



NOTES FROM
THE 1st FAIR ANNUAL FORUM

31st October 2017, Brussels

The First FAIR Annual Forum was dedicated to the memory of Bart Coumans

Within the context of the EU-funded project called FAIR, the first forum for anti-doping in recreational sport took place 31st October 2017 at Thon Hotel Stephanie in Brussels, Belgium. The forum was well attended by representatives from the sport food industries, anti-doping authorities, the European Committee for Standardization, the European Commission, fitness professionals, higher education and other stakeholders.

Speakers:

- *"Welcome to participants and FAIR Project Overview"*, Cliff Collins EuropeActive Director of Programmes
- *"FAIR PhD Project"*, Ismael Serrablo Torrejon, Coventry University
- *"The View of the European Commission"*, Olivier Fontaine, DG EAC Sport Unit
- *"The European Landscape of Actors and Actions of Supplements for Sports People"*, Prof Susan Backhouse, Leeds Beckett University - Erik Duiven, Anti-Doping Netherlands
- *"Dietary supplements and sports food free of doping substances"*, Irene Margaritis, Chairwoman at CEN/TC Working Group 453 and Chef d'Unité d'évaluation des risques liés à la nutrition (ANSES)

PRESENTATIONS

- ✓ **Cliff Collins** presented the EuropeActive Commitment against doping and the objectives of the FAIR Project which are based on some of the recommendations from the Study on Doping Prevention. He introduced the objective and main topic of the first Annual Forum: *food and supplements for sports people, standardisation of dietary supplements and sports food free of doping substances*.
- ✓ **Ismael Serrablo Torrejon**, described the goals, the methodology of the FAIR PhD project and the progress made so far followed by an introduction to the specific case studies selected as research samples and invited contributions.
- ✓ **Olivier Fontaine** gave a general view on the anti-doping law in sport and position of the European Commission. He underlined how doping prevention will remain an EU priority in the next years. Furthermore, he presented what has been done at EU Level and the list of EU-funded projects related to the fight against doping. He recommended the participants to have a look at the "Study on Anti-Doping and Data Protection", released the last 27th October.
- ✓ **Prof Susan Backhouse** presented the FAIR Technical Expert Group 2 which aims to review and report existing interventions practices for the labelling and testing of food and supplements intended for sportspeople, and to make concrete recommendations for possible future harmonisation. In this regard the AFNOR proposal to the CEN for European Standard in this field has a great importance in the project framework. **Erik Duiven** described the use of nutritional supplements, its purity and consequently their relation to doping. In this context, he mentioned the prevalence of spiked and contaminated supplements and the independent supplement testing systems.
- ✓ **Irini Margaritis**, presented the required actions for the manufacture of dietary supplements and other sports food free of substances prohibited by the UNESCO International Convention against Doping in sport. She also introduced the CEN/TC 453 which aims to develop European standards for nutritional supplements free of doping substances. In this regards, she presented the process to reach a European standard, its legal leverage and the state of play of the technical group.

THE FORUM

The FORUM was moderated by **Prof Michael McNamee**.

After explaining the goals and the format of this interactive part of the day, Prof Michael McNamee launched the debate through the questions: *how do we define athletes, recreational sport, and do we have an official definition for food supplement for sportspeople?*

These questions highlighted that a single definition of a sports food/supplement does not exist; instead there is ambiguity and a variety of sports food/supplement categorizations exist. It was agreed that it would be helpful to draw together the different definitions and categorisations through the FAIR working group. This discussion then led into a debate on the **European Standard Procedure (CEN/TC 453)**. Stakeholders showed their interest in participating in the CEN meetings, asking for clarification on the legal procedure and which standards are currently in place.

The Standard legal procedure presentation together with the list of National Standard Bodies which was posted after the FORUM at <http://www.europeactive-euaffairs.eu/projects/FAIR> Stakeholders were also keen to review the current French Standard and were informed that the Standard needs to be purchased.

Irini Margaritis stressed the importance of the involvement of food industry stakeholders in the procedure in order to increase the normative power of the standards that will be developed in an expected 2-year programme. Therefore, she invited participants to get in touch with their respective National Standard Bodies. It was stressed that stakeholders would need to evidence impartiality to get involved in the Standard development.

FAIR Partner underlined how the project could become a liaison platform between CEN and the interested stakeholders. EuropeActive will play a role as coordinator if requested. It was also suggested that INADO might raise the voice of NADO stakeholders in the development of the standard.

In the third part of the FORUM, participants debated about the role of the independent supplement testing systems and whether there was a need for this to be included in the development of the standard. The issue of compliance and monitoring of the standard was also raised and debated. Delegates explained that resources are already limited at the national level and therefore enforcement of the standard could be unrealistic. The participants discussed the present situation for compliance with the standards. The representatives from the food industry stated that they already followed high level manufacturing standards, and confirmed that it was not in their interests to adversely affect any of their customers. Reputations were an important consideration as well as making

consumers aware of the risks of using non-labelled products. At the same time, concerns were raised about Third Party Countries supplying the demand for sports food and supplements; the standard would not address this market force. However, trade associations are raising awareness of manufacturers that are not adhering to good manufacturing standards in order to better protect the consumer.

Some delegates explained that educating consumers (athletes and sportspeople) was an important principle, and that, collaboration among all stakeholders is important. Only collaboration among iNADOs, food industry associations and organizations, sport associations and businesses would be able to carry out an effective awareness campaign.

Fitness.be raised the point of how the fitness sector alone is unable to fight doping abuse as it needed inter-agency collaboration. It was underlined that the larger amount of the sales of these products take place outside of sport and fitness clubs.

EuropeActive pointed out that initiatives such as the 2nd Code of Conduct (available <http://www.europeactive-euaffairs.eu/projects/FAIR>) are a good start for a wider education and awareness campaign.

List of Participants:

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