



# PHILIPPINE NATIONAL ANTI-DOPING ORGANIZATION



## The Philippine National Anti-Doping Conference 2022: PUSO ng Atletang Pilipino Post-Conference Report

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Last March 2-4, 2022, the Philippine National Anti-Doping Organization hosted its first national and virtual anti-doping conference entitled the “Philippine National Anti-Doping Conference (PNADC) 2022” with the theme “PUSO ng Atletang Pilipino”. Inspired by the recent achievements and victories of the Philippine athletes in various competitions, including the Olympics, this conference strives to encourage responsible sportsmanship and clean sport behavior among Filipino sport stakeholders through anti-doping programs.

This conference was a practical event that featured reports of anti-doping programs and developments from the previous year as well as presented various insights, exposures and plans for the coming year across different stakeholders. This conference brought together academic and industrial experts in the field to promote, educate and help participants understand more about the applications and benefits of anti-doping to their sporting community.

### Day 1

The conference began with inspirational words from Hon. William Ramirez, chairman of the Philippine Sports Commission, Cong. Abraham Tolentino, president of the Philippine Olympic Committee and Mr. Michael Barredo, president of the Philippine Paralympic Committee. They gave emphasis to the timely focus on anti-doping efforts and programs, as highlighted by the recent achievements of Filipino athletes in the international scene. Compliance was encouraged among all stakeholders and attendees to prevent anti-doping rule violations as well as maintain the standards expected in the international playing field. These were also highlighted in the first session on World Anti-Doping Code 2021: Compliance and Updates by Southeast Asia Regional Anti-Doping Organization Director General Gobinathan Nair. This session reiterated important points and new inclusions to the World Anti-Doping Code for 2021. From a regional perspective to a national perspective, Dr. Alejandro Pineda, Jr., head of the Philippine National Anti-Doping Organization reported on the developments of Philippine anti-doping efforts especially during the COVID pandemic period of 2020 to 2021. This session also included plans and strategies to be expected for the year 2022 and beyond. Ms. Marielle De Castro, operations point of contact



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and head doping control officer of the PHI-NADO also gave insights on doping control procedures conducted during the pandemic, and adaptations made during this period. The day's session ended with an enriching discussion on the Olympics Experience with silver medalist in the Tokyo 2020 Boxing Olympics Carlo Paalam and Athlete's Commission President Nikko Huelgas. This session emphasized the Olympic values and principles such as excellence and discipline, respect and integrity as critical necessities in achieving the Olympic dream. The Athlete's Commission also played a vital role in maintaining a clean sport environment despite the uncertainties and complexities of the COVID season during the Olympics preparatory and competition period. A bonus session with Pocari Sweat discussed hydration strategies for improved health during the COVID period, ending with a fun mini-game.

## **Day 2**

The second day sessions focused on various anti-doping programs and updates from the 2021 Code and 2022 Prohibited List. The International Standards for Results Management, a new list of standards for 2021, was shared by Atty. Anthony Rebosa, results management expert and consultant of PHI-NADO. This session shed light on the recent issues being faced in the international anti-doping scene, as well as the importance of Whereabouts processes and information, as discussed by Justin Dela Cruz, PHI-NADO deputy chief. This was followed by an update of the prohibited substances and methods of 2022 by Dr. Marion Rivera, head medical specialist for therapeutic use exemption, along with Dr. Anna Lea Enriquez who discussed the therapeutic use exemption process during the COVID period. Lastly, anti-doping education programs and plans were introduced by Stephanie Pagarigan, head anti-doping educator of PHI-NADO, followed by an inspiring presentation of the anti-doping education initiatives and programs of the Japan Anti-Doping Agency by the general manager for education and Japan's Tokyo 2020 legacy project team, Play True 2020, Ms. Mayumi Yaya Yamamoto. This session provided insights and strategies for the implementation of the International Standards for Education in the Philippines. The day's final session introduced electrolytes and their important roles in maintaining health and hydration, made possible with Pocari Sweat.

## **Day 3**

The final conference day presented a panel of experts in various sport settings and levels. It began with the presentation on Sports Values in the Classroom, a panel presentation featuring Asst. Prof. Reil Vinard Espino of the University of Santo Tomas College of Rehabilitation Sciences, chairman of the Sports Science Department, who shared insights on sports values taught at the tertiary level. Afterwards, representing the primary and secondary levels through the National Academy of Sports Executive Director Prof. Josephine Joy Reyes, who shared sports values taught in the grassroots to youth athletic level. Nutrition and supplementation was discussed thereafter by PSC Sports Nutrition Head Mrs. Karen Leslie Lee-Pineda and PHI-NADO administrative head and resident nutritionist, Ms. Alethea Laquindanum. The next segment featured the Philippine Sports Institute led by Mr. Marc Velasco, SEAGAMES 2022



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Medical Chief Dr. Charles Corpus and Asian Games Chef de Mission Dr. Jose Raul Canlas for the return of national sports games, where they discussed the important protocols for training and game preparations. The conference was concluded by a panel presentation of the Games and Amusement board medical division led by Dr. Radentor Viernes, UAAP representative from National University, Coach Rustico Camangian and NCAA representative Coach Hercules Callanta who discussed about plans and strategies to address doping concerns in the professional and competitive leagues. A fun game hosted by Pocari sweat closed the conference as participants left with awesome prizes.

## **Participants**

The Philippine National Anti-Doping Conference concluded with 622 registrants from various teams and sport. A majority were sports coaches and instructors, making up 43% of the population followed by athletes at 14%, and students at 19 and 17% respectively. Most attendees have been in the sport industry for more than 3 years already, followed by 32% of those who've been in for 1-3 years. The conference was met with great reviews and collaboration opportunities – an objective that had been targeted for the conference. Despite the short and packed conference, it has been a very fruitful and productive conference set to put anti-doping education programs at the forefront this 2022.