



# Anti-Doping Overview

Important highlights

At-a-Glance

## What is WADA?

The World Anti-Doping Agency (WADA) is the global regulator for anti-doping.

WADA's vision is "a world where all athletes can participate in a doping-free sporting environment".

WADA's mission is "to lead a collaborative worldwide movement for doping-free sport."

WADA has two core roles:

1. To regulate anti-doping organizations and the anti-doping system.
2. To enable the development of the anti-doping system and programs.

WADA also coordinates the development of the World Anti-Doping Code (Code).

## What is the Code?

The Code is the core document that governs the anti-doping system. It is globally recognized and ensures that anti-doping rules and programs are implemented consistently across the world. The fundamental rationale for the Code is athlete health and it is underpinned by values.



## What is Doping?

Doping is not just a positive test. It is defined as the occurrence of one or more of the following Anti-Doping Rule Violations (ADRVs):

- 1 **Presence** of a prohibited substance, its metabolites or markers in an athlete's sample
- 2 **Use** or attempted use of a prohibited substance or method by an athlete
- 3 **Refusing**, evading or failing to submit to sample collection by an athlete
- 4 **Failure** to file whereabouts information and/or missed tests by an athlete
- 5 **Tampering** or attempted tampering with the doping control process by an athlete or other person
- 6 **Possession** of a prohibited substance or method by an athlete or Athlete Support Personnel (ASP)
- 7 **Trafficking** or attempted trafficking of a prohibited substance or method by an athlete or other person
- 8 **Administering** or attempting to administer a prohibited substance or method to an athlete
- 9 **Complicity** or attempted complicity in an ADRV by an athlete or other person
- 10 **Prohibited Association** by an athlete or other person with a sanctioned ASP
- 11 **Acts to discourage or retaliate** against reporting to authorities



All 11 ADRVs apply to athletes and 7 apply to Athlete Support Personnel (ASP) or other person.

# The List of Prohibited Substances and Methods

The List of Prohibited Substances and Methods (List) states what substances or methods are banned in sport.

The List is updated every year. The new List is published on WADA's website in October and will come into force on the 1 January the following year.

Some substances and methods are banned at all times, and others are only banned in-competition.

## Things to do

- Athletes must check any medication they intend to use against the List to ensure it does not contain a prohibited substance.
- Extreme caution is recommended regarding supplement use. Even an "all-natural" supplement could contain a prohibited substance.
- Before choosing to use a supplement you should always:
  - seek medical advice
  - assess the risks and use a batch-tested product
  - if in any doubt check with your National Anti-Doping Organization (NADO) or International Federation (IF)



## Therapeutic Use Exemptions



*By applying for and obtaining a Therapeutic Use Exemption (TUE) from your IF (for international-level athletes) or NADO (for national-level athletes and below), you may be given an exemption to take medications that contain a prohibited substance or use a prohibited method to treat a diagnosed medical condition.*

## Supplements reminder



*Remember, using a supplement is at an athlete's own risk. If they test positive and they think this may be due to a contaminated supplement they will need to establish the exact origin of the prohibited substance. This could include having to submit the supplements they use for analysis and this can be costly.*



# Testing Process

Athletes who compete in sport and who are under the jurisdiction of the anti-doping rules, can have their urine and/or blood tested anytime, anywhere by their IF, NADO or a Major Event Organizer. Specially trained doping control personnel carry out all tests.

Testing can be conducted in-competition and out-of-competition such as at an athlete's home, place of work or training venue.

## How are athletes selected for testing?

- In-competition - athletes can be chosen by random selection, finishing position or by being targeted for a particular reason.
- Out-of-competition - athletes may be tested anytime, anywhere and with no advance notice.

## Other things to know

If the athlete is a minor or is an athlete with an impairment, modifications to the sample collection procedure can be made, where necessary and possible.



On the next page is a guide to **The 11 stages of the testing process.**



# Testing (urine):

## The 11 stages of the testing process

### 1 Athlete selection

Athletes can be selected for testing at any time and any place.

### 2 Notification

A Doping Control Officer (DCO) or chaperone will notify the athlete of their selection and outline their rights and responsibilities.

### 3 Reporting to the Doping Control Station

Athletes should report for their test immediately. The DCO may allow a delay in reporting — however only for a valid reason.

### 4 Sample collection equipment

Athletes are given a choice of individually sealed sample collection vessels and kits to choose from.

### 5 Providing a sample

Athletes will be asked to provide a urine sample under the direct observation of a DCO or witnessing chaperone of the same gender.

### 6 Volume of urine

A minimum 90mL is required for urine samples. If the first sample is not 90mL the athlete may be asked to wait and provide an additional sample.



*Athletes should always submit a sample. Giving only a partial sample or refusing to provide a sample could be an Anti-Doping rule Violation (ADRV).*

*Athletes have the right to provide comments about the conduct of their test.*

### 7 Splitting the sample

Athletes will split their sample into an A and B bottle.

### 8 Sealing the samples

Athletes will seal the A and B bottles in accordance with the DCO's instructions.

### 9 Measuring specific gravity

The DCO will measure the specific gravity of the sample to ensure it is not too diluted to analyze.

### 10 Completing the Doping Control Form

Athletes will check and confirm that all of the information is correct, including the sample code number and their declaration of medications and/or products they have used. They will receive a copy of the doping control form.

### 11 The Laboratory process

All samples are sent to WADA accredited laboratories.



## Whereabouts

Athletes identified in a Registered Testing Pool (RTP), must provide current and accurate whereabouts information, every quarter, including their:

- home address
- contact information
- training schedule and venues
- competition schedule
- regular personal activities such as work or school
- a 60-minute timeslot for each day of the year

Athletes have to specify a location and a 60-minute time slot each day where they can be located for testing.

Athletes must maintain up-to-date and accurate whereabouts information, and update their submitted whereabouts information when things change.

Athletes who are not included in an RTP could be requested to provide similar whereabouts information for example at a Major Games.

An athlete is always responsible for their whereabouts information even if this may have been delegated to another person to complete.

There are consequences if athletes do not file their whereabouts information on time or provide inaccurate or false information (which is called a filling failure). If an athlete is not present at the specified location during their 60-minute time slot this could be declared a missed test.

Any combination of three filling failures or missed tests in a 12-month period can result in an Anti-Doping Rule Violation (ADRV).



### Providing Whereabouts information



Athletes can submit each quarter and update their whereabouts information with WADA's Anti-Doping Administration Management System (ADAMS), or via the mobile App **Athlete Central**.

# Results Management

Sanctions for violating Anti-Doping Rule Violations (ADRV) may range from a reprimand to a lifetime ban from all sport. The period of ineligibility will vary depending on the type of ADRV, the circumstances of an individual case, the substance and whether it is a first anti-doping rule violation or not.

Athletes have the right to be present during the opening of the B sample analysis. Athletes, ASP and other persons are entitled to a fair hearing and to appeal any decision regarding a sanction imposed following an Anti-Doping Rule Violation within a certain deadline.

If you want to learn more check out the International Standard for Results Management that can be found on WADA's website.



## WADA

WADA's regulatory documents are available on the Agency's website. The material that WADA provides on its ADEL platform is intended for educational and informational purposes only. Any content or language used within the ADEL material would not supersede the provisions of the World Anti-Doping Code and/or the International Standards.

ADEL and its education courses and information resources are managed by WADA and published by WADA in English as a minimum.

In any case of any discrepancies between the English version or any version sponsored by an Anti-Doping Organization, the English version shall prevail.

wada-ama.org  
info@wada-ama.org  
facebook.com/wada.ama  
twitter.com/wada\_ama

### HEADQUARTERS

800 Place Victoria, Suite 1700, P.O. Box 120, Montreal, QC, H4Z 1B7, Canada • Tel.: +1.514.904.9232 • Fax: +1.514.904.8650

### AFRICA

Protea Assurance Building, 8th Floor, Greenmarket Square, Cape Town, 8001, South Africa • Tel.: +27.21.483.9790 • Fax: +27.21.483.9791

### ASIA/OCEANIA

C/O Japan Institute of Sports Sciences, 3-15-1 Nishigaoka, Kita-Ku, Tokyo, 115-0056, Japan • Tel.: +81.3.5963.4321 • Fax: +81.3.5963.4320

### EUROPE

Maison du Sport International, Avenue de Rhodanie 54, 1007 Lausanne, Switzerland • Tel.: +41.21.343.4340 • Fax: +41.21.343.4341

### LATIN AMERICA

World Trade Center Montevideo, Tower II, Unit 712, Calle Luis A De Herrera 1248, Montevideo, Uruguay • Tel.: +598.2.623.5206 • Fax: +598.2.623.5207