

- 1 ▶ **Question:** How do I know if a substance is permitted?
- A substance is safe to use if you bought it in a pharmacy.
 - A substance is safe to use if it says “doping-free” on the box.
 - A substance is safe to use if it is made of plants.
 - A substance is safe to use if it does not contain any substances on the List of Prohibited Substances

Answer: d. A substance is safe to use if it does not contain any substances on the List of Prohibited Substances

Explanation: *Whenever you wish or need to use a substance, make sure you check the List of Prohibited Substances and Methods. If you are not sure, show the List to the pharmacist or the doctor and ask them. You can find the List on the WADA Website, or on the Website of your National Anti-Doping Organization (NADO) or your International Federation (IF). You can also contact the NADO or the IF and ask them.*

- 2 ▶ **Question:** How can you tell if nutritional supplements are safe to use?
- All nutritional supplements are safe to use
 - You cannot tell if nutritional supplements are safe to use
 - If the label says that they are safe
 - If the doctor gave it to you

Answer: b. You cannot tell if nutritional supplements are safe to use

Explanation: *The supplement industry is not regulated and therefore you cannot be certain what substances/ingredients are in a supplement. Using supplements is always at your own risk. If the claims on the packaging sound too good to be true – it probably contains a substance prohibited in sport!*

- 3 ▶ **Question:** Can I be tested?
- No, because I am a junior
 - No, because I do not compete internationally
 - Yes, any athlete can potentially be tested
 - No, because my sport is not a high risk sport

Answer: c. Yes, any athlete can potentially be tested

Explanation: *Anti-doping rules apply to all athletes, in all sports and all countries. Therefore, any athlete could potentially be tested.*

- 4 ▶ **Question:** What are the sanctions if I get caught doping?
- There are no sanctions for doping
 - There are no sanctions if I am a junior
 - From a warning to lifetime ban
 - Depends on who gave you the substance

Answer: c. From a warning to lifetime ban

Explanation: *Sanctions may include disqualification of results, ban from competing in all sports, financial sanctions, and mandatory publication of your anti-doping rule violation, all depending on the severity of the offence.*

- 5 ▶ **Question:** Can my coach or doctor be sanctioned?
- No, only athletes are sanctioned
 - No, only athletes and coaches are sanctioned
 - No, there are no sanctions for doping
 - Yes, all athletes and all athlete support personnel can be sanctioned

Answer: d. Yes, all athletes and all athlete support personnel can be sanctioned

Explanation: *Under the World Anti-Doping Code (Code), athletes and athlete support personnel alike may be sanctioned for an anti-doping rule violation. Athlete support personnel is defined as any coach, trainer, manager, agent, team staff, official, medical or para-medical personnel working with or treating athletes participating in or preparing for sports competition.*

6 ▶ **Question:** Who is responsible when a substance is found in an athlete's body?

- a. The athlete's physician
- b. The athlete's coach
- c. The athlete
- d. Depends on who gave the athlete the substance

Answer: c. The athlete

Explanation: *The athlete is always responsible for what is found in his or her body, even if a banned substance was used by accident, or if somebody else provided the substance saying it is safe. This is referred to as the principle of strict liability. If an athlete is not 100% sure of the ingredients or not sure of the status of a substance – they should not take it before checking the Prohibited List, or asking their International Federation (IF) or National Anti-Doping Organization (NADO).*

7 ▶ **Question:** What if my physician has to treat me with some medicine?

- a. The physician should check if the medicine contains a prohibited substance
- b. Whatever my physician gives me, it is safe
- c. If I test positive from the substance my physician gave me, it is his/her fault
- d. If it is for medical reasons, I can take whatever is necessary

Answer: a. The physician should check if the medicine contains a prohibited substance

Explanation: *The physician should check if the medicine contains a prohibited substance. If it does, and if there is no other treatment possible, then the athlete has to ask for a Therapeutic Use Exemption with the documents justifying the treatment. Physicians do not always know about this process, so it is important you tell your physician that you are an athlete and that certain anti-doping rules apply to you.*

8 ▶ **Question:** Can my coach or someone I choose come with me to the doping control station?

- a. Yes
- b. Only if I am a junior
- c. Only if the Doping Control Officer has asked for a representative to be there
- d. An athlete can never be accompanied to the doping control station

Answer: a. Yes

Explanation: *An athlete can have someone, such as a parent, a coach, team official or physician, accompany him/her to the doping control station, if he/she wants. All minor athletes should have someone with them in the doping control station. If no one can accompany the athlete, the Doping Control Officer may choose someone to accompany him/her. An athlete can also have a language aid or interpreter if necessary and available.*

9 ▶ **Question:** Who is allowed to perform a doping control?

- a. A Doping Control Officer who can show identification and proof of authorization from an Anti-Doping Organization
- b. A coach
- c. Any doctor
- d. Police officers

Answer: a. A Doping Control Officer who can show identification and proof of authorization from an Anti-Doping Organization

Explanation: *Only an accredited doping control officer is allowed to proceed with the doping control process. They have to prove that they are a doping control officer and that an anti-doping organization has commissioned them to conduct a doping control.*

10 ▶ **Question:** Can doping have an impact on my growth?

- a. Yes, doping substances can have a direct impact on your growth
- b. No, it can only give you very bad acne
- c. No, it can only have an impact when you are much older
- d. No, it can only have an impact on inside organs

Answer: a. Yes, doping substances can have a direct impact on your growth

Explanation: *Doping can have many side effects. One of the possible side effects is to have an impact on your growth and your physical development. All the other side effects mentioned in the possible responses are also true. Doping substances are banned in part because they can have severe negative health consequences.*

11 ▶ Question: Can I refuse to be tested?

- a. No
- b. Yes, if I have family commitments
- c. Yes, if I am too busy
- d. Yes, if I have school obligations

Answer: a. No

Explanation: *Athletes cannot refuse to submit to doping control. A refusal can carry the same sanction as a positive test – for example a potential ban from all sport. That is because athletes who are doping could simply refuse to be tested and never be caught and never sanctioned.*

12 ▶ Question: Where can I find reliable information about anti-doping?

- a. International Federations, National Anti-Doping Organizations, The World Anti-Doping Agency
- b. The Internet
- c. Muscle or sport magazines
- d. My friends

Answer: a. International Federations, National Anti-Doping Organizations, The World Anti-Doping Agency

Explanation: *International Federations (IFs), National Anti-Doping Organizations (NADOs) and Regional Anti-Doping Organizations (RADOs) National Olympic Committees and National Federations can provide athletes with information on all aspects of doping control, including answering questions about the Prohibited List, submitting Whereabouts and applying for Therapeutic Use Exemptions (TUEs). The World Anti-Doping Agency (WADA) is also a source of information.*

13 ▶ Question: How does doping control happen?

- a. A doping control officer notifies me that I have to provide a sample
- b. I have to give some of my hair
- c. I have to stand on my toes with my left elbow on my right knee
- d. All of the above

Answer: a. A doping control officer notifies me that I have to provide a sample

Explanation: *When you have been selected for doping control, a Doping Control Officer will come to see you. You will go with him/her to the Doping Control Station. There will be a bit of paperwork to do, you will choose a kit to collect your sample (a box with 2 bottles and a cup). Then you will go to a bathroom and pee into a cup in front of someone the same gender as you (to make sure the pee is yours). In some cases you could be asked to provide a blood sample. You will then go back to the Doping Control Station, fill the bottles you picked and seal them. A bit more paperwork, and you are done! Easy as 1-2-3!*
