

Edition 4

# The Guide

ATHLETE GUIDE • GUIDE DU SPORTIF • GUÍA DEL DEPORTISTA

WADA  AMA

## **Athlete Guide Edition 4**

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Please be advised that this information is subject to change at anytime and that in case of any discrepancy between this information and the World Anti Doping Code, the Code prevails. Always check with your International Federation or National Federation for the most up-to-date anti-doping regulations.

The athletes featured within this publication are members of the WADA Athlete Committee, true champions committed to speaking up for clean athletes and the right to fair play.

### **Photos courtesy of:**

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## Purpose of this Guide

The best part of being an athlete is rising to the challenge, doing your best under the circumstances, and enjoying the process. It is the celebration of the human spirit, body, and mind. It is what we call "the Spirit of Sport," and is characterized by health, fair play, honesty, respect for self and others, courage, and dedication.

Doping in sport is the complete antithesis of the Spirit of Sport. Doping destroys all that is good and noble about sport. Doping jeopardizes the health and well-being of athletes and erodes public confidence. In addition to risking serious health consequences, athletes who test positive for doping ruin their good name and reputation, and may lose their employment.

The purpose of this guide is to give athletes useful information about the global fight against doping in sport, including:

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*The message I want to give to young athletes is that you can achieve a lot without taking drugs. You do not need to cheat and lie to win.*

**Rosa Mota**

# play true

What it means and how the world is combating doping in sport



# WORLD ANTI-DOPING AGENCY

play true

## What is WADA?

The World Anti-Doping Agency (WADA) is the international independent organization responsible for promoting, coordinating, and monitoring the fight against doping in sport in all its forms.

WADA works towards a vision of the world that values and fosters doping-free sport.

## What does "play true" mean?

"play true" is WADA's tagline. Along with the WADA logo—the green equal sign centered in a black square seen above—"play true" expresses the universal spirit of sport practiced naturally within the rules and free from artificial enhancements. The equal sign represents fairness and equity, while the square represents the rules all athletes agree to respect. WADA's colors are also significant: black stands for the fairness of the referee while green evokes the image of health, nature, and the traditional field of play.

## What is the World Anti-Doping Code?

The World Anti-Doping Code (Code) is the document that harmonizes regulations regarding anti-doping in sport across all sports and all countries of the world. The Code provides a framework for anti-doping policies, rules, and regulations for sport organizations and public authorities so that there may be a level playing field for all athletes worldwide.

## How was the Code developed?

The Code was developed through an extensive and unprecedented consultation process among stakeholders: athletes, sports organizations, anti-doping organizations and laboratories, and governments. More than 1,000 delegates of sports organizations and governments gave their backing to the Code at the World Conference on Doping in Sport (Copenhagen, 2003). It became effective on January 1, 2004.

## What rules or procedures has the Code put in place?

The Code clarifies the responsibilities of stakeholders in the fight against doping in sport and brings harmonization where rules or policies varied between different sports and countries.

The Code includes articles that are mandatory, for example those relating to sanctions and hearings. Other articles, such as those dealing with consequences to teams, leave some latitude to signatories. The Code works in conjunction with the List of Prohibited Substances and three other International Standards aimed at bringing harmonization among anti-doping organizations: testing, laboratories, and Therapeutic Use Exemptions (TUEs).

## What are WADA's primary activities?

Through the Agency's core values of independence, ethical approach, accountability, professionalism, best practice, and innovation, WADA aims to fulfill its mission of promoting, coordinating, and monitoring on an international basis the fight against doping in sport in all its forms. WADA focuses its activities in six key areas:

- **Code Compliance:** Overseeing, supporting, implementing, and monitoring compliance with the Code.
- **Education:** Educating and informing Code signatories, governments, and athletes and their support personnel about the dangers and consequences of doping abuse.
- **Science:** Annually preparing and publishing the Prohibited List in consultation with a panel of experts and WADA's many stakeholders; accrediting and re-accrediting anti-doping laboratories; and monitoring the Therapeutic Use Exemptions (TUE) process implemented by anti-doping organizations around the world.
- **Research:** Leading, coordinating, and supporting effective anti-doping research programs on a global level to identify and detect prohibited substances and methods.
- **Program Development:** Enabling developing nations to share resources in order to build anti-doping programs regionally, ultimately ensuring a level playing field for all athletes.
- **Testing:** Conducting a program of no-advance-notice out-of-competition testing among elite-level athletes in cooperation with sports federations.

WADA seeks to protect athletes' fundamental right to participate in clean sport and thus promotes health, fairness, and equality for athletes worldwide.



*While I believe that the athlete bears the majority of the responsibility, I also believe that trainers, coaches and family can have an influence upon the athlete.*

Janet Evans

# The List

What athletes need to know about what's prohibited

## What substances and methods are banned?

The List of Prohibited Substances and Methods (List), updated annually by WADA, is the International Standard defining what is prohibited in- and out-of-competition. The List also indicates whether particular substances are banned in particular sports. The most current edition of the List is posted on WADA's Web site at: [www.wada-ama.org](http://www.wada-ama.org).

## What is the "strict liability" principle?

Athletes should know that, under the Code, they are strictly liable whenever a prohibited substance is found in their bodily specimen. This means that a violation occurs whether or not the athlete intentionally or unintentionally, knowingly or unknowingly, used a prohibited substance or was negligent or otherwise at fault. It is very important therefore for athletes to understand not only what is prohibited, but also what might potentially cause an inadvertent doping violation.

## What else should athletes know about banned substances and methods?

Athletes should always check with their International Federation (IF) to find out what additional substances and methods are prohibited in their sport. Also, athletes should always make their doctor aware that they are bound by the specific rules of their sport. Those who are unsure of what a product contains should not take it until they are sure it is not prohibited. Ignorance is never an excuse.

Extreme caution is recommended regarding supplement use. It is WADA's position that a good diet is of utmost importance to athletes. The use of dietary supplements by athletes is a concern because in many countries the manufacturing and labeling of supplements may not follow strict rules, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations. A significant number of positive tests have been attributed to the misuse of supplements, and taking a poorly labeled dietary supplement is not an adequate defense in a doping hearing.

## What about medical conditions?

Athletes, like all others, may at times experience a medical condition that requires using particular medicines. The substances that an athlete may be required to take to treat a condition could fall under the List. However, by applying and obtaining a therapeutic use exemption (TUE) in advance from the IF or National Anti-doping Organization (NADO), an athlete may be allowed to take the necessary medicine.

The TUE will be taken into consideration if the substance is detected in the athlete's sample, and it will protect the athlete from sanctions if the medical justification is confirmed. Athletes who need to apply for a TUE should request information about the TUE application process—international level athletes should ask their IF and national level athletes should ask their NADO.

*We have to create a safe and enjoyable atmosphere for young athletes to enjoy sport. We have to stress the core values of sport. It's important that athletes have a healthy relationship with sport.*

Tanja Kari

# Doping Control

Who conducts testing and how

## What are doping controls?

Worldwide doping controls—or athlete testing—are carried out in accordance with the Code and the International Standard for Testing. Athletes who compete at the international and national level may be tested anytime, anywhere. Specially trained and accredited doping control personnel carry out all tests.

## Who conducts testing?

The Code states that anti-doping organizations (ADOs) must plan and implement an effective number of in-competition and out-of-competition tests on the athletes in their registered testing pool. This includes international level athletes being tested by IFs and WADA, and international and national level athletes being tested by NADOs, or in some cases, national governing bodies of sport (NGBs).

The ADO develops a test distribution plan and allocates the number of samples for each sport or discipline required for effective deterrence. The plan includes out-of-competition testing, in-competition testing, and may include blood as well as urine collection.

## What is in-competition testing?

ADOs coordinate in-competition testing so that there is only one organization testing at one event. Criteria for the selection of athletes is pre-determined, based on the regulations of the relevant IF or event ruling body. It is usually the NADO of the country in which the event takes place that collects the samples, unless the IF or event organizer has an alternative doping control program.

Athletes are notified of their selection for testing immediately following competition, and sample collection takes place in accordance with the International Standard for Testing.

Samples are analyzed for "in-competition substances" as outlined in the Prohibited List.

## What is out-of-competition testing?

Out-of-competition testing or any testing done outside of an event ensures that all athletes can be tested at any time and at any place.

## What is the athlete's responsibility regarding whereabouts information?

An athlete identified in the registered testing pool by his/her ADO is required to provide accurate and current whereabouts information. This information is usually required on a quarterly basis, although ADOs may have specific requirements, and updates are required if the athlete's plans change.

Whereabouts information may include details such as home address, work schedule, training venues and schedule, and competition schedule—anything which will help a Doping Control Officer (DCO) find the athlete on any given day.

International or national level athletes identified in a registered testing pool are responsible under the Code for providing whereabouts information to their ADO. Failure to do so in accordance with ADO anti-doping regulations may be considered an anti-doping rule violation and may result in a sanction.

## What are the steps in the doping control process?

The following is a general overview of the doping control process. Departures from these procedures will not invalidate a test result unless it is determined that the integrity of the sample has been affected. More information is available on the WADA Web site at [www.wada-ama.org](http://www.wada-ama.org) or from your ADO.

### Athlete selection

You can be selected for doping control at any time and any place.

### Notification

A Doping Control Officer (DCO) or chaperone will notify you of selection for doping control. The DCO or chaperone will inform you of your rights and responsibilities, including the right to have a representative present throughout the entire process. You will be asked to sign a form confirming that you have been notified for doping control. For a minor or an athlete with a disability, a third party may be notified as well.

### Report to the Doping Control Station

You should report to the doping control station as soon as possible. The DCO may allow you to delay reporting to the station for activities such as a press conference or the completion of a training session; however you will be accompanied by a DCO or chaperone from the time of notification until the completion of the sample collection process.

### Selection of Collection Vessel

You are given a choice of individually sealed collection vessels and you may select one. You should verify that the equipment is intact and has not been tampered with. You should maintain control of the collection vessel at all times.

### Provision of Sample

Only you and a DCO of the same gender are permitted in the washroom during the sample provision. Minors and athletes with a disability may also have their representative present, however this representative is not permitted to view the sample provision. The objective is to ensure that the DCO is observing the sample provision correctly.

### **Volume of Urine**

The DCO shall use the relevant laboratory specifications to verify, in full view of the athlete, that the volume of the urine sample satisfies requirements for analysis.

### **Selection of the Sample Collection Kit**

You are given a choice of individually sealed sample collection kits from which to choose one. You should verify that the equipment is intact and has not been tampered with. Open the kit and confirm that the sample code numbers on the bottles, the lids, and the container all match.

### **Splitting the Sample**

You split the sample, pouring the urine yourself, unless assistance is required due to disability. Pour the required volume of urine into the "B" bottle; and pour the remaining urine into the "A" bottle. You will be asked to leave a small amount in the collection vessel so that the DCO can measure the specific gravity and/or pH.

### **Sealing the Samples**

You should seal the "A" and "B" bottles. Your representative and the DCO should verify that the bottles are sealed properly.

### **Measuring Specific Gravity and/or pH**

If your sample does not meet the specific gravity or pH requirements, you may be asked to provide additional samples.

### **Completion of Doping Control Form**

You should provide information on the doping control form about any prescription or non-prescription medication or supplements you have taken

recently. You also have the right to note comments on the form regarding the conduct of the doping control session. Be sure to confirm that all of the information is correct, including the sample code number. You should receive a copy of the doping control form. The laboratory copy of the form does not contain any information that could identify you.

### **The Laboratory Process**

Your samples are packaged for shipping to ensure that their security is tracked. They are sent to a WADA-accredited laboratory, which will adhere to the International Standard for Laboratories when processing your samples, ensuring the chain of custody is maintained at all times.

Your "A" sample is analyzed. Your "B" sample is securely stored and may be used to confirm an Adverse Analytical Finding from the "A" sample. The laboratory will report the results of your sample analysis to the responsible ADO and WADA.

### **What about blood sample collection?**

The same conditions that apply for urine sample collection also apply for blood sample collection with regard to notification, identification, escorting, and explanation of the procedure.

## What modifications exist for minors and athletes with a disability?

If you are a minor or an athlete with a specific type of disability, you may require slight modifications to the sample collection procedure. Minors may be accompanied by an athlete representative at all times during the sample collection procedure, including in the washroom area; however, the representative will not witness the passing of the sample.

If you have restricted mobility or restricted manual dexterity, you may ask the athlete representative or the DCO to assist you with mobility when handling equipment, splitting the sample, or completing paperwork.

Athletes with cerebral palsy or significant lack of coordination may use a larger collection vessel if available.

Athletes with visual impairment may be accompanied by an athlete representative at all times during the sample collection procedure, including in the washroom area; however the representative will not witness the passing of the sample. The athlete representative or the DCO may read the doping control form to you, and you may ask the athlete representative to sign the doping control form on your behalf.

Athletes with an intellectual disability may be accompanied by an athlete representative at all times during the sample collection procedure, including in the washroom area; however the representative will not witness the passing of the sample.

Athletes using condom drainage or indwelling catheter drainage should remove the existing collection bag and drain the system so that a fresh sample can be obtained.

Athletes who self-catheterize may use their own catheter to provide a sample (this catheter should be produced in tamper-evident wrapping), or use one provided at the DCO if available.



# Results Management

What happens after testing

*It is time that clean athletes work together against drugs and doping... It is up to us to show young athletes that true results can be achieved without doping.*

**Marcus De Freire**

## What happens once my sample is analyzed?

The laboratory that has analyzed your "A" sample will report the results simultaneously to the ADO responsible for results management and WADA. Note that samples analyzed by labs are identified by code numbers and not athlete names.

If there is an Adverse Analytical Finding (AAF) on your "A" sample, the organization responsible for results management will conduct an initial review to verify whether you had a TUE for the substance found in your sample and to make sure that sample collection and analysis was conducted according to procedures.

If the initial review does not justify the AAF, you will be notified in writing of the results and your rights regarding the analysis of your "B" sample. At this point, you may be provisionally suspended according to the rules of the ADO. If this is the case, you will be notified accordingly.

If you decide to request a "B" sample analysis, you may attend or choose to send a representative on your behalf.

Should the "B" sample analysis confirm the "A" sample analysis, the ADO responsible for results management will proceed with the results management process including the right to a fair hearing. The hearing will determine whether an anti-doping rule violation has occurred as well as determine what sanctions will be imposed. In the event that the "B" sample analysis does not confirm the "A" sample analysis the test result will be invalidated and no further action will be taken.

Each ADO may have its own rules regarding the public release of the details regarding sanctions.

## What is involved in sanctioning?

The ADO that initiated sample collection is responsible for determining what sanctions will apply to each individual case. As an athlete, you will be given the opportunity to establish a basis for eliminating or reducing the sanction.


Sanctions for violating anti-doping regulations may range from a warning to a lifetime ban. For in-competition testing, this will automatically include disqualification of results obtained in that competition and forfeiture of any medals, points, and prizes. All results of any competitions following collection of the sample may also be disqualified.

The period of ineligibility may vary depending on the type of anti-doping violation, the circumstances of an individual case, the substance, and the possible repetition of an anti-doping violation.

## Who has the right to appeal a sanction?

As an international athlete, you have the right to appeal any decision regarding a positive test or a sanction imposed on you following an anti-doping rule violation. In general, the organization to which you must file the appeal is the Court of Arbitration for Sport (CAS). If CAS or an appeal tribunal rules otherwise, the initial decision remains in effect while under appeal.

If another party such as an ADO or WADA were to appeal a decision regarding your case, you would still have the right to be heard during proceedings. In such case, the procedure remains the same and you would still have the right to be heard during the proceedings.



*It is important for clean athletes to take a strong stand against doping. It is a responsibility for all of us as role models.*

**Yang Yang**

# More Information

Where athletes can go to learn more about clean sport and anti-doping efforts

WADA wants to hear from you about your questions, concerns, and ideas relating to doping in sport. Please send an e-mail to

**[info@wada-ama.org](mailto:info@wada-ama.org)**

Additional athlete resources, including but not limited to the following, are available on WADA's Web site at

**[www.wada-ama.org](http://www.wada-ama.org)**

- The Prohibited List and other International Standards
- The World Anti-Doping Code
- The Doping Quiz, an online interactive game about anti-doping
- Publications about TUE requirements, the Doping Control process, etc.

Your IF or NADO should also be able to provide information regarding anti-doping in sport.

# Definitions

## A summary of anti-doping terms

**Adverse Analytical Finding (AAF)**—a report from a lab or other approved testing authority that identifies in a specimen the presence of a prohibited substance or its metabolites or markers or evidence of the use of a prohibited method.

**Anti-Doping Organization (ADO)**—a signatory to the World Anti-Doping Code that is responsible for adopting rules, as well as initiating, implementing or enforcing any part of the doping control process. This includes, for example, the International Olympic Committee (IOC), International Paralympic Committee (IPC), WADA, International Federations (IFs), and National Anti-Doping Organizations (NADOs).

**Athlete**—for purposes of doping control, any person who participates in sport at the international level (as defined by each IF), or national level (as defined by each NADO), and any additional person who participates in sport at the lower level if designated by the person's NADO. For purposes of anti-doping information and education, any person who participates in sport under the authority of any signatory, government, or other sports organization accepting the Code.

**Athlete Representative**—a person designated by the athlete to assist with the verification of the sample collection procedure. This person may be a member of the athlete's support personnel, such as a coach or team doctor, a family member, or other.

**Blood Collection Officer**—a person who possesses qualifications in phlebotomy recognized by the relevant public authorities, has experience in sample collection, and is approved by the authorized sample collection agency to conduct the blood collection procedure.

**Chaperone**—an official who is trained and authorized by the ADO to carry out specific duties including notification of the athlete selected for sample collection, accompanying and observing the athlete until arrival at the doping control station, and/or witnessing and verifying the provision of the sample where the training qualifies him/her to do so.

**Doping Control Officer (DCO)**—an official who has been trained and authorized by the ADO with delegated responsibility for the on-site management of a sample collection session.

**Doping Control Station**—the location where the sample collection session will be conducted.

**In-Competition**—for purposes of differentiating between in-competition and out-of-competition testing, unless provided otherwise in the rules of an ADO, an in-competition test is a test where an athlete is selected for testing in connection with a specific competition.

**Minor**—a natural person who has not reached the age of maturity as established by the applicable laws of his or her country of residence.

**National Anti-Doping Organization**—organization responsible for anti-doping activities within a particular country.

**Out-of-Competition**—any doping control which is not in-competition.

**Registered Testing Pool**—the pool of top level athletes established separately by each IF and NADO who are subject to both in-competition and out-of-competition testing as part of that organization’s test distribution plan. Each IF and NADO will clearly define the criteria for inclusion of athletes in the registered testing pool.

**Sample Collection Personnel**—a collective term for qualified officials authorized by the ADO who may carry out or assist with duties during the sample collection session.

**Strict Liability Principle**—occurs whenever a Prohibited Substance is found in an athlete’s bodily specimen. The violation occurs whether or not the athlete intentionally or unintentionally used a Prohibited Substance or was negligent or otherwise at fault.

**Urine Sample Collection Session**—the sequential activities that directly involve the athlete from notification until the athlete leaves the doping control station having provided his/her samples(s).

**Witness**—a member of the sample collection personnel who observes the passing of the sample by the athlete in accordance with procedures for observation.

*Protecting clean athletes is an important aspect of anti-doping. We don't want to take away their dreams and hopes and discourage them. Our work is a way of paying them back for their efforts.*

**Rania Elwani**

*Champions have responsibilities. They have a duty to compete fairly, and to be role models for young athletes. Doping is against the spirit of sport.*

**Anis Lounifi**

[WWW.WADA-AMA.ORG](http://WWW.WADA-AMA.ORG)

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