

# Program «QUARTZ»

## PRESENTATION

The program «QUARTZ» is unique in that it monitors the health of athletes, and is also capable of detecting not only possible pathologies but also abnormal profiles related to doping.

The program «QUARTZ» has neither the vocation, nor the competence, to substitute itself for the regulations in force concerning the anti-doping fight; however its application on a voluntary basis can lead to excluding an athlete from a competition for health reasons.

The following table is a summary of the content and the «QUARTZ» program's progress concerning the health and the anti-doping fight.

	«QUARTZ» program	General framework for the anti-doping fight
General framework	Is based only on the athlete volunteering. Capacity in legal terms of being able to be made obligatory.	Obligatory for athletes, members of federations which have signed the worldwide anti-doping code.
Knowledge of the regulations	A reminder of the main regulations concerning the anti-doping fight and IT validation of the athlete's awareness so as to prevent them becoming accidentally contaminated.	No existing procedure.
Declaration of medical and technical staff	Obligatory declaration by the athlete. Information given by the ITRA in the case of a status disqualifying a member of staff present on the list published by the WADA.	No existing procedure.
Planning of the competition	Obligatory declaration from the athlete	No existing procedure. Declaration possible through the ADAMS location for athletes in target groups.
Therapeutic use exemptions (TUE)	Declaration of use, obligatory for the athlete.	Procedure is an obligatory request.
Declaration of medication	Declaration of use obligatory for the athlete.	No existing procedure beyond the possible mention during an anti-doping control.
Location	Obligatory declaration by the athlete (only country/town) within the period available.	Obligatory procedure for athletes in the target groups. With a precise address and an available period of one hour per day to have anti-doping controls.

	«QUARTZ» program	General framework for the anti-doping fight
Nature of samples	Urine, blood and capillary (hair).	Urine, blood and capillary (hair).
Sampling	Sampling upon the request of the ITRA in a medical analysis laboratory of the athlete's choice or during competitions.	By the organizations in charge of the anti-doping fight.
Standard of sampling	International health standards and norms of the medical analyses laboratories.	Standard of the anti-doping fight
Preservation of samples	No preservation	Preservation possible for up to 10 years.
Types of analyses	All analysis types. More than 66 biological markers.	Doping control and markers selected in the athlete's biological passport (ABP) in the haematological (10) and steroid (7) modules.
Statistical treatment	More than 10 mathematical models published.	Only 1 mathematical model; that of the ABP.
Following of performance	Model for following performance.	No existing procedure.
Following the athlete's state of health	Alerts an athlete in the case of an abnormality.	No existing procedure. Certain initiatives in different countries.
Exclusion from competition	Exclusion from competition for 15 days with no limit on repetition.	No exclusion from competition.
Sanctions	No sanctions possible	Suspension of 4 years in the case of intentional doping
Level of computerisation	100% computerised	Computerised between 25% and 75% according to the procedures and structures used in the anti-doping fight.
Cost	At no cost to the athlete	At no cost to the athlete

## QUESTIONS & ANSWERS

### Who is the program «QUARTZ» aimed at?

The program «QUARTZ» is based on the volunteering of the athlete. It is aimed especially to elite athletes with ITRA performance index above 850 for men and 750 for women.

For budgetary reasons, the «QUARTZ» program, at its official launch on Avril 1<sup>st</sup> 2016, will only be able to handle 20 Male and 20 Female athletes. Priority will be given to the Top 3 Men and Women ITRA athletes of the 4 categories <42 / L / M / XL and the overall ranking if they are volunteering to follow the program "QUARTZ".

The "QUARTZ" program is completely free for athletes.

### What is the nature and duration of the «QUARTZ» program?

The program «QUARTZ» is a pilot study based on the volunteering of athletes.

This pilot study aims to study the feasibility and possibility of configuring the terms of the ITRA's future health policy concerning elite athletes, who wish to participate in an ITRA member event.

The official launch of the program «QUARTZ» is planned for April 1<sup>st</sup> 2016 and will end on October 29<sup>th</sup> 2016, date of the World trail-running Championships.

### **What is the ITRA's role in setting up the «QUARTZ» program?**

The ITRA aims to develop and promote trail-running as a full sport and in particular to promote prevention initiatives concerning matters of health.

The ITRA is, therefore, the general coordinator of the «QUARTZ» program.

### **What is the role of the Athletes For Transparency (AFT) Association in supporting the ITRA with the «QUARTZ» program?**

AFT has for ten years collaborated in an international framework with all official organizations, notably the World Anti-Doping Agency (WADA), National Anti-Doping Organizations (NADOs) and International Sports Federations (IFs).

AFT has recognised expertise in health policies and the anti-doping fight and the ITRA has requested that it assists them in setting up a unique program to follow athlete's state of health.

This program was called «QUARTZ» in reference to the translucent rock crystals, in relation to the transparency shown by athletes, but who all have different aspects, just as the profile of each athlete can be unique.

### **What is the link between the program «QUARTZ» and the anti-doping fight?**

The program «QUARTZ» has neither the vocation nor the competence to substitute itself for the regulations in force concerning the anti-doping fight.

All use of drugs can be the origin of abnormal analysis results and lead to an athlete being excluded from competition on medical grounds.

Nevertheless, this exclusion from competition has no direct link with any procedure in connection with the application of the existing regulations regarding the anti-doping fight.

### **What is the nature of this exclusion from competition?**

The decision for exclusion from competition is given by the ITRA's medical council.

The ITRA's medical council consists, uniquely, of doctors who can take advice from experts of their choice.

The decision for exclusion from competition is given via a procedure which includes direct exchange, or a video conference, with the athlete.

The decision for exclusion from competition is given for a duration of 15 days so as to allow the athlete the time to return to «a normal medical state». This exclusion from competition can, however, be repeated as often as abnormal results are identified by the ITRA's medical council.

Not respecting an exclusion from competition will lead to the athlete being excluded from the «QUARTZ» program.

### **What are the obligations that willing athletes should respect, when entering the «QUARTZ» program?**

Obligations include numerous points which already exist on the ITRA's health pages.

An important evolution is that samples are no longer only realised by the ITRA during competitions, they can also be realised by the athletes themselves, in a medical analysis laboratory of their choice, near home or elsewhere, upon the ITRA's request within a given time scale.

In summary, the obligations for the athlete can be summed up by the following actions:

- An obligation to state the name of their personal doctor and trainer if they have one
- An obligation to declare their location (country/town) and their competition program
- An obligation to declare their Therapeutic Usage Exemptions (TUE)
- An obligation to declare any medication being used
- An obligation to agree to give any blood, capillary or urine samples, requested by the ITRA, for analysis.

All supervision and management of the program «QUARTZ» is made by internet. The cost of the program «QUARTZ» is totally covered by the ITRA.

Any lack of one of these obligations can eventually lead to an athlete being excluded from competition.

It should be noted that an athlete is free to leave the program «QUARTZ» at any time; without being able to be reinstated afterwards.

### **How does a request for analysis work, for an athlete, outside of samples taken during competitions?**

Athletes are informed by email when there is a request for an analysis within the framework of the program «QUARTZ».

The document attached to the email contains all the information necessary to carry out the analyses requested by the laboratory.

Athletes present themselves within 48 hours at the medical analysis laboratory of their choice to realize the analyses requested.

Athletes have nothing to pay; the payment is made by a bank transfer by the ITRA. The results are sent by the laboratory to both the athlete and the ITRA.

### **Who can access the data concerning the athletes within the program «QUARTZ» framework?**

The data collected within the framework of the program «QUARTZ» is only accessible to doctors who are members of the ITRA's medical council, experts in charge of managing the program «QUARTZ» as well as, upon request, official organizations responsible for the anti-doping fight (notably National Anti-Doping Organizations).

### **Why offer an athlete the option of making public all the data collected in the framework of the «QUARTZ» program?**

Faced by the question of doping, a «clean» athlete or a doped athlete have the the same common answer namely: «we are regularly submitted to anti-doping controls»; there is nothing to distinguish between them.

The display on-line of the data collected (except personal data) is a key element for allowing an athlete to go further in the drive for transparency.

This option of being able to display all the data collected within the framework of the program «QUARTZ» is an athlete's own choice. It can be freely activated or inactivated by an athlete themselves. This is not an obligation within the framework of the program «QUARTZ».

At the same time, to avoid «disturbing» an athlete during their training and competition (use a medication can indicate a state of lesser performance, a real-time location could disrupt a «known» athlete's training...), the data collected is only posted with a delay of one month. For example, in July 2016 only the data collected in April and May 2016 will be accessible to the public, if this display option has been chosen by the athlete (option activated).