



Medical & Anti-Doping Commission

Cayman Islands

2011

Out of Competition Testing

At the end of August the Medical and Anti-Doping Commission (MADC) successfully completed the required 5 Out of Competition tests, making the Cayman Islands Olympic Committee fully compliant with the World Anti-Doping Agency (WADA). The testing was a great review for our local Doping Control Officers (DCO) for the process and procedures for testing, as well as a great learning experience for all athletes involved.



President of the Cayman Islands Boxing Federation, Tommy Ebanks, playing WADA's Play True Quiz during a coffee break at the Anti-Doping workshop.

Anti-Doping Workshop

In September 2011, the MADC hosted the first ever Anti-Doping workshop in the Cayman Islands. This project was funded by the United Nations Educational, Scientific and Cultural Organization (UNESCO) through their Fund for the Elimination of Doping in Sport. This one day workshop was attended by many athletes, coaches, doctors, teachers, and administrators, representing 12 different National Federations. Guest speaker, Neil Murrell from Barbados provided vast knowledge and experience on the subject matter. Local presenters and members of the MADC also got the opportunity to speak and give a demonstration of the doping control process. The workshop saw participants playing WADA's Play True Quiz during breaks, great dialogue and discussion amongst stakeholders and an honest athlete's perspective given by Cayman's most decorated athlete, and member of WADA's Athlete Commission, Cydonie Mothersill. The MADC would like to make this an annual event to continue to educate our sporting community and to keep them updated on the latest information and research.

Guest speaker Neil Murrell with Caymans Track & Field Olympians, Ronald Forbes and Cydonie Mothersill



School Visits

As part of a follow up activity from the workshop, the MADC encouraged teachers to contact the CIOC for resources, materials and ideas on how to infuse anti-doping education into their health and physical education classes. The first school visit was at the beginning of November at Cayman International School. Cydonie Mothersill, accompanied by Jessica Wolfenden, a Capacity Support Officer for the CIOC, visited a high school health class for two days to speak about the dangers of doping in sport. Cydonie brought Athlete Pocket Guides, Prohibited Lists, a PowerPoint presentation for students and also shared her own personal experiences. Hearing an important message come from a four time Olympian made a significant impact on them. The students are currently

working on a project to produce a video promoting anti-doping. Final product coming soon!



Anti-Doping Radio Ads

The last exciting news from the MADC's first year is the creation of Anti-Doping radio advertisements that can now be heard on 89.9 Radio Cayman. With the help and leadership of Carl Brown, a local DCO in Cayman, two ads were recorded in studio with inspiring words to promote clean sport and emphasize the importance of winning fair and true. The MADC is thrilled to hear this important message be broadcasted around the island!

The MADC, would like to thank the many organizations and supporters who have helped make this first year such a success. Funding from UNESCO, guidance and support from the Regional Anti-Doping Organization (RADO) and invaluable resources from WADA all helped ensure the MADC could achieve many goals in just year one! Looking forward to another great year working together in the fight against doping!

HAPPY HOLIDAYS
FROM THE MADC!

