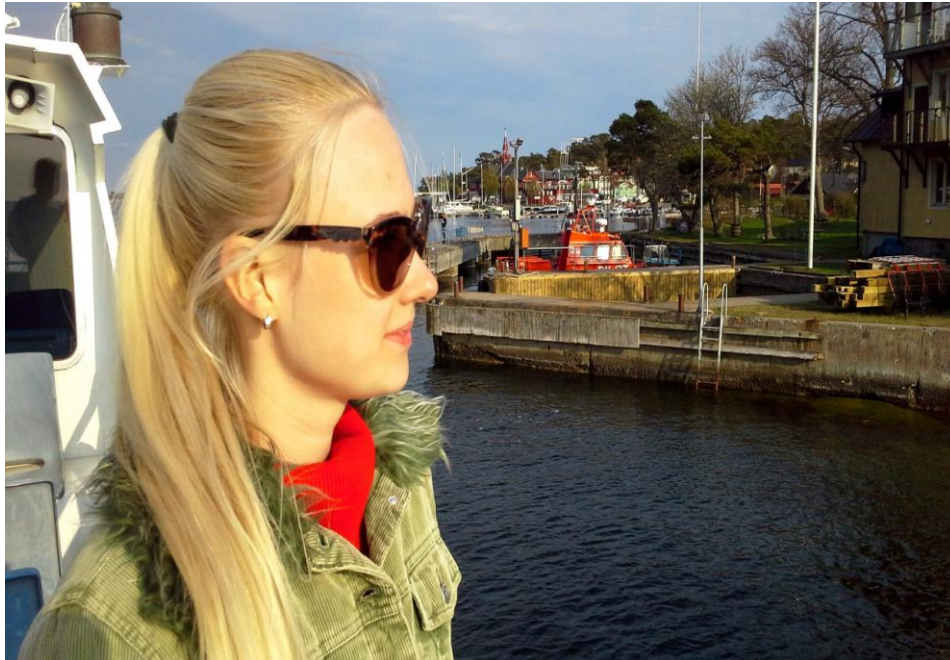


Elena Barabanova, Stockholm 2017

Swedish anti-doping policy

Шведская политика по борьбе с допингом



First of all I would like to express my gratitude to all the members of the Sverker Astrom Foundation for providing me with the opportunity to become a scholar, visit Sweden and get to know Professor Arne Ljungqvist.

With the permission of the President of the Foundation Disa Hastad, my scholarship was divided into 2 parts. I visited Sweden in May and October 2017.

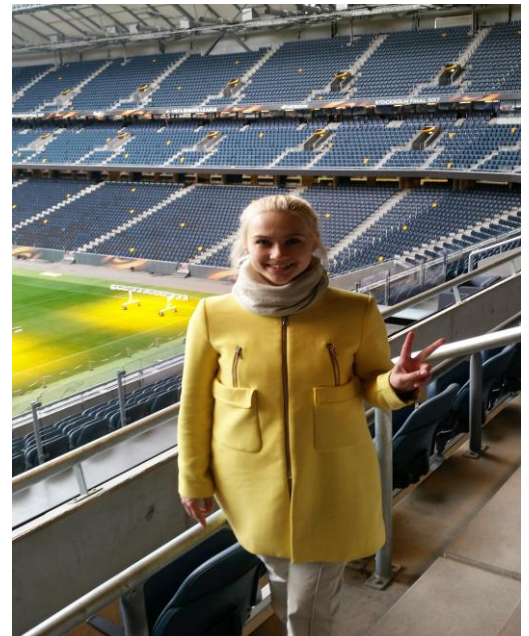
On my first visit, I met Professor Arne Ljungqvist and his wonderful team of the Anti-doping Foundation (<https://www.arneljungqvist.com/>) – CEO Mrs Christina Lidén, Mr Björn Bertoft, responsible for different educations and the co-ordinator and personal assistant of Professor Ljungqvist, Mrs Kristina Wiberg. I thank them for such a warm welcome, kindness and care that they surrounded me.

As for me, it is a great fortune to get to know Arne Ljungqvist, he is a unique person, and the one of the first who expressed intolerance to the use of doping and made a huge contribution to the fight against doping. Professor Ljungqvist is a honorary member of International Olympic Committee, a honorary Vice President of International Association of Athletics Federations and former Vice President of World Anti-Doping Agency, Lord in-Waiting to His Majesty the King of Sweden.

I am very grateful to Professor Ljungqvist for the help that he gave me in preparing my PhD thesis. He made for me an excellent business program, which included meetings with top people in anti-doping field, he also helped me to gather

necessary information. Thanks by supporting to him, I met with amazing people, professionals in their field, colleagues in anti-doping.

I met with the President of the Swedish Sports Tribunal, Mr Krister Malmsten. The Sports Tribunal is the highest legal authority for solving sports conflicts in Sweden, including doping matters. Mr Malmsten is a highly-experienced expert in sports legal matters both nationally and internationally. He is also member of UEFA Legal Committee. I visited Swedish Football Association, where Krister Malmsten and Anders Hubinette (chefsjurist) told me in detail about Scandinavian model, Swedish sports confederation and regulations, anti-doping policy of Sweden. After that, Krister Malmsten and I had an excursion at the football stadium "Friend's Arena".



Another interesting experience I received at Karolinska institute, the medical research centre of Sweden, where I met with Professor Carl Johan Sundberg who is researcher in the genetics of sports physiology and former secretary of the governmental committee that produced the Swedish anti-doping law. He is also member of the WADA Expert panel on gene doping. Besides, I was present at the defense of the PhD thesis on the theme "Exercise and regulation of metabolic function in human skeletal muscle". It was interesting and thrillingly.

I also had opportunity to communicate with former chairman of the Disciplinary panel Mr Thore Brolin who is a lawyer. Thore Brolin told me about the organization of the hearings, shared his experience and kindly agreed to answer questions that may arise in the future.

Professor Ljungqvist and I visited the lecture at the Swedish School of Sport and Health Sciences regarding both the national anti-doping organization setup in

Sweden and responsibilities of Swedish authorities. The head of Swedish Anti-Doping Unit Mr Matt Richardson was responsible for this event. After the lecture Matt Richardson invited me to the Anti-Doping Unit of the Swedish Sports Confederation. I had meeting the people who work there, including the legal experts. On the following day we visited the WADA accredited laboratory at the Huddinge hospital and I was introduced to the Head of laboratory Magnus Ericsson. Magnus Ericsson greeted me very warmly and told me about the work of the laboratory, after which he conducted an excursion and introduced his staff.



At the end of my first visit, I met with Tomas Johansson who is Adviser of Ministry of Health and Social Affairs in Sweden. He answered on my questions and gave me legal documents.

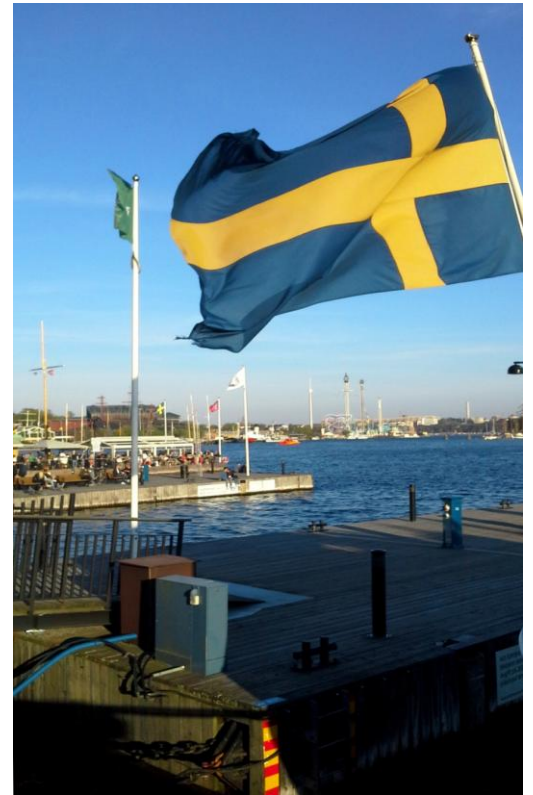
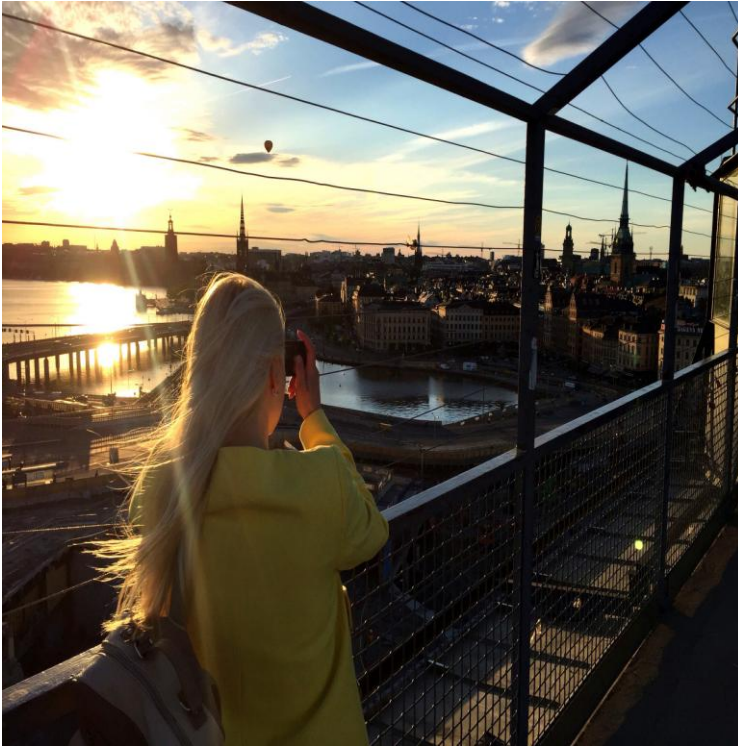
During my second visit I had opportunity to meet Mrs Kristina Olinder who has been the long-time Chairperson of the Swedish NADO and she is an experienced lawyer. Kristina Olinder helped to find necessary information and gave me answers on my questions. I highly appreciate her help.

Moreover I went to the University town of Uppsala, where Professor Arne Ljungqvist gave a presentation on doping for the "Senior University club". He introduced me to the audience and after the lecture attendees came up and wished me good luck in my work. I also jointly with Mr Richardson went to see the procedure of an out of competition test. It was my first such experience.

Finally I took part in filming of a documentary about Arne Ljungqvist and his anti-doping work. The Swedish Television was interested in filming me and Arne Ljungqvist together, thereby showing that a Russian PhD student has received a Swedish grant for coming to Sweden and learning anti-doping policy and experience from Arne Ljungqvist.



In addition to my business program, I visited the summer house of Professor Arne Ljungqvist, had a walk around the islands, visited stunningly beautiful places like Nynashamn, Skogskyrkogarden, and museums.



For this time that I spent in Sweden I received a lot of knowledge and professional contacts, new friends and discoveries. I reiterate my deepest thanks to the Sverker Astrom Foundation, Professor Arne Ljungqvist and his team.