

WADA  AMA



Edition 5

# The Guide

Athlete Guide / Guide du sportif / Guía del Deportista

## Athlete Guide Edition 5

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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, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations.

A white silhouette of a swimmer is positioned at the bottom of the page, with their right arm extended upwards and outwards, mirroring the shape of the 'CONTENTS' header. The swimmer's head is visible above the waterline, and their body is partially submerged.

**CONTENTS** / 01. Introduction / 02  
02. Who's Who in Anti-Doping / 05  
03. What is Doping / 10  
04. The List / 13  
05. Doping Control / 16  
06. Results Management / 25  
07. More Information / 30  
08. Definitions / 32

01

INTRODUCTION



## 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, which is composed and funded equally by the sports movement and governments of the world, coordinated the development, and subsequent evolution, of the World Anti-Doping Code (Code).

## What is the World Anti-Doping Code?

The Code is the document that harmonizes regulations regarding anti-doping across all sports and all countries of the world. It provides the framework for anti-doping programs and activities for sport organizations and public authorities so that all athletes have the benefit of the same anti-doping policies and procedures, no matter the sport, the nationality or the country where tested.

## How was the Code developed?

The Code was developed through an extensive consultation process among all stakeholders, including athletes, sports organizations, anti-doping organizations, laboratories, governments

and many others. The Code was unanimously adopted by the Second World Conference on Doping in Sport in 2003, came into effect on January 1, 2004, and was fully implemented by Olympic Sport Federations in time for the 2004 Summer Olympic Games in Athens. Revisions to the Code, following an 18-month consultation with stakeholders, were unanimously adopted by the Third World Conference on Doping in Sport in 2007, to be effective as of January 1, 2009.

### **What rules or procedures has the Code put in place?**

The Code clarifies the responsibilities of stakeholders in the fight against doping and brings harmonization where rules or policies previously varied between different sports and countries. The Code operates in conjunction with five International Standards: List of Prohibited Substances and Methods (List); Testing; Therapeutic Use Exemptions; Laboratories; and Protection of Privacy and Personal Information.

02

WHO'S WHO IN  
ANTI-DOPING



The chart on page 9 and the sections below provide a broad overview of the various players involved in the fight against doping under the Code.

### **WADA**

In its role of promoting, coordinating and monitoring the international fight against doping, WADA is engaged in many key activities, including scientific and social science research, education, anti-doping capacity building and monitoring Code implementation.

### **IOC, IPC, IFs**

The International Olympic Committee (IOC) and the International Paralympic Committee (IPC) are responsible for the testing and results management process, including sanctioning those who commit anti-doping rule violations, at the Olympic and Paralympic Games respectively. Activities required of International Federations (IFs) by the Code include conducting testing at their respective competitions; having an out-of-competition testing program; implementing education programs; and sanctioning those who commit anti-doping rule violations according to the Code.



## Governments

Government responsibilities in anti-doping include facilitating doping controls and supporting national testing programs; withholding financial support from those who engage in or support doping; taking measures against manufacturing and trafficking of illegal substances; and funding anti-doping education and research.

## NOCs, NPCs, NFs

IOC and IPC rules require that National Olympic Committees (NOCs) and National Paralympic Committees (NPCs), respectively, implement the Code. IF rules must include the requirement that National Federations (NFs) be Code-compliant.

## NADOs, RADOs

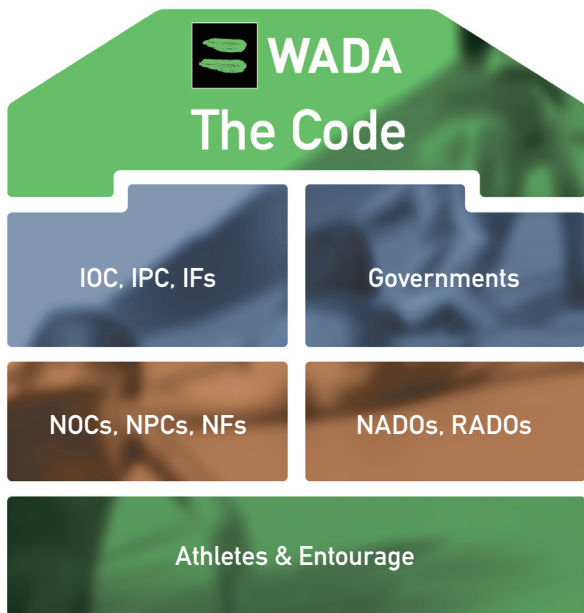
National Anti-Doping Organizations (NADOs) responsibilities include testing national athletes in- and out-of-competition, as well as athletes from other countries competing or training within that nation's borders; adjudicating anti-doping rule violations; and anti-doping education. WADA is working with stakeholders in underserved regions of the world to facilitate the creation of Regional Anti-Doping Organizations (RADOs) responsible for enhancing anti-doping capacities in that region.

## Labs

Laboratories that are able to analyze doping control samples under the Code must achieve and maintain accreditation from WADA, according to the criteria established in the International Standard for Laboratories and its related technical documents.

## CAS

The Court of Arbitration for Sport (CAS) is often referred to as “sport’s supreme court.” It is an independent organization that facilitates the settlement of sport-related disputes, through arbitration or mediation, by means of procedural rules adapted to the specific needs of the sports world. WADA has a right of appeal to CAS for doping cases under the jurisdiction of organizations that have implemented the Code.



**CAS**



**Labs**

# 03

## WHAT IS DOPING



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

**01. Presence of Prohibited Substance:**

Presence of a prohibited substance or its metabolites or markers in an athlete's sample

**02. Use of Prohibited Substance/Method:**

Use or attempted use by an athlete of a prohibited substance or method

**03. Refusing Sample Collection:**

Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping rules, or otherwise evading sample collection

**04. Failure to File Whereabouts & Missed Tests:**

Violation of applicable requirements regarding athlete availability for out-of-competition testing, including failure to file required whereabouts information and missed tests (i.e., any combination of three missed tests and/or filing failures within an 18-month period may be deemed a doping violation)

**05. Tampering:**

Tampering or attempted tampering with any part of the doping control process

**06. Possession:**

Possession of a prohibited substance and prohibited method

**07. Trafficking:**

Trafficking or attempted trafficking in any prohibited substance or method

**08. Administration:**

Administration or attempted administration to an athlete of a prohibited substance and/or method; or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted anti-doping rule violation

04

THE LIST



### **What substances and methods are banned?**

The List of Prohibited Substances and Methods (List), updated annually by WADA, is the International Standard defining what is prohibited in- and out-of-competition. The List also indicates whether particular substances are banned in particular sports. The most current edition of the List is posted on WADA's Web site at: [www.wada-ama.org](http://www.wada-ama.org).

### **What is the "strict liability" principle?**

Athletes should know that, under the Code, they are strictly liable whenever a prohibited substance is found in their bodily specimen. This means that a violation occurs whether or not the athlete intentionally, knowingly or unknowingly, used a prohibited substance or was negligent or otherwise at fault. It is therefore very important for athletes to understand not only what is prohibited, but also what might potentially cause an inadvertent doping violation.

### **What else should athletes know about banned substances and methods?**

Athletes should always check with their IF to find out what additional substances and methods are prohibited in their sport.



Also, athletes should always make their doctor aware that they are bound by the specific rules of their sport. Those who are unsure of what a product contains should not take it until they are sure it is not prohibited. Ignorance is never an excuse.

### **What should I know about using supplements?**

Extreme caution is recommended regarding supplement use. It is WADA's position that a good diet is of utmost importance to athletes. The use of dietary supplements by athletes is a concern because, in many countries, the manufacturing and labelling of products may not follow strict rules, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations. A significant number of positive tests have been attributed to the misuse of supplements, and taking a poorly labelled dietary supplement is not an adequate defence in a doping hearing.

### **What about medical conditions?**

Athletes, like all others, may at times experience a medical condition that requires them to use particular medicines. The substances that an athlete may be required to take to treat a condition could fall under the List. However, by applying and obtaining a therapeutic use exemption (TUE) from the IF or NADO, an athlete may be allowed to take the necessary medicine.

Athletes who need to apply for a TUE should request more information about the TUE application process from their IF (for international-level athletes) or NADO (for national-level athletes).

05

DOPING CONTROL



## What are doping controls?

Worldwide doping controls—or athlete testing—are carried out in accordance with the Code and the International Standard for Testing (IST). Athletes who compete at the international and national level may be tested anytime, anywhere. Specially trained and accredited doping control personnel carry out all tests.

## Who conducts testing?

The Code states that Anti-Doping Organizations (ADOs) must plan and implement an effective number of in-competition and out-of-competition tests on the athletes in their Registered Testing Pools (RTP). This includes international level athletes being tested by IFs, and international and national level athletes being tested by NADOs, or in some cases, national governing bodies of sport (NGBs), National Olympic Committees (NOCs) and Regional Anti-Doping Organizations (RADOs).

The ADO develops a test distribution plan and allocates the number of samples for each sport or discipline required for effective deterrence and detection. The plan includes out-of-competition testing, in-competition testing, and may include blood as well as urine collection.

### What is in-competition testing?

ADOs coordinate in-competition testing so that there is only one organization testing at an event. Unless provided otherwise in the rules of the relevant IF or event ruling body, in-competition means the period commencing 12 hours before a competition in which the athlete is scheduled to participate through the end of the competition and the sample collection process related to the competition. **WADA does not conduct in-competition testing.**

Criteria for the selection of athletes is pre-determined, based on the regulations of the relevant IF or event ruling body. It is usually the NADO of the country in which the event takes place that collects the samples, unless the IF or event organizer has an alternative doping control program.

Sample collection takes place in accordance with the IST. Athletes are notified of their selection for testing. Samples are analyzed for “in-competition substances” as outlined in the Prohibited List.

### What is out-of-competition testing?

Out-of-competition testing, or any testing done outside of an event, ensures that athletes can be tested at any time and at any place.

### What is the athlete’s responsibility regarding whereabouts information?

An athlete identified in the RTP by his/her ADO is required

to provide accurate and current whereabouts information. This information is required on a quarterly basis and includes details such as an athlete's home address, training venues and schedule, competition schedule, as well as any other regular activities such as work or school. Additionally, athletes identified in their ADO's RTP must provide a specific 60-minute period for each day when they will be accountable for a possible missed test should they not be present for testing during this time at the declared location.

Any combination of 3 missed tests and/or failures to file whereabouts information within an 18-month period may be considered a doping violation and may result in a sanction of between one and two years.

Athletes outside of their ADO's RTP may also be requested to provide similar whereabouts information but would not be subject to a possible "missed test" judgment under the Code.

### **What are the requirements for athletes in team sports?**

Athletes who participate in a team sport and are in a RTP are subject to the same individual whereabouts requirements as athletes who participate in an individual sport. The athlete may delegate the task of making some or all of the whereabouts filing of the team to be carried out by a coach, a manager or another third party. However, each athlete remains ultimately responsible for submitting accurate and complete whereabouts information.

## The 12 Steps of Doping Control

The following is a general overview of the doping control process. Departures from these procedures will not invalidate a test result unless it is determined that the integrity of the sample has been affected. More information is available on WADA's Web site at [www.wada-ama.org](http://www.wada-ama.org) or from your ADO.

### 01. Athlete Selection

You can be selected for doping control at any time and any place.

### 02. Notification

A Doping Control Officer (DCO) or chaperone will notify you of selection for doping control. The DCO or chaperone will inform you of your rights and responsibilities, including the right to have a representative present throughout the process. You will be asked to sign a form confirming that you have been notified for doping control. For a minor or an athlete with a disability, a third party may be notified as well.

### 03. Reporting to the Doping Control Station

You should report to the doping control station immediately. The DCO may allow you to delay reporting to the station for activities such as a press conference or the completion of a training session; however you will be accompanied by a DCO or chaperone from the time of notification until the completion of the sample collection process.

#### 04. Selection of a Collection Vessel

You are given a choice of individually sealed collection vessels and you may select one. You should verify that the equipment is intact and has not been tampered with. You should maintain control of the collection vessel at all times.

#### 05. Provision of Sample

Only you and a DCO or chaperone of the same gender are permitted in the washroom during the sample provision. Minors and athletes with a disability may also have their representative present, however this representative is not permitted to view the sample provision. The objective is to ensure that the DCO is observing the sample provision correctly.

#### 06. Volume of Urine

The DCO shall ensure, in full view of the athlete, that the minimum required volume of 90 mL has been provided. If you are unable to provide 90 mL, you will be asked to provide additional urine until the minimum volume has been attained.

#### 07. Selection of a Sample Collection Kit

You are given a choice of individually sealed sample collection kits from which to choose one. You should verify that the equipment is intact and has not been tampered with. Open the kit and confirm that the sample code numbers on the bottles, the lids, and the container all match.

#### 08. Splitting the Sample

You split the sample, pouring the urine yourself, unless assistance is required and you provide consent for your representative or the DCO to do so on your behalf. Pour at least

30 mL of urine into the B bottle; and pour the remaining urine into the A bottle. You will be asked to leave a small amount in the collection vessel so that the DCO can measure the specific gravity.

#### **09. Sealing the Samples**

You should seal the A and B bottles. Your representative and the DCO should verify that the bottles are sealed properly.

#### **10. Measuring Specific Gravity**

The DCO is required to measure the specific gravity of the sample provided. If your sample does not meet the specific gravity requirements, you will be asked to provide an additional sample(s).

#### **11. Completion of the Doping Control Form**

You should provide information on the doping control form about any prescription or non-prescription medication or supplements you have taken recently. You also have the right to note comments on the form regarding the conduct of the doping control session. Be sure to confirm that all of the information is correct, including the sample code number. You will receive a copy of the doping control form. Ensure that the laboratory copy of the form does not contain any information that could identify you.

#### **12. The Laboratory Process**

Your samples are packaged for shipping to ensure that their security is tracked. They are sent to a WADA accredited laboratory, which will adhere to the International Standard



for Laboratories when processing your samples, ensuring the chain of custody is maintained at all times.

Your A sample is analyzed. Your B sample is securely stored and may be used to confirm an Adverse Analytical Finding (AAF) from the A sample. The laboratory will report the results of your sample analysis to the responsible ADO and WADA.

### **What about blood sample collection?**

The same conditions that apply for urine sample collection also apply to blood sample collection with regard to notification, identification, escorting, and explanation of the procedure.

### **What modifications exist for minors and athletes with a disability?**

If you are a minor or an athlete with a specific type of disability, you may require slight modifications to the sample collection procedure.

Minors may be accompanied by an athlete representative at all times during the sample collection procedure, including in the washroom area; however, the representative will not witness the passing of the sample. If you decide not to have a representative present, your ADO or DCO may ask a third party to be present.

If you have restricted mobility or restricted manual dexterity, you may ask the athlete representative or the DCO to assist you when handling equipment, splitting the sample, or completing paperwork.

Athletes with significant lack of coordination may use a larger collection vessel if available.

Athletes with visual impairment may be accompanied by an athlete representative at all times during the sample collection procedure, including in the washroom area; however the representative will not witness the passing of the sample. The athlete representative or the DCO may read the doping control form to you, and you may ask the athlete representative to sign the doping control form on your behalf.

Athletes with an intellectual disability may be accompanied by an athlete representative at all times during the sample collection procedure, including in the washroom area; however the representative will not witness the passing of the sample.

Athletes using condom drainage or indwelling catheter drainage should remove the existing collection bag and drain the system so that a fresh sample can be obtained.

Athletes who self-catheterize may use their own catheter to provide a sample (this catheter should be produced in tamper-evident wrapping), or use one provided by the DCO if available.

# 06

RESULTS  
MANAGEMENT



## What happens once my sample is analyzed?

The laboratory that has analyzed your A sample will report the results simultaneously to the ADO responsible for results management and WADA. Note that samples analyzed by laboratories are identified by code numbers and not athlete names.

If there is an AAF on your A sample, the organization responsible for results management will conduct an initial review to verify whether you had a TUE for the substance found in your sample and to make sure that sample collection and analysis was conducted according to procedures.

If the initial review does not justify the AAF, you will be notified in writing of the results and your rights regarding the analysis of your B sample. At this point, you could be provisionally suspended according to the rules of the ADO, and you will be notified accordingly.

If you decide to request a B sample analysis or if the B sample analysis is requested by the ADO, you may attend or choose to send a representative on your behalf.

Should the B sample analysis confirm the A sample analysis, the ADO responsible for results management will proceed with the results management process including the right to a fair hearing.

The hearing will determine whether an anti-doping rule violation has occurred as well as determine what sanctions will be imposed. In the event that the B sample analysis does not confirm the A sample analysis the test result will be invalidated, no further action will be taken, and the provisional suspension will be lifted.

During competition, a mandatory provisional suspension is imposed when an A sample returns an AAF for a prohibited substance (other than a specified substance). The provisional suspension is imposed promptly after the initial review and notification of the athlete.

Each ADO is required to make public disclosure of an anti-doping rule violation no later than 20 days after it has been determined in a hearing that an anti-doping rule violation has occurred.

### What is involved in sanctioning?

The ADO that initiated sample collection is responsible for determining what sanctions will apply to each individual case. As an athlete, you will be given the opportunity to establish a basis for eliminating, or reducing the sanction, or having the sanction partially suspended.

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 violation. For in-competition testing, this will automatically include disqualification of results obtained in that competition and forfeiture of any medals, points, and/or

prizes. All results of any competitions following collection of the sample may also be disqualified.

### **Who has the right to appeal a sanction?**

As an athlete, you have the right to appeal any decision regarding a positive test or a sanction imposed on you following an anti-doping rule violation. In general, the organization to which you must file the appeal is an appeal body within your ADO or the CAS. Unless CAS or an appeal tribunal rules otherwise, the initial decision remains in effect while under appeal.

If another party such as an ADO or WADA were to appeal a decision regarding your case. In such case, the procedure remains the same and you would still have the right to be heard during the proceedings.



07

MORE  
INFORMATION





**For more information, contact your sports federation or your National or Regional Anti-Doping Organization.**

Additional athlete resources, including the following, are available on WADA's Web site at [www.wada-ama.org](http://www.wada-ama.org):

- The World Anti-Doping Code
- The Prohibited List and other International Standards
- Publications about TUE requirements, the doping control process
- The Anti-Doping Quiz, an online interactive game about anti-doping

08

DEFINITIONS



**ADAMS:** The Anti-Doping Administration and Management System (ADAMS) is a Web-based database management tool for data entry, storage, sharing, and reporting designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.

**Adverse Analytical Finding:** A report from a laboratory or other WADA approved entity that, consistent with the International Standard for Laboratories and related technical documents, identifies in a sample the presence of a prohibited substance or its metabolites or markers (including elevated quantities of endogenous substances) or evidence of the use of a prohibited method.

**Anti-Doping Organization:** A signatory to the Code that is responsible for adopting rules for initiating, implementing or enforcing any part of the doping control process. This includes, for example, the International Olympic Committee (IOC), the International Paralympic Committee (IPC), other major event organizations that conduct testing at their events, WADA, International Federations (IFs), and National Anti-Doping Organizations (NADOs).

**Athlete Support Personnel:** Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other person working with, treating or assisting an athlete participating in or preparing for sports competition.

**Attempt:** Purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation. Provided, however, there shall be no anti-doping rule violation based solely on an attempt to commit a violation if the person renounces the attempt prior to it being discovered by a third party not involved in the attempt.

**Atypical Finding:** A report from a laboratory or other WADA approved entity which requires further investigation as provided by the International Standard for Laboratories or related technical documents prior to the determination of an Adverse Analytical Finding (AAF).

**Doping Control:** All steps and processes from test distribution planning through to ultimate disposition of any appeal including all steps and processes in between such as provision of whereabouts information, sample collection and handling, laboratory analysis, therapeutic use exemptions (TUEs), results management and hearings.

**In-Competition:** Unless provided otherwise in the rules of an International Federation IF or other relevant anti-doping organization (ADO), “in-competition” means the period commencing twelve hours before a competition in which the athlete is scheduled to participate through the end of such competition and the sample collection process related to such competition.

**International Standard:** A standard adopted by WADA in support of the Code. Compliance with an International Standard (as opposed to another alternative standard, practice or procedure)

shall be sufficient to conclude that the procedures addressed by the International Standard were performed properly. International Standards shall include any technical documents issued pursuant to the International Standard.

**National Anti-Doping Organization (NADO):** The entity(ies) designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of samples, the management of test results, and the conduct of hearings, all at the national level. This includes an entity which may be designated by multiple countries to serve as Regional Anti-Doping Organization for such countries. If this designation has not been made by the competent public authority(ies), the entity shall be the country's National Olympic Committee or its designee.

**No Advance Notice:** A doping control which takes place with no advance warning to the athlete and where the athlete is continuously chaperoned from the moment of notification through sample provision.

**Out-of-Competition:** Any doping control which is not in-competition.

**Possession:** The actual, physical possession, or the constructive possession (which shall be found only if the person has exclusive control over the prohibited substance or prohibited method or the premises in which a prohibited substance or prohibited method exists); provided, however, that if the person does not have exclusive control over the prohibited substance or prohibited method or the premises in which a prohibited substance or prohibited method exists, constructive possession shall only be

found if the person knew about the presence of the prohibited substance or prohibited method and intended to exercise control over it. Provided, however, there shall be no anti-doping rule violation based solely on possession if, prior to receiving notification of any kind that the person has committed an anti-doping rule violation, the person has taken concrete action demonstrating that the person never intended to have possession and has renounced possession by explicitly declaring it to an ADO. Notwithstanding anything to the contrary in this definition, the purchase (including by any electronic or other means) of a prohibited substance or prohibited method constitutes possession by the person who makes the purchase.

**Prohibited List (List):** The List identifying the prohibited substances and prohibited methods.

**Provisional Hearing:** For purposes of Article 7.5, an expedited abbreviated hearing occurring prior to a hearing under Article 8 (Right to a Fair Hearing) that provides the athlete with notice and an opportunity to be heard in either written or oral form.

**Registered Testing Pool:** The pool of top-level athletes established separately by each IF and NADO who are subject to both in-competition and out-of-competition testing as part of that IF's or NADO's test distribution plan. Each IF shall publish a list which identifies those athletes included in its RTP either by name or by clearly defined, specific criteria.

**Tampering:** Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly;

obstructing, misleading or engaging in any fraudulent conduct to alter results or prevent normal procedures from occurring; or providing fraudulent information to an ADO.

**Target Testing:** Selection of athletes for testing where specific athletes or groups of athletes are selected on a non-random basis for testing at a specified time.

**Testing:** The parts of the doping control process involving test distribution planning, sample collection, sample handling, and sample transport to the laboratory.

**Trafficking:** Selling, giving, transporting, sending, delivering or distributing a prohibited substance or prohibited method (either physically or by any electronic or other means) by an athlete, athlete support personnel or any other person subject to the jurisdiction of an ADO to any third party; provided, however, this definition shall not include the actions of “bona fide” medical personnel involving a prohibited substance used for genuine and legal therapeutic purposes or other acceptable justification, and shall not include actions involving prohibited substances which are not prohibited in out-of-competition testing unless the circumstances as a whole demonstrate such prohibited substances are not intended for genuine and legal therapeutic purposes.