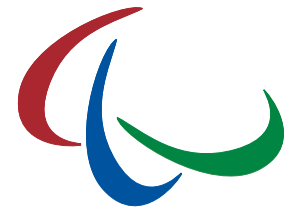


International
Paralympic Committee



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Committee

Safe sport: Anti-doping perspectives

Vanessa Webb
10 March 2014



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Overview

- Education
- Supplement use
- Role of the team physician





Education

- Knowledge is power!
- Say NO! to Doping
 - Outreach booth
- Translated advice cards
 - English, French, Spanish
 - Chinese, Portuguese
 - Russian

IPC Anti-Doping advice

This International Paralympic Committee (IPC) leaflet will give you some basic and practical anti-doping information. For more complete anti-doping information, please go to:

www.paralympic.org

THE PROHIBITED LIST

The World Anti-Doping Agency (WADA) Prohibited List outlines and defines substances and methods banned in competition, as well as those banned at all times. It is updated at least annually, and is effective from 1 January each year.

www.wada-ama.org

As an athlete, you should ensure you know what is included on the list, which can be found on the WADA website:

ANTI-DOPING RULE VIOLATIONS

The following examples constitute an Anti-Doping Rule Violation (ADRV):

- Presence of a prohibited substance or its metabolites or markers
- Use or attempted use of a prohibited substance or method
- Refusing or failing to submit to sample collection
- Violating requirements relating to availability for out-of-competition testing
- Tampering, or attempted tampering with the doping control process
- Possession of a prohibited substance or method
- Trafficking, or attempted trafficking of a prohibited substance or method
- Administration, or attempted administration of a prohibited substance or method, or encouraging, aiding or covering up involvement in an ADRV

MEDICATIONS AND SUPPLEMENTS

According to the principle of strict liability, as an athlete, you are solely responsible for whatever is in your body at all times. Aside from the list, you must take all steps to verify the ingredients of all medicines and supplements.

- Always check your medication with a doctor and/or with your National Anti-Doping Organisation
- Beware of supplement
- In many countries the manufacturing and labeling of supplements may not follow strict rules,

which may lead to a supplement containing an undeclared substance that is banned.

- The IPC recommends all athletes avoid supplements to protect themselves from an anti-doping rule violation.

THERAPEUTIC USE EXEMPTIONS

A Therapeutic Use Exemption (TUE) allows you to use a prohibited substance or method when you can provide genuine, documented medical proof that it is required.

All athletes requiring the use of a prohibited substance or method must have a valid TUE. All IPC athletes must apply to their National Anti-Doping Organisation for a TUE approval. The only athletes who must apply to the IPC for a TUE are athletes in the IPC Registered Testing Pool (RTP) and athletes participating in IPC sports at IPC major events that require retroactive approval in emergency situations.

You can download a TUE application form directly from the IPC website.

www.paralympic.org

WHEREABOUTS

The IPC has a Registered Testing Pool (RTP) of athletes. If you are selected as part of the IPC RTP, you are required to provide information of your whereabouts, on a quarterly basis. The RTP is established from 1 January each year, but is constantly reviewed and updated, and an athlete may be added to it at any time. The IPC RTP is selected based on current IPC resources, assessment of each sport and the ranking of the athletes. If you are selected as part of the IPC RTP, you will be informed through your National Paralympic Committee.

All IPC RTP athletes are required to submit their whereabouts information directly through ADAMS, which is an online database.

The IPC is fully committed to keeping sport clean. If you see anything suspicious or know of any doping-related activities please contact us in complete confidence. anti-doping@paralympic.org +49 228 2097-130

BLOOD SAMPLING

The Blood Sampling procedure follows these basic steps:

- Before the sample is taken, you will need to be seated for at least ten minutes (or, up to two hours if you have been exercising)
- After showing you their ID and qualifications, the Blood Collection Officer (BCO) will select the best vein from your body
- Sufficient blood shall be withdrawn to meet the required analysis, but no more than 25ml will be taken
- The BCO will then remove the needle, and apply a dressing to the area. Only a small volume of blood will be withdrawn, so you should not suffer any ill-effects afterwards.

Did you know?
A significant number of positive tests have been attributed to the misuse of supplements. Taking a poorly labeled dietary supplement is not an adequate defence in a hearing.



Supplements

- The IPC recommends that athletes do not take supplements.
- They can be contaminated with prohibited substances.
- They may contain ingredients that are not listed on the packaging.
- **STRICT LIABILITY APPLIES: ATHLETES ARE RESPONSIBLE FOR WHAT IS FOUND IN THEIR BODY!**

2013: 10 AAFs
5 of the AAFs
attributable to
supplement use



Supplements and Inadvertent Doping – How Big Is the Risk to Athletes?

Catherine Judkins^a · Peter Prock^b

Athletes remain responsible for
what they consume

Internet purchase to be
avoided at all cost

It is clear that there now exists a huge range of supplement products, particularly those available via the internet. It is also very apparent that some of these should be avoided by athletes at all costs if they are to avoid consuming a contaminated (or deliberately adulterated) product. However, there are also many products available that are made by reputable companies, to high-quality standards. Although athletes remain entirely responsible for what they consume, they can be reassured that it is possible to minimise the risks of taking contaminated products. The level of understanding of how supplements become contaminated with trace amounts of prohibited substances has increased vastly over the last decade and reputable companies that enroll in appropriate quality systems to mitigate this problem can offer athletes minimal-risk products.



Roles and Responsibilities of Support Personnel

- To understand and comply with anti-doping policies.
 - To give athletes reliable guidance.
 - To cooperate with athlete testing programs.
 - To use their influence on athlete's values and behaviour to foster anti-doping attitudes.
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Anti-Doping Information: Who can help?

- National Anti-Doping Organization (NADO)
 - National Paralympic Committee (NPC)
 - International Paralympic Committee (IPC)
 - World Anti-Doping Agency (WADA)
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What do we want?

- CLEAN SPORT
- SAFE SPORT
- HEALTHY SPORT





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Thank you!

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