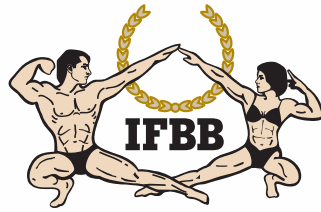


IFBB Education E-Book



THE ANTI-DOPING IN SPORT



1 THE WORLD ANTI-DOPING CODE

The World Anti-Doping Code was first adopted in 2003 and took effect in 2004. It was subsequently amended four times, the first time effective 1 January 2009, the second time effective 1 January 2015, the third time effective 1 April 2018 (compliance amendments) and the fourth time effective 1 June 2019 (reporting of certain endogenous substances as Atypical Findings). The revised 2021 World Anti-Doping Code is effective as of 1 January 2021.

2 PURPOSE, SCOPE AND ORGANIZATION OF THE WORLD ANTI-DOPING PROGRAM AND THE CODE

The purposes of the World Anti-Doping Code and the World Anti-Doping Program which supports it are:

- To protect the Athletes' fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide, and
- To ensure harmonized, coordinated and effective anti-doping programs at the international and national level with regard to the prevention of doping, including:
 - Education – to raise awareness, inform, communicate, to instill values, develop life skills and decision-making capability to prevent intentional and unintentional anti-doping rule violations.
 - Deterrence – to divert potential dopers, through ensuring that robust rules and sanctions are in place and salient for all stakeholders.
 - Detection – an effective Testing and investigations system not only enhances a deterrent effect, but also is effective in protecting clean Athletes and the spirit of sport by catching those committing anti-doping rule violations, while also helping to disrupt anyone engaged in doping behavior.
 - Enforcement – to adjudicate and sanction those found to have committed an anti-doping rule violation.
 - Rule of law – to ensure that all relevant stakeholders have agreed to submit to the Code and the International Standards, and that all measures taken in application of their anti-doping programs respect the Code, the International Standards, and the principles of proportionality and human rights.

The Code

The Code is the fundamental and universal document upon which the World Anti-Doping Program in sport is based. The purpose of the Code is to advance the anti-doping effort through universal harmonization of core anti-doping elements. It is intended to be specific enough to achieve complete harmonization on issues where uniformity is required, yet general enough in other areas to permit flexibility on how agreed-upon anti-doping principles are implemented. The Code has been drafted giving consideration to the principles of proportionality and human rights.

Therapeutic Use Exemptions (TUEs)

In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's Prohibited List. IFBB can grant a Therapeutic Use Exemption (TUE) in these situations in compliance with the World Anti-Doping Agency International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes access to critical medication while protecting the rights of clean athletes to compete on a level playing field.

How Does a Substance Become Prohibited?

Under the World Anti-Doping Code, the World Anti-Doping Agency (WADA) issues an annual List of Prohibited Substances and Methods, known as the Prohibited List, which is one of five International Standards. The Prohibited List outlines substances and methods that are prohibited at all times, in-competition only, and in particular sports. The substances and methods on the Prohibited List are identified under various categories, including Anabolic Agents, Hormone and Metabolic Modulators, Stimulants, and others.

Annual Review Process

On an ongoing basis, WADA's Prohibited List Expert Group reviews scientific and medical research, while also consulting with others in the anti-doping community, to provide recommendations and guidance on updates to the Prohibited List. Advice is then provided to and considered by the Health, Medical, and Research Committee before WADA finalizes and releases the Prohibited List by October 1 each year. This timing gives stakeholders three full months before the updated List goes into effect on January 1 of the following year.

Criteria

Under the WADA Code, a substance or method may be added to the WADA Prohibited List if it meets at least two of the following three criteria:

It has the potential to enhance or enhances sport performance.

Before adding a substance or method to the Prohibited List, WADA examines emerging doping threats and reviews research from scientists around the world. This research helps WADA determine if a substance or method indeed provides performance-enhancing effects.

In 2016, for example, the review and consultation process allowed WADA to determine that 5 α -androst-2-ene-17-one, commonly known as "Delta-2" or 2-androstenone, should be added as an example of a metabolite of DHEA, more recently found in dietary supplements and prohibited at all times.

Due to research limitations and/or ethical concerns, it's not always possible to design human research studies to identify the performance-enhancing qualities of all substances. Therefore, in some cases, the Prohibited List Expert Group must make judgement calls based on comparisons to other similar prohibited substances to determine whether inclusion is warranted.

Over time, the use of substances for performance enhancement can also become part of the culture in a specific sport, which is why WADA and anti-doping organizations worldwide maintain the Monitoring Program. This program identifies trends of substance use in specific sports by testing for substances on the monitoring list, analyzing both in and out-of-competition samples, and aggregating the results by sport.

It represents an actual or potential health risk to the athlete.

Not only do substances and methods on the Prohibited List enhance performance in sport, but many of them are also associated with serious health risks and unknown side effects.

The use of prohibited substances for performance enhancement and injury recovery reasons can pose health risks ranging from immune and toxicity reactions, to infection and death.

It violates the spirit of sport.

When WADA and its stakeholders evaluate items for the Prohibited List, one of the primary forces behind those decisions is the commitment to uphold the 'Spirit of Sport,' or the celebration of the human spirit, body,

and mind. Essentially, no athlete should be using a prescription or non-prescription drug in a way that undermines the commitment all athletes share to uphold the values of clean sport.

The World Anti-Doping Code further defines the spirit of sport as the pursuit of human excellence through the dedicated perfection of each person's natural talents. Only when the playing field is level can people experience the true value of sport, including its power to inspire joy, build character, teach teamwork, and instill respect. Doping is fundamentally contrary to the spirit of sport because it puts winning above all else.

Is the medication you use banned in sport?

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

Visitors can search the Global DRO for specific information on products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States.

Global DRO was made through a partnership between Anti-Doping Switzerland (ADCH), the Canadian Centre for Ethics in Sport (CCES), UK Anti-Doping (UKAD), and the United States Anti-Doping Agency (USADA). Drug-Free Sport New Zealand (DFSNZ), the Japan Anti-Doping Agency (JADA) and Sport Integrity Australia are official Global DRO licensees.

To check if the medication you use is prohibited in Sport, visit the website:

<https://globaldro.com/Home>

3 DIRECT AND INDIRECT MARKERS OF DOPING

What's the difference between a direct and indirect marker of doping?

When the laboratory method detects the presence of a prohibited substance (or its metabolites) in the blood or urine of an athlete, it is known as a direct marker of doping. Indirect markers are biological variables that can be measured and are related to the effect of the prohibited substance or method. Traditionally, detection of doping in sport has relied on direct markers. However, in 2009, the World Anti-Doping Agency approved the Hematological Model of the Athlete Biological Passport (ABP) which relies on measuring indirect markers over time to detect possible doping.

The ABP consists of a Hematological Module and a Steroidal Module. The Hematological Module monitors variables such as hemoglobin, reticulocyte count, hematocrit, and red blood cell count. The objective of measuring these indirect hematological markers is to identify possible Erythropoiesis Stimulating Agents (ESAs) or homologous blood transfusions. The Steroidal Module, which came in to effect in 2014, monitors variables such as Testosterone, Epitestosterone, and Androsterone. The objective of measuring these biomarkers is to identify the abuse of exogenous steroids. The Hematological Module and Steroidal Module complement each other and can be used to identify potential athletes for further target testing as well as to assist in the detection of anti-doping rule violations. For both models, other measurements are being

researched for addition to the profile in order to make the indirect tests better able to detect abuse of exogenous substances and methods.

When measuring biomarkers, the window of detection can be extended due to a prolonged biological response, so a whole range of substances may be tackled in an indirect manner.

4 SUBSTANCE OF ABUSE

What are substances of abuse?

Under the 2021 Code and Prohibited List, WADA has identified a category of substances called Substances of Abuse, which are substances that are both prohibited in-competition and frequently abused in society outside of sport.

A table top with a bag of heroin, a clear bag of cocaine, a small bag of marijuana, and small, circular white pills. These include:

- Cocaine (S6. Stimulants)
- Heroin (S7. Narcotics)
- MDMA (ecstasy) (S6. Stimulants)
- THC (tetrahydrocannabinol) (S9. Cannabinoids)

The reason for this change is to allow more flexibility in how athletes are sanctioned if the positive test is related to substance abuse, as opposed to an attempt to enhance performance. Athletes will be tested exactly the same way as before, and these substances will still only be tested for in-competition.

Will it still be an anti-doping rule violation to test positive for a substance of abuse?

Yes, athletes may still receive an anti-doping rule violation if they test positive for a prohibited substance in the Substances of Abuse category. The designation of substance of abuse only affects the resolution of the case during the results management process, including the length of the resulting sanction.

How will Substances of Abuse be treated differently in the results management process?

If an athlete tests positive for a substance of abuse during an in-competition test, but the athlete can establish that they used the substance out-of-competition and that their use of the substance was unrelated to sport performance, then the athlete's period of ineligibility will be reduced to three months with no need to further analyze the degree of fault.

Why aren't more things on the Prohibited List considered Substances of Abuse?

The WADA Prohibited List Expert Committee has selected the substances they feel are the highest priority for designation as Substances of Abuse.

Can I get a TUE for a substance of abuse?

It may be possible for athletes to obtain a TUE for the use of cannabinoids if the athlete is able to satisfy strict criteria in the International Standard for Therapeutic Use Exemptions (ISTUE). The most well-studied medical use of cannabinoids is for the management of chronic pain conditions, predominantly neuropathic pain. Some cannabinoid preparations contain THC, which is designated as a substance of abuse.

5 RESULTS MANAGEMENT

The results management process is designed to protect the rights of clean athletes, preserve the integrity of competition and hold accountable those athletes looking to cheat through the use of dangerous, performance enhancing drugs, while ensuring only those athletes guilty of anti-doping rule violations (ADRV) face sanctions.

6 ATHLETES' ANTI-DOPING RIGHTS ACT

On 18 June 2020, WADA published the Athletes' Anti-Doping Rights Act, which was approved by WADA's ExCo during the World Conference. The Act, which was developed by WADA's Athlete Committee in consultation with thousands of athletes and stakeholders worldwide, is based on the 2021 Code and Standards and aims to ensure that athlete rights within anti-doping are clearly set out, accessible, and universally applicable.

One of the purposes of the World Anti-Doping Code (Code) and the World Anti-Doping Program is to protect the athletes' fundamental right to participate in doping-free sport and thus promote and protect health, fairness and equal opportunity for athletes worldwide.

Making sure that athletes have rights, that athletes are aware of those rights, and can exercise those rights is vital to the success of clean sport. Athlete rights exist throughout the Code and International Standards.

This Act has been drafted after extensive consultation with athletes from around the world and it describes those rights that athletes have identified as particularly important to them. It does not articulate all athlete rights. However, this Act is not a legal document; athletes' legal rights in the context of anti-doping are only those rights that are set

forth in the Code and International Standards regardless of how they are described in this Act. In case of conflicting interpretations, the provisions of the Code and International Standards shall prevail in all cases.

This Act is approved by the WADA Executive Committee upon the recommendation of the WADA Athlete Committee. Changes to this Act may be made by recommendation to the WADA Executive Committee from the WADA Athlete Committee.

1. Equality of opportunity

Athletes have the right to equal opportunity in their pursuit of sport to perform at the highest level in both training and competition, free of

participation by other athletes who dope, or athlete support personnel, or other persons or anti-doping organizations that otherwise violate anti-doping rules and requirements. (Code, International Standards)

2. Equitable and fair testing programs

Athletes have the right to equitable and fair testing programs implemented in a manner that ensures that all athletes in all countries are tested in compliance with the Code and International Standards. (Code, International Standard for Testing and Investigations, International Standard for Code Compliance by Signatories)

3. Medical treatment and protection of health rights

Athletes have the right to be free from any pressure that jeopardizes their health, be that physical or emotional, through doping.

Athletes have the right to obtain a therapeutic use exemption (allowing athletes with a medical condition to use a prohibited substance or prohibited method) in accordance with the Code and International Standard for Therapeutic Use Exemptions. (Code Article 4.4)

4. Right to justice

Athletes have the right to justice, including the right to be heard, the right to a fair hearing within a reasonable time by a fair, impartial and operationally independent hearing panel, with a timely reasoned decision specifically including an explanation of the reasons of the decision.

On appeal, an athlete has a right to a fair, impartial, operationally and institutionally independent hearing panel, the right to be represented by counsel at the athlete's own expense and a timely, written, reasoned decision. (Code Articles 8 and 13, International Standard for Results Management).

5. Right to accountability

Athletes have the right that any anti-doping organization that has jurisdiction over them will be accountable for its action or omissions through the applicable compliance systems, and an athlete shall have the ability to report any compliance issue that they believe exists to relevant personnel or to an anti-doping organization. (Code, International Standard for Code Compliance by Signatories).

6. Whistleblower rights

Athletes have the right to access an anonymous or confidential mechanism to report any potential doping behavior by athletes, athlete support personnel, and other persons, or any non-compliance by anti-doping organizations.

Athletes have the right to report potential anti-doping rule violations or non-compliance through a whistleblower mechanism and not be subjected to threats or intimidation designed to discourage them from reporting in good faith, and they have the right not to be retaliated against for providing such evidence or information in good faith. (Code Article 2.11)

7. Right to education

Athletes have the right to receive anti-doping education and information from anti-doping organizations. (Code Article 18, International Standard for Education).

8. Right to data protection

Athletes have the right to the fair, lawful, and secure handling of their personal information by antidoping organizations that collect, use and

share it, including the right to be kept informed about its processing, to access a copy of it and to request its deletion once it no longer serves an antidoping purpose. (Code Articles 5.5 and 14.6 and International Standard for the Protection of Privacy and Personal Information)

9. Rights to compensation

An athlete has the right to pursue damages from another athlete or other person whose actions have damaged that athlete by the commission of an anti-doping rule violation. The pursuit of damages shall be in accordance with any laws or regulations in their country outside of the Code. (Code Comment to Article 10.10)

Any prize money that has been recovered by an anti-doping organization from a sanctioned athlete shall, subject to the reasonable efforts of the anti-doping organization, be redistributed to athletes who would have been entitled to it had the forfeiting athlete not competed. (Code Article 10.11).

10. Protected persons rights

Athletes that are defined as protected persons under the Code shall have further protections because of their age or lack of legal capacity, including in the assessment of their fault, and mandatory public disclosure shall not be required. (Code Article 14.3.7)

11. Rights during a sample collection session

When subject to a sample collection session, an athlete has the right to see the identification of the doping control officer, the right to ask for additional information about the sample collection process, the right to be informed of the authority under which the sample collection is to be conducted, the type of sample collection and any conditions that need to be adhered to prior to the sample collection, the right to hydrate (unless they have provided a sample that does not meet the requirement for suitable specific gravity for analysis), the right to be accompanied by a representative, the right to delay reporting to the doping control station for valid reasons, the right to be informed of their rights and responsibilities, the right to document any concerns about the process, and the right to receive a copy of the records of the sample collection session. (International Standard for Testing and Investigations).

12. Right to B sample analysis

An athlete has the right, when analysis of their A sample results in an adverse analytical finding, to request analysis of their B sample as provided in the Code and International Standards. (Code Articles 2.1.2, 6.7 and 7.2, International Standard for Results Management, International Standard for Laboratories).

Where the B sample analysis does not confirm the A sample finding, the athlete who was provisionally suspended is allowed, where circumstances permit, to participate in subsequent competitions during the event, and depending upon the relevant rules of the international federation in a team sport, if the team is still in competition, the athlete may be able to take part in future competitions. (Code Article 7.2 and 7.4.5 and International Standard for Results Management).

13. Other rights and freedoms not affected

An existing right or freedom shall not be held to be abrogated or restricted by reason only that the right or freedom is not included in this Act or is included only in part.

14. Application and standing

Nothing in this Act shall change in any way the application of the Code or International Standards, or the standing of athletes under those documents.

7 ATHLETE RESPONSIBILITIES AND FAILURES TO COMPLY WITH SAMPLE COLLECTION

Athletes play a critical role in the anti-doping process by taking steps and following rules that uphold clean sport, from checking medications, to filing Whereabouts, to complying with sample collection procedures.

Not taking these responsibilities seriously may lead to obvious anti-doping rule violations, such as a positive test or Whereabouts Failure, but it's important for athletes to remember that failing to comply with sample collection procedures can also lead to violations with just as serious consequences.

Here's what athletes and their support personnel need to know about their responsibilities during sample collection, what behaviors may be considered failures to comply, and the consequences for such violations:

Athlete Responsibilities During Sample Collection

While athletes have many rights during the sample collection process, they also have responsibilities under the International Standard for Testing and Investigations (ISTI). During sample collection, athletes are RESPONSIBLE for:

- Complying with the sample collection procedures and instructions from ALL sample collection personnel;
- Reporting immediately to the doping control station unless there are approved reasons for delay;
- Presenting government issued photo identification at the time of notification;
- Staying in direct observation of the DCO or notifying chaperone from the time of notification until the sample collection session is complete;
- Keeping the collection vessel in their possession and in view of the DCO at all times
- Having control of the sample until it is sealed in the sample collection bottles (the DCO may assist upon request);
- Ensuring the sample code number is correctly documented on the sample collection documentation;
- Completing and signing all appropriate sample collection documentation.

It's especially important for athletes to remember that under the World Anti-Doping Code (the Code), they may be required to provide a sample at any time and at any place. It is an athlete's responsibility to be available for testing and comply with the relevant rules.

If athletes have concerns or experience difficulty complying with these responsibilities during a sample collection session, they should ask to speak with an IFBB staff member immediately.

Failures to Comply with Sample Collection

The Code defines several violations that may result if athletes fail to uphold their responsibilities and comply with sample collection protocols. Under the Code, IFBB is obligated to investigate every report of athlete non-compliance from a Doping Control Officer (DCO).

Under section 2.3 of the Code, it is an anti-doping rule violation to evade, refuse, or fail to submit to sample collection after the athlete is notified that they have been selected for testing.

Examples of these violations include:

- Refusing a test because it doesn't fall within the athlete's designated 60-minute window, or because it is earlier or later in the day than the athlete would prefer. Athletes may be tested at any time and location, even if it's outside of their preferred 60-minute window.
- Failing to provide a sample and leaving the sight of a DCO/chaperone due to another commitment, such as practice, work, or school. If reasonable, the DCO should accompany the athlete until they are available to provide a sample.
- Evading sample collection personnel by making it hard for them to notify the athlete and/or keep the athlete in view.

Under section 2.5 of the Code, it is a violation to tamper or attempt to tamper with any part of the doping control process.

Examples of tampering violations, which are separate from prohibited methods, include:

- Intentionally interfering with a DCO or doping control protocol, such as discarding a partial sample, refusing to complete paperwork, and/or manipulating the process/paperwork.
- Providing fraudulent receipts, medical statements, or other documents to an anti-doping organization
- Intimidating a potential witness who has information that's critical to an IFBB investigation.

It is also unacceptable for athletes to verbally abuse, threaten, or otherwise mistreat a DCO. IFBB will report this behavior to Disciplinary Commission to address under its disciplinary rules.

These rules and consequences may apply to athlete support personnel (i.e., coach, parent, agent, etc.). Interfering with the doping control process and/or encouraging the athlete to evade, refuse, and fail to comply with any part of the process could put the athlete's future in jeopardy and result in an anti-doping rule violation for support personnel and the athlete.

Consequences for Failures to Comply

Failure to comply with the doping control process may subject athletes to a four-year suspension and other consequences, including but not limited to, loss of competitive results, access to facilities and funding, and a public announcement of the violation.

An athlete's period of ineligibility for a failure to comply may be reduced based on the circumstances of the matter.

Options for Athletes

If an athlete has concerns during a testing session, there are a few things they can do to feel more comfortable about complying with the test:

- Ask to see the DCO's credentials and the letter of authority for testing.
- Ask the DCO to go slowly and review the process.
- Ask to speak with an IFBB Anti-doping Commission member.
- Communicate and document your concerns with the DCO to IFBB.

8 QUESTIONS & ANSWERS ABOUT ANTI-DOPING

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: d. Unlimited

Explanation: There is no limit to the number of times an athlete can be tested each year including in-competition, out of competition, 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. 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 cannot 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.
- 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.
- 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.
- 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.
- 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.
- 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.

- 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.
- 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:
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.
- 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.
- 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 any time and at any place.
- 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.
- 26** **Question:** If you test positive for a prohibited substance, you have the right to:
- request the B sample be analyzed
 - attend or to be represented for the opening and analysis of the B sample
 - request copies of the laboratory documentation package
 - All of the above
- Answer:** d. All of the above
Explanation: The World Anti-Doping Code aims to ensure that athletes' rights are respected.

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: b. 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.

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: a. Yes

Explanation: When you are notified by a Doping Control Officer (DCO) or Chaperone about your selection for doping control, you have to report to the Doping Control Station immediately, unless 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.

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.

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.

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.

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: c. A committee of medical experts

Explanation: After submitting a TUE to your relevant Anti-Doping Organization (IF or NADO and/or Major Event Organization, where applicable), it will have your request appropriately dealt with by a panel of independent physicians called Therapeutic Use Exemption Committee (TUEC). IFBB's TUECs, is then responsible for granting or declining your application.

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: d. None of the above

Explanation: Hard-work, dedication, and learning from setbacks 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.

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.

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. 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.

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: b. 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.

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 11 Anti-Doping Rule Violations (ADRVs). Refusing or failing to submit to Sample Collection, Possession of a Prohibited Substance, Complicity, and Prohibited Association are some of the other ADRVs that an athlete can be sanctioned for.

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.

39 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 organization can guarantee the safety of any dietary supplement or its content. Eating a balanced diet of natural, whole foods is the best way to improve athletic performance.

Note: Please be advised that this information is subject to change at any time. Always check with IFBB or the National Anti-Doping Organization from your country for the most up-to-date anti-doping regulation. Most of the content of this e-book was taken from WADA's website www.wada-ama.org and from USADA's website www.usada.org.