



IFI Risk Assessment and Test Distribution Plan 2022

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1. Introduction

The International Standard for Testing and Investigation (ISTI) is a mandatory Standard for IFs and insofar is part of IFI's Anti-Doping Code (ADC). It describes among other things the need for a risk-assessment in planning doping controls. It states, a risk assessment should contain an evaluation of doping trends, competition seasons, the physical demands of a sport and the performance enhancing value of the different listed agents. The TDP is to be developed on the basis of a risk assessment and possible doping patterns in Icestocksport.

2. Risk assessment

a. Physical demands

Team competition:

The sport requires explosive strength. The following apply to all its disciplines: It has no influence on heart rate; no influence on blood pressure; no influence on lactat levels. When making tries, demand is placed only on the adenosine triphosphate (ATP) storage in the muscles. The break until the next try is sufficiently long for the adenosine triphosphate (ATP) storage to be refilled. Thus, Icestocksport is an anaerobic discipline (Study under competition conditions in Höchststadt, 1982, Zwiebel, Anke et al.)

Target competition:

In the target competition, strength is of subordinate significance to accuracy, coordination and skill.

Distance competition:

In the distance competition, power is of greater significance in addition to highly-developed technique. Here, too, the ATP storage can refill completely in the breaks between tries.

b. Performance enhancing substances in Icestocksport and other aspects

As mentioned under a., none of the listed substances on the prohibited list brings any recognizable advantage in icesport. The studies carried out in Höchststadt have illustrated this clearly. Moreover, economic rewards have no influence due the fact, that there are no professional leagues and no money is involved. It may be assumed that there is a certain risk of the use of anabolic steroids in the Discipline Distance, which is covered by tests in urine and blood (IC and OOC).



c. Competition seasons

Icestocksport is practised in winter on ice. The season starts in October and ends in April. The matches are played during the weekends, as all players have a regular job.

d. Historical data of doping in Icestocksport

The risk of Anti-Doping Rule Violations (ADRV) in Icestocksport is obviously quite low. Since 2008 there has not been a known case of ADRV in IFI conducted events. One case came to light in 2013 under the authority of the German National Ant-Doping Organization (NADO), namely Methylhexanamin, incorporated by a dietary supplement. The sanction was a six-month ban. As before there was no doping case in the range of applicability of IFI in 2019.

3. Education

1. IFI will properly continue to provide education in Anti-Doping issues, especially by using the ADeL – online tool.
2. Educational materials have been sent to the member associations. WADA materials are available on the IFI website.
3. At suitable intervals IFI releases anti – doping news in written form or electronically.
4. Participants in an IFI-conducted event are provided in advance with a booklet containing information on issues like Therapeutic Use Exemption (TUE) procedures, doping-control procedures and a list of forbidden substances.
5. A course of instruction by the Doping Control Officer (DCO) for recruited chaperones is obligate.
6. Members of the IFI Executive Board attend the IF Forum and the WADA Annual Symposium in Lausanne each year, as well as participating in the Webinar, in order to implement effective testing.
7. To deepen the knowledge of health and anti-doping issues the IFI recommend strongly the use of WADA's Athlete Learning Program about Health and Anti-Doping (ADeL). The IFI has given it's commitment to draw athlete's attention to this valuable tool.
8. The provision of an information booth around the issues Prevention and Antidoping during major events will be continued. The booth will represent a contact-point for athletes, entourage and crowd.
9. IFI has again granted funds in this regard, intending to improve Education and to boost Prevention.



10. IFI is just doing to develop procedures in order to harmonize the efforts to educate youth in all National Federations in a commensurable way. In so fare IFI will implement a relevant document, which will be part of the IFI-ADC. In this context the WADA-toolkit “Sport values in every classroom” will also play a role in this regard.

11. Further details are included in the IFI Education Plan.

4. IFI Test Distribution Plan 2022

IFI finalized preparations for the Test Distribution Plan 2022 in 2021, in December.

The plan has been approved by the IFI Executive Board and the IFI Medical and Ant-Doping Commission (MADC) in line with the IFI ADC and the requirements of WADA and especially the Technical Document Sport Specific Analysis (TDSSA).

The parameters below are mandatory for the IFI as of 1 January 2022.

The IFI-RTP was selected as before from three nations at the top of the current ranking: Austria, Germany and Italy.

The IFI-RTP will include four individuals: one women and one men from Austria, one men from Germany und one men from Italy.

The RTP-members are given an introduction to the provisions of ADAMS.

The individuals have been accepted for the inclusion in the IFI-RTP 2022/2023.

The composition of IFI-RTP considers the higher requirements of the TDSSA regarding the Icestock Discipline Distance. Insofar 75 percent of the IFI-RTP listed athletes come from the Discipline Distance. This will strengthen IFI`s target testing and enhance deterrence.

- a.) IFI to conduct 12 OOC (6 urine tests analysed additionally for GHRPs/GHRF/GnRHs small peptides, 6 blood tests, HGH, ISOFORM, BIOMARKER) in the Icestock Discipline Distance and 3 OOC in the Discipline Target, remaining urine.
- b.) These tests to be placed in the phase of training of the athletes.
- c.) In all IFI is conducting 2022 15 OOC, 12 in urine and 3 in blood, according to the TDSSA.
- d.) IFI will conduct 14 ICT during the Women`s and Men`s World Championships in February 2022 in Klobenstein, Italy in the Icestock Discipline Target, remaining urine.
- e.) In the Discipline Distance are planned four tests in urine, two of them in blood as well.
- f.) Further is planned to conduct six tests in urine during the World Junior Championships and the European Championships (Youth), each in February 2022 in Klobenstein, Italy in the Discipline Target.

Overall, IFI provokes 26 ICT in major events in blood and urine in 2022.



This plan will be operated from 1. January to 31. December 2022 and will be periodically evaluated and modified.

The samples will be taken by PWC on behalf of the IFI.

The APMU is located in Seibersdorf, Austria.

For the IFI Executive Board

Christian Lindner, President

Dr. Andreas Mohr, Chairman IFI Medical Commission