

Elena Varabanova, Stockholm 2017, 2019

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 Åström 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 Håstad, my scholarship was divided into 2 parts. I visited Sweden in May and October 2017.

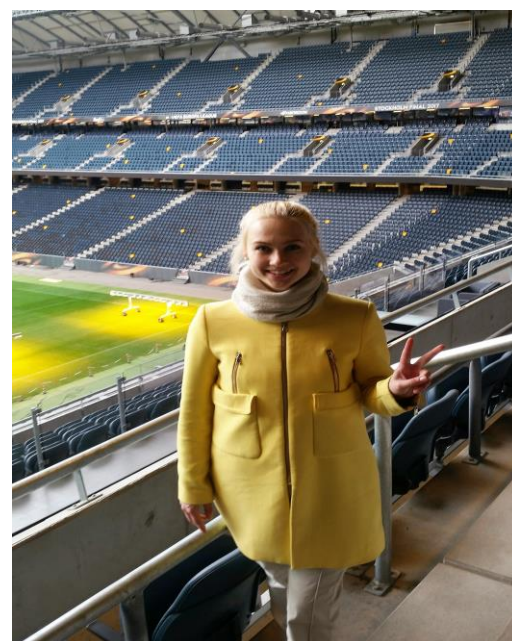
On my first visit, I met Professor Arne Ljungqvist and his wonderful team of the Anti-doping Foundation (<https://www.arneljungqvist.com/>) – CEO Mrs Christina Lidén, Mr Björn Bertoft, responsible for different educations and the co-ordinator and personal assistant of Professor Ljungqvist, Mrs Kristina Wiberg. I thank to 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 NADO 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 in 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.

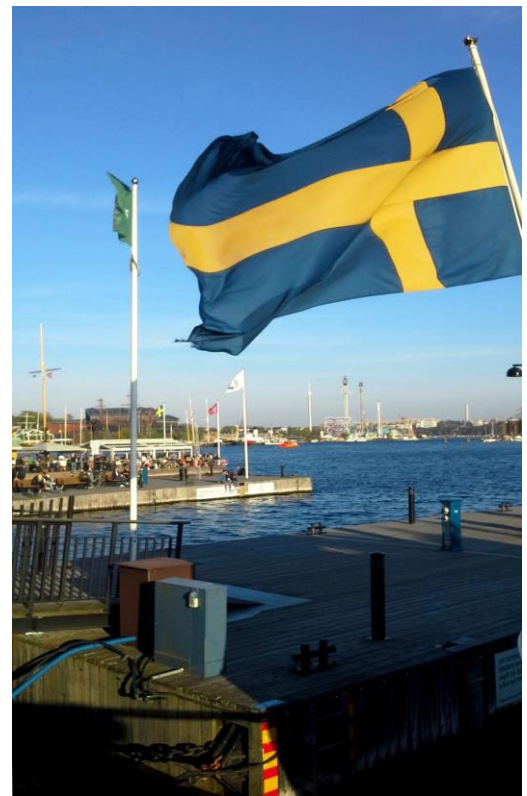
Moreover, I went to the University town of Uppsala, where professor Arne Ljungquist gave a presentation on doping for the "Senior University club". He introduced me to the audience and after the lecture attendees came up and wished me good luck in my work. I also jointly with Mr Richardson went to see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

In 2019 the Sverker Åström Foundation provided me prolongation of scholarship to get a better understanding of the structure of Swedish sports system and continue my work in anti-doping. I communicated with Professor Johan Lindholm from Umeå University and got necessary theoretical information for my anti-doping research. I also visited National Sports Meeting which was held on May 24-26 in Jönköping. The Meeting is held every two years for discussing and understanding solutions for a number of important issues for the future. Attending this event allowed me to get acquainted with the structure of Swedish sport, as well as meet with colleagues.



The end result of my stay in Sweden it was a research article on the anti-doping policy of Sweden which will publish in Russian legal journal.

In addition to my business program, I visited stunningly beautiful places like Nynashamn, Sigtuna, Drottningholm, Gripsholm and Skokloster Castles, Täby Kyrka and etc.





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 all members of the Sverker Åström Foundation, especially the President of the Foundation Disa Håstad, Professor Arne Ljungqvist and his team.