

- 1 ▶ **Question :** I can be sanctioned for associating with a coach, physician or other such support personnel who are serving a period of ineligibility due to an Anti-Doping Rule Violation (ADRV).
Answer: True
Explanation : *Prohibited Association is an Anti-Doping Rule Violation (ADRV) that can sanction an athlete for working with a coach, physician or other support personnel who is serving a period of ineligibility (sanction).*
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- 2 ▶ **Question :** A positive test is the only way an athlete can be sanctioned.
Answer: False
Explanation : *Presence of a prohibited substance in an athlete's sample is only 1 of 11 Anti-Doping Rule Violations (ADRVs). Refusing or failing to submit to sample collection, possession of a prohibited substance, complicity, and prohibited association are some of the other ADRVs that an athlete can be sanctioned for.*
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- 3 ▶ **Question :** Who is authorized to carry out the blood sample collection?
a. A qualified Blood Collection Officer (BCO)
b. A qualified Doping Control Officer (DCO)
c. A qualified Chaperone
d. All of the above
Answer: a. A qualified Blood Collection Officer (BCO)
Explanation : *A Blood Collection Officer (BCO) is an official who is qualified to take blood samples and has been authorized by the Anti-Doping Organization (ADO) to collect a blood sample from an athlete*
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- 4 ▶ **Question :** After I give a sample (blood and/or urine), how long can it be stored for reanalysis?
a. As long as the lab has space
b. 10 years
c. 2 years
d. It cannot be stored
Answer: b. 10 years
Explanation : *Currently all samples may be stored and reanalyzed up to 10 years after the sample was collected. The sample can be reanalyzed at any time during this period, which means previously undetectable substances may be found later on and athletes may be sanctioned and have their results disqualified well beyond the original testing date.*
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- 5 ▶ **Question :** If I want to respect my sport and be the best athlete I can be, I need to:
a. Work hard
b. Be dedicated
c. Learn from set-backs
d. All of the above
Answer: d. All of the above
Explanation : *Hard-work, dedication, and learning from set-backs are essential to become the best athlete of a sport. However, winning at all costs with no respect for health, fellow competitors, or the rules goes against the spirit of sport.*
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- 6 ▶ **Question :** Who determines whether your application for a Therapeutic Use Exemption (TUE), allowing you to use a prohibited substance for medical necessity, is approved or denied?
a. A committee of athletes
b. A group of professionals working for the national/international sports federation
c. A committee of medical experts
d. The president of the national or international sports federation
Answer: c. A committee of medical experts
Explanation : *After submitting a TUE to your relevant Anti-Doping Organization (IF or NADO and/or Major Event Organization, where applicable), your request will be appropriately dealt with by a panel of independent physicians called Therapeutic Use Exemption Committee (TUEC). IFs, NADOs and MEOs, through their TUECs, are then responsible for granting or declining your application.*
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- 7 ▶ **Question :** If I test positive in my country, I can compete for another country.
Answer: False
Explanation : *If you have committed an Anti-Doping Rule Violation (ADRV) in your country, your ADRV record will be recognized by all other Signatories of the World Anti-Doping Code. Therefore, during your period of ineligibility, you will not be able to compete for another country.*
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- 8 ▶ **Question :** Can I be found to have committed an Anti-Doping Rule Violation (ADRV) if I consume a supplement that is contaminated with a prohibited substance?
Answer: Yes
Explanation : *Under the Strict Liability Principle, an athlete is responsible for any prohibited substance that is found in their body. A potential Anti-Doping Rule Violation (ADRV) will occur whether or not you intended to use a prohibited substance or your level of precaution! Always be careful with any substance, or supplement you are consuming.*
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- 9 ▶ **Question :** When I am notified for doping control, I need to immediately report to the Doping Control Station.
a. Yes
b. No – I have one hour
c. I can report when I am ready
d. No – I have 24 hours
Answer: a. Yes
Explanation : *When you are notified by a Doping Control Officer (DCO) or Chaperone about your selection for doping control, you have to report to the Doping Control Station immediately, unless the DCO agrees that there are valid reasons for a delay. Even with a valid delay, you MUST remain within direct observation of the DCO and/or Chaperone at all times until the sample has been collected.*
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- 10 ▶ **Question :** If your sample returns an Adverse Analytical Finding for a prohibited substance, you have the right to:
a. Request the B sample be analyzed
b. Attend or to be represented for the opening and analysis of the B sample
c. Request copies of the laboratory documentation package
d. All of the above
Answer: d. All of the above
Explanation : *The World Anti-Doping Code (Code) aims to ensure that athletes' rights are respected. Having the B sample analyzed, receiving all documentation and having a representative present for the opening of the B sample are all ways that anti-doping rules give athletes confidence in the system.*
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- 11 ▶ **Question :** How often is the Prohibited List updated?
a. Once a month
b. Once a year, at least
c. Before every Olympic and Paralympic Games
d. It is never updated
Answer: b. Once a year, at least
Explanation : *The Prohibited List is reviewed annually by a panel of international experts. An updated version of the List is published by WADA by at least 1 October and enters into force on 1 January of each year. All athletes should ensure they are aware of the most up-to-date information related to the List which is available on the WADA Web site – www.wada-ama.org.*
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- 12 ▶ **Question :** Even if I am injured and not competing, I still need to submit my whereabouts information to the relevant sporting bodies in case they need to locate me for a doping control.
Answer: True
Explanation : *As an athlete, if requested, you must submit your whereabouts information even if you are not competing due to an injury or illness so the anti-doping organization can locate you at anytime and at any place.*
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- 13 ▶ **Question :** If a Doping Control Officer comes to your home to conduct an out-of-competition test, it is okay for you to leave the room alone to make a cup of coffee.
Answer: False
Explanation : *If you need to leave the room, tell the Doping Control Officer who will go with you. It is important that you protect the integrity of your sample by staying in full view of the Doping Control Officer at all times until the test is complete.*
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- 14 ▶ **Question :** If I have had an out-of-competition test already this week, it will be a few weeks before my next test.
Answer: False
Explanation : *There is no limit to the number of times an athlete can be tested each year including in-competition, out-of-competition so that testing remains unpredictable. There are benefits to conducting more than one test within a short time span since it stops cheats feeling they are 'safe' to continue cheating.*
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- 15 ▶ **Question :** It is always okay to accept medication from someone you trust, even if you don't know what the medication contains.
Answer: False
Explanation : *Athletes should always know what they are putting into their system. Taking medication without knowing what it contains could result in an Adverse Analytical Finding that could lead to an Anti-Doping Rule Violation and could also be dangerous to your health. A coach, physician or member of an athlete's support personnel could be sanctioned for knowingly giving, encouraging or assisting an athlete a prohibited substance.*
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- 16 ▶ **Question :** The person who receives my sample at the laboratory knows who I am.
Answer: False
Explanation : *The documentation which accompanies your sample to the laboratory does not reveal your identity. The unique sample code on the testing equipment is your link to your sample. The only other information the lab receives is the sport and discipline, your sport gender, the Anti-Doping Organizations (ADOs) involved in the testing mission, whether the sample was taken in-competition or out-of-competition and testing date. If a blood sample is collected, the lab may also receive your age and the time when your sample was collected.*
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- 17 ▶ **Question :** A TUE provides athletes with the opportunity to be treated for a serious medical condition by using a prohibited substance, when there are no alternatives. TUE stands for:
Answer: a. Therapeutic Use Exemption
Explanation : *TUEs are granted for a specific medication with a defined dosage and for a specific period of time. International-level athletes should submit their Therapeutic Use Exemption (TUE) request to their International Federation and national-level athletes should submit their forms to their National Anti-Doping Agency.*
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- 18 ▶ **Question :** The Prohibited List identifies what substances and methods are prohibited in-competition and out-of-competition.
Answer: True
Explanation : *The Prohibited List is reviewed annually by a panel of international experts. An updated version of the List is published by WADA by 1 October at the latest and enters into force on 1 January of each year. All athletes should ensure they are aware of the most up-to-date information related to the List which is available on the WADA Web site - www.wada-ama.org.*
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- 19 ▶ **Question :** I can be tested during a competition, even if I didn't compete.
Answer: True
Explanation : *If you are registered for a competition, you may be included in the selection for doping control, whether you competed or not.*
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- 20 ▶ **Question :** If I am banned in my sport, I can compete in another sport.
Answer: False
Explanation : *If you committed an Anti-Doping Rule Violation (ADRV) and are sanctioned, you cannot participate in competitions or activities in any sport that falls under the World Anti-Doping Code (Code) during your period of ineligibility.*
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- 21 ▶ **Question :** Athletes who dope are cheating every athlete's right to compete in clean sport.
Answer: True
Explanation : *When an athlete cheats, they take themselves out of the game, stop competing in the spirit of sport, and there is no longer a fair contest. Also, violating anti-doping rules is the same as violating competition rules, which all athletes accept as a condition to participate and compete fairly.*
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- 22 ▶ **Question :** If you are not able to provide the required amount of urine you will be asked to give a blood sample in addition to your urine.
Answer: False
Explanation : *If you are unable to provide the required amount of urine, your partial sample will be sealed and recorded, and when ready, you will need to provide further samples until you have the required volume.*
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- 23 ▶ **Question :** I should tell my doctor that as an athlete I am subject to doping controls and should not use prohibited substances.
Answer: True
Explanation : *It is important that your doctor knows that you are subject to doping control and should not use medications on the Prohibited List. You should inform your physician that the updated List can be found on WADA's website. If there are no alternatives, you will need to ask for a Therapeutic Use Exemption (TUE) through your International Federation or National Anti-Doping Organization and have your request approved before you can use the medication.*
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- 24 ▶ **Question :** My coach can accompany me to the Doping Control Station, if I want them there?
Answer: True
Explanation : *Every athlete has the right to have a representative accompany them to the Doping Control Station.*
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- 25 ▶ **Question :** An athlete can refuse to submit to doping control.
Answer: False
Explanation : *Refusing to submit to doping control can carry the same sanction as a positive test. If an athlete refuses to take a test when notified, they must provide an explanation for the refusal on the relevant form and inform their governing body as soon as possible.*
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- 26 ▶ **Question :** A coach or doctor assisting or encouraging an athlete to take prohibited substances can be sanctioned if that athlete tests positive is found to have committed an Anti-Doping Rule Violation.
Answer: True
Explanation : *Encouraging or assisting athletes to use prohibited substances or methods is considered a serious doping violation and a sanction may be imposed under the World Anti-Doping Code. The coach or doctor could even be sanctioned if the athlete had not committed an Anti-Doping Rule Violation. Athletes cannot work with coaches, doctors or other athlete support personnel who are serving a sanction themselves.*
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- 27 ▶ **Question :** When I am sick, I can be excused for taking ANY medicine to help me get well.
Answer: False
Explanation : *DO NOT take any medication or substance without first being sure it doesn't contain a prohibited substance. This includes both over-the-counter substances and medication from your doctor. Remember a positive test is a positive test. If there are no alternatives, you will need to ask for a Therapeutic Use Exemption (TUE) through your International Federation or National Anti-Doping Organization before you can use the medication.*
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- 28 ▶ **Question :** If a nutritional supplement is bought from a pharmacy (over-the-counter), it is definitely permitted in sport.
Answer: False
Explanation : *Taking supplements and/or any substance is at your own risk. Many supplements contain prohibited substances. Because the supplement industry is not regulated in many countries, it is important to be completely confident you know what is inside the product. An alternative to using supplements is to adapt your nutritional program.*
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- 29 ▶ **Question :** Analysis of urine for detection of prohibited substances or methods in sport can be performed by ANY laboratory with the necessary equipment.
Answer: False
Explanation : *Analyzing urine to detect prohibited substances or methods in sport can only be performed at laboratories that have met the very highest standards and have been accredited by WADA.*
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- 30 ▶ **Question :** If a medication is okay to use in my home country, I can safely use the same brand purchased overseas.
Answer: False
Explanation : *Some medications have slightly different ingredients when bought in different countries. In some cases, these could be prohibited substances. You must check the ingredients carefully and seek advice from your doctor, if you are unsure.*
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- 31 ▶ **Question :** The maximum number of times an athlete can be tested each year is?
a. 2
b. 5
c. 20
d. Unlimited
Answer: d. Unlimited
Explanation : *There is no limit to the number of times an athlete can be tested each year including in-competition, out-of-competition so that testing remains unpredictable.*
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- 32 ▶ **Question :** I am ultimately responsible for what I swallow, inject or apply to my body.
Answer: True
Explanation : *All athletes need to be proactive in asking questions so they don't jeopardize their sporting careers. If you have a question - ASK! If you cannot be 100% sure of the ingredients or don't know the status of a substance – DON'T TAKE IT!*
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- 33 ▶ **Question :** What does WADA stand for?
Answer: b. World Anti-Doping Agency
Explanation : *The World Anti-Doping Agency's (WADA's) primary role is to develop, harmonize and coordinate anti-doping rules and policies across all sports and countries.*
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- 34 ▶ **Question :** Only athletes competing at the Olympics, Paralympics and World Championships are subject to doping control.
Answer: b. False
Explanation : *Countries and sport federations decide what level of athlete should be tested and when. National-level and international-level athletes are most likely to be tested but countries and federations may choose to test masters-level athletes, recreational-level, or university athletes to name a few.*
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- 35 ▶ **Question :** If I know a supplement has been through a quality control process, I can be 100% guaranteed that it does not contain any substances on the prohibited list.
Answer: False
Explanation : *There is no way to 100% guarantee that supplements are free of prohibited substances as this industry is not regulated. This means that supplements could contain prohibited substances that are not listed on the product's label or could be contaminated during the manufacturing process. No organization can guarantee the safety of any dietary supplement or its content. Eating a balanced diet of natural, whole foods is the best way to improve athletic performance.*
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36 ► **Question :** Should I report unethical behavior even if I am not sure it was doping?

- a. No – only report something if you are 100% sure
- b. No – there is no way to report suspicious anti-doping behavior
- c. Yes – report it in a confidential way
- d. Yes – after you have confronted the individual to get more information

Answer: c. Yes – report it in a confidential way

Explanation : *Even if you are not sure about what you witnessed, you should report it to an Anti-Doping Organization (ADO). Many ADOs, including WADA, have online, confidential tools to report suspicious behavior. Every piece of information is important! WADA's SpeakUp - <https://speakup.wada-ama.org>*

37 ► **Question :** Dried Blood Spot (DBS) is a new technique used to detect doping in athletes.

Answer: True

Explanation : *Dried Blood Spot (DBS) analysis is designed to strengthen the overall system, protect athletes. DBS uses a few drops of blood, collected via a finger or upper arm prick. The blood is applied to a special type of absorbent support such as paper, is sealed and sent to a WADA-accredited laboratory for testing.*

38 ► **Question :** During a sample collection session, the Doping Control Officer (DCO) will ask you questions – your address, a list of any medications you have used recently, etc. Where can the DCO record this information?

- a. In a voice note
- b. On a paper Doping Control Form
- c. On a paperless Doping Control Form
- d. All of the above
- e. B and C only

Answer: e. B and C only

Explanation : *During a sample collection session, the DCO will record your personal information using a Doping Control Form (DCF) in paper format or could use a paperless version on a computer or a tablet. Your personal information will be treated safely and confidentially by the Anti-Doping Organization (ADO).*

39 ► **Question :** Athletes need to submit their requests for a Therapeutic Use Exemption (TUE) directly to WADA for approval.

Answer: False

Explanation : *While WADA reviews and can appeal TUE decisions made by Anti-Doping Organizations (ADOs), athletes have to submit their request form to their relevant ADO. The ADO's website will explain the process. Not sure which organization to send the application to? • National-level athletes: contact the National Anti-Doping Organization (NADO) • International-level athletes: contact the International Federation (IF) • At a Major Games: contact the Major Event Organizer (MEO)*

40 ► **Question :** An athlete with a disability can be excused from providing a sample if the Doping Control Officer (DCO) does not have specialized sample collection equipment to meet the athlete's needs (such as a catheter).

Answer: False

Explanation : *It is the athlete's responsibility to provide whatever additional equipment is necessary to provide a urine sample, for example, a catheter/drainage system or a specialized urine collection container. If the athlete is ultimately unable to provide a sample, due to lack of appropriate equipment, they could be charged with an anti-doping rule violation for failing to submit to doping control.*

41 ► **Question :** If it is not feasible for a Blood Collection Officer to take a blood sample from the arm of an athlete with a disability, the athlete should:

- a. Be excused from the blood sample collection
- b. Provide a urine sample instead
- c. Have the sample taken from another area of the body
- d. Athletes with disabilities are not subject to doping control

Answer: c. Have the sample taken from another area of the body

Explanation : *The International Standard for Testing and Investigations (ISTI) allows modifications to be made during the sample collection session for athletes with a disability, where necessary and where possible, so long as the integrity of the Sample Collection Session is not compromised. Should it not be possible to draw blood from the arm of an athlete with a disability, the athlete and Blood Collection Officer should discuss appropriate alternative locations for the blood to be drawn from.*

42 ► **Question :** During a sample collection session, you notice that the collection kit you selected was damaged, what should you do?

- a. Document your concerns about the equipment on your Doping Control Form
- b. Ask the Doping Control Officer to select another kit
- c. Both A and B
- d. Neither A or B

Answer: c. Both A and B

Explanation : *Doping Control Officers (DCOs) should always have enough sample collection equipment so that you may choose the kit you wish to use and have another choice should you feel that there is an issue with the equipment. The Doping Control Form (DCF) is where you should document any concerns you have with the sample collection session.*

43 ► **Question :** Anti-Doping Organizations (ADOs) take whistleblowing or reporting doping seriously.

Answer: True

Explanation : *Whistleblowing, reporting doping – whatever you want to call it, it is an important, valuable and useful tool to ensuring a level playing field. Many ADOs, including WADA, provide athletes, their support personnel and the public with tools to report suspicious behavior anonymously or treated in a confidential way. Coming forward with information can feel overwhelming, but WADA and ADOs have a clear process and all information is handled by professionals who are trained to receive this information.*

44 ► **Question :** The Athlete Biological Passport (ABP) can reveal that an athlete may be doping without a positive test.

Answer: True

Explanation : *The goal of the ABP is to monitor selected biological variables over time that would reveal the effects of doping if there were any, rather than detecting the doping substance or method itself. Anti-Doping Organizations (ADOs) can use this information to require more testing or for a possible Anti-Doping Rule Violation (ADRV).*

45 ► **Question :** Which of the following World Anti-Doping Agency (WADA) documents seeks to ensure that athlete anti-doping rights are clearly set out, accessible, and universally applicable?

- a. International Standard for Education (ISE)
- b. Athlete Anti-Doping Rights Act
- c. International Standard for Results Management (ISRM)
- d. Guidelines for the Protection of Privacy and Personal Information

Answer: b. Athlete Anti-Doping Rights Act

Explanation : *The Athletes' Anti-Doping Rights Act was developed by WADA's Athlete Committee in consultation with thousands of athletes and stakeholders worldwide. The Act, which is based on the 2021 World Anti-Doping Code (Code) and Standards, aims to ensure that athlete rights within anti-doping are clearly set out, accessible, and universally applicable.*

46 ► **Question :** An athlete can be tested by any National Anti-Doping Organization (NADO).

Answer: True

Explanation : *An athlete training or competing in another country can be tested by that country's National Anti-Doping Organization (NADO). All Anti-Doping Organizations (ADOs), including NADOs, that are signatories to the World Anti-Doping Code (Code) follow the same mandatory anti-doping rules and sample collection procedures.*

47 ► **Question :** As a top athlete in your sport or country, you may be added to your International Federation's or National Anti-Doping Organization's Registered Testing Pool (RTP). Being a RTP athlete comes with added responsibilities.

Answer: True

Explanation : *Registered Testing Pool (RTP) athletes are expected to be tested more than non-RTP athletes. To assist with these requirements, RTP athletes must submit whereabouts information so that Anti-Doping Organizations (ADOs) can locate them for testing. Some ADOs have other types of Testing Pools that also have to provide whereabouts information.*
