

Anti-Doping

The IPC Anti-Doping Code, revised in December 2011 is in accordance with the World Anti-Doping Code (WADC). The WADC is the document that harmonises regulations regarding anti-doping in sport across all sports and all countries of the world. A new IPC Anti-Doping Code will come into effect on 01 January 2015 to reflect the new WADC rules.

The first formal testing programme at the Paralympic Summer Games was in Seoul in 1988 and in 1992 in Tignes-Albertville for the Paralympic Winter Games. Since then, doping control has been conducted at all Paralympic Summer and Winter Games.

The rationale for doping control in sport is first, to protect the health of athletes from potential harmful side effects of prohibited substances; and second, to ensure fair and ethical competition by deterring and preventing athletes from cheating and having an unfair advantage over their competitors. Doping is against the spirit of sport.

Sanctions are applied in the event of an anti-doping rule violation. The IPC Anti-Doping Code applies to all athletes, coaches, trainers, officials and medical personnel working with athletes who participate in or prepare for sports competitions within the Paralympic movement.

Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in the IPC Anti-Doping Code and includes:

- The presence of a prohibited substance in an athlete's bodily specimen
- Use or attempted use of a prohibited substance or a prohibited method
- Refusing or failing to submit to sample collection after notification
- Violation of the requirements regarding athlete availability for out-of-competition testing
- Tampering with any part of doping control
- Possession of prohibited substances and methods
- Trafficking in any prohibited substance or prohibited method
- Administration or attempted administration of a prohibited substance or prohibited method to any athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted violation.

The WADC Prohibited List is reviewed and updated annually by the World Anti-Doping Agency (WADA). There may be cases where athletes require the use of a prohibited substance for a



medically justified reason. In this case, the athlete must apply and receive approval to use the prohibited substance. This is called the Therapeutic Use Exemption (TUE) process. Athletes would apply to their National Anti-Doping Agency or to the IPC Medical Committee to receive a TUE approval. This process is sport and case-specific.

The IPC continues to provide anti-doping education to athletes, National Paralympic Committees and athlete support personnel to complement the programmes that already exist nationally. Anti-doping information and awareness for all involved in sport is crucial in ensuring a proper understanding of the anti-doping rules and procedures.

There is as much need for doping control in sport for athletes with an impairment as there is in able-bodied sport. As the Paralympic movement continues to grow in numbers and skill-level, the temptation to enhance performance through the use of prohibited substances may well increase. It is the objective of the IPC that the national testing of athletes with an impairment be integrated into national programmes in all countries.