

SPORT
FOR
TOMORROW

Sports Scientist

**Integrating Expertise
for a Better Society**

**Shared Goal,
Shared Mission**

**FOR THE
REAL CHAMPION**



Japan Anti-Doping Agency (JADA)

c/o Japan Institute of Sports Sciences, 3-15-1 Nishigaoka, Kita-ku, Tokyo 115-0056 JAPAN
TEL. +81-3-5963-8030 FAX. +81-3-5963-8031

Commissioned by the Ministry of Education, Culture, Sports, Science and Technology

URL <http://www.playtruejapan.org/>

JADA
PLAY
TRUE
Japan Anti-Doping Agency

Integrating Expertise Leading to Future Possibilities

Innovation is Creation

Both society and sport are becoming increasingly diversified and complex.

Doping in sport corresponds to the advancement of society and sport. It can be said that the two are a reflection of each other.

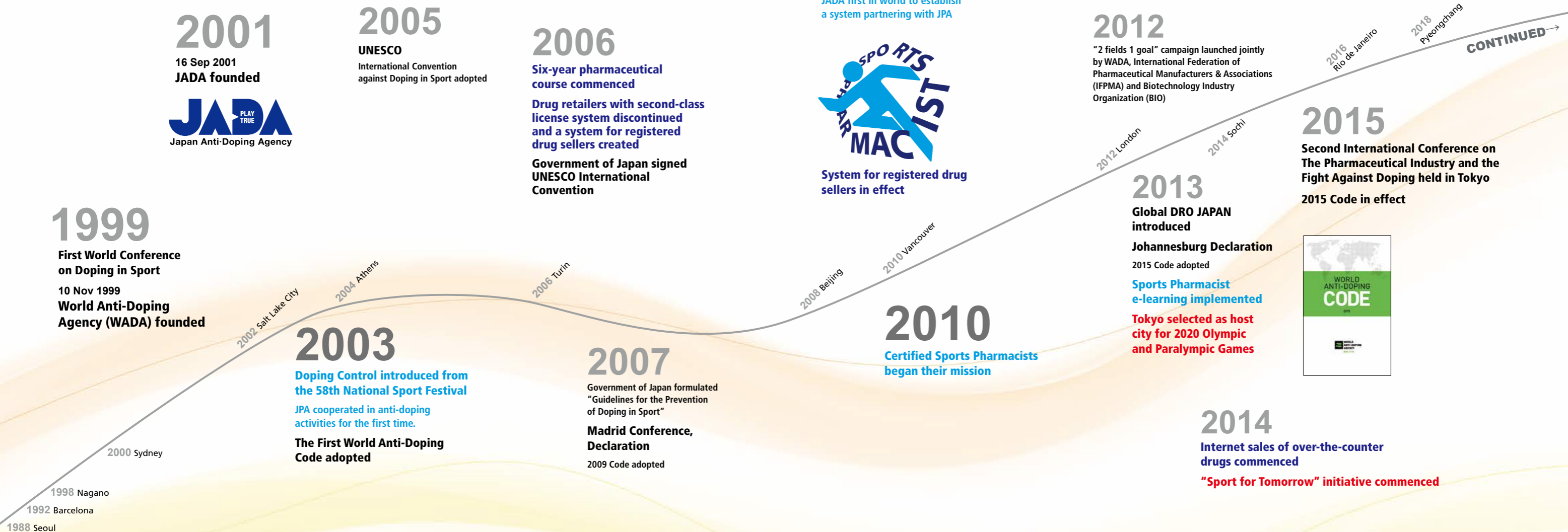
Anti-doping activity is not limited to sport. It is to ensure that clean athletes can perform to their full potential as well as to protect and develop the values and spirit of sport as a shared asset of society.

Doping in sport can be seen as a societal issue in the interest of public health.

In some cases, the drugs that are being abused are not yet on the market and even not at the research stage, thus are not yet verified for their safety and efficacy. In other cases, the inappropriate use of medicine can be identified, hence the safeguarding of people's health or treating an illness or injury may lead to serious health-related risks. It is also increasingly the case that doping has spread even to school sport and the community level. It is now recognised as a common societal issue in the world regardless of the level of performance in sport.

In Japan, an initiative has been established that integrates expertise across different professional fields by recognising and sharing specialist knowledge and the respective mission. This overarching strategy is to promote the Anti-Doping Movement.

Our aim is to impart the idea that every single person has the ability to become a real champion in society and to help realise a better society.



1999

First World Conference on Doping in Sport
10 Nov 1999
World Anti-Doping Agency (WADA) founded

2001

16 Sep 2001
JADA founded



2005

UNESCO
International Convention against Doping in Sport adopted

2006

Six-year pharmaceutical course commenced
Drug retailers with second-class license system discontinued and a system for registered drug sellers created
Government of Japan signed UNESCO International Convention

2009

Sports Pharmacist System launched
JADA first in world to establish a system partnering with JPA



System for registered drug sellers in effect

2011

Basic Act on Sport enacted
Further promote the importance of anti-doping activities to realise clean and fair sport

2012

"2 fields 1 goal" campaign launched jointly by WADA, International Federation of Pharmaceutical Manufacturers & Associations (IFPMA) and Biotechnology Industry Organization (BIO)

2013

Global DRO JAPAN introduced
Johannesburg Declaration
2015 Code adopted

2015

Second International Conference on The Pharmaceutical Industry and the Fight Against Doping held in Tokyo
2015 Code in effect



2014

Internet sales of over-the-counter drugs commenced
"Sport for Tomorrow" initiative commenced

2010

Certified Sports Pharmacists began their mission

2007

Government of Japan formulated "Guidelines for the Prevention of Doping in Sport"
Madrid Conference, Declaration
2009 Code adopted

2003

Doping Control introduced from the 58th National Sport Festival
JPA cooperated in anti-doping activities for the first time.
The First World Anti-Doping Code adopted

The Sports Pharmacist System was launched by the Japan Anti-Doping Agency (JADA) in 2009 through a partnership with the Japan Pharmaceutical Association (JPA). Under this joint initiative, JADA is responsible for ensuring integrity, honesty, fairness and equality in sport, while JPA's social responsibility for pharmaceuticals is to bring together pharmacists responsible for medical care in Japan. This is the first system of its kind in the world.

The development of a global anti-doping movement has led to a greater need in Japan for ensuring support in anti-doping activities which enable athletes and their entourage to seek appropriate advice at anytime and anywhere. Reassurance from experts with specialist knowledge in pharmaceuticals who also have the latest information and knowledge relating to anti-doping has become necessary.

JPA and JADA have come together to share the same challenges and recognition related to a growing problem on doping in sport and together acknowledged that the abuse of drugs is a serious societal issue. Since a key mission of pharmacists is the provision of the appropriate and proper use of medicine, building a partnership was a natural move for the protection of not only athletes but also societal health.

The Sports Pharmacist System was developed based on the shared mission between JPA and JADA to implement and deliver continuous and comprehensive anti-doping activities. The Sports Pharmacist System is a collaborative system that integrates mutual expertise and strengths to the maximum extent possible, hence to achieve an overarching mission by bearing respective responsibilities in the field.

"The Certified Sports Pharmacist"

JAPAN Innovation: Uniqueness in Approach and Social Responsibility

"Sport" + "Pharmacist"

Sports pharmacists are professionals certified by JADA.

They possess the latest and most accurate information and knowledge on anti-doping rules.

The main objectives of the system are to provide advice on the proper use of substances and deliver health education, particularly on the appropriate use of medicine.

The 3 biggest "skills" as a sports pharmacist:

- Sympathy with anti-doping activities
- Self-motivated and committed to attain knowledge and information oneself regarding prohibited substances and methods based on the World Anti-Doping Code
- Providing appropriate information suited to the level of performance and the person concerned

Anti-Doping Movement through Sports Pharmacists



Anti-doping workshops for athletes and support personnel



Advice on medicine



Outreach activities to disseminate information to athletes and the public



Workshop sessions for sports pharmacists

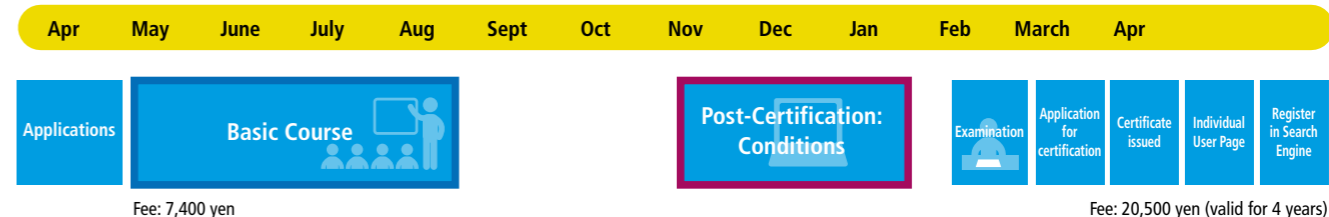
JADA Certification

Qualification	A full national license holder as pharmacist
Certification process	Courses (basic & practical) and examination
Validation period	4 years (*Annual certificate continuation fee applies)

Sports pharmacist certification process

Certification course

New



Post-Certification

Conditions for continuation

- Annual e-learning Practical Course



Conditions for renewal

- The certified Sports Pharmacists are required to take an e-learning Basic Course and e-learning Practical Course in the 4th year of their certification period and also take an examination before certification is renewed.



- Sport rules and information required as sport pharmacists:
- Anti-doping rules (Rule Violations, Prohibited List, Therapeutic Use Exemptions (TUE))
 - Difference between sport ethics and pharmacists ethics
 - Athletes' voices

- Update knowledge of:
- Prohibited List International Standard
 - TUE International Standard



Sports Pharmacist Materials

A partnership of shared values Facing the fight against doping as a public health issue

Anti-doping activities are based on the concepts of protecting the values of sport and ensuring fairness for all athletes. **Doping, however, is not just a problem in the field of sport; it must be considered as a significant societal and public health issue.** For this reason, it is important to collaborate with pharmacists who are responsible for ensuring the appropriate use of drugs and providing necessary guidance. I believe that a collaborative approach helps us achieve our goal for protecting the values of sport.

I would like people involved in sport and anti-doping activities to take a broader perspective in realising that **"on top of protecting the values of sport, anti-doping activities have the welfare of society at large in mind."**

Also, I would also like pharmacists to take an active role in anti-doping education extending from their medical settings to educate the younger generation. Even though at first glance pharmacists may not necessarily be directly related to sport, my wish is to **spread the anti-doping movement** not only in Japan but also around the world by working together.



Hidenori Suzuki
President, Japan Anti-Doping Agency

Promoting highly developed activities as professionals for the integrity of sport and the appropriate use of drugs

Amid the existence of self-medication, a key task of pharmacists is to ensure the **proper use of substances and medicines of citizens.**

While the societal problem of drug abuse exists in society, doping should also be seen in the same light. In view of the appropriate use of medicine, the aim of JADA's activities is the same as our inherent mission as a pharmacist. A shared expertise between the two enables an active role as the pharmacists in sport.

I believe that pharmacists with expert knowledge have a responsibility to **do everything they can to preserve the integrity of sport.** As sports pharmacists, giving proper advice to athletes and sport personnel can be an extension of their daily professional life.

I'd like to see that the knowledge gained as a sports pharmacist is used to provide advice on a daily basis and for pharmacists to take part in local activities regarding drugs in sport.

It's our job to create an environment that enables sports pharmacists to play active roles. Going forward, I hope we can work together with JADA to build a framework that makes this a greater reality.



Koichi Ishii
Deputy Chairman, Japan Pharmaceutical Association

A valuable supporter, enabling athletes to perform with peace of mind

The Sports Pharmacist System did not exist when I started my career as an elite athlete. I stopped taking medicine because I was afraid of whether or not it would lead to an anti-doping rules violation. There were times I just tried to endure the pain. It is natural for athletes to take care of their own bodies.

The Sports Pharmacist System provides **an environment for athletes to inquire about substances anytime, anywhere.** Sports pharmacists can provide peace of mind and are extremely valuable since athletes can consult with them about medicine when required and resolve any issues as soon as possible.

Fair competition is a must for everyone, whether you're a junior athlete or a member of a university sport club.

Society has rules and principles that must be followed. I hope that people begin to understand that **anti-doping falls into this category.** I expect sports pharmacists to deliver a message on the important role the body plays in sport. Anti-doping activities seek to create a

clean sport culture and **this mission should be pursued by everyone together "as one,"** including athletes, coaches, families and supporters alike.

I hope that more people, irrespective of nationality, come to realise that the sport arena is not the only one transmitting the concept of fairness and that a new innovative system, that is, the Sports Pharmacist System, is for ensuring athletes compete fairly and respectfully.



Yuka Murofushi
JADA Athlete Committee

An expert support staff A system fully reflecting the 2015 Code

With sports pharmacists, **athletes can ask questions for reassurance** as anti-doping rules become stringent. It's great to have people who can confirm at anytime whether it is permissible to take a certain drug or supplement.

From the pharmacist's point of view, they have one further role to play, and it is such a significant one. They are in a perfect position to judge whether or not a certain drug contains a prohibited substance or not.

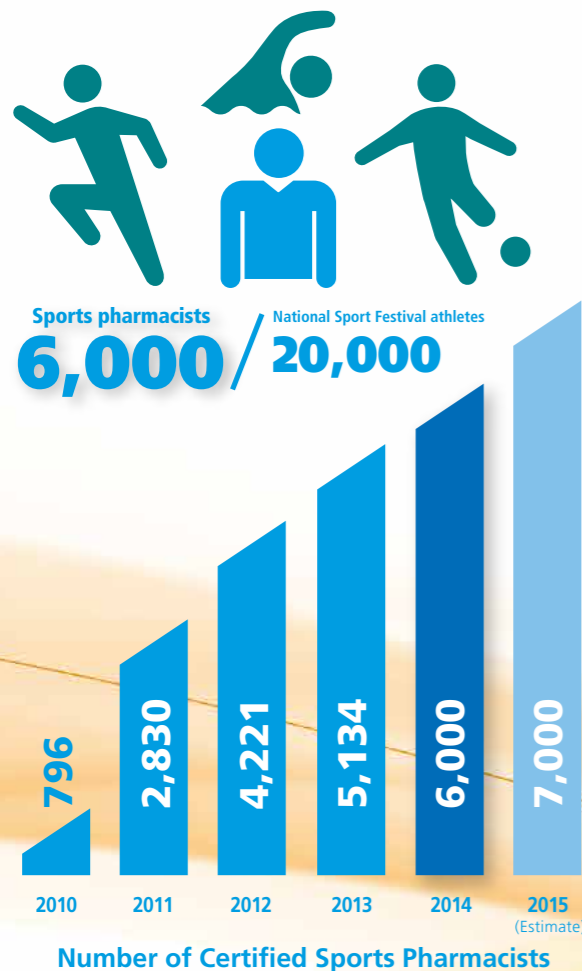
The World Anti-Doping Code (Code) effective on 1 January 2015 explicitly states **the expected roles and responsibilities of athlete support personnel.**

The use of medicine is the personal strict liability of each athlete, but it's extremely important that we widely communicate that there are **sports pharmacists on hand as athletes' partners** to provide them with help on substances.

It would be tragic for anyone if an athlete accidentally takes a prohibited substance with absolutely no intention of doping. While providing education to stress that an individual must manage and take responsibility for what he or she ingests, I would also like to emphasise that sports pharmacists are here to help.



Etsuko Kamihigashi
JAPAN SPORT COUNCIL
Pharmacist, Medical Center, Japan Institute of Sports Sciences



Global DRO

Global Drug Reference Online (Global DRO), partnered with the UK, Canada, the US and Japan, is a system that enables users to search for prohibited substances based on the latest Prohibited List and the status of brand information for respective countries.

Be a Real Champion in Society

Integrating Expertise to Achieve a Shared Mission

An Evolving and Developing Support System

Athletes first, safeguarding the values of sport

JADA's vision is to foster "Real Champions." To achieve this, we promote anti-doping activities and promote multi-layered activities which not only support athletes but also protect the spirit and values of sport.

Each individual has the right to participate in clean sport. Protecting others' rights is also imperative. Athletes are surrounded by a variety of different environments. JADA has been established to ensure the right to be protected for all and is strengthening a support system that enables athletes to make their own decisions from a wide range of information. The system also promotes an understanding of athletes' responsibilities and obligations so that they can act appropriately.

The Sports Pharmacist System enables athletes to consult with experts with reassurance. The athletes can check the Global DRO system anytime if a prohibited substance is contained, and then they can verify the searched results with sports pharmacists anytime. This support system helps athletes and athlete support personnel make the right decision, which also helps athletes manage their own health as well as ensure their self-medication.

JADA aims to further reinforce the Sports Pharmacist System as "**Anytime, Anywhere, For Anyone.**" for ensuring clean sport and clean athletes.

We will make further innovations going forward in order to progressively provide support for advancing this movement forward.

"Anti-doping in sport" and "pharmacists" may first appear to be two distinct and separate areas of expertise. The Sports Pharmacists System bridges these professional fields for a shared and integrated mission.

We aspire to create a better society through the Sports Pharmacist System.

In order to safeguard the values and integrity of sport, it is essential, at minimum, to ensure that athletes do not inadvertently use or abuse substances that are prohibited.

By harnessing the creativity from various fields, we can find the ultimate strengths in each by binding them together to exploit advantages.

This will generate synergies that lead to the advancement of society through sport which transcends expertise and borders.