



Athlete Guide

Edition 3

Athlete Guide

Third Edition

Printed January 2005

Published by:

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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.



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The Purpose of this Guide

The spirit of sport is the celebration of the human spirit, the body and the mind. Doping is contrary to the spirit of sport, erodes public confidence and jeopardizes the health and well-being of athletes.

The purpose of WADA's Athlete Guide is to provide athletes with an overview of the World Anti-Doping Code (the Code), including your rights and responsibilities when taking part in the doping control process.

Further in-depth information can be found on WADA's website at:

www.wada-ama.org



What is WADA?

The World Anti-Doping Agency (WADA) was created in November 1999 through a shared initiative of sport and governments, with a vision for a world that values and encourages a doping-free culture.

Today WADA works to promote and coordinate the fight against doping at the international and national levels through education, advocacy, research and leadership.

WADA leads and coordinates a global research program and has committed millions of dollars to researching prohibited substances and methods.

WADA is presently facilitating the availability of appropriate anti-doping educational material aimed at athletes of all countries and of all ages.

WADA's coordinating role also includes implementing an independent, out-of-competition testing program. WADA's program complements those tests already being carried out by international federations (IFs) and national anti-doping organizations (NADOs).

As of January 1, 2004, WADA began accrediting laboratories around the world and preparing and publishing the Prohibited List.



The World Anti-Doping Code

The World Anti-Doping Code (the Code) was unanimously approved in 2003 at the World Conference on Doping In Sport. All 35 Olympic IFs, all NOCs, all NPCs, the International Olympic Committee (IOC), the International Paralympic Committee (IPC) and many other sports organizations adopted and implemented the Code prior to the Olympic Games in Athens in 2004. The Code ensures that, for the first time, the rules and regulations governing anti-doping are the same for all athletes in all sports.

Your responsibilities as an athlete are outlined in this booklet.

The Prohibited List

The "Prohibited List" is an International Standard indicating which substances and methods are prohibited in-competition and/or out-of-competition. The Prohibited List also indicates whether particular substances are banned in particular sports.

WADA will, as often as necessary, and at least once a year, publish a new version of the Prohibited List. The first version each year will be made available at least three months before it goes into effect.

The most current "Prohibited List" is available at all times on WADA's website.

www.wada-ama.org



Structure of the Prohibited List

The List is composed of three sections:

- I. Substances and Methods prohibited at all times (In- and Out-of-Competition).
 - S1. Anabolic Agents
 - S2. Hormones and related substances
 - S3. Beta-2 agonists
 - S4. Agents with anti-estrogenic activity
 - S5. Diuretics and other Masking Agents
 - M1. Enhancement of oxygen transfer
 - M2. Chemical and physical manipulation
 - M3. Gene doping
- II. Substances and Methods prohibited In-Competition.

All the Categories under Section I, plus:

 - S6. Stimulants
 - S7. Narcotics
 - S8. Cannabinoids
 - S9. Glucocorticosteroids
- III. Substances prohibited in Particular Sports.
 - P1. Alcohol
 - P2. Beta-blockers

ALWAYS check with your IF to find out what substances and methods are prohibited in your sport because additional categories/substances may be added to section III of the Prohibited List for your particular sport. **ALWAYS** make your doctor aware that you are an elite athlete bound by the specific rules of your sport. If you are ever unsure of what a product contains, then do not take it until you are sure it is not prohibited. Ignorance is never an excuse. **ALWAYS** exercise caution about substances taken OUT of competition, because if taken too close to your event they may be detected IN competition.

Dietary Supplements

The use of dietary supplements by athletes is a concern to WADA because in many countries the manufacturing of dietary supplements is not appropriately regulated by the government. This means that the ingredients on the inside may not match those listed on the outside of the box or package. In some cases, the undeclared substances found in the supplement can include one that is prohibited under anti-doping regulations. A significant number of positive tests have been attributed to the misuse of supplements.

It is WADA's position that a good diet is of utmost importance to athletes competing on the international stage. WADA is also very concerned about the number of athletes who are prepared to take supplements with little knowledge of what real benefits they provide and whether or not they contain prohibited substances. Taking a poorly labeled dietary supplement is not an adequate defense in a doping hearing. Athletes should be aware of the dangers of potential contamination of supplements and of the principle of strict liability.

If you believe you have a need for supplements, you should first consult a competent sport science professional such as a sport nutritionist or a sports physician to ensure you are professionally advised on how your needs can be met from normal foods. If the professionals advise the taking of supplements, they should be suitable for your nutrient needs and safe for your health. You should take them with full knowledge and acceptance of the strict liability rule. If you make the decision to use a supplement, you are advised to use products from companies who have developed a good reputation and use good manufacturing practices, such as major multinational pharmaceutical companies.

For more information, WADA has published a Q&A on dietary supplements. It is available on WADA's website.

Therapeutic Use Exemption

Athletes, like all others, may at times experience a medical condition that requires using particular medicines. The substances that you may be required to take to treat your condition could fall under the Prohibited List. However, by applying and obtaining a therapeutic use exemption (TUE) in advance from your IF or NADO, you may be allowed to take the necessary medicine. The TUE will be taken into consideration if the substance is detected in your sample, and it will protect you from sanctions if the medical justification is confirmed.

The application process for a TUE is a four step process.

1. National level athletes should contact their NADO and international level athletes should contact their IF and ask for a TUE application form.
2. Have your physician fill out the form.
3. Send it to your IF or NADO where it will be reviewed by a TUE committee.
4. Complete this process as soon as possible, but optimally 21 days prior to participating in an event.



For those athletes not in an international testing pool, and who are competing at an international event, you need to ensure that, if you have been granted a TUE by a NADO, the TUE is recognized and approved by your IF prior to competing.

If and when accepted, you will receive notification from your NADO/IF that your TUE request has been granted. If the TUE has been granted, a certificate will be issued indicating the dosage and the length of time you will be permitted to use the substance.

Remember that your TUE is issued for a specific period of time and will expire. You must strictly follow the dose, method and frequency of administration as prescribed by your physician. Remember also that your TUE will only be granted if the medical substance does not enhance your performance, taking into account your medical condition.

If your TUE request is denied you have the right to ask WADA to review the case (at your own expense). If WADA confirms the decision of your NADO/IF, you may appeal the decision of the NADO/IF to the national review body for the national level athlete or the Court of Arbitration for Sport (CAS) for the international level athlete. WADA has the right to monitor and review all TUEs granted by a federation and/or anti-doping organization.

For certain anti-asthma medicines (i.e. formoterol, salbutamol, salmeterol, terbutaline by inhalation) and for local (e.g. nasal, ocular, intra-articular...) administration of glucocorticosteroids, an abbreviated TUE form (ATUE) exists. You have to apply on the specific form provided by your NADO (for the national level athlete) or IF (for the international athlete). Your physician will fill out the form and the next step is to send it to your IF or NADO. The ATUE is automatically granted upon receipt by your NADO or IF without the need to wait for notification. Your ATUE can be reviewed at any time by the relevant ADO and possibly rejected as well. You will be notified if more information is required.

Worldwide Doping Control Programs

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/discipline required for effective deterrence. The plan will include out-of-competition testing, in-competition testing, and may include blood as well as urine collection.

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 organiser 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 (see sample collection section).

Samples are analyzed for 'in-competition substances' as referred to in the Prohibited List.

Out-of-Competition Testing

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

Samples will be analyzed for 'out-of-competition substances' as referred to in the Prohibited List.

Athlete Whereabouts Information

To ensure athletes are available for out-of-competition testing, if you have been identified in the registered testing pool by an ADO, you are required to provide accurate and current whereabouts information. This whereabouts information is usually required on a quarterly basis, although you should check your ADO's specific requirements. You are also required to provide regular updates if your 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) to find you on any given day.

As an international or national level athlete identified in a registered testing pool, providing your whereabouts information is a key responsibility under the Code. Failure to provide accurate whereabouts information in accordance with your ADO's anti-doping regulations may be considered an anti-doping rule violation and you could be sanctioned.



The Doping Control Process

The following guidelines are intended to provide you with an overview of your rights and responsibilities in 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.

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 your selection for doping control.

Your rights:

- To be shown identification showing the DCO/chaperone's affiliation to the authorized sample collection agency and his/her authority to test.
- To be informed of the consequences of refusing to provide a sample.

Your responsibilities:

- To confirm your identify.
- To sign the form showing you agree to provide a sample.
- To be escorted from the time of notification until you have completed the sample collection process.
- To report for doping control as soon as possible, and within the time period specified by the ADO.

In-Competition testing

Your rights:

- To be accompanied by an athlete representative (this is optional).
- With the DCO's agreement complete the following:
 - > locate a representative
 - > warm down and collect your personal belongings
 - > attend a medal ceremony
 - > fulfill media commitments
 - > participate in further events
 - > receive treatment for injury
 - > any other activity accepted by the DCO

Out-of-Competition testing

Your rights:

- To be accompanied by an athlete representative, if available (this is optional).
- With the DCO's agreement, complete the following:
 - > Complete a training session
 - > Receive treatment for injury
 - > Any other activity accepted by the DCO

Reporting to the Doping Control Station

Your rights:

- Be escorted until you report to the Doping Control Station (DCS).
- Remain in the DCS once you have checked in, unless the DCO agrees to allow you to leave for a time with an escort.

Your responsibilities:

- Stay in sight of your escort at all times. You must not urinate, and should not take a bath or a shower before reporting.
- Provide photo ID at the DCS (lack of photo ID will not prevent sample collection if the DCO is sure of your identity).
- You are responsible for everything you eat, drink or put in your body. It is recommended that you drink only individually sealed, caffeine-free, non-alcoholic beverages.

Urine Sample Collection

Providing a sample

Your rights:

- Have the sample collection procedure explained if you request it. At a minimum you must be informed of your rights and responsibilities.
- Be given a choice of sealed collection vessels from which to select.
- Be observed providing your sample and always by someone of the same gender as yourself.

Your responsibilities:

- With the DCO, check that the equipment is clean and intact.
- Be solely responsible for handling your sample until it is sealed.
- Remove all clothing between the waist and mid-thigh to give an unrestricted view of sample provision.
- Provide the volume of urine required, which may mean providing several partial samples until the required volume is reached.
- Provide a second sample if the first sample does not satisfy the requirements for pH or specific gravity.

Dividing the sample

Your rights:

- With the DCO, check that the equipment is clean and intact.

Your responsibilities:

- Be given a choice of A and B containers from which to select.
- Divide the sample into the A and B containers.
- Check that the containers are securely sealed.

Paperwork

Your rights:

- Ask your athlete representative, if present, to check and sign the form.
- Ensure that you are anonymous on the section of the form that will go to the laboratory.
- Be given a copy of the form.

Your responsibilities:

- Show your TUE certificate, if you have one, to the DCO.
- Write down any medication or supplements taken over the period of time specified.
- Check the form for accuracy, including all code numbers and make any comments you wish.
- Sign the form.

Blood Sample Collection

Providing a sample

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.

Your rights:

- Be shown the ID of the blood collection officer demonstrating that he/she is certified in the blood taking process (i.e. phlebotomist).
- Be given the opportunity to sit or lay down to provide your sample.
- Be presented with a choice of kits from which to make a selection.
- Always have sight of the collection vessel.



- Be advised on the aftercare procedure.
- Be given a copy of the form.

Your responsibilities:

- Verify that the samples are securely sealed after collection.
- Provide details of any blood transfusions, or other information required by the ADO.
- Check the form for accuracy, including checking all code numbers, make any comments you wish, and sign the form.



Modifications 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. The modifications outlined below do not affect the integrity of the sample collection process.

Minors

You may, at your request, be accompanied by an athlete representative at all times during the sample collection procedure, including in the toilet area. However, the representative

will not witness the passing of the sample.

Athletes with restricted mobility/restricted manual dexterity

You may ask the athlete representative or the DCO/chaperone to assist you with mobility, when handling equipment, splitting the sample, or completing paperwork.

Athletes with cerebral palsy and/or significant lack of co-ordination may use a larger collection vessel, if available.

Athletes with visual impairment

You may be accompanied by an athlete representative at all times during the sample collection procedure, including in the toilet area. However, the representative will not watch the passing of the sample. The objective is to ensure that the witness is observing sample provision correctly.

The athlete representative or the DCO will read the doping control form to you. You may ask the athlete representative to sign the doping control form on your behalf.

Athletes with an intellectual disability

You may be accompanied by an athlete representative at all times during the sample collection procedure, including in the toilet area. However, the representative will not watch the passing of the sample. The objective is to ensure that the witness is observing sample provision correctly.

Athletes using condom drainage or indwelling catheter drainage

You should remove the existing collection bag and drain the system so that a fresh sample can be obtained.

Athletes who self-catheterize

You may use your own catheter to provide a sample (this catheter should be produced in tamper-evident wrapping), or use one provided at the DCS, if available.

Sample Storage and Transportation

Both blood and urine samples will be securely stored at the DCS prior to transportation to the laboratory. The relevant documentation will accompany the samples - this documentation will not reveal your identity to the laboratory. The chain of custody of the samples will be documented throughout.

The laboratory will sign receipt of your sample, and will continue to document the chain of custody.

Analysis

The laboratory will analyze for those substances specified on the WADA Prohibited List. The laboratory will report the results of urine sample analysis to the ADO at least 10 working days after receipt of the sample.

Results Management

The laboratory that has analyzed your sample will report the results simultaneously to the ADO responsible for results management and WADA. If there is an adverse analytical finding, then 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 explain (or justify) the adverse analytical finding, 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.



Sanctions

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 (or quantity found for certain substances) and the possible repetition of an anti-doping violation (recidivism).

Appeals

As an international athlete, you have the right to appeal any decision regarding a positive test attributed to you or sanctions (including a provisional suspension) imposed on you following an anti-doping rule violation. The normal 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.

Also, 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.

Appeal procedures relating to TUEs are discussed under the heading of *Therapeutic Use Exemption* in this guide.



Things to remember

Although your IF and support personnel such as your coach or team doctor all have a role to play in ensuring that you are fully informed with regard to doping control, the ultimate responsibility is yours. It is up to you to be responsible for what enters your body and to know the applicable anti-doping regulations.

You should also take time to:

- Learn more about the World Anti-Doping Code and how it affects you.
- Find out which substances are prohibited in your sport.
- Inform your doctor or pharmacist that you are an athlete who may be subject to doping control.
- Consult your ADO/event organizer if you are medically required to take any substance which appears on the Prohibited List - you will need to apply for a **TUE - IN ADVANCE**.
- Take special care with unlicensed products such as nutritional supplements or herbal preparations, as these are unregulated and may contain prohibited substances.
- Make sure that you provide whereabouts information and are available for testing.

A person is swimming underwater in a deep blue environment. The person is wearing a dark swimsuit and is positioned on the right side of the frame, facing away from the viewer. The water is clear and blue, with some light reflections and bubbles visible. The overall mood is serene and focused.

feedback

WADA wants all athletes to feel involved and free to voice their concerns, questions or ideas relating to the doping in sport issue. Your feedback and openness help to strengthen the overall system. WADA encourages you to contact us with questions, comments or concerns regarding anti-doping. We would also encourage you to contact us with any information or leads on those you feel may be using prohibited substances within your sport or procedures that are being used to manipulate the system.

Please send your feedback to:

dopingcontrol@wada-ama.org

If you would like a copy of the World Anti-Doping Code, Prohibited List or other information about anti-doping, please consult the WADA website at:

www.wada-ama.org

Definitions

Anti-Doping Organization means a signatory (of the World Anti-Doping Code) that is responsible for adopting rules, for initiating, implementing or enforcing any part of the doping control process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, or other major event organizations that conduct testing at their events, WADA, international federations, and national anti-doping organizations.

Athlete means for purposes of doping control, any person who participates in sport at the international level (as defined by each international federation), or national level (as defined by each national anti-doping organization) and any additional person who participates in sport at the lower level if designated by the person's national anti-doping organization. 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 means 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 means 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 means 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 means 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 means the location where the sample collection session will be conducted.

In-Competition means 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 means a natural person who has not reached the age of maturity as established by the applicable laws of his or her country of residence.

Out-of-Competition means any doping control which is not In-Competition.

Registered Testing Pool means 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 IF's or 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 is 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.

TUE means a Therapeutic Use Exemption (see International Standard for Therapeutic Use Exemptions).

Urine Sample Collection Session means 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 means the member of the sample collection personnel who observes the passing of the sample by the athlete in accordance with procedures for observation.