

Program Officer's Tool Kit

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Introduction

Dear Anti-Doping Program Officer,

The Education Department of the World Anti-Doping Agency (WADA) is pleased to make the enclosed Program Officer Tool Kit available for your use in developing your local anti-doping education programs.

In keeping with the general goal of WADA's Education Department to promote collaboration among WADA's stakeholders with respect to anti-doping education initiatives, as well as the sharing of educational materials, this Tool Kit contains a selection of materials from various authors on a variety of key anti-doping topics.

As with a real 'tool kit', the enclosed 'tools' are intended for your use in building your own anti-doping education program, which is adapted to your local conditions and customised to best serve your targeted audiences. Meantime, WADA's Education Department wholeheartedly encourages you to make full use of the enclosed tools, adapting them as is most appropriate for your specific programs and reproducing them so that they may be shared as widely as possible with other anti-doping programs officers within your region. Nonetheless, please give due recognition to WADA's intellectual property.

In order to ensure that this Tool Kit evolves in a manner that responds as closely as possible to your needs as Anti-Doping Program Officers, WADA's Education Department would welcome not only your comments and recommendations as to how to adapt and improve the package of enclosed tools, but also all news you can give us concerning the use you have made of these tools or the extent to which you have shared them with other Anti-Doping Program Officers within your region.

Please address all your questions and comments on the Tool Kit and your feedback on how you have used it in your anti-doping education work, to our WADA Education Department at info@wada-ama.org.

Yours truly,

The WADA Education Department

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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 Anti-Doping Organization for the most up-to-date anti-doping regulations.



In this section, you will find a series of **short texts** presenting basic and vital information in the field of anti-doping, including:

1. A factsheet about the World Anti-Doping Agency (WADA);
2. A "Who's Who" of the anti-doping world; and
3. A factsheet on the World Anti-Doping Code (Code).

FACT SHEET ABOUT THE WORLD ANTI-DOPING AGENCY

Created on 10 November 1999, pursuant to the Lausanne Declaration on Doping in Sport.

Funded equally by national governments contributions and by the International Olympic Committee.

Governed by a 38-member Foundation Board and a 12-member Executive Committee, each composed by equal numbers of representatives from the Olympic Movement and from governments.

Its mission is to promote, coordinate, and monitor, at the international level, the fight against doping in sport in all its forms.

Its logo expresses the universal spirit of sport practiced naturally, within the rules, and free from artificial enhancements:



- the "equal sign" expresses equity and fairness;
- the "square" represents the customs and the rules that must be respected;
- black evokes neutrality and is the traditional color of the referee;
- green evokes health and nature and is the usual color of the field of play.

Responsible for:

- Publishing the World Anti-Doping Code and monitoring its acceptance and compliance by sports governing bodies.
- Fostering the provision of education and of doping prevention information to athletes, coaches, youth and other relevant target groups.
- Providing certain funds for and managing scientific research and social science research programs aimed at developing new detection methods and improving doping prevention.
- Conducting some unannounced out-of-competition doping controls among elite athletes.
- Observing doping control and results management programs at major events.
- Fostering the worldwide development of national or regional anti-doping programs.

Not responsible for:

- Performing analyses on urine or blood samples. These analyses are performed in laboratories that have been accredited by WADA to do so.
- Sanctioning for doping violations. Sanctions are imposed by the governing body of which the person violated the doping rules. These governing bodies can be anti-doping organisations, event organisers, or sports federations, whether they operate at the international or national level.

Located in Montreal, Canada (head office) with regional offices in Lausanne, Switzerland; Cape Town, South Africa; Tokyo, Japan; and Montevideo, Uruguay.

Contact www.wada-ama.org info@wada-ama.org Tel : +1 514 904-9232

Who's Who and What's What in Anti-Doping

PUBLIC AUTHORITIES	ANTI-DOPING	SPORTS
<p>United Nations Educational, Scientific and Cultural Organization (UNESCO) Responsible for the development and implementation, alongside national governments, of the International Convention against Doping in Sport.</p> <p>☞ The UNESCO International Convention against Doping in Sport is an international legal instrument, which gives the governments of signatory countries a legal framework for harmonising efforts in the fight against doping in sport and aligning their domestic legislation with the World Anti-Doping Code.</p>	<p>World Anti-Doping Agency (WADA) Recognized by public authorities and by the Olympic Movement as the official international body responsible for the fight against doping and investigations in sport and for the World Anti-Doping Code.</p> <p>☞ The World Anti-Doping Code is a set of rules, which establish the fundamental principles on which all efficient anti-doping policies should be based, for adoption and implementation by sports governing bodies. It includes the Prohibited List and other International Standards for testing, therapeutic use exemptions and laboratory procedures.</p>	<p>International Olympic Committee (IOC) Promotes Olympism and is responsible for the smooth running of the Olympic Games in accordance with the Olympic Charter. <i>Provides WADA with 50% of its funding in the name of the Olympic Movement.</i></p> <p>International Federations (IFs) Each recognized as the official world governing body for a particular sport. <i>Each performs doping controls, and manages therapeutic use exemptions and whereabouts programs for international athletes in its testing pool.</i></p> <p>Court for Arbitration for Sport (CAS) Independent institution responsible for facilitating the settlement of sports-related disputes and hearing appeals by parties (athletes, athlete support personnel, IFs, IOC, WADA...) involved in international doping cases</p> <p>Other Organizations Responsible for Major Games such as the Paralympic Games (International Paralympic Committee - IPC), Commonwealth Games (Commonwealth Games Federation - CGF), and Continental Games (Pan American Sports Organisation – PASO, Association of National Olympic Committees of Africa – ANOCA, European Olympic Committees – EOC, Oceania National Olympic Committees – ONOC, Olympic Council of Asia - OCA)</p>
<p>National Governments Public authority responsible for ratifying, accepting, approving or acceding to the International Convention against Doping in Sport and implementing it on its territory. <i>Expected to pay its share of dues to WADA, representing in total 50% of its funding.</i></p>	<p>National Anti-Doping Organizations (NADOs) Each recognized by WADA as the official body responsible for anti-doping in its country. <i>Each performs doping controls and manages therapeutic use exemptions and whereabouts programs for athletes in its testing pool.</i></p> <p>Regional Anti-Doping Organizations (RADOs) Each recognized by WADA as the official body responsible for anti-doping in its respective grouping of neighbouring countries. <i>Established to fulfil a similar role to that of a NADO for their member countries.</i></p>	<p>National Olympic Committees (NOCs) Each recognized by the IOC as the official Olympic governing body in its country. <i>In the absence of a NADO, the NOC must fulfil the role of a NADO in its country.</i></p> <p>National Federations Each recognized by the relevant IF as the official national governing body for its sport. <i>Each may act as an intermediary between athletes and their IF and/or NADO on anti-doping matters.</i></p>

FACT SHEET ABOUT The World Anti-Doping Code

Essential Content

The Code establishes the fundamental principles on which all efficient anti-doping policies should be based. It also expressly sets out that the entire process leading to a sanction for a doping violation must respect human rights and principles of fairness and justice.

VIOLATIONS:	Description of various violations such as presence or use of a prohibited substance, evading a doping control test, administering or trafficking in prohibited substances or methods, etc.
SANCTIONS:	Description of sanctions applicable to different types of violation and of other circumstances, which may affect the sanction to be imposed.
RESULT MANAGEMENT:	Description of procedures to be followed from the time a possible doping violation is reported to a testing authority until a sanction is determined.
APPEALS:	Provisions setting out the right of all parties involved in doping cases to appeal decisions.
WHEREABOUTS:	Description of the requirements imposed on athletes who are subject to out of competition testing to provide whereabouts information to testing authorities so that mandated doping control officers can find them.
ROLES AND RESPONSIBILITIES:	Outline of the roles and responsibilities of WADA, governments and Code signatories with regards to doping control, education, research, sharing of information, mutual recognition of decisions, and other elements to ensure worldwide coordination and harmonization.
EDUCATION:	All signatories shall within their means and scope of responsibility and in cooperation with each other, plan, implement, evaluate and monitor information and education programs for doping-free sport.
INVESTIGATIONS:	Anti-doping organizations shall ensure they are able to investigate atypical findings and adverse passport findings and investigate any other analytical or non-analytical information or intelligence that indicates a possible anti-doping rule violation.

In addition to the core document of the Code, the following four International Standards are an integral part of the Code, even if they are published as separate documents:

PROHIBITED LIST:	Lists, by category or by name, substances and methods which are prohibited in sport. Distinguishes those prohibited at all times from those prohibited in competition only.
TESTING:	Sets out all of the proper, step-by-step procedures to be followed for doping controls, from the selection of an athlete for testing to the transportation of samples to the laboratory inclusively.
THERAPEUTIC USE EXEMPTIONS:	Provides for the right of athletes to undergo medical treatment under certain conditions. While most common illnesses can be treated with medications that do not contain prohibited substances, the Code allows for athletes to apply for a therapeutic use exemption to enable them to use, for a legitimate medical condition, an otherwise prohibited substance or method.
LABORATORY:	Sets out all the proper, step-by-step procedures to be followed by laboratories accredited by WADA in performing analyses for doping controls, from the time the laboratory receives a sample, to the reporting of results to the testing authority, including the safeguarding of remaining samples.
PROTECTION OF PRIVACY AND DATA PROTECTION:	Ensure that all relevant parties involved in anti-doping in sport apply suitable privacy protection in relation to the collection and use of personal data.

Adoption and Implementation

The signatories of the Code are listed on WADA's website (under Code/Code Acceptance).



This section contains a ready-to-use PowerPoint presentation on WADA and the **World Anti-Doping Program**. It aims at introducing sport administrators to the field of anti-doping.

The presentation does not contain the WADA logo. Please feel free to customize the presentation by inserting the logo of your National Anti-Doping Organization (NADO), National Olympic Committee (NOC) or National Federation (NF). We also invite you to add local content to give the presentation a local feel to better speak to your target audience.

WADA and the World Anti-Doping Program

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The World Anti-Doping Agency (WADA) is an international independent organization that

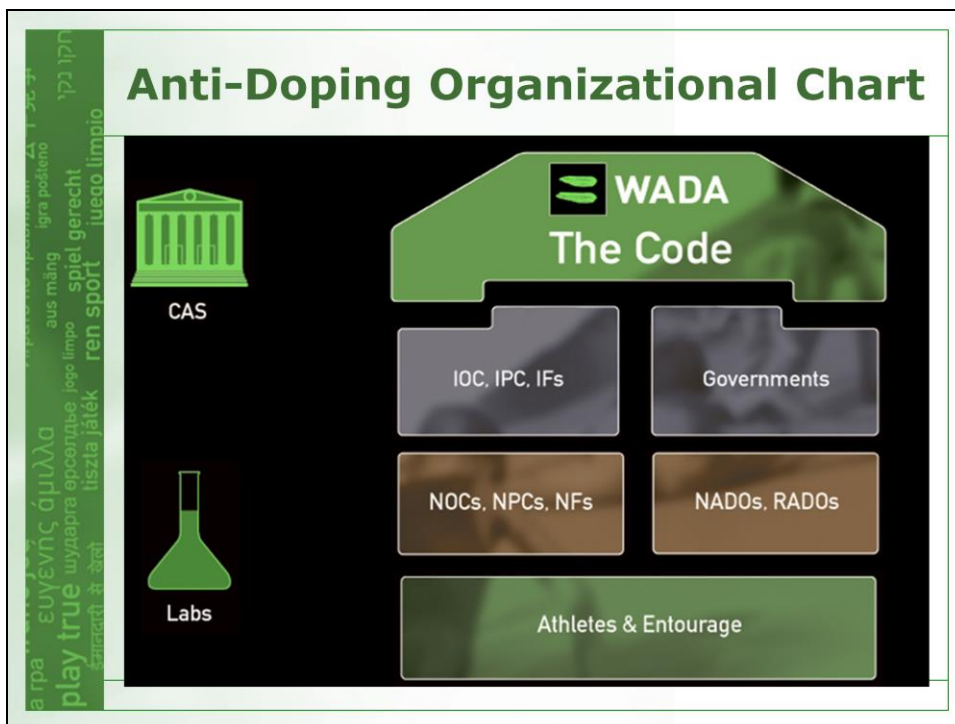
promotes, coordinates, and monitors, on an international basis, the fight against doping in sport in all its forms.

Its decision-making bodies (Executive Committee and Foundation Board) are comprised of an equal number of representatives from:

- public authorities (governments)
- sports organizations (Olympic Movement, International Federations, etc.)

WADA publishes and oversees the implementation of the WORLD ANTI-DOPING CODE in all sports and all countries.

It also publishes the one and only LIST OF PROHIBITED SUBSTANCES AND METHODS.



WADA & the Code

- WADA is the international, independent monitoring watchdog of the global fight against doping in sport and the custodian of the World Anti-Doping Code (Code). WADA oversees and works in cooperation with a network of stakeholders, each of which has its own specific set of roles and responsibilities.
- WADA monitors sport and government activity in relation to the Code and the International Standards; sponsors research; accredits anti-doping labs; annually publishes the list of prohibited substances; promotes anti-doping outreach and education; contracting with stakeholders to help them fulfil their responsibility of out-of-competition testing.

IOC, IPC, IFs

- The International Olympic Committee (IOC) and the International Paralympic Committee (IPC) are responsible for the testing process during the Olympics and Paralympics respectively, using the Code, as well as sanctioning those who commit anti-doping rules violations during the Games. The IOC, on behalf of the sports movement, provides half of WADA's budget.
- To be fully in line with the Code, International Sports Federations (IFs), as well as all other sports organizations, must undertake three steps: Code acceptance, implementation, and compliance. Code acceptance means that the IF agrees to the tenets of the Code. Implementation means that, following Code acceptance, the IF has amended its rules and policies to include the Code's mandatory articles and principles. Finally, Code compliance means that the IF has amended its rules and policies and is enforcing them in accordance with the Code. Activities required of IFs by the Code include conducting drug testing at their competitions as well as having out-of-competition testing programs; and sanctioning those who commit anti-doping rules violations according to the Code.

GOVERNMENTS

- Government responsibilities in anti-doping are many. They facilitate doping controls and support national testing programs; encourage the establishment of "best practice" in the labelling, marketing and distribution of products which might contain doping prohibited substances; withhold financial support from those who engage in or support doping; take measures against manufacturing and trafficking; encourage the establishment of codes of conduct for professions relating to sport and anti-doping; and fund anti-doping education and research.
- Many governments cannot be legally bound by a non-governmental document such as the Code. Governments accordingly have undertaken a two-prong process to align their domestic policies with the Code: signing the Copenhagen Declaration as public demonstration of their political commitment to the Code; and ratifying the UNESCO International Convention against Doping in Sport which allows the practical implementation of the Code into domestic policy.

NOCs, NPCs, NFs

- According to the Code, IFs' rules should include the requirement that their NFs are Code-compliant, and that these rules are enforced. IOC and IPC rules also require that National Olympic Committees (NOCs) and National Paralympic Committees (NPCs), respectively, agree to implement the Code.

NADOs, RADOs

- NADOs are responsible for testing national athletes in- and out-of-competition, as well as athletes from other countries competing within that nation's borders; adjudicating anti-doping rules violations; and anti-doping education. Currently, approximately 40 countries have their own NADOs. WADA is working with stakeholders in areas of the world where there exists limited or no anti-doping controls and education to pool resources and develop Regional Anti-doping Organizations (RADOs).

ATHLETES AND ENTOURAGE

- Athletes may be part of the registered testing pool of the anti-doping organization (ADO): NADO, IF, and/or NF. It is the athletes' responsibility to provide whereabouts information to the ADO(s) so that they may be tested out-of-competition with no advance notice. Members of the athlete entourage (coaches, trainers, doctors) are also responsible for complying with the Code.

ANTI-DOPING LABORATORIES

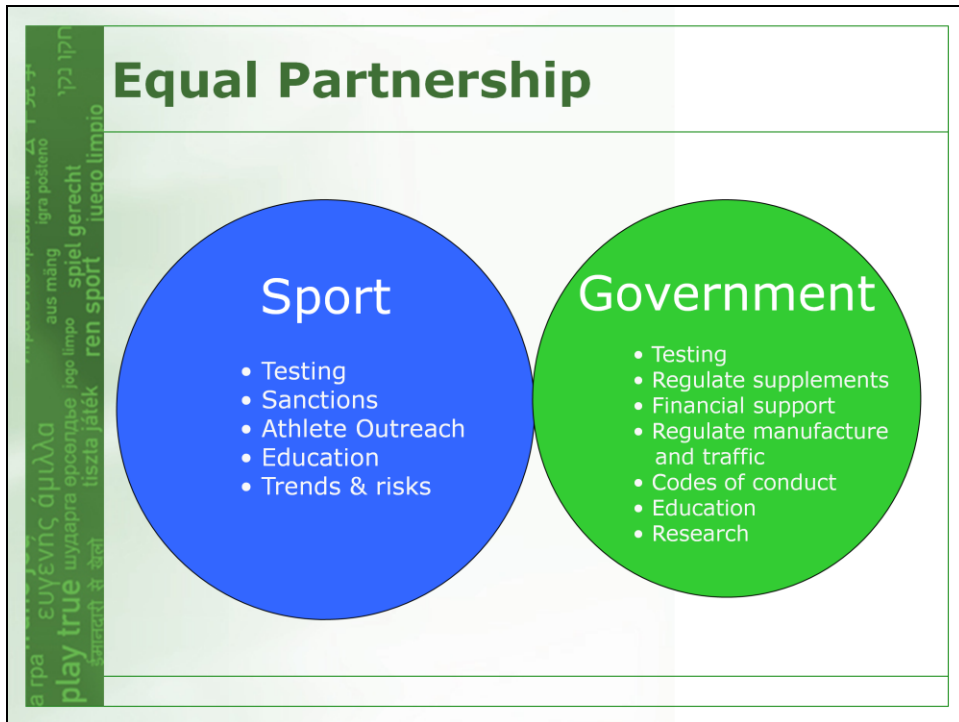
- There are currently 32 laboratories worldwide that are able to analyze doping control tests under the Code. These labs must achieve and maintain accreditation from WADA according to the criteria established in the International Standard for Laboratories and its related technical documents; the labs must also meet the standards established for the production of valid test results and evidentiary data.

COURT OF ARBITRATION FOR SPORT (CAS)

- CAS is an institution independent of any sports organization which provides for services in order to facilitate the settlement of sport-related disputes through arbitration or mediation by means of procedural rules adapted to the specific needs of the sports world. CAS is often referred to as "sport's supreme court." WADA has a right of appeal to CAS for doping cases under the jurisdiction of organizations that have implemented the Code.

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A key recommendation made to the IOC as an outcome of the conference was to establish an independent anti-doping organization. The World Anti-Doping Agency became this organization.



EQUAL PARTNERSHIP

WADA is an equal partnership between Sport and Government. It is a unique partnership, reflecting the fact that to successfully combat doping in sport, a harmonized and collaborative approach is needed. Each party brings to the table a unique set of resources that, when combined, ensure greater success:

Sport has the responsibility to:

- Perform testing;
- Sanction athletes;
- Influence athletes through Outreach;
- Educate athletes and their entourage about the dangers and consequences of doping; and
- Collect important information on doping trends and risks.

Governments have the responsibility to:

- Facilitate doping controls and support national testing programs;
- Encourage the establishment of “best practice” in the labelling, marketing and distribution of products which might contain doping prohibited substances;
- Withhold financial support from those who engage in or support doping;
- Take measures against the “upstream” of doping (the manufacturers, the traffickers, the distributors);
- Encourage the establishment of codes of conduct for professions relating to sport and anti-doping; and
- Support anti-doping education and fund research.

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World Conference 2003

Conference Resolution

Accepting the World Anti-Doping Code as the basis for the fight against doping in sport

Copenhagen Declaration

Recognizes and supports WADA, accepts the World Anti-Doping Code and endorses a process which will lead to a Convention



The second World Conference on Doping in Sport was held in Copenhagen, Denmark, in 2003.

There were 2 major outcomes of the 2003 World Conference –

- 1) The World Anti-Doping Code was accepted as the basis for the fight against doping in sport.
- 2) The Copenhagen Declaration was finalized, which recognizes and supports WADA, accepts the World Anti-Doping Code and endorses a process which would lead to a convention. This was a major step for involving governments in the fight against doping.



GOVERNMENTS & THE CODE

Many governments cannot be legally bound by a non-governmental document such as the Code. Governments accordingly have undertaken a **two-step process** to align their domestic policies with the principles of the Code:

Step 1: Political Commitment to the Code

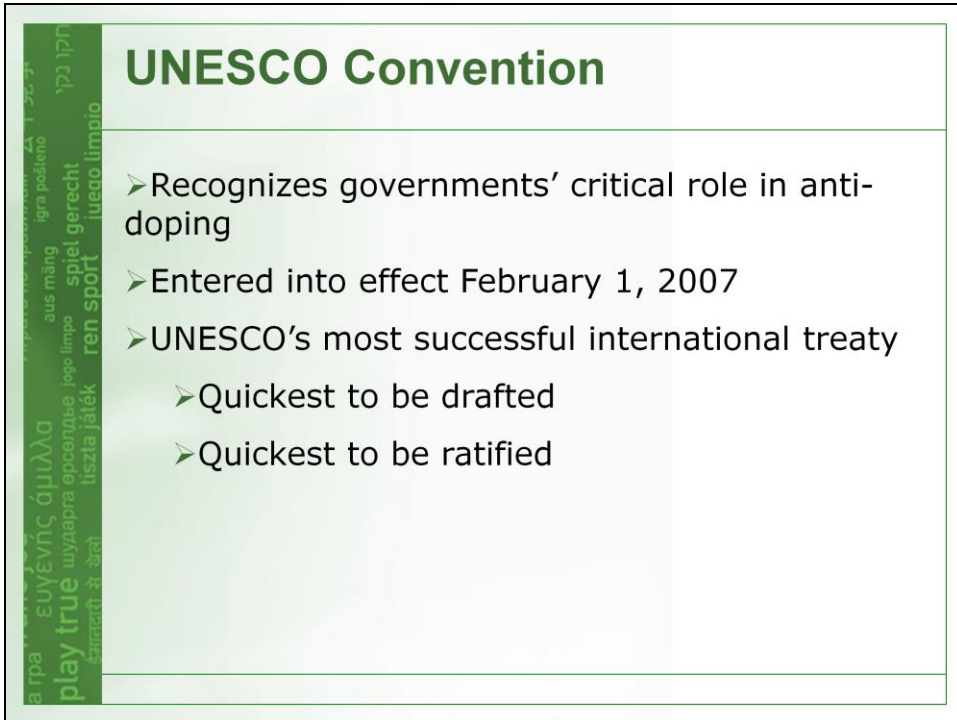
Governments sign the **Copenhagen Declaration on Anti-doping in Sport**, indicating their political commitment to the Code and intent to adopt its principles through an international convention. It was adopted during the 2nd World Conference in March 2003 by the 51 countries present. There are now 184 countries that have signed the Declaration.

Step 2: Practical Tool Enabling Governments to Align Domestic Policy with the Code

Governments develop the **International Convention against Doping in Sport**, unanimously adopted by the UNESCO General Conference in October 2005.

The Convention was drafted under the auspices of UNESCO, developed from 2003 – 2005 through extensive drafting and consultation process involving over 95 countries, underwent expert group analysis and intergovernmental review. WADA and the IOC actively participated in the process. On October 19, 2005, the Convention was unanimously adopted by the 191 countries participating in the UNESCO General Conference in Paris. The fact that the Convention was crafted, negotiated, and unanimously adopted within just **two years** is a record for international treaties, which normally take 8-12 years.*

**By comparison, the Convention on the Rights of the Child took 10 years to reach its adoption.*



UNESCO Convention

- Recognizes governments' critical role in anti-doping
- Entered into effect February 1, 2007
- UNESCO's most successful international treaty
 - Quickest to be drafted
 - Quickest to be ratified

Following the Copenhagen Declaration, the consensus building and drafting of the International Convention against Doping in Sport began under the auspices of UNESCO late in 2003.

The Convention underwent extensive drafting and consultation processes involving over 95 countries, underwent expert group analysis and intergovernmental review. On October 19, 2005, the Convention was unanimously adopted by the 191 countries participating in the UNESCO General Conference in Paris. The fact that the Convention was crafted, negotiated, and unanimously adopted within just two years is astounding. The record speed in which it was drafted and adopted demonstrates global recognition of its importance.

The final phase began on December 19, 2005, when the Convention instruments were made available to governments by UNESCO and governments individually began to ratify, adopt, approve, or accede to (depending on each government's process) the Convention. In accordance with Article 37 of the Convention, it would enter into force on the first day of the month one month after the receipt of the thirtieth instrument of ratification, acceptance, approval, or accession. The Convention therefore came into effect on February 1, 2007.

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World Conference 2007

1,500 representatives

- Public authorities
- Sport Movement
- Anti-doping community
- Athletes
- Observers
- Media

Madrid Resolution

The 3rd World Conference endorsed the Revised World Anti-Doping Code (Code) in a move to advance anti-doping harmonization and programs worldwide.



On November 17, 2007, the Sports Movement and Governments of the world, at the Third World Conference on Doping in Sport (World Conference) hosted in Madrid (Spain), adopted a resolution (Madrid Resolution) in which they renewed their joint commitment to a rigorous fight against doping in sport and approved the strengthening of the World Anti-Doping Code.

The World Conference endorsed the Revised World Anti-Doping Code (Code) in a move to advance anti-doping harmonization and programs worldwide. Since its initial adoption in 2003 by Sport and Governments as the framework for the global harmonized fight against doping in sport, the Code has proven to be a fair and effective tool for combating doping. In a meeting held prior to the World Conference's adoption of the Madrid Resolution, the Foundation Board of the World Anti-Doping Agency (WADA) unanimously approved the revisions to enhance the Code.

At the World Conference, organized by WADA with the support of the Spanish High Council for Sport from November 15 - 17, 2007, more than 1,500 representatives of public authorities, the Sport Movement, the anti-doping community, athletes, observers, and the media convened to review the major advances that have been made in the fight against doping since WADA's inception in late 1999, and what strategies will be needed in the future.

WADA launched a process to refine the Code's provisions and strengthen worldwide anti-doping programs in April 2006. Consultations extended over 18 months and involved 3 rounds of review with 3 successive draft revisions of the Code distributed to all stakeholders for feedback. In addition, WADA sought input from various stakeholder groups, which included initiating 40 individual meetings and 70 presentations. The process for participating in the consultations was made public and transparent via WADA's Web site and communications to stakeholders. Each draft revision of the Code was published online along with the official submissions made by stakeholders in response to the drafts.

Sports and Governments are expected to implement the revisions to the Code by 1 January 2009.

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- Public authorities
- Sport Movement
- Anti-doping community
- Athletes
- Observers
- Media

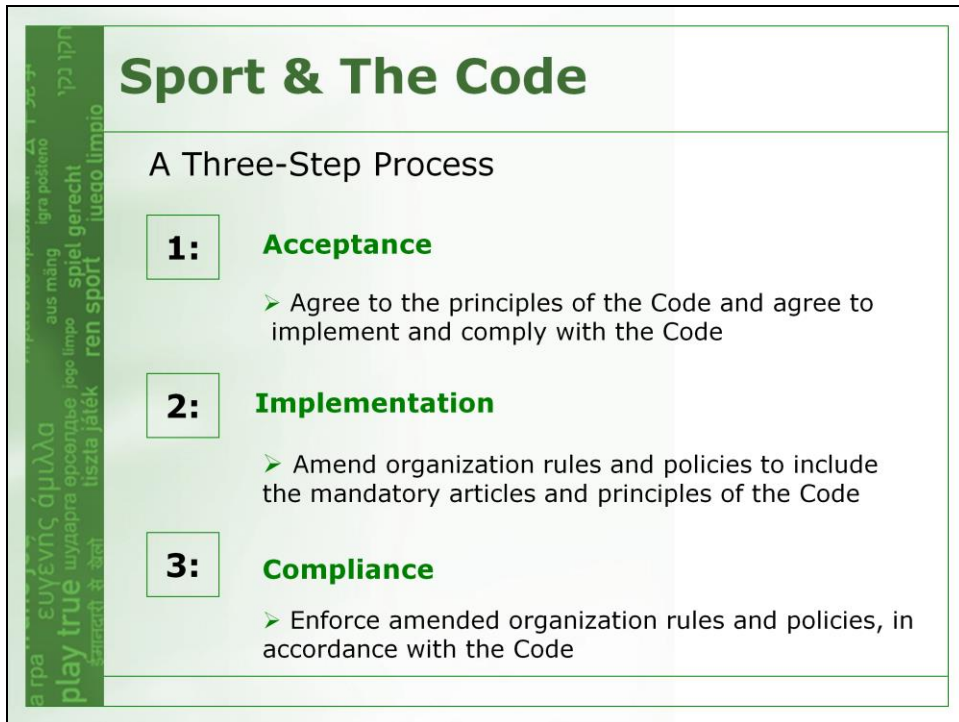


Demonstrates the renewed commitment that both government and the sport movement have towards putting the rights of clean athletes ahead of all others

All Conference participants then joined together to do the same, representing the culmination of a two-year Code Review process that included four rounds of consultation, resulting in 4,000 proposed changes and four successive draft revisions.

The subsequent adoption of the Johannesburg Declaration signified the renewed commitment of both government and sport to a set of rules that protect the rights of the clean athlete.

Following implementation by signatories in 2014, the revised Code and International Standards will take effect on January 1, 2015.



SPORTS & THE CODE: A THREE-STEP PROCESS

A brief word about: **Code “Acceptance,” “Implementation,” and “Compliance”**

- Once a sports organization **accepts** the World Anti-Doping Code, it then needs to **implement** the Code.
- Code **acceptance** means that a sports organization agrees to the principles of the Code and agrees to implement and comply with the Code.
- Code **implementation** means that a sports organization amends its rules and policies to include the mandatory articles and principles of the World Anti-Doping Code.
- Code **compliance** means that a sports organization has amended its rules and policies and is enforcing them.

As the international, independent organization responsible for the Code, WADA has a duty to monitor all three aspects, from acceptance to implementation to compliance, and to take necessary measures to ensure the integrity of the Code. Stakeholders must complete each of these three steps to be fully in line with the Code.

Sport: WADA's Monitoring Role

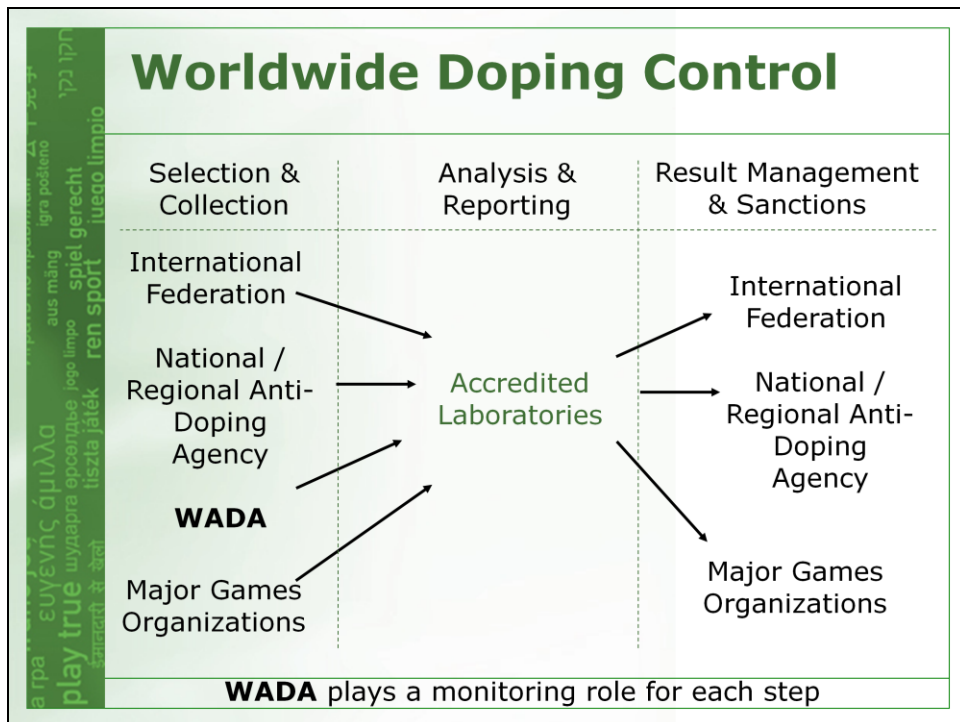
SPORTS: WADA'S MONITORING ROLE

Pursuant to the Code, WADA has a duty to monitor all three activities – acceptance, implementation, compliance.

Code Acceptance: WADA tracks and reports sports acceptance of the Code.

Implementation: On a daily basis, WADA reviews sports rules and regulations and provides model rules of best practices to facilitate stakeholder implementation of the Code into their rules and processes.

Compliance: WADA also monitors sports sanctions to determine whether they are in line with the Code. If they are not, WADA will appeal to the Court of Arbitration for Sport. In addition, WADA has the responsibility to perform a bi-annual compliance report on stakeholder compliance.



These are the organizations involved in the DOPING CONTROL (testing) process:

WADA has an out-of-competition testing program by agreement with some International Federations (IFs).

Most tests are conducted by International Federations (IFs) and national anti-doping organizations (NADOs).

Multi-sport organizations also conduct tests during their events (e.g. Olympic and Paralympic Games).

ALL SAMPLES must be analyzed by a laboratory accredited for that purpose by WADA.

Results of the analyses are sent to the organizations conducting the tests, and WADA receives only adverse analytical findings (AAF – formerly called a 'positive' result).



Harmonization in the global fight against doping in sport is achieved by the adherence of stakeholders to the World Anti-Doping Program (WADP).

There are three levels to the WADP: the World Anti-doping Code, the International Standards, and Models of Best Practices.

Level 1: The World Anti-Doping Code

- The document that harmonizes rules relating to core anti-doping activities, in all sports and in all areas of the world; It provides the framework for anti-doping policies, rules, and regulations within sport organizations and among public authorities.
- Specific enough to achieve complete harmonization on issues where uniformity is required, and general enough in other areas to permit flexibility on how agreed upon anti-doping principles are implemented
- Aspects addressed specifically in the Code include: definition of doping, what constitutes anti-doping rule violations, proof of doping, the prohibited list, testing, analysis of samples, results management, right to a fair hearing, disqualification of individual results, sanctions on individuals, consequences to teams, sanctions against sporting bodies, appeals, confidentiality and reporting, clarification of doping control responsibilities, doping control for animals competing in sport, statute of limitations.
- The Code entered into force on January 1, 2004, and is mandatory.

Level 2: International Standards

- Standards that harmonize different technical and operational aspects of anti-doping
- Mandatory for harmonization and compliance with the Code
- Four International Standards: List, TUE, Testing, Labs
- The List of Prohibited Substances and Methods (List): Since 2004, as mandated by the World Anti-Doping Code (Code), WADA is responsible for the annual preparation and publication of the List. It is a cornerstone of the Code and a key component of harmonization, identifying substances and methods prohibited in-competition, out-of-competition, and in particular sports.
- Therapeutic Use Exemptions (TUE): Athletes, like all others, may have illnesses or conditions that require them to take particular medications. If the medication an athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a TUE may give that athlete the authorization to take the needed medicine. The International Standard for TUEs helps to ensure that the process of granting TUEs is harmonized across sports and countries.

- Testing:** The International Standard for Testing harmonizes the planning for effective testing, with the intent to maintain the integrity and identity of samples, from notifying the athlete to transporting samples for analysis.
- Laboratories:** The International Standard for Laboratories is intended to ensure production of valid test results and evidentiary data and to achieve uniform and harmonized results and reporting from all accredited labs
- Protection of Privacy and Data Protection:** Ensure that all relevant parties involved in anti-doping in sport apply suitable privacy protection in relation to the collection and use of personal data.

Level 3: Models of Best Practice

- WADA offers Models of Best Practice** to its stakeholders to facilitate their implementation of the World Anti-Doping Code into their own rules and regulations. The Model Rules and Guidelines, making up the Models of Best Practice, are recommended as solutions in different areas of anti-doping.
- Model Rules:** Two Model Rules have been developed, one for International Federations and another for National Anti-Doping Organizations. Written in collaboration with stakeholders, the Model Rules allow for great flexibility in their use by organizations. For example, clauses that are mandatory under the World Anti-Doping Code and that should be “incorporated without any substantive changes” are highlighted in the text. And, it is at the discretion of each individual NADO or IF how the organization wishes to incorporate the non-mandatory articles into its current rules and regulations. These non-mandatory articles can be incorporated in whole, or in part, and can be amended or reworded to best fit the organization’s needs and the requirements. Further, when appropriate, alternative approaches have also been offered.
- Guidelines:** WADA also publishes guidelines that relate to doping control activities. These are developed based on the World Anti-Doping Code and with the input of stakeholders. While not mandatory, they are intended to facilitate stakeholders’ activities in areas including results management, out-of-competition testing, athlete whereabouts, and urine and blood sample collection. In addition, in cooperation with WADA, the International Anti-Doping Agreement (IADA) has developed guidelines for Anti-Doping Organizations that have already obtained an ISO certification or that wish to be ISO-certified. These include guidelines for transition and for certification. The Guidelines, available on WADA’s Web site at www.wada-ama.org, are subject to ongoing review and reassessment. WADA encourages feedback on their content and recommends that stakeholders always consult this Web site for the latest version.
- Forms:** Sample forms and instructions also facilitate harmonization, providing stakeholders ready-made tools to adopt and use in their doping control processes. Some examples include the forms and instructions for Doping Control, Chain of Custody, and Athlete Whereabouts.

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झरझरी अ खेल	tiszta játék	ren sport	juego limpio

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This section contains a ready-to-use PowerPoint presentation on the **fundamental issues related to anti-doping**. It aims to introduce the field of anti-doping and its requirements to elite athletes, including:

- the Prohibited List
- Therapeutic Use Exemptions (TUE)
- Doping Violations
- the Principle of Strict Liability
- Registered Testing Pool
- Athlete Whereabouts

The presentation does not contain the WADA logo. Please feel free to customize the presentation by inserting the logo of your National Anti-Doping Organization (NADO), National Olympic Committee (NOC) or National Federation (NF). We also invite you to add local content to give the presentation a local feel to better speak to your target audience.

What do I need to know?

Word cloud illustrating the concept of "fair play" or "playing true" in various languages:

- franc jeu
- играть по правилам
- 公平競争
- ευγενής άμιλλα
- aus māng
- igra pošteno
- шударпа ёрсёндье
- jogo limpo
- spiel gerecht
- שחקו נקי
- gioca pulito
- play true
- reilu peli
- इमानदारी से खेलो
- tiszta játék
- ren sport
- juego limpio
- 最高の感動のために
- hakça oyun
- العاب النزيه

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Prohibited List

- Single list
- Revised every year
- Current version: www.wada-ama.org
- Out-of-competition vs. in-competition
- Substances prohibited in particular sports

It is revised every year – effective January 1 – and published three months before it comes into effect

It includes substances as well as methods that are prohibited in all sports

It highlights certain substances that are prohibited only in particular sports

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- Use of prohibited substance or method for a legitimate medical condition
- Managed by NADO or IF
- Doctor fill out application form
- At least 30 days before next competition
- Wait for TUE to be granted

Recognizes an athlete's right to best medical treatment

- obtain an application form from your IF or NADO (depending on the testing pool to which you belong)
- have your doctor fill out the application form and produce the necessary evidence (diagnostic test results, etc.)
- submit the application at least 30 days before your next competition

Doping Violations

- Presence or Use
- Refusing, or failing to submit to Sample collection
- Violation of requirements regarding whereabouts
- Tampering with Control
- Possession, Trafficking
- Administration or any other type of complicity

- Presence or evidence of use of a prohibited substance or method
- Refusing, or failing to submit to sample collection (sanction severity will be the same as for the presence of a prohibited substance or method)
- Violation of requirements regarding whereabouts (for athletes in registered testing pool)
- Tampering with control (e.g. interfering with due process during testing so as to invalidate results)
- Possession of, or trafficking in any prohibited substance or method
- Administration of a prohibited substance or method to an athlete; assisting, encouraging aiding, abetting, covering up or any other type of complicity in a doping violation
- Any attempt to do any of the above is also considered a violation, whether or not the attempt was completed and/or successful

Principle of Strict Liability


YOU, and only **YOU**,
are responsible for what goes
into your body

STRICT LIABILITY PRINCIPLE

Under the strict liability principle that is central to all anti-doping regulations, a rule violation occurs whenever a prohibited substance is found in an athlete's bodily specimen

This means:

YOU (the athlete), and only **YOU**, are responsible for what goes into your body!!!



Registered Testing Pool

Athletes identified by NADOs and IFs

Becoming part of a testing pool:


- Receive notification
- Can be tested at any time anywhere
- Submit whereabouts information

Testing pools are:

Groups of top level athletes identified by each International Federation (IF) or National Anti-Doping Organization (NADO) to be subject to both in-competition and out-of-competition testing

When becoming part of a testing pool, you:

- will be notified of it officially by your NADO or your IF
- become subject to no-notice, out-of-competition tests
- must submit whereabouts information to your NADO or your IF



Whereabouts Information

Allows doping control officers to find athletes for out-of-competition tests

Athletes in testing pools must submit:

- Usual locations
- Usual dates and times
- Travel plans
- Regular updates as plans change

Each IF or NADO has its own process and requirements for submitting whereabouts information, **JUST ASK!**

WHEREABOUTS INFORMATION

No-notice, out-of-competition testing is the cornerstone of efficient doping control.

Whereabouts information allows doping control officers (DCOs) to find athletes for unannounced, out-of-competition tests.

You are required to submit whereabouts information when you belong to a testing pool.

This information usually includes:

USUAL LOCATIONS: Permanent address / Address(es) of training venues / Any alternate address

USUAL DATES AND TIMES: Training or work schedules / Other regular events in agenda

TRAVEL PLANS (for leisure, business or sport): Dates, times and accommodation details

Information must be updated regularly as your agenda evolves and your plans change

Each IF or NADO has its own process and requirements for submitting whereabouts information, **JUST ASK!**

YOU ARE RESPONSIBLE FOR KNOWING AND COMPLYING WITH ALL THE APPLICABLE WHEREABOUTS REQUIREMENTS.

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झरझरी से खेलते	tiszta játék	ren sport	juego limpio

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This section contains a ready-to-use PowerPoint presentation on different ways in which athletes and their entourage can Play True and **support doping free sport**. Aimed at sensitizing athletes and their entourage, the presentation offers tips on rights and responsibilities as well as where to get all the necessary information they need to fight doping.

The presentation does not contain the WADA logo. Please feel free to customize the presentations by inserting the logo of your National Anti-Doping Organization (NADO), National Olympic Committee (NOC) or National Federation (NF). We also invite you to add local content to give the presentation a local feel to better speak to your target audience.

Supporting Doping-Free Sport

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честна гра
ευγενής άμιλλα
Играць по правилам
公平竞争
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reilu peli
tiszta játék
ren sport
spiel gerecht
שחקו נקי
juego limpio
最高の感動のために
hakça oyun
العاب النزيه

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What Can I Do to Support Doping-Free Sport?

- avoiding violating anti-doping rules inadvertently
- playing your part by ensuring that your competition is doping-free
- promoting clean sport for the next generation of athletes

The slide features a vertical sidebar on the left containing the word 'play' in various languages: Greek (αἰσθητική), Hebrew (לחץ), Chinese (aus mǎng), Spanish (juego limpio), German (spiel gerecht), Hungarian (játék), and English (play true). The main title is 'Responsible and Clean Athletes'. Below the title, there are two bullet points: '➤ Know and follow the rules' and '➤ Know my rights and responsibilities'. At the bottom right, the text 'DO YOU?' is displayed in a green, italicized font.

Responsible and Clean Athletes

- Know and follow the rules
- Know my rights and responsibilities

DO YOU?

RESPONSIBLE AND CLEAN ATHLETES:

- Know and follow the rules governing their sport, including anti-doping rules
- Know their rights and their responsibilities under the applicable anti-doping rules and doping control process

DO YOU?

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szabadon át játszhat	tisztán játékn	ren sport	juego limpio

- Whereabouts
- Compliance with testing
- Therapeutic use exemption

FOLLOWING THE PROCEDURES

- If required, provide your whereabouts information accurately and update your whereabouts information immediately when and as required
- Comply with the doping control process when you are selected for testing
- Be sure to apply for a therapeutic use exemption on time, whenever necessary

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play true	шударга ерсендье	jego limpo	spiel gerecht
szaradzi si do siebie	tiszta játék	ren sport	juego limpio

- Remember the strict liability principle!*

- Be aware of everything that you eat, drink, inhale, inject, or apply to your body in any form
- Notify and constantly remind your doctor and pharmacist that you are an elite athlete and are subject to anti-doping regulations
- Obtain your NADO's or your pharmacist's advice before using any medication – prescription AND non-prescription medications
- Consult competent health professionals if you think that you have a deficiency that might require the use of dietary supplements – to all extent possible, avoid the use of dietary supplements; if you feel you must take a dietary supplement, following the advice of competent health professionals, take every possible precaution to ensure that it does not contain any trace of any prohibited substance.

5

Speak Up

- State your position
- Report suspicious activity

SPEAK UP

Let other people know your position on doping-free sport:

- You never know how this may be a positive influence for fellow athletes and peers in staying clean, knowing that they are not alone!
- Take every chance that you have to show your integrity to younger athletes
- Support testing and doping control activities, as a way of proving that you are clean

Report any suspicious activity that you witness in your sport:

- Contact your National Anti-Doping Organization (NADO) or WADA if you suspect that doping is taking place in your sport environment
- Don't let others get away with cheating you out of a medal or a spot on a team
- Report any person suggesting that you become involved in doping activities – you will help keep this person away from other, perhaps more susceptible, athletes

Where Can I Obtain Reliable Information?

is one of the most difficult task.

Note to the Program Officer: Before the presentation, try to obtain specific information about resources offered by organizations in your country or your sport and make sure that you communicate this information accurately to your athletes, using the next two slides

Who Can Help You?

- National Anti-Doping Organization
 - *(insert NADO contact information here)*
- International Federation
 - *(insert IF contact information here)*
- WADA
 - www.wada-ama.org

Your National Anti-Doping Organization (NADO) or International Federation (IF) may offer:

- Information on anti-doping regulations and procedures applicable to athletes in your country (NADO) or your sport (IF)
- Educational resources to help prevent doping
- An information service to help you check the status of medications sold in your country (NADO)
- An anonymous service for you to report doping activities that you may have witnessed

The World Anti-Doping Agency's website (www.wada-ama.org) offers multilingual resources for doping prevention, such as:

- Athlete Guide
- Thematic leaflets and 'Questions and Answers'
- Doping quiz
- Doping control video, and much more.

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play true	шудара ерселдье	jego limpo	spiel gerecht
szabadon át játszhat	tisztán játékn	ren sport	juego limpio

- а гра play

(Insert on this slide any relevant information that you have obtained regarding doping prevention efforts by these national organizations)

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play true	ψυλαργα ερσενδύε	joge limpo	spiel gerecht
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In this section, you will find key information about all the different steps in the **Doping Control Procedure**. It is targeted at athletes, sport physicians and coaches to make sure they are ready and aware of their rights and responsibilities before being tested.

For more information about the Doping Control Procedure, consult our Web site at:

<https://wada-main-prod.s3.amazonaws.com/resources/files/WADA-2015-ISTI-Final-EN.pdf>

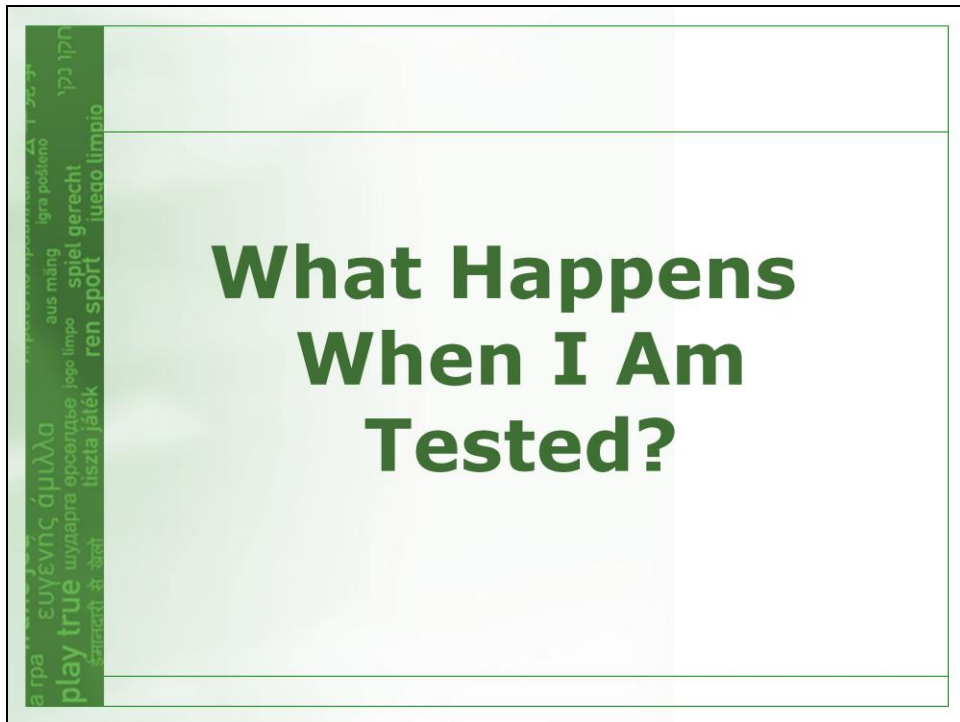
To watch WADA's video on the Doping Control process, click:

<https://www.wada-ama.org/en/resources/doping-control-process/doping-control-process-for-athletes>

The Doping Control Procedure

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чесна гра
ευγενής άμιλλα
Играть по правилам
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spiel gerecht
שחקו נקי
इमानदारी से खेलो
最高の感動のために
hakça oyun
juego limpio
العاب النزيه

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This part of the presentation sets out the various steps of the doping control process and what you have to KNOW and DO at each step.

Note to coach: If you have a recently produced doping control video available, you can substitute the next 4 slides of the presentation (up to "Results Management") by showing this video to your athletes.


Notification

- Doping Control Officer (DCO) notifies you
- DCO indicates where Doping Control Station is
- DCO or Chaperone accompany you everywhere

You are ENTITLED to:

- And you MUST:

- 3



Sample Collection

- You choose your collection vessel
- You provide sample in plain view of DCO or chaperone
- You maintain control of your collection vessel and sample at all times

When you are ready to provide a sample, you report to the doping control station

You are ENTITLED to:

- select your collection vessel from two or more sets of collection vessels
- verify that the selected collection vessel is intact
- be in the presence only of a DCO or chaperone of the same gender as you for the provision of the sample

And you MUST:

- maintain control of your collection vessel at all times
- stay in full view of the DCO or chaperone during the provision of the sample

Sealing of Sample

- You choose sample collection equipment
- You pour urine in B, then A bottles
- You seal both bottles

You are ENTITLED to:

- And you MUST:

- 5

Final Steps

- DCO measures specific gravity using remaining urine
- DCO completes doping control form
- You verify and sign the doping control form

You are ENTITLED to:

- And you MUST:

- 6

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- Be notified of an AAF on A-sample
- Request a B-sample analysis
- Attend the opening of B-sample
- Appeal the decision
- Have a hearing

Be notified of an adverse analytical finding (AAF) – formerly known as a ‘positive’ result

Attend or be represented for the opening of the B-Sample for its analysis

Have a fair hearing within a reasonable time by a fair and impartial hearing panel

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Possible sanctions include:

- Disqualification of results in event
- Disqualification of subsequent results
- Period of ineligibility (warning to life ban)
- Consequences for teams

✓ All details in Article 10 of the Code

Disqualification from the competition at which the sample collection took place and invalidation of any results including medal, record, ranking, points, prize money and any other award won at that competition

Disqualification from subsequent competitions (in which the athlete participated between the time of the sample collection and the announcement of the test results) and invalidation of any results including medal, record, ranking, points, prize money and any other award won at such subsequent competitions

Ineligibility period, ranging from a warning to a life ban, depending on:

- Type of violation
- Circumstances of the individual case
- Nature or quantity of detected substances
- Previous offences

Consequences for teams may include team members being targeted for further testing, disqualification of the team from the competition, and invalidation of the team results at that competition

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- IF or NADO internal process
- Other processes
- Court of Arbitration for Sport (CAS)

also have the right to appeal a decision

- IF or NADO internal appeals process, where available (as specified in their respective anti-doping regulations)
- other appeal processes (such as national courts of arbitration)
- the Court of Arbitration for Sport (for international level athletes only)



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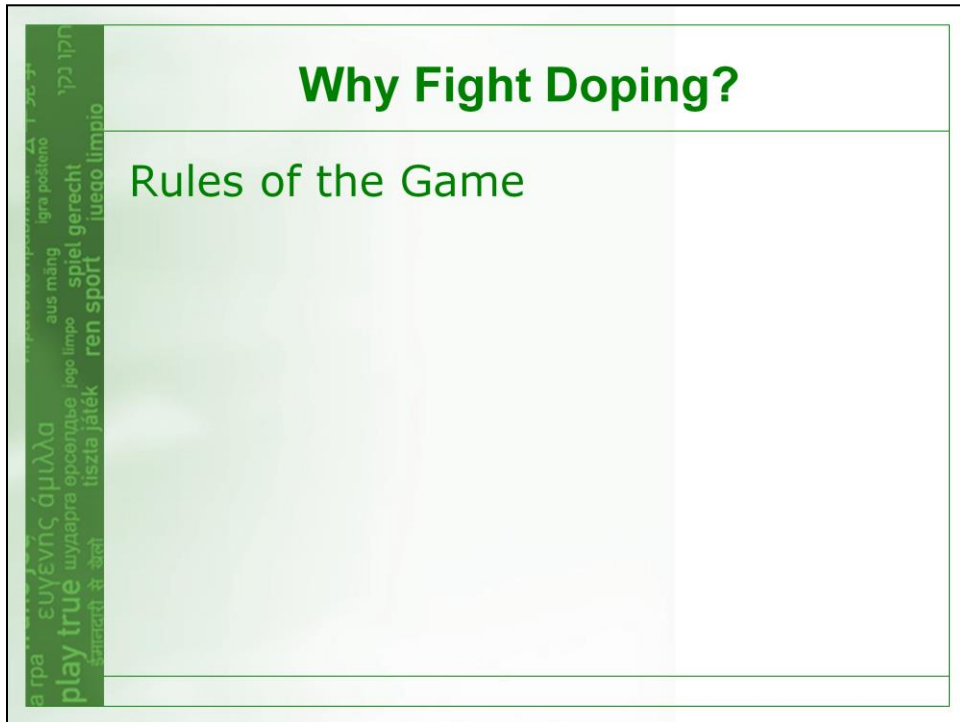
play true

чесна гра	ευγενής ἀμιλλα	aus mǎng	игра поšteno
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reilu peli	इमानदारी से खेलो	tiszta játék	ren sport
			juego limpio

Ethical Rationale

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честна гра
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ευγενής άμιλλα
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play true
ایمانداری سے खेलو
ren sport

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RULES DEFINE SPORTS

Give an example of a technical rule that is specific to your sport and without which your sport just would not be the same anymore.

E.g.: swimming without lanes and with body contact permitted; golf, using a baseball bat to hit the ball; soccer, but you can play with your hands; alpine skiing on grass, etc.

MAINTAINING EXCITEMENT IN SPORT:

Rules ensure that, all other things being equal, competitors have an equal chance of winning, thereby maintaining the excitement inherent to sport (who / which team will win?)

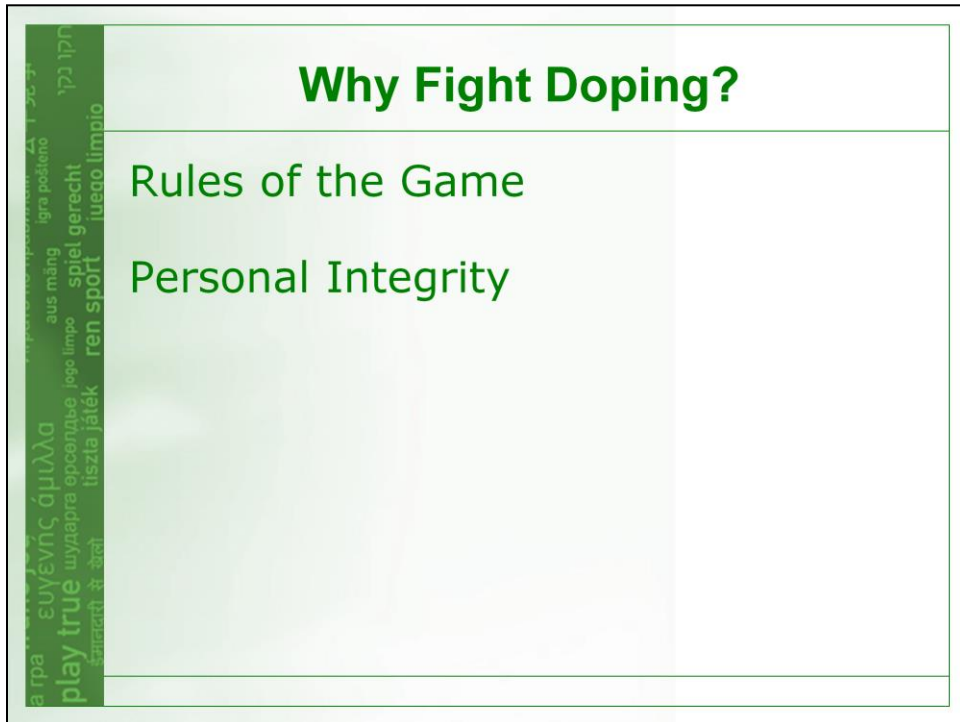
Give an example (in your sport if you can) of rules that are intended to level the playing field

E.g.: weight categories; age categories; handicaps in golf; length of hockey sticks (whether field or ice); etc.

FAIRNESS:

All rules (and the fact that they are monitored and reinforced) are designed to prevent any participant from taking an unfair advantage over another.

INCLUDING ANTI-DOPING RULES!!!



PERSONAL INTEGRITY

Cheating is disrespectful towards yourself and towards others:

When you break the rules, you break the agreement that you have with your opponent that you are fighting the same good fight, playing the same game.

A victory obtained by cheating has a sour taste:

Maybe you can walk away with the medal, the prize, the fame and glory, but behind closed doors you will always wonder whether you could have achieved this by yourself, without artificial means.

You are entitled to expect your opponents to respect you:

The fight against doping in sport is also meant to ensure that cheaters are not allowed to compete against clean athletes.



Why Fight Doping?

- Rules of the Game
- Personal Integrity
- 4 Rights to Protect
 - Clean Athletes
 - Healthy and Safe Competition
 - Spirit of Sport
 - Society

4 RIGHTS TO PROTECT

1. Clean Athletes: protect their right to doping-free sport
2. Healthy and Safe Competition: protect athletes from being compelled to use unhealthy or dangerous methods in an attempt to be competitive
3. Spirit of Sport: protect the Spirit of Sport and ensure that sport remains a worthy human activity
4. Society: protect youth and future athletes by providing them with doping-free role models

Health Consequences of Doping

Adverse effects can be:

- hard to determine in athletes
- more serious for athletes

Doping can have some serious health consequences.

Adverse effects can be **HARD TO DETERMINE** in athletes because:

- Athletes who dope don't usually talk about it
- Substances and methods are meant for therapeutic use (to treat sick people or sick animals)
- Substances and methods don't have the same effects on healthy athletes as they do on sick patients

Adverse effects can be **MORE SERIOUS** for athletes because:

- Athletes often use higher dosages than patients (adverse effects are increased)
- Athletes often combine different substances and methods – sometimes to hide the use of prohibited substances and methods (adverse effects are not simply added but multiplied!)

Note to facilitator: You can bring the participants' attention to their Handout Package, where they will find a document listing known and suspected health consequences of a certain number of prohibited substances.

Dispelling the Doping Myths

- “If all can dope, then sport is fair”
- “Doping under supervision is safe”
- “Doping rules go against athletes’ rights”
- “Doped athletes are too far ahead to be caught up”

Ask participants if they agree with any of these statements. If so, use the following arguments to dispel these myths:

“If all can dope, then sport is fair”: That is easy to say for people who are on the outside, who do not have to inject themselves with harmful chemicals to be competitive in their professions. Do you really want to compete in a sport where everyone is doping?

“Doping under supervision is safe”: If doping were ‘safe’ and adverse effects could be controlled by medical experts, don’t you think they would first try to alleviate these effects in patients suffering from painful or deadly diseases before helping elite athletes overcome them?

“Doping rules go against athletes’ rights”: The honour of being an elite athlete, representing your country and sport, comes with many sacrifices and many responsibilities. Even if anti-doping measures can be inconvenient at times, clean athletes are supportive of these measures because they know it is the only way to protect their right to a level-playing field and to compete against other clean athletes.

“Doped athletes are too far ahead to be caught up”: This was maybe true some years ago, but the gap is closing quickly due in large part to the investment in doping research. It is possible that some athletes may still get away with doping, is being unable to catch all criminals a good reason to give up pursuing them?

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шудардзи бә ерелди	tiszta játék	ren sport	luego limpio	

- All National Olympic Committees
- All Olympic sports and many other international federations
- Many major Games organizations
- Many national sports organizations
- Vast majority of national governments

play true
eugénis áμilla
शुद्धता से खेलो
wudra epcend
tisza já

Values and principles that cross cultural boundaries and political borders are deemed universal. When so many public authorities and sport organizations around the world agree on the need to rid sport of doping, we can affirm with much confidence that the rationale for fight against doping is based on universal values. Therefore:

Personal opinions of individuals working against the system should not undermine the efforts of the rest of the world. Therefore:

The slide does not list all Code signatories, but this list is updated and always available on WADA's website for consultation.



In this section, a document entitled “**Health Consequences of Doping**” is included. It is intended for sport physicians, coaches and athletes who are seeking a general understanding of some of the effects of certain prohibited substances and methods. The same information is then formatted in a ready-to-use PowerPoint presentation.

Health Consequences of Doping

It is very difficult to determine the exact side effects that a substance or a method or combination thereof may have on an athlete who is doping. This is partly because:

- the relevant studies cannot be conducted on individuals without a therapeutic reason to do so;
- the substances or methods used by doping athletes are usually developed for patients with well-defined disease conditions and are not intended for use by healthy people;
- volunteers in a therapeutic study are unlikely to be subjected to the same conditions of administration and dosage of a substance and/or method as those of an athlete who is doping;
- athletes who use prohibited substances often take them in significantly larger doses, and more frequently, than these substances would be prescribed for therapeutic purposes, and often use them in combination with other substances; and
- substances that are sold to athletes as performance enhancers are often manufactured illegally and may therefore contain impurities or additives, which can cause serious health problems or may even be fatal.

Because the many combinations and/or doses of performance enhancing substances used by doping athletes have never undergone official trials, for an athlete to acquiesce to doping is to accept being a guinea pig and to risk adverse effects of unknown nature and unknown gravity. The adverse effects outlined in this document are likely to be the very least of those that may be expected. The actual adverse effects and side effects of using large doses and drugs in combination with others are likely to be much more severe and serious. Using combinations of several drugs means not simply adding but compounding the risks.

Since hormones play multiple roles in the human organism's regulatory functions, the non-therapeutic use of any type of hormone risks creating an imbalance that affects several functions, and not only the function that is usually directly concerned by the given hormone.

Additional health risks are present when the use of substances or methods involves injections. Non-sterile injection techniques, including sharing possibly contaminated needles can increase the risk of transmission of infectious diseases such as hepatitis and HIV/AIDS.

Finally, use of any substance may also lead to addiction, whether psychological or physiological.

Agents with Anti-Oestrogenic Activity

Side effects of the use of compounds with anti-oestrogenic activity include:

- hot flushes
- weight gain
- fluid retention
- cardiovascular disorders such as thrombosis (blood clots), hyperlipidemia (excess fat in the blood)
- osteoporosis
- eye disorders
- liver toxicity

Alcohol

Alcohol can increase self confidence, which may result in the person taking risks that he/she would not normally take. This could place both the subject and other persons around him/her at risk. Furthermore, continued alcohol consumption can lead to:

- vomiting
- slurred speech
- double vision
- memory and comprehension loss
- liver damage
- impaired judgement, co-ordination and reactions
- incontinence
- sleepiness
- shallow breathing
- sexual disorders
- addiction

Anabolic Androgenic Steroids

The use of anabolic androgenic steroids can have serious effects on a person's health. The list of potential side effects is long and varied. Many of the reported side effects are reversible if the person stops using anabolic steroids; however, those indicated by an asterisk (*) in the table below may be permanent depending on dosage or duration of use.

Anabolic steroids mimic naturally occurring hormones; they can therefore interfere with normal hormone function and may result in harmful side effects such as:

- increased risk of liver disease
- increased risk of cardiovascular disease
- increased risk of contracting infectious diseases such as hepatitis and HIV/AIDS
- high blood pressure
- psychological dependence

Also In Males:

- acne
- shrinking of the testicles*
- reduced sperm production*
- impotence*
- infertility
- enlarged prostate gland
- breast enlargement
- premature baldness
- potential kidney and liver dysfunction*
- increased aggression and mood swings
- libido disorders

Also In Females:

- acne
- development of male features
- deepening of the voice*
- excessive hair growth on the face and body*
- abnormal menstrual cycles
- enlarged clitoris*
- increased aggression and mood swings
- foetal damage
- alteration of libido

Also In Adolescents:

- severe acne on the face and body
- premature puberty
- stunted growth as a result of premature closure of the growth plates of the bones

Artificial Oxygen Carriers

The harmful side effects of artificial oxygen carriers can be extremely serious, particularly as it is difficult to measure correct doses of these chemicals.

Side effects of perfluorocarbons include:

- a transient fever
- reduction in platelet count
- blood infection (if preparations are impure)
- potential overloading of the white blood cells
- irritability
- diarrhoea
- stroke
- embolism (blocked blood vessel).

Possible side effects of haemoglobin based oxygen carriers include:

- high blood pressure
- vasoconstriction (constriction of the blood vessels)
- kidney damage
- iron overload

Beta Blockers

Side effects of using beta blockers include:

- lowered blood pressure and slow heart rate
- sleep disorders
- sexual dysfunction
- feelings of tiredness and decreased performance capacity in endurance activities
- spasm of the airways
- heart failure
- depression
- constriction of blood vessels in the arms and legs

Beta2 Agonists

Possible side effects of beta2 agonists include:

- palpitations
- headaches
- nausea
- sweating
- muscle cramps
- dizziness
- mood disorders

Blood Doping

Blood doping carries dangerous health risks including:

- jaundice
- circulatory overload
- increased risk of contracting infectious diseases such as hepatitis and HIV/AIDS
- septicaemia (blood poisoning)
- blood clots, stroke or heart failure
- metabolic shock
- allergic reactions (ranging from rash or fever to kidney damage) if wrong blood type is used

Cannabinoids

Effects of cannabinoids may include:

- state similar to drunkenness
- loss of perception of time and space
- drowsiness and hallucinations
- reduced vigilance, balance and co-ordination
- reduced ability to perform complex tasks
- loss of concentration
- increased heart rate
- increased appetite
- mood instability – rapid changes from euphoria to depression

Long-term marijuana use may result in:

- loss of attention and motivation
- impaired memory and learning abilities
- weakening of the immune system
- respiratory diseases such as lung and throat cancer and chronic bronchitis
- psychological dependence

Corticotrophins

The short-term side effects of ACTH use include:

- stomach irritation
- ulcers
- irritability
- infections

Other side effects may include:

- softening of the connective tissue
- high blood sugar (hyperglycaemia)
- reduced resistance to infections
- weakening of an injured area in muscles, bones, tendons or ligaments
- osteoporosis
- cataracts
- water retention

Diuretics

Some of the side effects of the use of diuretics include:

- dizziness or even fainting
- dehydration
- muscle cramps
- drop in blood pressure
- loss of co-ordination and balance
- confusion, mental changes or moodiness
- cardiac disorders

Erythropoietin (EPO)

There are some serious health risks associated with use of EPO such as:

- thickened blood
- increased risk of blood clots, stroke and heart attacks
- increased risk of contracting infectious diseases such as hepatitis and HIV/AIDS
- risk of developing, as an autoimmune reaction, EPO antibodies that can definitively destroy the EPO that is produced naturally by the body

Gene Doping

Since most gene transfer technologies are still in experimental phases, the long-term effects of altering the body's genetic material are unknown, although several deaths have already occurred during experimentation. Some of the potential side effects of gene doping are:

- cancer development
- allergy
- metabolic deregulations

Glucocorticosteroids

When administered into the blood stream, glucocorticosteroids have numerous side effects, involving different body systems. Possible side effects of large doses of glucocorticosteroids include:

- fluid retention
- increased susceptibility to infection
- osteoporosis (abnormal loss of bone tissue resulting in fragile porous bones)
- weakening of injured areas in muscle, bone, tendon or ligament
- disorders of the nervous system, such as convulsions and muscle cramps
- decrease in or cessation of growth in young people
- loss of muscle mass
- heartburn, regurgitation and gastric ulcers
- softening of connective tissue (such as tendons and ligaments)
- alteration to the walls of blood vessels, which could result in formation of blood clots
- psychiatric disorders, such as changes in mood and insomnia

Gonadotrophins

As hCG stimulates the production of testosterone, the side effects can be similar to those experienced from anabolic steroid use. Other side effects of gonadotrophins use include:

- bone and joint pain
- hot flushes
- decrease in libido
- impotence
- allergic reactions and rash
- nausea, dizziness
- headaches
- irritability
- gastrointestinal problems
- irregular heart beats
- shortness of breath
- loss of appetite
- depression
- tiredness
- rapid increase in height

Growth Hormone and Insulin-Like Growth Factor

There are dangerous side-effects related to the use of these substances including:

- tremors, sweat, anxiety
- worsening of cardiovascular diseases
- increasing development of tumors
- cardiomegaly (abnormal enlargement of the heart)
- accelerated osteoarthritis (chronic breakdown of cartilage in the joints)
- acromegaly in adults (distorted growth of internal organs, bones and facial features and the enlargement and thickening of fingers, toes, ears and skin)
- muscle, joint and bone pain
- hypertension
- fluid retention
- diabetes in individuals who may already be prone to the disease
- gigantism in young people (excessive growth of the skeleton)

Insulin

The side effects of insulin use for non-medical purposes are severe and include low blood sugar (hypoglycaemia), which in turn may cause:

- shaking
- nausea
- weakness
- shortness of breath
- drowsiness
- pancreas disease
- coma
- brain damage and death

Narcotics

The use of narcotics to reduce or eliminate pain can be dangerous as the substance is merely hiding the pain. With the false sense of security caused by narcotics, the user may ignore a potentially serious injury, and continue activity, risking further damage or causing permanent damage. Apart from the risk of further or permanent damage, narcotics can have other dangerous side effects such as:

- slowed breathing rate
- decreased heart rate
- sleepiness
- loss of balance, co-ordination and concentration
- suppression of the respiratory system and death
- euphoria
- nausea and vomiting
- constipation
- physical and psychological dependence, leading to addiction

Stimulants

The use of certain stimulants can cause serious cardiovascular and psychological problems, as well as various other side effects, such as:

- overheating of the body
- dry mouth
- increased and irregular heart rate
- increased blood pressure
- dehydration
- increased risk of stroke, cardiac arrhythmia and heart attack
- visual disorders
- problems with co-ordination and balance
- anxiety and aggression
- insomnia
- weight loss
- tremors (involuntary trembling or shaking)

Stimulant use can also result in dependence and addiction.

Health Consequences of Doping

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1. Relevant studies only for therapeutic reasons, not for doping
2. Substances or methods used by athletes are developed for patients with disease, not for healthy people
3. Athletes using prohibited substances :
 - Are not necessarily followed by a health professional
 - Often take larger doses than patients
 - Might use drugs in combination with other substances
4. Illegal and counterfeit substances are likely to contain impurities or additives

But we know a couple of side effects...

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- Increased risk of liver disease
- High blood pressure
- Increased risk of cardiovascular disease
- Psychological dependence
- Increased risk of contracting infectious diseases such as hepatitis and HIV/AIDS

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- enlarged prostate gland

Anabolic Steroids

Also in Females



- Acne
- Development of male features
- Deepening of the voice
- excessive hair growth on the face and body
- abnormal menstrual cycles
- enlarged clitoris
- increased aggression and mood swings
- foetal damage
- alteration of libido

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Anabolic Steroids

Also in Adolescents



- severe acne on the face and body
- premature puberty
- stunted growth as a result of premature closure of the growth plates of the bones

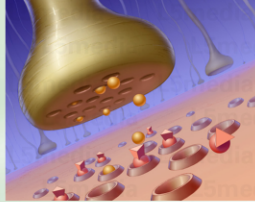
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- a transient fever
- reduction in platelet count
- blood infection
- potential overloading of the white blood cells
- irritability
- diarrhea
- stroke
- blocked blood vessels
- high blood pressure
- vasoconstriction
- kidney damage
- iron overload

Beta Blockers

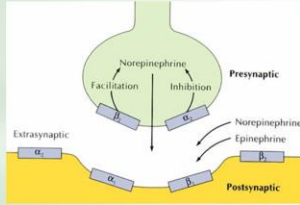


- low blood pressure and slow heart rate
- sleep disorders
- sexual dysfunction
- spasm of the airways
- heart failure
- depression
- constriction of blood vessels in arms/legs
- feelings of tiredness and decreased performance capacity in endurance activity

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Beta2 Agonists



- palpitations
- headaches
- nausea
- sweating
- muscle cramps
- dizziness
- mood disorders

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Cannabinoids



Short term effects:

- state similar to drunkenness
- loss of perception of time and space
- drowsiness and hallucinations
- reduced vigilance, balance and co-ordination
- reduced ability to perform complex tasks
 - loss of concentration
 - increased heart rate
 - increased appetite
 - mood instability

Long-term use may result in:

- loss of attention and motivation
- impaired memory and learning abilities
- weakening of the immune system
 - respiratory diseases
 - psychological dependence

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- dizziness or even fainting
- loss of co-ordination and balance
- dehydration
- confusion, mental changes or moodiness
- muscle cramps
- cardiac disorders
- drop in blood pressure

Erythropoietin (EPO)



- thickened blood
- increased risk of blood clots, stroke and heart attacks
- increased risk of contracting infectious diseases such as hepatitis and HIV/AIDS
- risk of developing, as an autoimmune reaction, EPO antibodies that can definitively destroy the EPO that is produced naturally by the body

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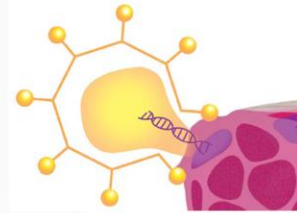
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Gene Doping

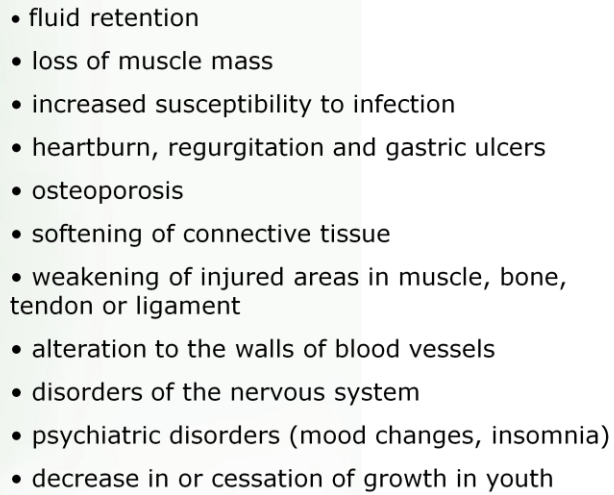
Since most gene transfer technologies are still in experimental phases, the long-term effects of altering the body's genetic material are unknown, although several deaths have already occurred during experimentation.

Some of the potential side effects of gene doping are:

- cancer development
- metabolic deregulations
- allergy



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Growth Hormone



- tremors, sweat, anxiety
- muscle, joint and bone pain
- worsening of cardiovascular diseases
- Hypertension
- increasing development of tumors
- fluid retention
- cardiomegaly (enlargement of the heart)
- diabetes
- accelerated osteoarthritis
- gigantism in young people
- acromegaly in adults

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Narcotics



- slowed breathing rate
- euphoria
- decreased heart rate
- nausea and vomiting
- sleepiness
- constipation
- loss of balance, co-ordination and concentration
- physical and psychological dependence, leading to addiction
- suppression of the respiratory system and death

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Stimulants



- overheating of the body
- visual disorders
- dry mouth
- problems with co-ordination and balance
- increased and irregular heart rate
- anxiety and aggression
- increased blood pressure
- insomnia
- dehydration
- weight loss
- tremors (involuntary trembling or shaking)
- increased risk of stroke, cardiac arrhythmia and heart attack

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This section presents key information about WADA's **Prohibited List**.

What is the Prohibited List (the List)?

It is the document identifying the substances and methods that are prohibited in-competition, out-of-competition, and in particular sports. Substances and methods are classified by categories (e.g., steroids, stimulants, gene doping).

What are the criteria for substances or methods to be added to the List?

To be considered for inclusion on the List, a substance or method must meet any two of the following three criteria (2/3):

- the substance or method has the potential to enhance or enhances sport performance;
- the use of the substance or method represents an actual or potential health risk to the athlete;
- the use of the substance or method violates the Spirit of Sport.

A substance or method that has the potential to mask the use of other prohibited substances or prohibited methods can also be added to the List.

How often is the List revised?

The List is revised at least once a year. Each year, the updating of the List is finalized by WADA's Executive Committee at its September meeting. The updated List is published by October 1 and comes into effect on January 1 of the following year.

Where can I find the List?

The List is available along with other information on this topic on WADA's Web site: <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list>



This final section includes a tool to test your anti-doping knowledge by playing the WADA **Play True Quiz**.

The Play True Quiz is available in Arabic, Bulgarian, Chinese, Creole, Croatian, Czech, Dutch, English, Estonian, Farsi, Finnish, French, Georgian, German, Greek, Hungarian, Icelandic, Italian, Japanese, Khmer, Korean, Lao, Latvian, Malay, Maldivian, Mongolian, Norwegian, Polish, Portuguese, Romanian, Russian, Slovak, Slovene, Spanish, Thai, Turkish and Vietnamese.

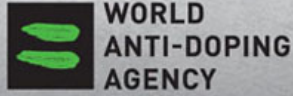
To play the Quiz, go to our Quiz Web site:

<http://quiz.wada-ama.org/>

To download the handout of the Quiz, the following page contains the printed version of all 40 questions selected randomly while you're completing the multimedia version:

<https://www.wada-ama.org/en/resources/education-and-awareness/play-true-quiz-handouts>

PLAY TRUE QUIZ



English

wada-ama.org

- 1 ► **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!*

- 2 ► **Question:** Only athletes competing at the Olympics, Paralympics and World Championships are subject to doping control. **Answer:** False
Explanation: *Many countries and international federations have anti-doping programs. This means that if you are part of a national team, you may be tested either during a competition or outside competition at your home or training venue.*

- 3 ► **Question:** WADA stands for: World Anti-Doping Administration, World Anti-Doping Agency?
Answer: World Anti-Doping Agency
Explanation: *The mission of World Anti-Doping Agency (WADA) is to promote, coordinate and monitor at the international level the fight against doping in sport in all forms.*

- 4 ► **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.*

- 5 ► **Question:** The maximum number of times an athlete can be tested each year is? a. 2 b. 5 c. 20 d. Unlimited
Answer: Unlimited
Explanation: *There is no limit to the number of times an athlete can be tested each year including in-competition, out of competition, random and target testing.*

- 6 ► **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: *Analysis of urine for detection of prohibited substances or methods in sport is only performed at those laboratories which have met the high standards of WADA and have been granted accredited status.*

- 7 ► **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. WORDS OF WISDOM: if it sounds too good to be True – it is probably prohibited! An alternative to using supplements is to adapt your nutritional program.*

- 8 ► **Question:** When I am sick, I can be excused for taking ANY medicine to help me get well? **Answer:** False
Explanation: *If you have a cold, flu or hay fever 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.*
-
- 9 ► **Question:** A coach or doctor assisting or encouraging an athlete to take prohibited substances can be sanctioned if that athlete tests positive? **Answer:** True
Explanation: *Encouraging or assisting athletes to use prohibited substances or methods is considered a serious doping violation and a sanction will be imposed under the World Anti-Doping Code.*
-
- 10 ► **Question:** Doping Control Officers must inform athletes they will be drug tested a few hours before their arrival? **Answer:** False
Explanation: *Wherever possible, testing will be no-advance-notice. This means that Doping Control Officers (DCOs) can conduct testing at any time, and in any place. However, it is expected that DCOs will use their discretion so as not to cause unnecessary inconvenience to athletes.*
-
- 11 ► **Question:** Once the sample is collected and sealed and the paperwork is complete, any attempt to open, contaminate or otherwise tamper with the sample will be obvious. **Answer:** True
Explanation: *An athlete should feel confident that their sample can not be tampered with. In addition, the laboratory will report any suspicions it has about the integrity of the sample before analysis.*
-
- 12 ► **Question:** An athlete can refuse to submit to doping control if he/she is too busy? **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, he/she must provide an explanation for the refusal on the relevant form and inform his/her governing body as soon as possible.*
-
- 13 ► **Question:** When requested, my coach can accompany me to the Doping Control Station? **Answer:** True
Explanation: *Every athlete has the right to have a representative accompany them to the Doping Control Station.*
-
- 14 ► **Question:** I have to use the sample collection equipment I have chosen, even if I think it might have been tampered with or it looks dirty. **Answer:** False
Explanation: *You should be given a selection of sealed sample collection equipment to choose from. If you are not happy about the testing kit you originally chose, you should ask for another one and your request may be granted.*
-
- 15 ► **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 you should be given alternative medications to those on the prohibited list. If this is not possible, 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. Procedures exist to handle emergency cases which your doctor should also be aware of.*
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- 16 ▶ Question:** If you are not able to provide the required amount of urine you will be asked to give a blood test 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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- 17 ▶ 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 a positive drug test and could also be dangerous to your health.*
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- 18 ▶ 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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- 19 ▶ 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: *It may be a few weeks before your next test, or it could be a few days, even hours. 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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- 20 ▶ Question:** If the Doping Control Officer (DCO) does not have any identification, I can refuse to be tested. **Answer:** True
Explanation: *The DCO must be able to demonstrate that they have the authority to conduct a test, and that they belong to an authorized sample collection authority. If they do not, explain this on the relevant form, sign it, keep your copy and contact your Federation immediately.*
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- 21 ▶ 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 only information the lab receives is the sport/event/gender/Federation and the date of the test.*
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- 22 ▶ Question:** The "TUE" program provides athletes the opportunity to request treatment of a serious medical condition by using a prohibited substance. TUE stands for: a. Therapeutic Use Exemption b. Therapeutic Use Equipment
Answer: Therapeutic Use Exemption
Explanation: *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. TUEs are granted for a specific medication with a defined dosage and for a specific period of time.*
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- 23 ▶ 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 and an updated version 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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- 24 ► **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 drug test. **Answer:** True
Explanation: *As an athlete, 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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- 25 ► **Question:** I can be drug tested during a competition, even if I didn't compete. **Answer:** True
Explanation: *If you are named as a member of a team, you may be included in selection for doping control, whether you actually competed or not.*
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- 26 ► **Question:** If you test positive 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:** All of the above
Explanation: *The World Anti-Doping Code aims to ensure that athletes' rights are respected.*
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- 27 ► **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:** Once a year, at least
Explanation: *The Prohibited List is reviewed annually by a panel of international experts and an updated version 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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- 28 ► **Question:** When I am notified for doping control, do I need to report immediately 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:** 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 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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- 29 ► **Question:** If I am banned in my sport, I can compete in another sport. **Answer:** False
Explanation: *If you are sanctioned as a result of committing an Anti-Doping Rule Violation (ADRV), you cannot participate in competitions or activities in any level of sport during your period of ineligibility.*
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- 30 ► **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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- 31 ► **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 his/her body. A potential Anti-Doping Rule Violation (ADRV) will occur whether or not you intended to use a prohibited substance or to your level of precaution! Always be careful with any substance, food (especially meat in certain countries), or supplement you are consuming.*
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- 32 ► 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:** 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), it will have your request 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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- 33 ► Question:** If I want to respect my sport and be the best athlete I can be, I need to: a. Acknowledge that winning is what is most important b. Do what I can to get an advantage c. Know that a failure means I did something wrong d. None of the above **Answer:** None 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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- 34 ► 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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- 35 ► 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 qualified Blood Collection Officer(BCO)
Explanation: *A Blood Collection Officer (BCO) is an official who is qualified and has been authorized by the Anti-Doping Organization (ADO) to collect a blood sample from an athlete.*
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- 36 ► Question:** After I give a sample (blood and/or urine), for how long can it be stored and re-analyzed? a. An indefinite period b. 10 years c. 2 years d. It cannot be stored **Answer:** 10 years
Explanation: *All Samples may be stored for up to ten years and re-analyzed 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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- 37 ► 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 10 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 ADRV that an athlete can be sanctioned for.*
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- 38 ► 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 athletes can be sanctioned for, if they have previously been advised in writing by an Anti-Doping Organization or WADA of the Athlete Support Person's disqualifying status and the potential consequence of prohibited association.*
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39 ► Question: If I find it hard to eat a balanced diet due to my busy schedule, I can take supplements to get the additional nutrients I need to improve my performance. **Answer:** False

Explanation: *There is limited if any evidence that supplements help athletes perform at their best; plus, some supplements cause serious health and anti-doping risks. No organisation 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.*

40 ► Question: If I know a supplement has been through a quality control process, I can be guaranteed that it does not contain any substances on the prohibited list. **Answer:** False

Explanation: *There is no way to guarantee that supplements are free of prohibited substances as this industry is not regulated. No organisation 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.*
