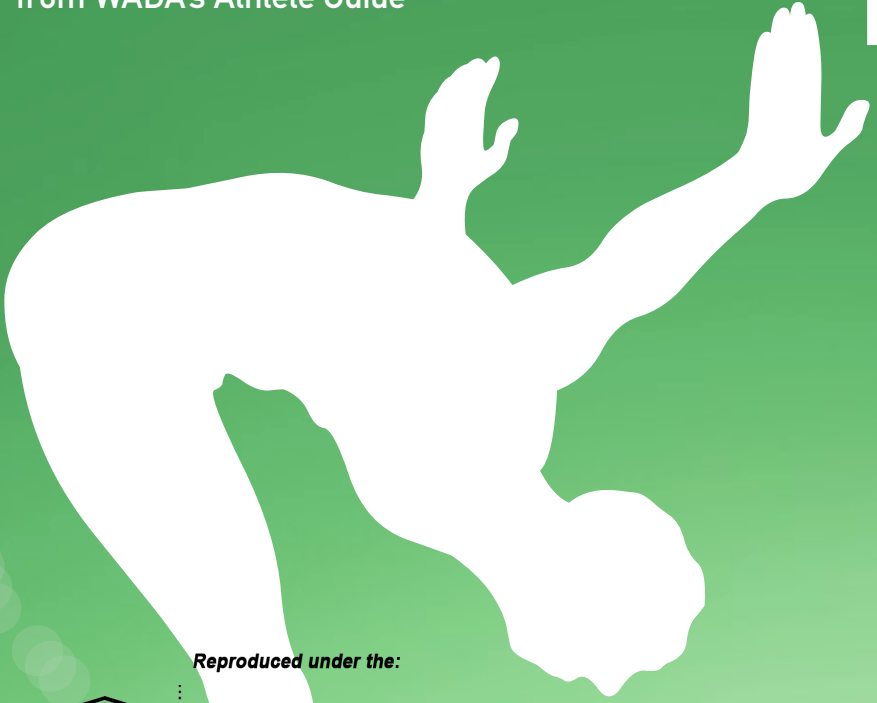


# Anti-Doping

Important Facts and Highlights  
from WADA's Athlete Guide



Reproduced under the:

FUND FOR ELIMINATION OF DOPING IN SPORT



United Nations  
Educational, Scientific and  
Cultural Organization

**"AWARENESS AND COMMITMENT CAMPAIGN  
ON ANTI-DOPING IN PHILIPPINE SPORTS"**

## DOPING FREE

## Philippine Sports

*Play true, Play clean, Play fair*

*Nope to Dope*



United Nations  
Educational, Scientific and  
Cultural Organization

Philippines  
National Commission for  
UNESCO



WORLD  
ANTI-DOPING  
AGENCY

play true

# What is WADA?

The World Anti-Doping Agency (WADA) is the international independent organization created in 1999 to promote, coordinate and monitor the fight against doping in sport in all its forms.

WADA coordinated the development, and subsequent evolution, of the World Anti-Doping Code (Code). WADA is engaged in many key activities, including scientific and social science research, education, athlete outreach, anti-doping capacity building, enforcement and monitoring Code implementation. WADA is not a testing agency.

# What is The Code?

The Code is the document that works to ensure that anti-doping regulations are the same across all sports and all countries.

WORLD  
ANTI-DOPING  
CODE

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2009

# What is Doping?

Doping is defined as the occurrence of one or more of the following anti-doping rule violations:

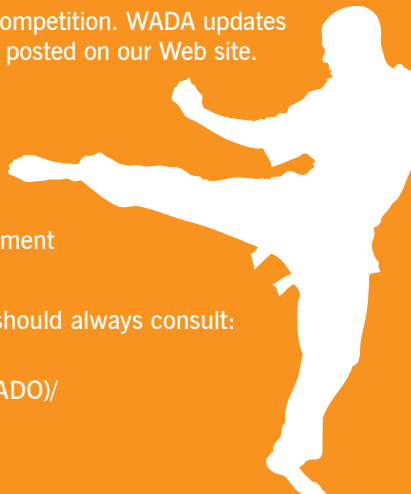
- 1 **Presence** of a prohibited substance in an athlete's sample
- 2 **Use** or attempted use of a prohibited substance or method
- 3 **Refusing** to submit to sample collection after being notified
- 4 **Failure** to file athlete whereabouts information & missed tests
- 5 **Tampering** with any part of the doping control process
- 6 **Possession** of a prohibited substance or method
- 7 **Trafficking** a prohibited substance or method
- 8 **Administering** or attempting to administer a prohibited substance or method to an athlete

Find out more at [wada-ama.org](http://wada-ama.org)

# The List of Prohibited Substances and Methods

The List applies to athletes both in- and out-of-competition. WADA updates the List annually and the most current version is posted on our Web site.

- The irresponsible use of any medical, dietary or other substance or method can rob you of your best performance.
- Extreme caution is recommended regarding supplement use. Even an “all-natural” supplement could contain a prohibited substance.
- Before taking medications/supplements you should always consult:
  - the List
  - your National Anti-Doping Organization (NADO)/ International Federation (IF)
  - a pharmacist or physician



**TUES** By applying for and obtaining a Therapeutic Use Exemption (TUE) from your IF (for international level athletes) or NADO (for national-level athletes), you may be allowed to take certain prohibited medications for specific conditions.

## Testing (Doping Control)

See over for an illustrated guide to  
The 11 Stages of  
Doping Control

If you compete at the international and/or national level, you can have your urine and/or blood tested anytime, anywhere by your IF, NADO or a Major Event Organizing Committee. Specially trained and accredited doping control personnel carry out all tests.

Testing can be conducted in-competition and out-of-competition.

### But why me?

- In-competition you can be chosen by random selection, finishing position or by being targeted for a particular reason.
- Out-of-competition you may be tested anytime, anywhere and with no advance notice.
- If you are a minor or an athlete with a specific disability, you may require slight modifications to the sample collection procedure. You can discuss these modifications with the Doping Control Officer at the time of testing.

## All About Whereabouts

If you are identified in a Registered Testing Pool (RTP), you must provide current and accurate whereabouts information, including your:

- home address
- training schedule and venues
- competition schedule
- regular personal activities such as work or school

Additionally, you have to specify a location and a 60-minute window each day where you can be sought for testing. Should you not be present at the specified location during the hour this could be declared a missed test. Even if you are not included in an RTP you could be requested to provide similar whereabouts information.



Facilitating  
Whereabouts  
Responsibilities with

**ADAMS**

As an athlete, you can update your whereabouts information with WADA's Anti-Doping Administration Management System (ADAMS), where you can also access helpful information and resources.

Find out more at [wada-ama.org](http://wada-ama.org)

# Testing:

## The 11 Stages of Doping Control





## Results Management

Sanctions for violating anti-doping regulations may range from a reprimand to a lifetime ban. The period of ineligibility may vary depending on the type of anti-doping violation, the circumstances of an individual case, the substance, and the possible repetition of an anti-doping rule violation.

As an athlete, you have the right to request a B sample analysis. You are entitled to a fair hearing and to appeal any decision regarding a positive test or sanction imposed on you following an anti-doping rule violation.

In the case of any discrepancy between this information and the World Anti-Doping Code, **the Code prevails**. This information is subject to change at anytime. Always check with your International Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations.

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Find out more at [wada-ama.org](http://wada-ama.org)