



# HELLO!

## ITA CLEAN SPORT WORKSHOP





## AUDIENCE QUESTION

**RAISE YOUR HAND IF YOU HAVE  
EVER PEED IN A CUP**

**MY NAME IS FLORENCE AND  
I HAVE PEED IN A CUP.**



# ITA AMBASSADOR FLORENCE SCHELLING



- ✓ 4-TIME OLYMPIAN (SWITZERLAND)
- ✓ OLYMPIC BRONZE MEDALLIST
- ✓ FIRST OLYMPIC GAMES AT 16 YEARS OLD
- ✓ 11 WORLD CHAMPIONSHIPS
- ✓ 2012 WORLD CHAMPIONSHIPS – BEST GOALKEEPER



**I AM HERE TO TELL YOU  
ABOUT HOW TO PROTECT  
YOURSELF, YOUR CAREER,  
YOUR SPORT AND YOUR  
FAMILY & FRIENDS.**

# GAME PLAN

**01.**

CLEAN SPORT  
101

**02.**

ANTI-DOPING  
RULES

**03.**

MEDICATIONS &  
SUPPLEMENTS

**04.**

DOPING CONTROL  
PROCESS

**05.**

MAKING GOOD  
DECISIONS

- ✓ Main presentation language:

**English**

- ✓ Questions, comments & clarifications:

**English, French, German, Swiss  
German, Swedish**

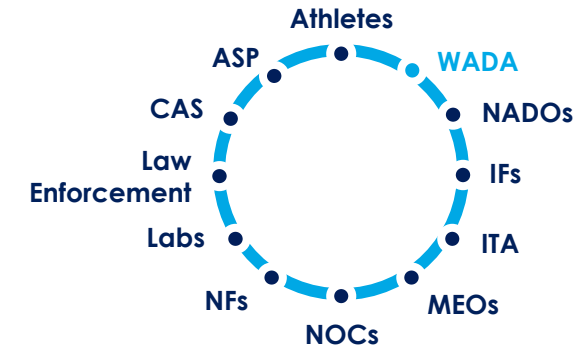
- ✓ Printed resources:

**Arabic, Chinese (Mandarin), English,  
French, Japanese, Korean, Russian,  
Spanish, German, Italian, Portuguese**

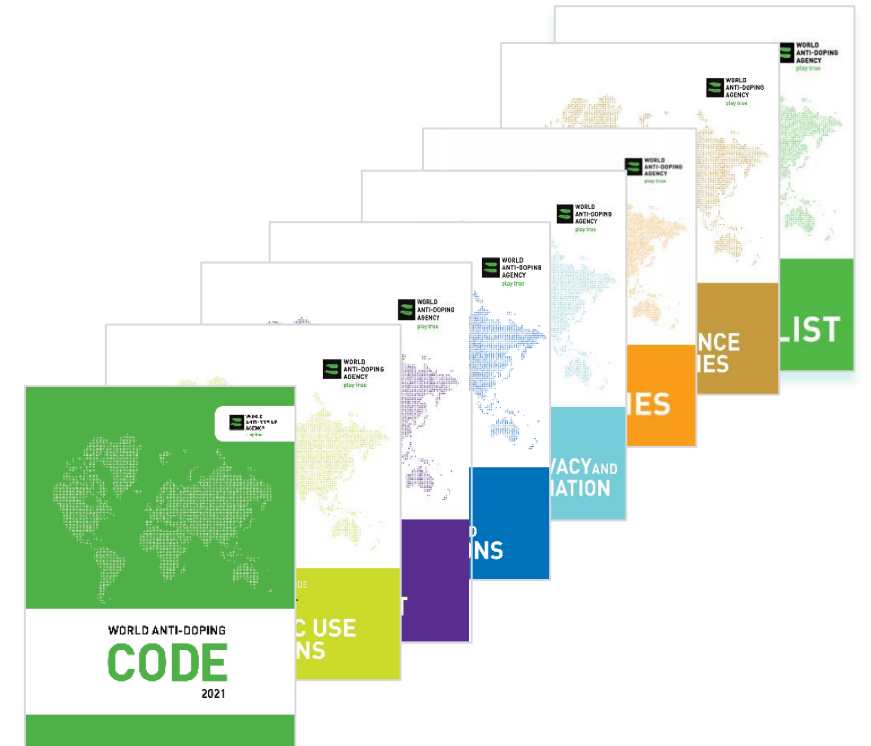
# CLEAN SPORT 101



# WORLD ANTI-DOPING AGENCY



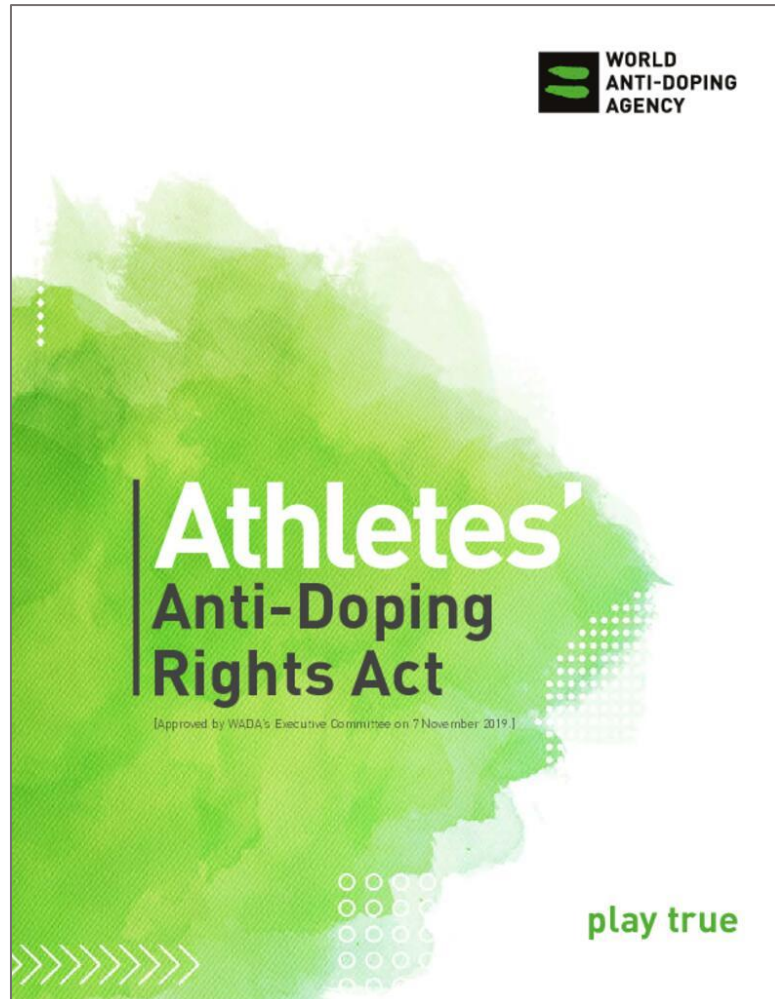
- ✓ Global anti-doping regulator in charge of anti-doping policies in **all sports and all countries**
- ✓ Oversees the global fight against doping
- ✓ Monitors anti-doping programs to make sure that they are in line with the World Anti-Doping Code and International Standards



# THE ANTI-DOPING RULES



# ATHLETES' ANTI-DOPING RIGHTS ACT



One key document consolidating the most important Athlete Rights in anti-doping



Based on the 2021 Code and International Standards








Aims to ensure that athlete rights within anti-doping are:

- ✓ clearly set out

- ✓ accessible

- ✓ universally applicable

# ATHLETES' RESPONSIBILITIES

-  Know and follow the rules
-  Be available for sample collection
-  Take the responsibility for what they put in their bodies
-  Inform medical personnel of their obligations as an athlete
-  Cooperate with Anti-Doping Organisations (WADA, ITA, etc) and your Sport Federation (WSF)

# STRICT LIABILITY PRINCIPLE

**The athlete is solely responsible for any substance which is found in their body, regardless of whether there was an intention to cheat or not.**



## AUDIENCE QUESTION

**HOW MANY ANTI-DOPING RULE  
VIOLATIONS ARE THERE?**



**11  
ADRVs**

- 1. Presence** of a prohibited substance in athlete's sample
- 2. Use or attempted use** of a prohibited substance or method
- 3. Evading, refusing or failing** to submit to sample collection
- 4. Failure** to file athlete whereabouts information
- 5. Tampering** with any part of the doping control process or results management
- 6. Possession** of a prohibited substance or method
- 7. Trafficking** a prohibited substance or method
- 8. Administration or attempted administration of** a prohibited substance or method
- 9. Complicity or attempted complicity** in an ADRV
- 10. Prohibited association** by an athlete or other person
- 11. Acts** by an athlete or other person to **discourage or retaliate** against reporting to authorities



## AUDIENCE QUESTION

**RAISE YOUR HAND IF YOU THINK  
ANTI-DOPING RULE VIOLATIONS  
APPLY ONLY TO ATHLETES?**



11. Acts by an athlete or other person to **discourage or retaliate** against reporting to authorities

10. **Prohibited association** by an athlete or other person

9. **Complicity or attempted complicity** in an ADRV

8. **Administration or attempted administration of** a prohibited substance or method

7. **Trafficking** a prohibited substance or method

6. **Possession** of a prohibited substance or method

1. **Presence** of a prohibited substance in athlete's sample

2. **Use or attempted use** of a prohibited substance or method

3. **Evading, refusing or failing** to submit to sample collection

4. **Failure** to file athlete whereabouts information

5. **Tampering** with any part of the doping control process or results management



**11  
ADRVs**



**11  
ADRVs**

**11.** Acts by an athlete or other person to **discourage or retaliate** against reporting to authorities

**10. Prohibited association** by an athlete or other person

**9. Complicity or attempted complicity** in an ADRV

**8. Administration or attempted administration of** a prohibited substance or method

**7. Trafficking** a prohibited substance or method

**6. Possession** of a prohibited substance or method

**1. Presence** of a prohibited substance in athlete's sample

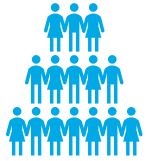
**2. Use or attempted use** of a prohibited substance or method

**3. Evading, refusing or failing** to submit to sample collection

**4. Failure** to file athlete whereabouts information

**5. Tampering** with any part of the doping control process or results management

# IN SUMMARY...



All members of the sports community are subject to the global anti-doping rules as outlined in the World Anti-Doping Code and the International Standards.



There are 11 Anti-Doping Rule Violations (ADRVs). All 11 apply to athletes and 7 apply to athletes, athlete support personnel and other members of the sport community.



These rules are in place to protect athletes' health and their right to clean, fair competition.



You are in control. Educate yourself and ask questions!

# THE PROHIBITED LIST



## AUDIENCE QUESTION

**RAISE YOUR HAND IF YOU KNOW  
WHAT PRODUCTS ARE PROHIBITED  
IN SQUASH**

# MEDICATIONS: THE PROHIBITED LIST

The WADA Prohibited List includes substances and methods that satisfy at least two of the following three criteria:

- ✓ It has the potential to enhance or enhances sport performance
- ✓ It represents an actual or potential health risk to the athlete
- ✓ It violates the spirit of sport



# NAVIGATING THE PROHIBITED LIST



Prohibited at all times



Prohibited only during In-Competition



Prohibited in particular sports

NOT APPLICABLE TO YOU

# PROHIBITED AT ALL TIMES

- ✓ Anabolic agents  
e.g. testosterone, clenbuterol
- ✓ Peptide hormones, growth factors  
e.g. EPO, growth hormone
- ✓ Beta-2-agonists  
e.g. asthma medications
- ✓ Hormone and metabolic modulators  
e.g. insulin, meldonium
- ✓ Diuretics and masking agents  
e.g. frusemide
- ✓ Blood transfusion or manipulation of blood
- ✓ Intravenous infusions in certain situations



# PROHIBITED ONLY DURING IN-COMPETITION



- ✓ Stimulants  
e.g. ephedrine, pseudoephedrine
- ✓ Narcotics  
e.g. morphine
- ✓ Cannabinoids  
e.g. cannabis, hashish
- ✓ Glucocorticoids by certain routes  
Inflammation of joints

# IN-COMPETITION VS. OUT OF COMPETITION PERIODS

**In-Competition:** The period commencing at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate through to the end of such Competition and the Sample collection process related to such Competition.

**Out-of-Competition:** Any period that is not in-competition.

# CHANGES TO THE PROHIBITED LIST



The List is updated at least annually



The List is published in October and comes into effect on 1 January of the following year



# MEDICATIONS

# MEDICATIONS: USEFUL TIPS

## PRESCRIPTION VS. OVER-THE-COUNTER

Both medications that require a prescription and those that can be bought **over the counter** can appear on the Prohibited List

## INFORMING YOUR MEDICAL PROFESSIONAL

Athletes should **remind their doctors** that they are an athlete and are subject to anti-doping regulations

## IN-COMPETITION VS. OUT-OF-COMPETITION

Different substances take **different amounts of time to leave your system** – take that into account when taking substances prohibited in-competition

# MEDICATIONS: USEFUL TIPS

## DOSAGE

Some medications are prohibited in large doses. If the medication you are taking is subject to this limitation, **carefully monitor your intake**

## BRAND

Take exactly what was recommended. Some **brand names offer multiple variations of the same product** and there is a real risk that one will contain a prohibited substance while another may not

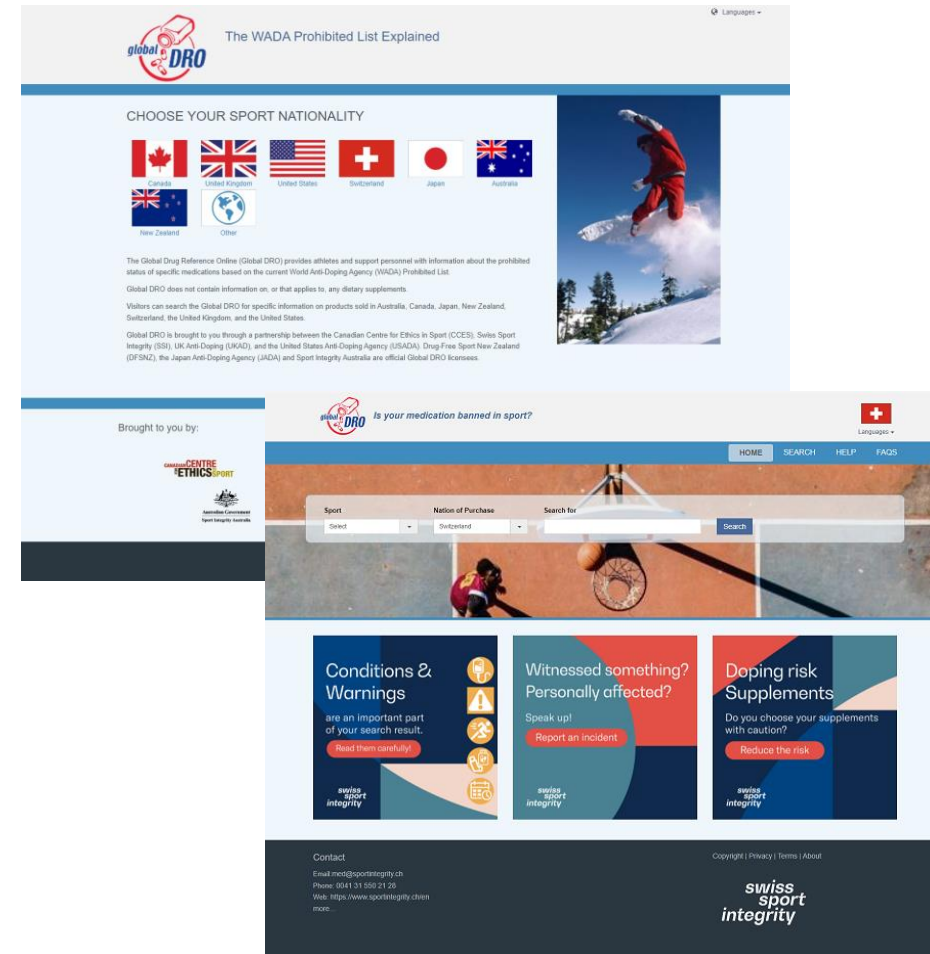
## TRAVELLING ABROAD

Medications of the same brand may have **different ingredients in another country**

# CHECKING YOUR MEDICINE

- ✓ Ask your doctor or pharmacist
- ✓ Check with the National Anti-Doping Organisation
- ✓ Use reliable online resources such as GlobalDRO:

**WWW.GLOBALDRO.COM**



The screenshots show the Global DRO website interface. The top screenshot is titled 'The WADA Prohibited List Explained' and features a 'CHOOSE YOUR SPORT NATIONALITY' section with flags for Canada, United Kingdom, United States, Switzerland, Japan, Australia, New Zealand, and Other. Below the flags, there is a paragraph of text explaining the Global Drug Reference Online (Global DRO) and its purpose. The bottom screenshot shows the 'Is your medication banned in sport?' search page, which includes a search bar with 'Sport' and 'Nation of Purchase' dropdown menus, a search input field, and a 'Search' button. Below the search bar, there are three promotional cards: 'Conditions & Warnings', 'Witnessed something? Personally affected?', and 'Doping risk Supplements'. The footer of the website includes contact information for Swiss Sport Integrity and a copyright notice.

# THERAPEUTIC USE EXEMPTIONS



# WHAT IS A TUE?

- ✓ You may have an illness or a condition that requires a particular medication.
- ✓ If this medication appears on the Prohibited List, you may be granted a Therapeutic Use Exemption (TUE) which gives you permission to use the medication within the context of your sport's regulations.

# HOW DO I APPLY FOR A TUE?

- ✓ International-level athletes **should refer to the information on the WSF <https://www.worldsquash.org/therapeutic-use-exemptions-tues/>** and apply via your ADAMs account or directly to the ITA.
- ✓ National-level athletes should submit their TUE application to their National Anti-Doping Agency (NADO)
- ✓ **You and your physician** fill out the TUE form together
- ✓ Include all medical **details and documentation**

# SUPPLEMENTS



## AUDIENCE QUESTION

**RAISE YOUR HAND IF YOU USE  
SUPPLEMENTS**



# PERFORMANCE FACTORS



# WHAT IS A FOOD-FIRST APPROACH?

All the essential nutrients are present in the foods that make up a varied diet:

- ✓ Carbohydrates
- ✓ Proteins
- ✓ Fats
- ✓ Vitamins
- ✓ Minerals
- ✓ Fibre
- ✓ Water



The requirement for some nutrients is increased by heavy training but high nutrient intakes can be achieved if:

- ✓ **Energy intake is moderate to high**
- ✓ **The diet contains a variety of foods**

# WHAT IS A SUPPLEMENT?

Supplements can target different needs:

Address  
micronutrient  
deficiencies

For example, **iron supplements** or **vitamin tablets**

Supply of  
convenient forms  
of energy

For example, **power bars, gels** or **shakes**

Provision of direct  
benefits to  
performance

For example, **protein powder** to help build muscle

Indirect benefits  
For example,  
supplements to **aid recovery, sleep, hydrate or relieve inflammation**





# WHEN ARE SUPPLEMENTS BENEFICIAL?

Supplements are most likely to be beneficial when:




**ATHLETE RECEIVES EXPERT  
ADVICE BASED ON THEIR  
INDIVIDUAL NEEDS**

**SUPPLEMENT IS TAKEN IN  
THE RIGHT DOSAGE**

**SUPPLEMENT HAS GOOD  
EVIDENCE OF BENEFITS TO  
HEALTH AND/OR  
PERFORMANCE**

**ATHLETE TAKES A  
SUPPLEMENT THAT HAS  
BEEN BATCH-TESTED**

# WHAT ARE THE RISKS OF TAKING SUPPLEMENTS?

-  **Mislabeled** - absence or low levels of stated ingredients
-  **Contamination** - inadvertent ingestion of substances that are prohibited under the World Anti-Doping Code
-  **Health risks** - ingestion of toxic substances that are harmful to health

Remember, no supplement is 100% risk-free.

# INDEPENDENT SUPPLEMENT CERTIFICATION COMPANIES

[sport.wetestyoutrust.com](http://sport.wetestyoutrust.com)



[nsfsport.com](http://nsfsport.com)



[koelnerliste.com](http://koelnerliste.com)



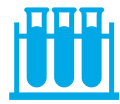
# PRACTICAL ADVICE



Get informed and use reliable information sources



If you do not have access to a certified nutritionist, conduct a self-assessment



If you decide that the benefits of using supplements outweigh the risks, choose products that have been tested



Keep the original supplement packaging, or a photo of it (including name of the supplement, brand name and the batch number). If you received medical advice to take supplement, keep a record of it.

**DO YOU KNOW  
YOUR DRUGS?**



**RAISE YOUR HAND IF YOU THINK THAT  
THE PRODUCT IS PROHIBITED**

1.



1.





2.



2.



4.

*TAMPER EVIDENT: Do not use if printed inhaler wrap is broken or missing.*



**VICKS<sup>®</sup>**

**VapoInhaler<sup>™</sup>**  
Levmetamfetamine...Nasal Decongestant

**FAST RELIEF FROM NASAL CONGESTION**

- Colds • Hay Fever
- Allergies

*With Soothing Vicks Vapors*

See Drug Facts

Net Wt. 0.007 OZ (204 mg)



**VICKS<sup>®</sup> VapoInhaler<sup>™</sup>**  
Levmetamfetamine...Nasal Decongestant

Drug Facts  
Active ingredient (per inhaler)  
Purpose

TWIST HERE TO



**VICKS**

**Inhaler Nasal Stick**  
Menthol 125mg Camphor 50mg Siberian Pine Needle Oil 10mg

**FAST RELIEF FROM STUFFY NOSES**

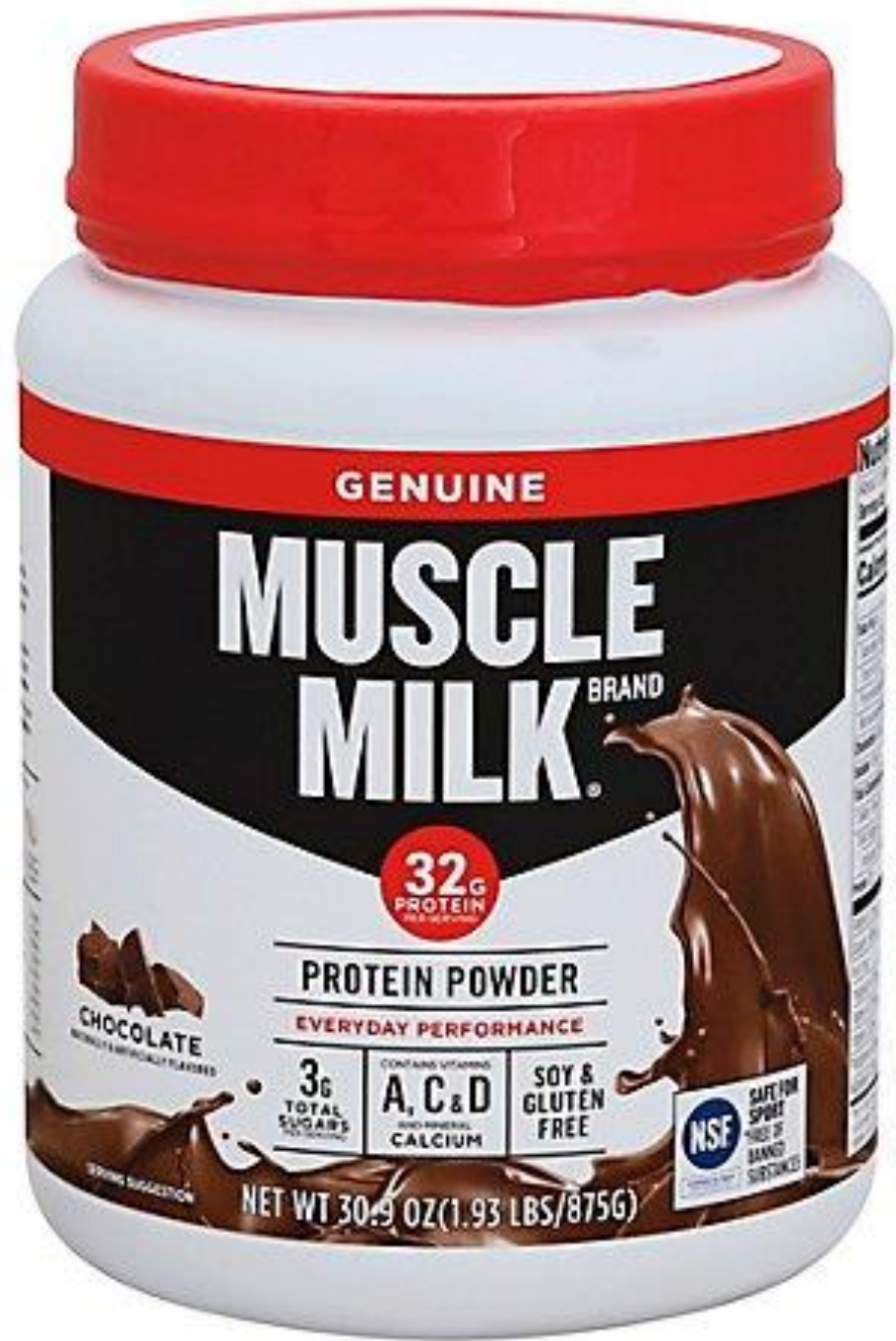


**VICKS Inhaler Nasal Stick**

4.



5.

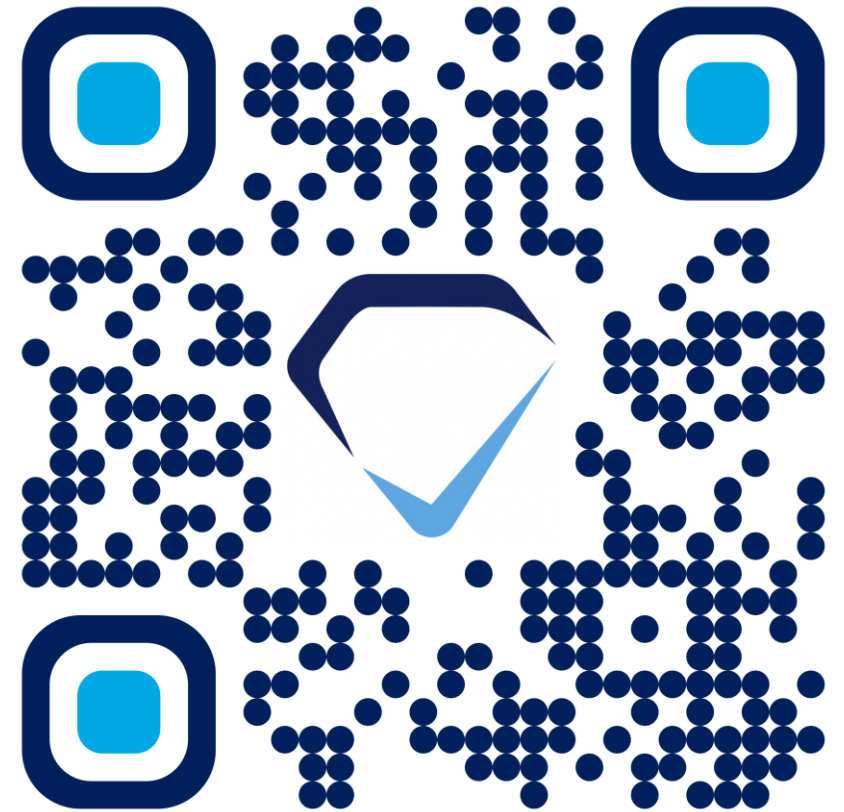


**THANKS FOR  
PLAYING!**

# DOPING CONTROL PROCESS

# KEY STEPS OF THE DOPING CONTROL PROCESS

- ✓ Arabic
- ✓ Chinese
- ✓ English
- ✓ French
- ✓ German
- ✓ Italian
- ✓ Japanese
- ✓ Korean
- ✓ Portuguese
- ✓ Russian
- ✓ Spanish





# KEY STEPS OF THE DOPING CONTROL PROCESS



ATHLETE  
SELECTION



ATHLETE  
NOTIFICATION



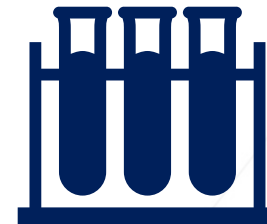
SAMPLE  
COLLECTION



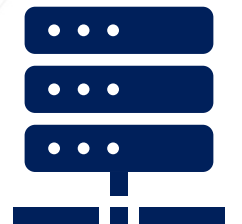
FORM  
COMPLETION



CHAIN OF  
CUSTODY



LAB  
ANALYSIS

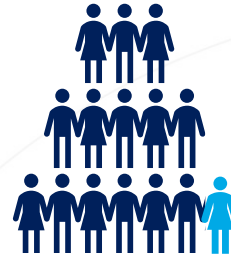


RESULTS  
MANAGEMENT

# ATHLETE SELECTION



**BASED ON  
PERFORMANCE ON  
THE FIELD OF PLAY**








**RANDOM  
SELECTION**










**TARGETED FOR A  
SPECIFIC REASON**






# ATHLETES' RESPONSIBILITIES DURING DOPING CONTROL

-  Know and follow the roles
-  Report for testing immediately if selected
-  Show valid identification
-  Remain in direct sight of DCO or Chaperone
-  Comply with the sample collection procedure

# ATHLETES' RIGHTS DURING DOPING CONTROL

-  Have a representative with you
-  Request an interpreter, if available
-  Ask for Chaperone's/DSCO's identification
-  Ask any questions
-  Request special assistance or modifications for valid reasons
-  Record any comments or concerns on the form
-  Request a delay for valid reasons

# VALID REASONS TO DELAY TESTING

-  Attending a victory ceremony
-  Finishing a training session or competing in further events
-  Receiving necessary medical attention
-  Fulfilling media commitment
-  Warming down

# DOPING CONTROL FORM

## DOPING CONTROL FORM



- 1 Fill in your personal information.
- 2 Take the time to read the athlete rights and responsibilities.
- 3 Check sample codes carefully.
- 4 Declare all medications and supplements and make note of any Therapeutic Use Exemptions.
- 5 Review the form to make sure that all the information is correct and sign. Note any comments.

**1** FILL IN YOUR PERSONAL INFORMATION

### 1. ATHLETE INFORMATION

NAME:   
SPORT DISCIPLINE:  ATHLETE ID PROVIDED: YES / NO

**2** HAVE YOU READ AND FULLY UNDERSTOOD THE ATHLETE RIGHTS AND RESPONSIBILITIES?

I CONSENT TO GIVE SAMPLES AND UNDERSTAND THAT NOT COOPERATING MIGHT BREAK THE DOPING CONTROL RULES.  
I HAVE READ THE INFORMATION ON MY RIGHTS AND RESPONSIBILITIES.

SIGNATURE:

### 3. INFORMATION FOR ANALYSIS

<b>SAMPLE 1</b> BLOOD: <input type="text"/> A / <input type="text"/> B BLOOD SAMPLE CODE NUMBER: <input type="text"/> TIME: <input type="text"/>	<b>SAMPLE 2</b> BLOOD: <input type="text"/> A / <input type="text"/> B BLOOD SAMPLE CODE NUMBER: <input type="text"/> TIME: <input type="text"/>
<b>SAMPLE 1</b> URINE: <input type="text"/> A / <input type="text"/> B URINE SAMPLE CODE NUMBER: <input type="text"/> TIME: <input type="text"/>	<b>SAMPLE 2</b> URINE: <input type="text"/> A / <input type="text"/> B URINE SAMPLE CODE NUMBER: <input type="text"/> TIME: <input type="text"/>

LIST ANY PRESCRIPTION MEDICATIONS AND OVER-THE-COUNTER MEDICATIONS/SUPPLEMENTS YOU HAVE TAKEN IN THE PAST WEEK. IF POSSIBLE, NOTE DOWN THE DOSAGE. IF YOU HAVE RECEIVED ANY TRANSFUSIONS IN THE PAST 6 MONTHS, NOTE DOWN THE INFORMATION.

SUPPLEMENTARY REPORT FORM NUMBER:

CONSENT FOR RESEARCH (OPTIONAL)  I ACCEPT /  I REFUSE

SIGNATURE:

### 4. CONFIRMATION OF PROCEDURE FOR URINE AND/ OR BLOOD TESTING

ANY COMMENTS SHOULD BE NOTED HERE. IF NECESSARY CONTINUE ON A SUPPLEMENTARY REPORT FORM.

MAKE NOTE OF YOUR THERAPEUTIC USE EXEMPTIONS

<b>URINE SAMPLE WITNESS</b> NAME: <input type="text"/> SIGNATURE: <input type="text"/>	<b>ATHLETE REPRESENTATIVE</b> NAME: <input type="text"/> POSITION: <input type="text"/> SIGNATURE: <input type="text"/>
--	--

I CONFIRM THAT I'VE GIVEN ALL INFORMATION TRUTHFULLY AND THAT THE SAMPLE WAS COLLECTED ACCORDING TO THE RULES.  
I UNDERSTAND AND ACCEPT THAT THE RESULTS WILL BE SHARED WITH RELEVANT ORGANISATIONS.

SIGNATURE:

**5** SIGN TO CONFIRM ALL INFORMATION ON THE FORM IS CORRECT

# URINE SAMPLE COLLECTION

# MAKING GOOD DECISIONS



**THINK OF YOUR SPORT  
IDOL.**

**WHAT ARE SOME OF  
THEIR **VALUES,**  
**CHARACTERISTICS**  
**AND BEHAVIOURS?****

# SPIRIT OF SPORT VALUES (WADA CODE, 2021)



# VIDEO: DECISION-MAKING





## AUDIENCE QUESTION

**RAISE YOUR HAND IF YOU THINK  
TYLER TOOK THE PILL**

# VIDEO: DECISION-MAKING



# DECISION-MAKING SCENARIOS

All my friends are smoking weed at a party.

**I WANT TO FIT IN.**

This physiotherapist tells me he knows what he is talking about.

**I AM EMBARRASSED TO QUESTION A PROFESSIONAL.**

I am injured and my coach tells me this supplement will help with recovery.

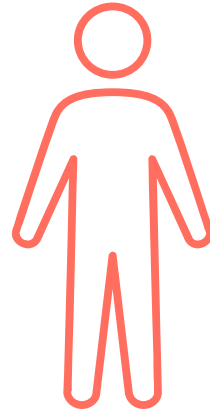
**I NEED TO FOLLOW THE INSTRUCTIONS.**

# VULNERABILITY MOMENTS

**Entering a higher level of competition**  
(e.g. making the senior National Team)

**Changing clubs or training environment**  
(e.g. moving to a new city or training location)

**Loss in competition**



**Pressure**

Financial, emotional, self-imposed or peer pressure imposed by friends, teammates and others

**Injuries**

(e.g. attempts to accelerate recovery and return to the field of play)

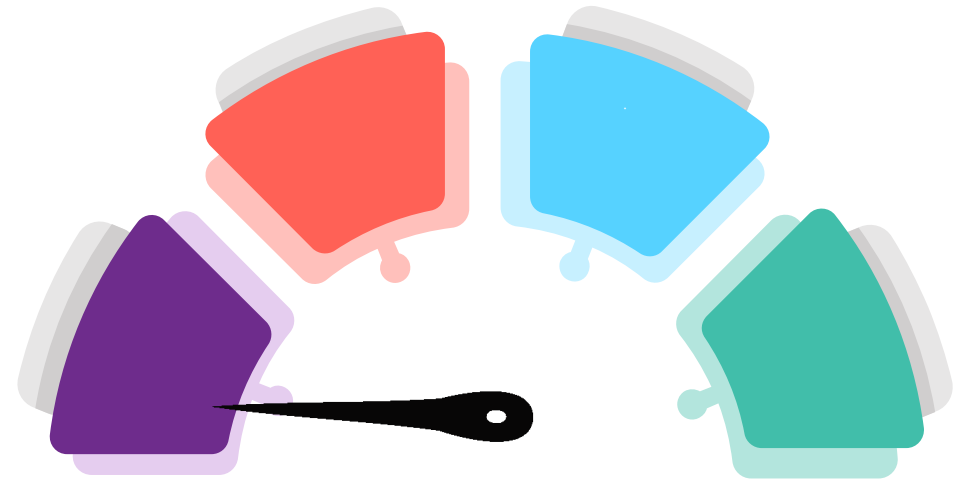
# DECISION MAKING

Defining doping is not easy.

Decisions are often influenced by others – whether negatively or positively.

Decision-making scenarios are complex and related to vulnerability moments.

Vulnerabilities can lead to justifying risky behaviors.





# CONSEQUENCES



# EFFECTS ON TEAMMATES

The Observer Athletics

## Kilty will never forgive 'reckless' Ujah for costing GB Olympic relay silver

- Sprinter 'heartbroken' after teammate's failed drug test
- Britain's 4x100m relay team stripped of Tokyo 2020 medal



“To finally reach the pinnacle and win an Olympic medal, and then to **lose it because one person has just been sloppy and reckless** with what’s gone into their body **is heartbreaking.**”

# EFFECTS ON FAMILY



**Dwain Chambers** on telling his children:

- ✓ **"It was very hard.** They're still very young. They didn't understand."
- ✓ **"It will come up again.** There will be instances in life when they're going to get pulled up on it. It's going to happen."
- ✓ " So, I always say to them, you've got to be very careful how you react to people. Because of me. **I've told them that their life will be hard, because of me.**"

# SURVEY:



- ✓ **VISIT THE ITA ANTI-DOPING EDUCATION BOOTH.**
- ✓ **10AM – 5PM THURSDAY 11 AUGUST AT THE COMPETITION VENUE.**
  - ✓ DOPING CONTROL DEMONSTRATIONS
  - ✓ PRINTED MATERIAL IN DIFFERENT LANGUAGES
  - ✓ MORE INFORMATION ON MEDICATIONS AND SUPPLEMENTS
  - ✓ SPEAKING UP
  - ✓ FURTHER RESOURCES
  - ✓ GOODIES
  - ✓ TO ANSWER YOUR INDIVIDUAL QUESTIONS