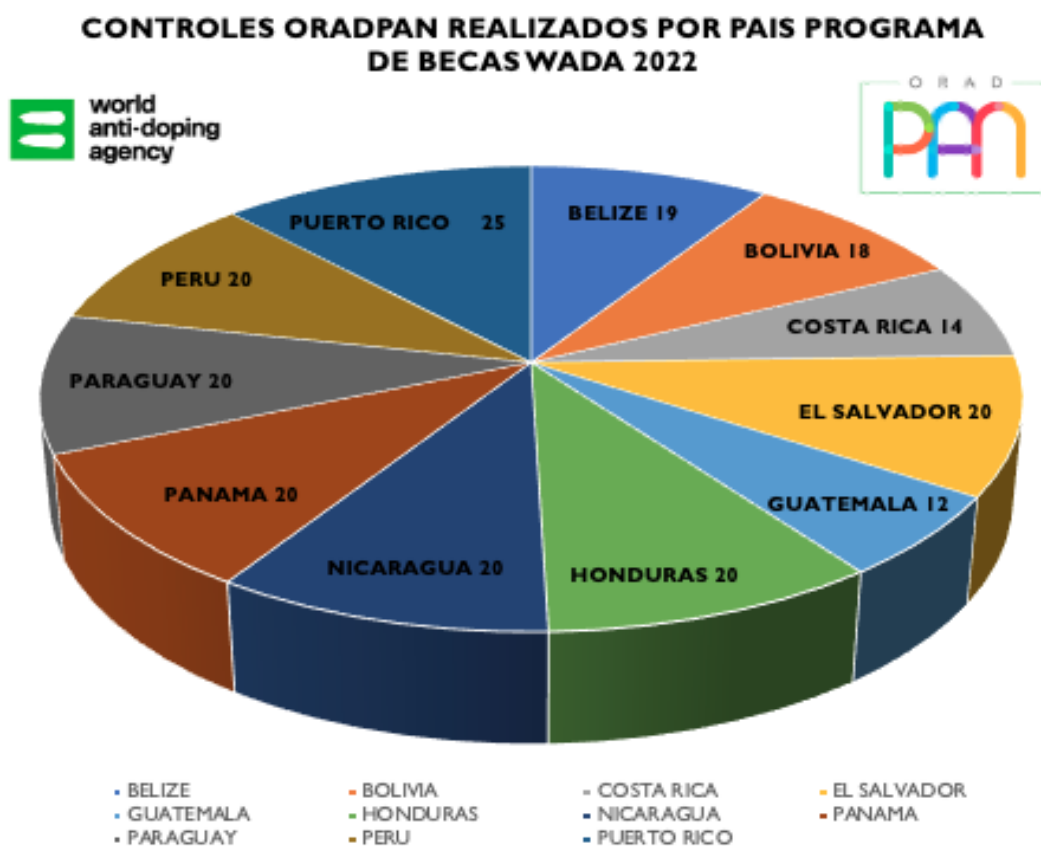
The World Anti-Doping Agency announced that its Executive Committee voted to approve the Genetix Clinical Laboratory, located in Panama City, Panama to exclusively perform blood tests in support of the Athlete Biological Passport (ABP).

Following the review process led by the WADA Science Department and the WADA Laboratory Expert Advisory Group, it was determined that the Laboratory had successfully completed the various technical and administrative steps of the WADA PBL approval process. established in the International Standard for Laboratories.

WADA Director General Olivier Niggli said: “WADA is pleased to count the Genetix Clinical Laboratory among its approved ABP laboratories. It was important to increase the analytical testing capacity for the ABP hematology module in the Central American, Caribbean and South American regions. The addition of another ABP laboratory will serve to provide another comprehensive testing resource in this part of the world. The region's national and regional anti-doping organizations are now better equipped to test athletes based in these regions.”

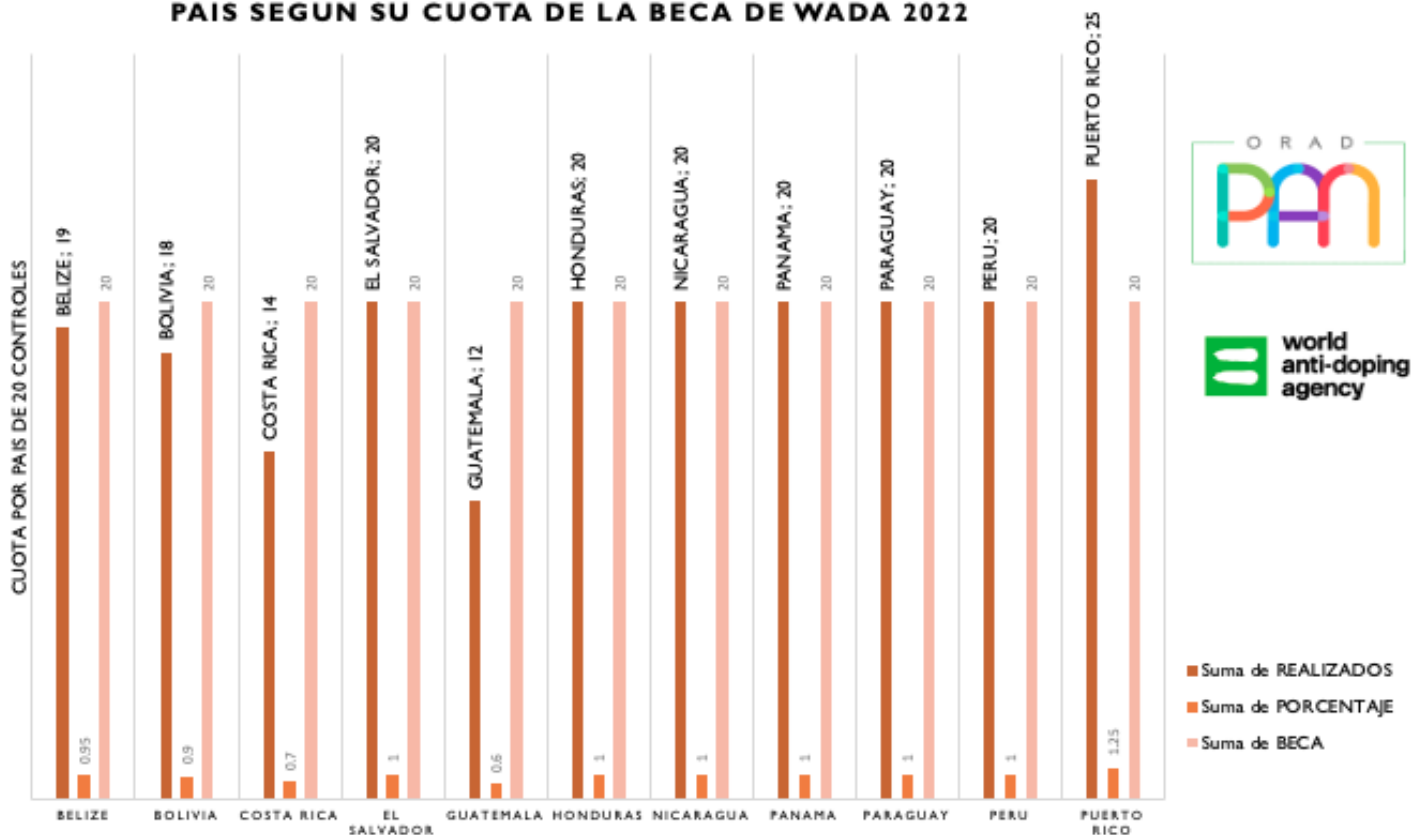
The Laboratory has arranged import permits with the National Customs Directorate of Panama and the courier services of COPA Airline (based in Panama and serving as a regional transportation hub) to facilitate the transportation of blood samples within the region. The Laboratory maintains that it will be possible to quickly transport samples from different countries in the region to its facilities, while complying with the specific time and temperature requirements required for PBL analyses.

## CONTROL DEPARTMENT



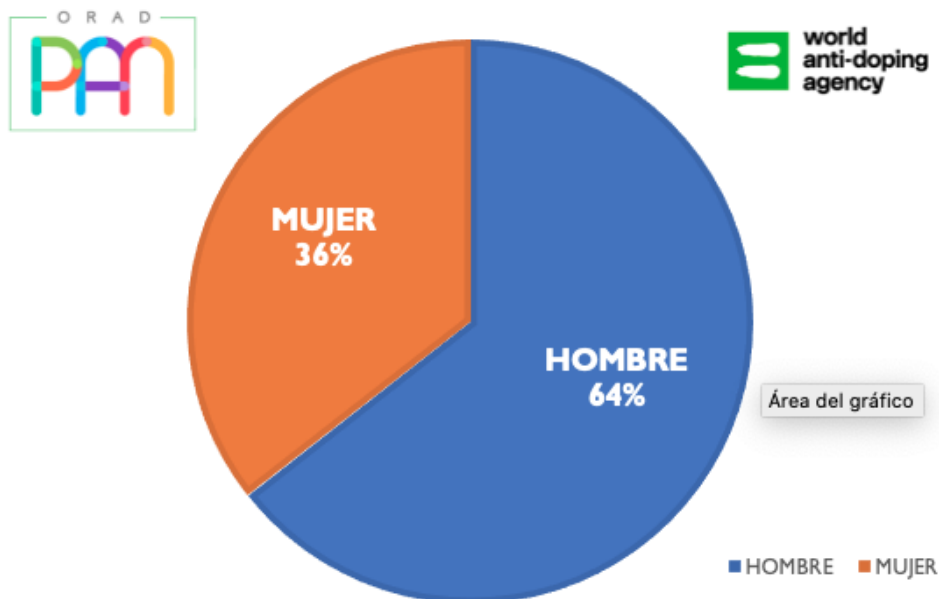
Graph 1: Shows the controls carried out by each of the member countries that are part of the WTG and TDP program of the World Anti-Doping Agency in the year 2022.

## CANTIDAD DE CONTROLES Y PORCENTAJES REALIZADOS POR CADA PAIS SEGUN SU CUOTA DE LA BECA DE WADA 2022



Graph 2: Shows the number of controls and their respective percentages carried out by each member country of the PAN-RADO according to the quota of the World Anti-Doping Agency WTG and TDP

## CONTROLES REALIZADOS POR SEXO BECA 2022 ORADPAN



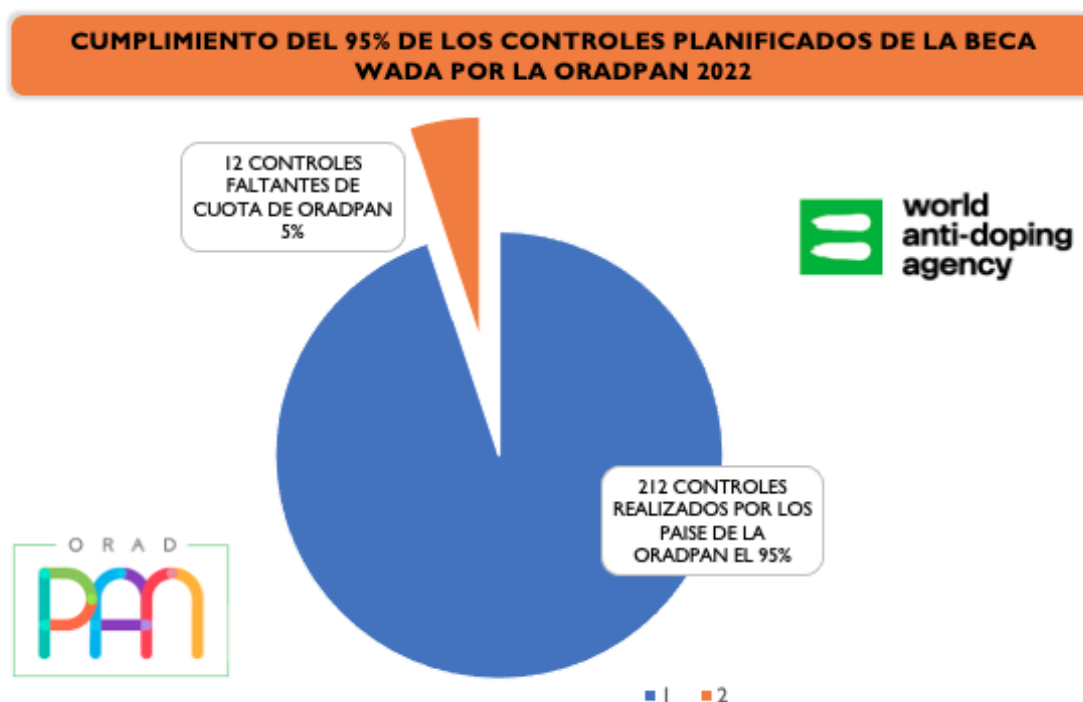
Graph 3: Shows the number of controls carried out according to sex. Throwing 64% for Men and 36% for women. These are results according to the WTG Testing by member countries.

## CONTROLES REALIZADOS POR DEPORTES BECA 2022 ORADPAN



Graph 4: In this graph we can see the controls carried out by each sport in the WTG program for the World Anti-Doping Agency. Being Wrestling (39 controls), Cycling (32 controls) and Weightlifting (25 controls) the sports with the highest number of controls.





Graph 5: According to the Scholarship program by the World Anti-Doping Agency for the year 2022, the achievement of the PAN-RADO was 95%, carrying out a total of 212 controls.

## THERAPEUTIC USE EXCEPTION (TUE)

The management of requests for Exceptional Therapeutic Use Exception (TUE's) is carried out in athletes who, for health reasons, require the use of any substance(s) contemplated within the international standard "List of Prohibited Substances" issued by the World Anti-Doping Agency. (WADA). All requests received were addressed in compliance with the guidelines established by the World Anti-Doping Agency and the International Standard for Exceptional Therapeutic Use Exception.

Advice was given to all member countries on the management of TUE's. Similarly, guidance was provided to all athletes and members of the multidisciplinary group that required to know the regulations of the Exceptional Therapeutic Use Exception, international and in preparation for large events.



## TUE Request received in 2022 (PAN-RADO)

Date of request	Gender	Sport	Country	Substance	Type of request	Resolution
04/13/2022	Male	Para-Atletism	Panamá	Hidroclorotiazida	Retroactive	Aprove
05/09/2022	Female	Para-Powerlifting	Panamá	Hidroclorotiazida	Retroactive	Aprove
06/02/2022	Male	Swimming	Panamá	Salbutamol	Prospective	Denied (unnecessary)
10/12/2022	Female	Bodybuilding	Guatemala	Testosterona	Prospective	Denied
08/02/2022	Male	Soccer	Bolivia	Betametasona	Retroactive	Denied (unnecessary)

## RELATIONSHIPS AND STRENGTHENING WITH NADO's

With the aim of supporting the development and compliance with the Code of the NADOs, provoking and managing interaction, training and exchange of knowledge with national and international organizations, the following activities were carried out:

- Multiple publications on doping and fair play issues have been made on social networks and dissemination of information on the website.
- Members and prospective members of the TUE panel in each country have received communications from the RADO.
- Constant communication has been maintained with all the countries of the region.
- The satisfaction questionnaire (quality) was applied to all the member countries of the PAN-RADO.
- A complaint follow-up mechanism has been implemented, which is available to each of the NADO's.
- A meeting of all the RADOs was held in Sydney Australia with the purpose of exchanging knowledge and educational tools.
- We participated as an independent observer in the 2022 Brimingham World Games in Alabama in order to see the operation of both controls and the educational part for athletes and support personnel.
- New questionnaires were created for the NADOs to collect information on the Accreditations and Reaccreditations of officials and chaperones for doping control processes.
- A new questionnaire on blood viability for blood control processes was created.

## **INTERNATIONAL AND NATIONAL COOPERATION**

- As part of the bilateral cooperation project "Support for Anti-Doping Strengthening from the National Doping Control Commission (CNCD) - Chile to the National Anti-Doping Organization of Panama, (NADO-PAN)", executed by both institutions, a meeting was carried out at the end of 2022. Internship for 3 professional Doping Officials from Panama, who will be trained within the framework of the Pan American Games of Table Tennis and the National Rowing Games in Curauma. Previously, in Panama, a TA Mission of two professionals from the CNCD of Chile was carried out in September 2022 to update the regulations associated with doping controls.
- Agreement with El Salvador: Achieving the strengthening between both organizations for the future support of the different commitments that are presented.
- The Belize Anti-Doping Organization signed a cooperation agreement with the Anti-Doping Laboratory of Havana, Cuba.
- The Advisory Board meeting (SAN SALVADOR 2022) was held with the presence of representatives of member countries of the PAN-RADO, both face-to-face and virtual, for the strengthening of the NADOs and the exchange of ideas to strengthen the educational departments and of controls.
- The training of Control Officers was carried out by the PAN-RADO in both Puerto Rico and Belize.
- Certification of two Doping Control Officials in each country of the region as International Doping Control Official (IDCO) in the program endorsed by the International Control Agency (ITA) in collaboration with the Pan American Regional Anti-Doping Organization (PAN-RADO)
- Election of the president of PAN-RADO, Doctor Saúl Saucedo as representative of the Expert Advisory Group of Anti-Doping Organizations.

## **CONCLUSIONS**

As the Pan American Regional Anti-Doping Organization, we are truly pleased and proud of the work achieved in 2022, with 11 member countries and 3 strategic partners that have done hard work to comply with both education and controls.

During the year 2022 we were still in the process of elections in certain countries and even so at the end of the year it was possible to meet each of the objectives set for this year. Each educational department was strengthened and supported by us as PAN-RADO to educate our athletes in each of the commitments that were taking place throughout the year.

As PAN-RADO we are also proud of the new alliances and agreements reached in order to grow the Organization and receive the support of institutions and organizations that will surely contribute in a positive way the knowledge and experiences necessary to become one of the RADO's most complete worldwide.

The year 2023 will be a year of new challenges and opportunities, with great multidisciplinary events and great events such as the education congress in Argentina. We are convinced that, just as the year 2022 was successful, in the same way the year 2023 will be successful in each of the projects that are managed.

## Photo Gallery:



QUIENES SOMOS



- ✓ La CONADCR forma parte del Instituto Costarricense del Deporte y la Recreación (ICODER).
- ✓ Tiene como objetivo actuar como Organización Nacional Antidopaje Independiente de Costa Rica.
- ✓ Tiene la autoridad para adoptar y poner en práctica políticas antidopaje que se atengan a lo dispuesto en el Código Mundial Antidopaje vigente; tiene la autoridad para promover la realización de actividades de prevención, información y educación antidopaje.
- ✓ Tiene como meta impulsar y promover el juego limpio en el deporte.



**CONAD** COSTA RICA  
COMISIÓN NACIONAL ANTIDOPAJE





**world anti-doping agency**

JC DV NI SL IM CR DM










## Generalidades del Dopaje











## CHARLA INFORMATIVA PREVENCIÓN DEL DOPAJE

ALTO RENDIMIENTO DEPORTIVO

05 DE ABRIL, 2022

PARTICIPANTES: 456 PERSONAS



**DI NO!  
AL DOPAJE**

En asociación con



GUATEMALA  
AGENCIA NACIONAL  
ANTIDOPAJE



Participación Gabriela Martínez, Raquetbolista Profesional compartiendo experiencia en controles de dopaje, paradero y lista de sustancias prohibidas.



Participación del Dr. Rafael Robles, especialista médico antidopaje.













