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HRVATSKI ZAVOD ZA JAVNO ZDRAVSTVO

ANTI-DOPING HANDBOOK

Anti-Doping Handbook

Division for Anti-Doping
Croatian Institute of Public Health

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Anti-Doping Handbook

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CONTENT

1 INTRODUCTION.....5

2 ETHICAL ASPECTS OF DOPING.....7

3 ANTI-DOPING EDUCATION AND PREVENTION OF DOPING...11

4 DOPING CONTROL PROCEDURE.....17

5 THE PROHIBITED LIST.....23

6 LABORATORIES AND SAMPLE ANALYSIS.....27

7 THERAPEUTIC USE EXEMPTIONS.....31

8 SUPPLEMENTS AND RISKS.....39

9 LEGAL ASPECTS OF ANTI-DOPING RULE VIOLATIONS.....43

1 INTRODUCTION

The purpose of this handbook is to familiarize anti-doping issues with athletes, athlete support personnel and the sport community in general, in a manner that is simple and interesting. During preparation of materials for this handbook, we made sure to include all relevant anti-doping issues, with an emphasis on practical aspects. This way, we believe that the efforts of the Division for Anti-Doping dedicated to promoting clean sport and timely education of athletes will fully achieve their goal.

The goal of this handbook is an early education on anti-doping matters, but also advancing earlier knowledge in this field. Due to the complexity of anti-doping matters, this handbook could not include all the details from individual fields and procedures, however, it provides an overview through its thematic units in which all readers interested in anti-doping will be able to find answers to all the important questions.

The Division for Anti-Doping created this handbook as a supplement to the existing educational materials and programs; it is based on the anti-doping rules stipulated in the World Anti-Doping Agency (WADA) Code and mandatory international standards. In the Republic of Croatia, the provider of national anti-doping rules is a national anti-doping organization, Croatian Institute of Public Health (CIPH), implemented in the Anti-Doping Rules. The Republic of Croatia applies the CIPH Anti-Doping Rules.

Hoping that this handbook will make an interesting and useful read, we wish you countless sporting achievements in the spirit of clean sport!

Division for Anti-Doping
Croatian Institute of Public Health

2 ETHICAL ASPECTS OF DOPING

It is extremely important for every athlete to consider ethical principles associated with doping use, because it is the way of forming correct attitudes regarding doping. It is important to consult with experts, and not to base one's opinion on information coming from various sources, often from friends or other athletes. With appropriately formed attitudes, athletes will be able to make the right decisions, aimed at preservation of their health and sport career. Thus, every athlete can and must be a promotor of clean sport.

Maintaining clean sport

Every self-respecting athlete aspires to achieve fair and clean results. The very essence of sport is rooted in competitiveness. Therefore, the end goal is to achieve results and success, which opens the possibilities for countless ways to achieve those goals, even illegal ones. Results-wise, the correct and ethical way of succeeding is based on training and investing efforts in maintaining a healthy body. This includes planning workouts and downtime, a healthy and balanced diet, and encouraging a healthy lifestyle, so that each athlete could realize their full potential in training and in competition. Unfortunately, because of the inadequate achievement of their sporting goals or the desire for additional „help" in accomplishing these goals, some athletes resort to doping. Such an approach is unethical and jeopardizes regularity and clean sport.

Doping is cheating

It should always be emphasised that engaging in sports and nurturing sport culture is important for the health of individuals, as well as the society. Conversely, the use of doping has an adverse and harmful effect on health of individuals, but also on

the society. Furthermore, doping corrupts the essence of sport, which needs to remain doping-free. Moreover, the fundamental definition of doping is an illegal or illicit administration or use of substances and/or methods prohibited in sport, with the purpose of enhancing sport performance. It is clear that because of doping the balance of power is in sporting arenas changing. To the athlete who uses it, doping gives temporary added advantage, which yields better results in an illicit way. Therefore, doping is cheating, cheating of others, clean athletes who choose not to use it. Doping is also cheating the sport itself, as it affects performance and achieving results. Finally, doping entails cheating yourself – in the sense of ethics and morals, and its consumption leaves a heavy mark of deceit that follows the athlete throughout their life, even if they have not been caught.

Elements of clean sport

Clean sport includes four fundamental values:

- honesty
- integrity
- responsibility
- respect

The use of doping is contrary to all the above values.

The impact of doping on health

Doping causes direct harm to the athletes' health. Sometimes its use yields better results (due to enhanced performance), however, the ultimate price is the destruction of physical and psychological wellbeing. Doping can cause harmful effects and cause changes in organs that might lead to severe, life-threatening conditions resulting in disability or death. Its effects on the brain, nerves and psyche should also not be ignored, as well as the development of inadequate behaviour, reactions, addiction, and other forms of disrupted actions and functioning in the family, at work and society in general. Moreover, there is also a decline in quality of life caused by harmful effects of doping on the body and psyche, as well as stigmatization.

The purpose of anti-doping

The goal is to eliminate doping from sport and for this purpose anti-doping rules are in force. However, despite all efforts, doping is still present in sports, as shown by countless doping positive test results. Nevertheless, the anti-doping system and the application of measures and sanctions reduced and prevented the unhindered and

uncontrolled use of doping. It is difficult to say how and when the fight against doping in sport will end. Anti-doping fights devotedly for athletes' well-being and clean sport, which is why it is part of the sports rules.

The vast impact on society

Doping affects competitive sports, as well as the entire society. This is clear in recreational sports that recruit future athletes. It is worrying that such a young population uses doping and that it is so widespread. Such use can adversely affect young peoples' health, and this is the age group that is supposed to be the healthiest. In this population segment, doping consumption forms an associated mindset and a behaviour pattern that contradicts ethical principles. Finally, it promotes the idea of using prohibited substances as a way of achieving social success, correspondingly with achieving sports success by doping. All this leads to negative trends in society development, with further encouragement of the use of addictive substances. This is the reason doping is a systemic and serious ethical problem for the society. In addition, because it is so widespread, it is also a public health concern.

Individual responsibility

Each individual member of a society is responsible for their own health and for indirect effects on the immediate and broader social community. The use of doping shows irresponsibility and a destructive mindset. Although there is no simple solution for various problems that negatively affect individuals in the society and worldwide, people often resort to substance use to mitigate the consequences of such difficulties. In this sense, young people, and people in general, use doping to escape from a dire situation, or to achieve their aspired goals. Such choice is misleading and results in various harmful effects on individuals and the community. Therefore, it is important to address this issue and find positive and constructive ways for problem solving and achieving goals. Therefore, everyone could contribute to their own health as well as health of the population. By choosing doping, a person turns their back on health and causes harm to the society.

3 ANTI-DOPING EDUCATION AND PREVENTION OF DOPING

The purpose of education is to promote and instil the values of clean sport, to develop behaviours that encourage and protect the spirit of sport and to help prevent intentional and unintentional doping in athletes.

Roles and responsibilities

The Division for Anti-Doping has the authority and obligation to implement and promote education in accordance with Article 18.2 of the World Anti-Doping Code and pursuant to the International Standard for Education, which, as a mandatory international standard, entered into force on January 1, 2021. **Its main principle is that an athlete's first experience with anti-doping should be through education rather than through doping control.**

The anti-doping education program is set out in the Division for Anti-Doping Education Plan and Program, developed for each year separately. The program defines the plan, monitoring and implementation evaluation of educational programs and activities. Educational programs are essential for ensuring efficient and harmonized anti-doping procedures aimed at raising awareness, providing accurate information, and developing the ability to make informative decisions, while promoting personal values and principles that protect the spirit of sport.

As part of the Education Plan and Program, Division for Anti-Doping implements the education program according to the following principles:

- values-based education (delivering activities that emphasize the development of an individual's personal values and principles, with the aim of teaching learners to make ethically correct decisions)
- awareness raising (highlighting topics and issues related to clean sport)

- information provision (making accurate, up to date content related to clean sport available)
- anti-doping education (delivering training on anti-doping topics to build behavioural competencies in clean sport and make informative decisions)

Division for Anti-Doping education programs include the following topics and contents, as stipulated in Article 18.2 of the Code:

- principles and values associated with clean sport
- athletes' or athlete support personnel's and other groups' rights and responsibilities specified in the Code
- the principle of strict liability
- the consequences of doping, for example, physical and mental health, social and economic effects, and sanctions
- anti-doping rule violations
- substances and methods on the Prohibited List
- risks of supplement use
- use of medications and therapeutic use exemptions
- testing procedures, including urine, blood, and the Athlete Biological Passport
- requirements of the registered testing pool, including whereabouts (location data) and the use of ADAMS
- expressing doubts and concerns (speaking up) about doping

Cooperation and recognition of educational programs conducted by other organizations

Division for Anti-Doping conducts educational programs independently and/or in cooperation with other organizations involved in sports. In the implementation of the education programs, Division for Anti-Doping cooperates with other anti-doping organizations, international and national sport federations, regional anti-doping agencies, national Olympic and Paralympic committee, major sporting event organizations, WADA and other organizations involved in the education of athletes and the fight for clean sport.

When national sport federations conduct anti-doping education for athletes in Croatia, the necessary educational materials (presentations, brochures, leaflets, etcetera) can be obtained in cooperation with the Division for Anti-Doping.

The World Anti-Doping Agency (WADA) provides substantial support in the development and implementation of efficient education programs. It also offers various educational tools for reaching different target groups. All Code signatories should coordinate their educational activities to reduce repetition and maximise the efficiency of their

education programs. Also, signatories should recognize the education programs of other signatories, if implemented in accordance with the International Standard for Education. The goal of this procedure is to alleviate athletes and athlete support personnel and to reduce repetition of educational activities while directing them towards other, insufficiently educated target groups.

Education groups

Priority target groups for education implemented by the Division for Anti-Doping:

- athletes included in the registered testing pool (athletes from the testing pool, national level athletes, international level athletes, athletes from „sports at risk ", Olympic candidates, athletes returning to sports after the expiry of the sanction
- athlete support personnel taking part in top sports, cooperating with athletes, with the greatest influence on their behaviour (trainers, physicians, physiotherapists etcetera)

In line with its abilities and when necessary, Division for Anti-Doping will also conduct education of other athlete categories, such as the ones not prioritized in education implementation:

- athletes below national level, recreational athletes, young athletes, and other persons who may be involved in anti-doping procedures (e.g., physicians, pharmacists, lawyers, etcetera)
- children and youth (through school and/or sports clubs' educational programs, in cooperation with public institutions)

Educational activities:

- Lectures for athletes and sports personnel (clubs, sports federations) are the most represented part of educational activities – through direct contact (live or online) the goal is to convey the anti-doping message and raise awareness on the harmful effects of doping. Implementation of these lectures requires cooperation with clubs and national sports federations

- *Athlete Outreach Program*
  at major events, through the info desk, brochures, and the anti-doping quiz, educates athletes and athlete support personnel

- Website
  the official website (https://antidoping-hzta.hr/) provides information on current events and regulations in force; the list of medications registered in Croatia is updated each month, with offered support in all segments of anti-doping activities (testing, therapeutic use exemptions, legislation, brochures, annual reports, contact information etc.) and more

- *Newsletter*
  with the purpose of fast and simple informing of the sports community through electronic resources, registered users receive an overview of current topics in anti-doping. All users who wish to receive the newsletter can subscribe via our official website

- Printed and promotional material, 'NE!DOPINGU' (NO!TO DOPING) magazine in addition to printing brochures and leaflets on the subject – the Code, the Anti-Doping Rules, Handbook for Athletes, and the updated Prohibited List for the current year – are also printed and distributed each year. Promotional material carrying the message 'NE!DOPINGU' is purchased for implementing anti-doping activities. NE!DOPINGU magazine; which is distributed to national sports federations, sports clubs, athletes, sports personnel, and others; deals with various interesting topics in the field of anti-doping. We also publish the magazine electronically on our official website, which makes the information available to a broader audience

- WADA's educational programs via ADEL
  this type of online education is primarily intended for athletes, trainers, medical staff, and others interested in anti-doping topics. After completion of the educational programs and courses, a certificate is issued confirming proficiency in anti-doping, acknowledged by all signatories. Users can access the ADEL (Anti-Doping Education and Learning) platform and its educational anti-doping contents via the following link: https://adel.wada-ama.org/learn

In the implementation of educational activities, the main goal of the Division for Anti-Doping is providing quality, value-based education through adapting topics, selecting the right approach and methodology for each individual group, including as many athletes from target groups as possible and ensuring the continuity of educational activities.

The benefits of timely education

- athletes get acquainted with the anti-doping rules early on and they manage their careers in a conscious manner by minimizing the risk of anti-doping rule violations
- athletes that are aware of the anti-doping issues, contribute to promoting clean sport values and supporting a healthy spirit of sport

ADEL BY WADA


ADEL ANTI-DOPING EDUCATION & LEARNING

CERTIFICATE

Sportaš/ica

has successfully completed

ADEL za sportaše nacionalne razine (HRVATSKI/Croatian)

2021/08/27

Amanda Hudson, Director of Education

Witold Bańka, President of WADA

WORLD ANTI-DOPING AGENCY play true

#playtrue


Doping

4 DOPING CONTROL PROCEDURE

Testing and the spirit of sport

Testing is a doping control procedure conducted for protecting clean sport, following the World Anti-Doping Code and the International Standard for Testing and Investigations. The purpose of the testing, which is mandatory for athletes, is to protect their health, to ensure fair competition and to protect the spirit of sport. It helps to deter all those who are considering using prohibited substances and methods, to name those who do and later, help to keep sports safe and fair. Testing includes collecting urine and/or blood samples. The doping control procedure has a broader meaning in the context of the International Standard for Testing and Investigations; it includes all the steps in the anti-doping organization – from planning and implementing testing, analysing laboratory samples to managing results and procedures in anti-doping rule violations.

Testing authority

National Anti-Doping Organizations (NADOs), international federations (IF), and major event organizations (MEO) have the authority to conduct the testing. National Anti-Doping Organization (NADO) decides on who to test based on gathered information and/or conducted analyses such as: final ranking in a competition, athlete's status, training periods and competition calendar, history of doping in a particular sport, research on doping trends, violations committed, athlete's biological passport (ABP) etc. Testing can be targeted by ranking or randomly.

Persons subject to testing

Any athlete who is subject to anti-doping rules and within the authority of an anti-doping organization can be tested. Testing can be conducted at any time and at any place. The anti-doping organization usually performs it between 5 a.m. and 11

p.m., although it can also be performed outside that period, especially when the organization has valid reasons to do so. Anti-doping organizations set up the Testing Pool (TP) and the Registered Testing Pool (RTP), consisting of athletes that they will test systemically. RTP includes highest-priority athletes for testing, and they must provide whereabouts information with a 60-minute time slot during which they will be available for out-of-competition testing every day.

Athletes can be tested In-Competition or Out-of-Competition. In-Competition period starts at 11:59 p.m. on the day before the competition, and it ends after the end of the competition and the sample collection process related to that competition. An Out-of-Competition period refers to any period which is not In-Competition. Certain sporting events, as well as certain sports, may have a different definition of In-Competition, therefore it is important that athletes always check the competition rules related to their respective sports.

The testing procedure is conducted in phases. Below is a description of steps for the urine testing process, as the most common sampling method.

1. Athlete choice:
an athlete can be tested in any time and at any place. In-Competition selection of athletes for testing may be target, random, or based on their ranking. Sometimes, the Anti-Doping Organization (ADO) selects athletes based on the collected and processed data (so-called intelligent testing), which means that the Organization possesses intelligence on the athlete, e.g., established risk factors for potential use of doping to enhance sport performance

2. Athlete notification:
the Doping Control Officer (DCO)/Chaperone shall notify the athlete that they have been selected for testing. DCO will show them their identification and inform them of their rights and responsibilities. During the testing procedure, each athlete has the right to have a representative present. Finally, the athlete will need to sign a form confirming that they have been selected for testing

3. Reporting to the Doping Control Station:
it is the athlete's obligation to report to the doping control station immediately after notification. The athlete will remain within continuous observation of the DCO/Chaperone – from the point initial contact is made until the completion of the sample collection procedure. The athlete may request to delay reporting to the Doping Control Station for justified reasons such as: participation in a medal ceremony, fulfilment of media commitments, receiving necessary

medical treatment, competing in further competitions, performing a warm down, etcetera. For In-Competition and Out-of-Competition testing the athlete can request a delay due to any reasonable circumstance that may be justified, and the doping control officer will then decide on whether to grant such request

4. Selecting the equipment for sample collection:
the athlete will select a collection vessel for the urine sample and check if properly sealed and undamaged. The athlete must keep control of the collection vessel

5. Provision of urine sample:
during the sample collection, only the athlete and a DCO/Chaperone of the same gender will be present in the room. Prior to the provision of the urine sample, the athlete will wash their hands with water and ensure that the doping control officer has an unobstructed view of the sample leaving their body. This means that the athlete will have to remove or adjust any clothing that restricts the DCO's/Chaperone's clear view of the sample provision. The athlete will provide a minimum of 90 mL of urine, which is the minimum amount of urine suitable for analysis in a laboratory. If the athlete is unable to supply the required volume at once, they will wait at the doping control station until they are able to provide a complete sample

6. Selection of equipment and sample partition:
after supplying a sample, the athlete will have to select a sealed sample collection kit holding A and B bottles for urine samples. The athlete needs to check if the kit is adequate and undamaged and that all sample code numbers match to the code numbers on the box. The DCO will instruct the athlete to pour the minimum suitable volume of urine for analysis into the B bottle or container (a minimum of 30 mL), and then pour the remainder of the urine into the A bottle or container (a minimum of 60 mL). Should there still be urine remaining, the athlete will fill the B bottle to capacity. The athlete must leave a small amount of urine in the collection vessel to enable the DCO to test the concentration and measure the specific gravity of the residual urine. If the concentration is too low and does not meet the specific requirements, the athlete will have to supply another urine sample. The concentration affects whether the laboratory can analyse the athlete's sample for prohibited substances or not

7. Sealing the sample:
the athlete will have to seal the A and B bottles, which have special lids that one cannot open without special equipment. The athlete needs to make sure to properly seal the bottles, so they cannot be reopened. During the urine sample collection, only the athlete may touch the urine collection vessel and bottles A and B, unless they need assistance, in which case the DCO will act on their behalf

8. Filling out and verifying data in the doping control form:
when filling out the doping control form, the DCO will gather personal and contact information from the athlete and enter information about the medications and supplements that the athlete has recently used. Also, the DCO will need the athlete's permission to process their sample in anti-doping research. The research helps to discover new ways for preventing and detecting doping. The athlete may agree or refuse to give consent and regardless to their decision, this will not affect testing. The athlete may enter any comments or doubts in the form, about any part of the testing. After completion, the DCO and the athlete will jointly verify whether all the entered information is correct. Subsequently, the athlete shall sign the doping control form and obtain a copy thereof

Laboratory

A copy of the doping control form will be sent to a laboratory along with the sample. The laboratory conducting sample analysis must be WADA-accredited. Upon receiving the sample, A and B bottles are inspected to eliminate signs of leakage or unauthorized

treatment. The laboratory routinely opens Bottle A for analysis. On the contrary, Bottle B is stored; it will be opened and analysed only if a prohibited substance is detected in the athlete's A sample and if the athlete (or anti-doping organization) requests the opening of Bottle B.

Reporting of results

The laboratory will report the results of A sample analysis to the relevant anti-doping organization and WADA. WADA-accredited laboratories follow strict rules to ensure that the sample analysis process complies with the International Standard for Laboratories.

Testing – collecting blood samples

Same conditions apply for blood sample collection as for urine sample collection. The procedure is similar, however, there are differences that the athlete needs to be aware of.

The blood collection officer (BCO) is an official who has adequate qualifications and practical skills needed to perform blood collection from a vein, and he collects the blood sample. This person can also simultaneously function as DCO, which means that they will conduct the entire doping control procedure. Before collecting the blood sample, the athlete will have to sit still for a while. Subsequently, the athlete will select a sample collection kit, which may hold up to five tubes. The BCO will choose the blood collection site and repeat the procedure up to a maximum of three attempts in total. Sometimes blood samples need to be stored at room temperature for a while (as required by tube manufacturer). Both the athlete and the BCO/DCO will supervise the above process. Afterwards, same as for urine sample collection, the athlete will seal the blood samples in a tamper-proof carrier.

There are a few particularities for minors and athletes with impairments., i.e., modifications of the sample collection procedure.

For minors:

Minor athletes must have an escort in the doping control station, i.e., a representative. They should be notified in the presence of an athlete representative (who is not a minor). If the minor declines a representative, the DCO will consider whether a third party should be present during the collection of a sample and will clearly document this on the form. The minor's representative will observe the DCO/Chaperone but will not witness the passing of the urine sample.

For athletes with impairments:

During sample collection for athletes with impairments, a representative may always follow the athlete, including to the toilet, however, they will not witness the giving of the urine sample itself. Athletes with limited mobility and visible impairment may ask a representative for help in managing the equipment, splitting the sample, or filling out the form, as well as for any other type of help. If this is not possible, the DCO may help in the procedure. If an athlete uses additional aids such as a drainage system (catheter), a new catheter should be used whenever possible, and it is the athlete's obligation to provide it (the catheter or drainage system is not a mandatory part of the sample collection equipment, which must be provided to athletes). Preferably, a representative should be present to provide support and help to the athlete with an impairment and to observe the witnessing DCO.

To conclude this chapter, we want to recall once again that athletes should keep in mind the following essential information regarding testing:

- athletes may be tested at any time and at any place, without notice
- athletes must always report for testing, which is mandatory; the refusal to give a sample constitutes an anti-doping rule violation and can lead to sanctions
- athletes have rights and responsibilities during the testing procedure. In case of added questions or doubts, the athlete may contact the DCO
- choice of athletes for testing can be random, targeted or based on placement
- testing includes collection of urine and/or blood samples

Testing supports fairness and other values associated with clean sport. By following the testing procedures, athletes show their respect for other competitors, sports and most importantly – for themselves, their health, and their invested efforts.

5 THE PROHIBITED LIST

The Prohibited List is one of the fundamental operative documents for the CIPH Division for Anti-Doping, and one of the eight mandatory International Standards (including International Standard for Therapeutic Use Exemptions – ISTUE, International Standard for Education – ISE, International Standard for Results Management – ISRM, International Standard for Testing and Investigations – ISTI, International Standard for Protection of Privacy and Personal Information – ISPPPI, International Standard for Laboratories – ISL and International Standard for Code Compliance by Signatories – ISCCS).

The Prohibited List (hereinafter: the List) is updated annually and takes effect as of January of the following year. Three months before its entry into force, WADA will publish the List on its website to inform athletes and the entire sports community of all its modifications. Users can find the updated Prohibited List for each year on the Division for Anti-Doping website: https://antidoping-hzta.hr.

For a substance or method to be added to the List, WADA must determine that it meets 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 athletes
- it violates the spirit of sport

WADA may additionally place a substance on the List if there is evidence that the substance in question can mask the use of other substances/methods.

Substances and methods are categorized as follows:

SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES (IN-COMPETITION AND OUT-OF-COMPETITION)

- S0. NON-APPROVED SUBSTANCES
- S1. ANABOLIC AGENTS
- S2. PEPTIDE HORMONES, GROWTH FACTORS AND RELATED SUBSTANCES
- S3. BETA-2 AGONISTS
- S4. HORMONES AND METABOLIC MODULATORS
- S5. DIURETICS AND MASKING AGENTS
- M1. MANIPULATION OF BLOOD AND BLOOD COMPONENTS
- M2. CHEMICAL AND PHYSICAL MANIPULATION
- M3. GENE DOPING

PROHIBITED IN-COMPETITION ONLY

- S6. STIMULANTS
- S7. NARCOTICS
- S8. CANNABINOIDS
- S9. GLUCOCORTICOIDS

SUBSTANCES PROHIBITED IN INDIVIDUAL SPORTS

- P1. BETA-BLOCKERS

As a rule, the In-Competition period starts at 11:59 p.m. on the day before the competition in which the athlete should participate, until the end of such competition and the sample collection process related to it. Regardless to the time of using a prohibited substance/method, if the In-Competition prohibited substance is detected in the athlete's system during the competition period, the strict liability principle will apply, and the athlete will be held responsible for such finding. Therefore, the athlete may face a sanction.

The List does not explicitly mention all the substances; it clearly prohibits all other substances with similar chemical structure or similar biological effects, even if they have not been specifically mentioned. Also, some substances from the List are marked as specified, and some as non-specified. When specified substances are detected in the athlete's sample, it is more probable that there is a reasonable explanation for their presence (e.g., medical treatment involving a substance from the List), whereas for non-specified substances, there is a higher risk of potential misuse in the sense of doping.

The principle of strict liability

The principle of strict liability stipulates that athletes are personally responsible for all the substances detected in their bodies, regardless of how they ingested them and regardless of the athlete's intention to cheat.

It is not necessary to prove the athlete's intent, fault, negligence or knowing use to establish an anti-doping rule violation. If an athlete must take a medication due to a medical condition, they should be well informed about the medication in question, i.e., whether it is prohibited in sports. If the medication is a substance from the Prohibited List, it does not mean that the athlete may not use it as part of treatment. More details on the subject are provided in the chapter on therapeutic use exemptions. However, substances from the Prohibited List can sometimes be found in individual supplements or products. In case of any uncertainty about a product, substance or ingredient, athletes need to make sure and protect themselves! (Please also see the chapter on supplements.)

It is necessary to inform relevant medical staff (e.g., the club's physician, physician prescribing the treatment etc.) on how to follow anti-doping rules and that prohibited substances should not be used unless there is a permitted alternative, in which case therapeutic use exemption will be requested.

It is advisable to verify all medications and supplements with the help of the Prohibited List and List of Medications, available on the CIPH Division for Anti-Doping website. Contacting the Division via phone or email is also recommended (pitanja-antidoping@hzjz.hr).

Through prompt informing, it is easy to avoid violating anti-doping rules.

6 LABORATORIES AND SAMPLE ANALYSIS

While the doping control procedure was described in Chapter 4, this chapter deals with later handling of samples. WADA-accredited laboratories are the ones analysing the samples obtained from doping control. Samples are sent to those laboratories in a safe manner and protected from unauthorized access. Laboratories express sample analyses in the form of codes, as they do not have access to athletes' names. Thus, the identity of each individual athlete whose sample is sent to the laboratory stays completely protected. The sample analysis procedure starts with opening and analysing bottle A, while bottle B is stored. The laboratory that analysed the athlete's A sample will send its report to WADA and the relevant anti-doping organization. B bottle will be opened and analysed only if it is necessary to confirm the A bottle analysis result (e.g., when a prohibited substance is detected in the A sample, or when the athlete or authorized anti-doping organization – ADO requests the opening of bottle B). The results of sample analysis will be sent to the authorized anti-doping organization and WADA. They will later be entered into ADAMS, the central online system for anti-doping information management. This system has multiple protection mechanisms for preventing unauthorized access to personal and sensitive information.

International Standard for Laboratories

The International Standard for Laboratories, one of WADA's eight mandatory international standards, specifies accreditation requirements for laboratories. Its main goal is to stipulate all key determinants that laboratories need to adopt and implement to deliver the required procedures. In addition to the above international standard, there are also technical documents stipulating the details on individual aspects of laboratory processes (e.g., individual analysis procedures for substances prohibited in sport). Given the broad spectrum of necessary procedures, certain analyses require standardised laboratory procedures. For example, laboratories for athlete biological


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passport report valid test results based on reliable data evidence, which enables the harmonization of sample analysis in a laboratory with blood sample analysis from the athlete biological passport. Sample analysis is a part of analytical testing; it includes detection, identification and sometimes, presentation of threshold prohibited substances and/or their metabolites, as well as markers of prohibited substances/ methods in human biological fluids or tissues.

Athlete Biological Passport

Athlete Biological Passport (ABP) is an anti-doping tool that stands for athlete's biological profile, created over time through repeated sampling and sample comparison in the appropriate timeline. It includes:

- monitoring system for individual biological variables over time, based on the detection of doping effects, rather than doping substance or method alone
- combining statistical analysis of laboratory results with expert passport evaluation, to identify athletes or individual samples that require further action or monitoring, while the expert monitors data entered in ADAMS

ABP consists of *steroid* and *haematological profile*. Steroid profile includes continuous determination of steroid markers in urine samples, specifically, the concentration and ratios of androsterone, testosterone, epitestosterone, androstanediol and etiocholanolone. Haematological profile regulates biological parameters such as haemoglobin mass, reticulocyte (immature red blood cells) percentage etcetera.

When an anti-doping organization in the athlete biological passport system obtains sufficient information characteristic of an individual athlete, it can establish deviations from 'individual reference values', in case certain measured parameters deviate from the analytically estimated normal reference intervals for an individual athlete.

This way, one can detect minor changes occurring over time, as opposed to traditional testing approach, which seeks unnatural ratios or chemical evidence of known medications in a single sample. While traditional testing looks for an actual prohibited substance, ABP assesses the effect that a substance might trigger in the body.

Through ABP, anti-doping organizations have a functional tool for conducting intelligent target testing of athletes, which enables better use of testing resources with higher probability of discovering persons who use doping.

If an athlete's analysis result deviates from normal values, the result entered into ADAMS will be labelled atypical or adverse:

- atypical finding - a report from a WADA-accredited laboratory or other WADA-approved laboratory, 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 (e.g., a finding that mildly deviates from normal value or is suspicious for any other reason). In this case, the results management unit of the Anti-Doping Organization may ask for additional required analysis from the laboratory. Thus, for example, added GC/C/IRMS (Gas Chromatography / Combustion / Isotope Ratio Mass Spectrometry) analysis can find the endogenous or exogenous origin of an androgenic-anabolic substance that might have caused the atypical finding

- adverse analytical finding - a report from a WADA-accredited laboratory or other WADA-approved laboratory that, consistent with the International Standard for Laboratories, **establishes the presence of a prohibited substance** or its metabolites or markers (including elevated levels of endogenous substances) in a sample, or demonstrates evidence of using a prohibited method. Subsequently, an adverse finding means detecting a specific prohibited substance in the sample and marking it as 'doping positive'

If the analysed sample (A sample) tested positive for the presence of an individual substance or its metabolites or markers – the organization responsible for results management will conduct a preliminary review, to prove whether:

a. there is a valid therapeutic use exemption for the substance detected in the sample
b. the sample collection and analysis were conducted following mandatory standards

When a positive doping test result indicates suspicion of an anti-doping rule violation, the athlete in question will receive a written notification with a notice on the athlete's right to ask for B sample analysis. If the athlete or the anti-doping organization requests B sample analysis, the athlete has the right to attend the aforementioned procedure, in person or via representative.

Important reminder: WADA-accredited laboratories follow strict rules to ensure that the sample analysis procedure is well regulated; only WADA and the relevant anti-doping organization will have direct insight into the test results of the athlete's samples.

7 THERAPEUTIC USE EXEMPTION (TUE)

Therapeutic use exemptions are an essential part of the anti-doping program. They enable justification of the use of prohibited substances when they are necessary as part of a treatment. An adverse analytical finding involving a prohibited substance for which there is a valid therapeutic exemption (TUE) is not a violation of the anti-doping rule. Next, we will describe practical guidelines related to granting therapeutic use exemptions.

Requirements for obtaining a therapeutic use exemption

In addition to the Code, international standards stipulate the requirements for anti-doping procedures within their respective domains. Therefore, in this field, the International Standard for Therapeutic Use Exemptions provides a detailed description of the rules for obtaining a TUE. In the context of this Chapter, without listing individual provisions of the said international standard, our goal is to give a general overview of the requirements for obtaining therapeutic use exemptions.

The subject of granting therapeutic use exemptions

A medical condition that requires administration of a certain medication from the Prohibited List grants therapeutic use exemptions. This means that therapeutic use exemptions are granted exclusively for a substance prohibited in the List, which is also intended to treat a medical condition. Therapeutic use exemptions will not be granted for medications holding an active substance that is not on the List, as this is not their purpose.

Table: TUE approval criteria by substance type

Substance	Possibility for granting a TUE
A substance from the Prohibited List is an active in-gredient of a medication intended to treat a specific medical condition	• TUE may be granted (if all the other conditions are met)
A substance from the Prohibited List is not an active ingredient of a medication intended to treat a specific medical condition (the substance can be found in sup-plements or other products)	• TUE denied
A substance that is not in the Prohibited List is the active substance of a medication for treating a specific medical condition	• TUE denied
A substance that is not in the Prohibited List is pre-sent in a specific supplement	• TUE denied
A substance included in the Prohibited List if its ad-ministration is due to earlier misuse (e.g., substance abuse)	• TUE denied

Types of TUEs

TUEs differ in time of starting to take a medication and obtaining a TUE. Subsequently, there are retroactive and proactive (prospective) TUEs.

- retroactive TUE is granted after using the medication in question (regardless of whether treatment was completed at the time of obtaining a TUE)
- proactive TUE is granted before using the medication in question (in which case the athlete will not start using the medication before receiving a TUE for said medication)

TUE duration and requirements

When granting a TUE, its duration is one of the key elements. Sometimes a TUE is granted for a noticeably brief period (e.g., for a few days) because the substance in question is used (or intended to be used) for a brief medical treatment. Conversely, unlike in acute conditions that require brief treatment, certain conditions require prolonged, sometimes life-long treatment. In such cases, if obtained, TUEs are issued for a longer period (e.g., one or several years, up to ten). The duration of a TUE is important for following reasons:

- after the expiry of a TUE, the athlete must not have an adverse analytical finding involving the substance that was the subject of the granted TUE (this can happen when the athlete continues to use the prohibited substance, even though the TUE stipulated the exact period during which the medication may be used, but also when the athlete fails to follow and exceeds the prescribed medication dosage or does not follow the prescribed route of administration)
- an adverse analytical finding for a prohibited substance may be justified if there is a correlation between the time of sampling and a valid TUE (which has not expired), provided that the laboratory finding obtained from the sample complies with the requirements for granting the TUE
- if a new TUE is necessary, the athlete needs to submit an application early enough (for TUEs granted for a longer period, it is recommended that athletes submit their applications at least one month before expiration of the TUE, in order to obtain a new one in time and to avoid a period of treatment that is not covered by the TUE). For short duration TUEs, usually in acute conditions, the athlete should submit a new application as soon as possible)

Regarding the conditions for the validity of the TUE, they refer to special considerations specified in the approval document. Conditions include submitting current medical files at specific intervals (e.g., once a year for TUEs that are valid for several years, if such monitoring is necessary due to medication type) or submitting a specific finding or diagnostic test result at established intervals. Furthermore, conditions include the name of the active substance for which the TUE is granted, as well as dosage, daily dosage, the route of administration and the duration of such treatment. Obligatory warning on following the prescribed medication dosage is also a requirement. In case of non-compliance with the requirements stipulated in the TUE, the athlete is at risk of violating the anti-doping rule. If the anti-doping organization does not receive the required documentation stipulated in the TUE, the validity of the TUE will end before its expiry date.

Applying for a therapeutic use exemption

In addition to the described deadlines for submitting applications for TUEs, it is important to emphasize that the correct application includes:

- correctly filled out application (the athlete fills out the general part, and a physician is in charge for the medical part), including the mandatory signed (both the athlete's and the physician's) form, in accordance with detailed instructions published on the Division for Anti-Doping website

- in addition to the correctly filled out form, it is necessary to submit medical documentation related to the application for a TUE
- timely submission of TUE application is an extremely crucial step, as overdue submission will not justify any positive result, which can lead to a violation of the anti-doping rule
- medical records must not be older than 12 months, which refers to TUEs for chronic medical conditions. For acute medical conditions, applications should be sent as soon as possible. In such cases, even a month-old documentation may be an overdue submission, and it may result in a denied TUE (except in specific and rare situations where, with prior approval from WADA, TUE will be granted nevertheless; however, such possibility is above all – an exception)

The importance of timely application for a TUE

As already stated, athletes who fail to timely submit their application for a TUE, risk disapproval of the TUE for the preceding period, and are at risk of an adverse analytical finding, which could subsequently not be justified by a subsequent TUE. Due to an untimely application for a TUE may constitute anti-doping rule violation; hence the athlete could be sanctioned with a period of ineligibility.

Medical documentation as grounds for approving TUEs

Medical documentation is essential for TUE approvals. In cases when the medical documentation is inadequate or incomplete, the relevant anti-doping organization will request its completion. However, in the case when medical documentation is inadequate, the procedure for granting a TUE cannot continue. We have already mentioned that the recentness of medical documentation is also important in assessing the eligibility of the application for a TUE. Medical documentation older than 12 months will not constitute grounds for approval of a TUE. For acute conditions, it is especially important to send the application on time, because late submission will invalidate the application, and the possibility of obtaining a TUE will be missed.

Considerations about the athletes' ranking or level

According to the criteria of individual international federations for individual sports, athletes may be ranked as international-level athletes. In such cases, the relevant international federation oversees granting of TUEs. In all other cases, i.e., concerning national-level athletes or those who are neither international-level nor national-level, the national anti-doping organization will be in charge. Therefore, international-level athletes must send their applications for TUEs to the relevant international federation, while national-level athletes must send them to their national anti-doping organization.

Granting TUEs after an adverse analytical finding

As a rule, granting a TUE after an adverse analytical finding is not possible. However, in rare cases due to exceptional circumstances, a TUE might be granted and subsequently justify the adverse analytical finding. In such cases, WADA must give an approval before starting the granting procedure.

Operational independence of the bodies approving the TUEs

The Code and the International Standard for Results Management stipulate that anti-doping organizations must have an operationally independent Therapeutic Use Exemption Committee (TUEC). Division for Anti-Doping TUEC consists of exclusively medical professionals from various specialties. A three-member panel decides on individual cases independently from the Division for Anti-Doping or any other person or body. For each individual case, all members of the TUEC must sign a conflict-of-interest declaration beforehand. This secures operational independence, transparency, and objectivity in the decision-making process.

Confidentiality and security of the submitted/received medical documentation

The International Standard for the Protection of Privacy and Personal Information applies in addition to the Code. All documentation received for the purpose of the TUE applications is managed in accordance with the principles of personal and sensitive information protection. Various methods for limiting access to persons not involved in the processing of data related to TUE applications are protecting electronic and physical documents. This way, all data associated with TUE applications received by the Division for Anti-Doping are protected.

8 SUPPLEMENTS AND RISKS

The supplements mentioned in this handbook refer to dietary supplements, as well as specific products or preparations that athletes use or might use for distinct reasons. This chapter of the handbook deals with potential benefits, as well as the risks of using such products.

Availability

Supplements are readily available worldwide. They are available at various selling points, ranging from pharmacies to specialized stores, direct distribution chains and online. The vast growing number of products that are being intensely promoted, as well as their availability (especially when it comes to online sales), increase the possibility for their uncontrolled and indiscriminate use. This may result in significant health risks and, for athletes, also risks of anti-doping rule violations.

Risk assessment for supplement use

Following the Code, anti-doping organizations must offer consultative support to athletes, with expert guidance on the risks of using supplements in sport. In terms of the potential risk of anti-doping rule violation resulting from supplement use, Division for Anti-Doping will often conduct an objective risk assessment regarding the contents of an individual supplement that have not been indicated on the labelling and inform the athlete in that regard. On the other hand, only the manufacturer of the product in question can guarantee that their product does not include substances prohibited in sport. It should be noted that taking any supplement poses a risk for failing at doping control, however, this risk is neglectable or minimal for some products but significant for certain supplements. To advise athletes, Division for Anti-Doping has set up risk levels for individual supplement categories, which may help in the risk assessment

for a particular product. However, in case of any doubt about such risks, the best way to conduct an assessment is by contacting the experts in the Anti-Doping Counselling Service within the Division for Anti-Doping.

Risk categorization for supplements

To simplify the risk assessment for supplement use, risks are categorized as follows:

- low-risk supplements
- medium-risk supplements
- high-risk supplements
- supplements with a prohibited substance

Table: Risk categories by supplement type

Risk categories	Supplement type
Low-risk supplements	• Supplements holding only vitamins and/or minerals • Supplements labelled as having plant-based substances originating from one plant
Medium-risk supplements	• Supplements holding one or more well-known substances (e.g., amino acids) • Supplements labelled as holding plant-based substances originating from a number of plants (especially if they are not combined with other different substances)
High-risk supplements	• Supplements with various compounds that are not easy to recognize without proper investigation (search) • Supplements advertised to enhance stamina, strength, energy, etcetera (e.g., various pre-workout products)
Supplements with a prohibited substance	• Supplements holding one or more prohibited substances

Each of the listed risk categories includes the most common examples of supplements. The risks are higher for products with multiple different substances, although this is not an absolute risk indicator. Naturally, the type of substance in the product is also important – e.g., a high number of vitamins and minerals in a product does not automatically place it in the higher risk category, while a product containing only one suspicious substance is immediately categorized as high risk. Nevertheless, the risks may also be increased due to inadequate or uncontrolled production, such as the use of poor-quality ingredients for further production, which might cause contamination of products with harmful and prohibited substances. Products from manufacturers that have the necessary certificates and standardised manufacturing procedures reduce the risk of contamination with harmful and prohibited substances. Furthermore, if the manufacturer is a well-established company with long tradition and product quality monitoring that can also guarantee the safety of their products, the risk of intake of prohibited substances into the body is low. The lowest risk is associated with the so-called doping-free products, tested per production batch for the presence of prohibited substances in sport. Therefore, all the listed risks should be accepted with certain reservations and carefully consider the risk of using the supplement.

Potential benefits of using supplements

When speaking of potential benefits of using supplements, from a scientific point of view, we speak of beneficial effects that certain substances or their combinations have on the metabolism, which lead to better functioning of the entire organism, but under the assumption that no harmful effects develop. Such aspect of risks vs benefits ratio is common during registration of a medication, to assess the justification of its use. The results from clinical trials are used to conduct such assessment. As regards supplements, a benefit-risk assessment process based on clinical trials has not been systematically developed, which hinders the possibility for an objective assessment. From a medical viewpoint, supplementing a substance that is missing in the organism or the diet (e.g., iron supplementation for iron deficiency) is useful. Supplements are generally not intended for treatment, although certain products with minerals or plant-based substances may be registered as medications. However, these products are in the medication category rather than in the supplement one.

It would be unethical to make medical claims when advertising various supplements, as this would imply treatment. However, various claims are often made for influencing consumers› consciousness and enticing them to buy these products. This is especially the case in internet sales, which are not adequately controlled. They usually involve false promises that are not based on clinical trials, or substances prohibited in sport. Since substances prohibited in sport refer to biologically active substances that

affect specific or individual organ systems, a certain effect on the organism is also expected. Because manufacturers are aware of this, to make their products effective and achieve customer 'satisfaction', they are susceptible to deliberately include a certain number of substances prohibited in sport into the composition of the product.

The supplement market poses a substantial risk when it comes to procurement or buying products from unknown sources or manufacturers. Such practice also increases health risks, as the products may be contaminated or hold harmful substances.

It is extremely important to critically consider these risks and to not experiment with unfamiliar products, because the harmful substances which they might contain can have a permanent effect on health.

In conclusion, the foundations for healthy sports development – in addition to proper training and a balanced and/or adapted diet – include persistence, thoughtfulness, and healthy life habits, rather than supplements. According to aforementioned, taking supplements is not necessary for achieving successful sport results, and the belief that athletes need supplements is unfounded.

9 LEGAL ASPECTS OF ANTI-DOPING RULE VIOLATIONS

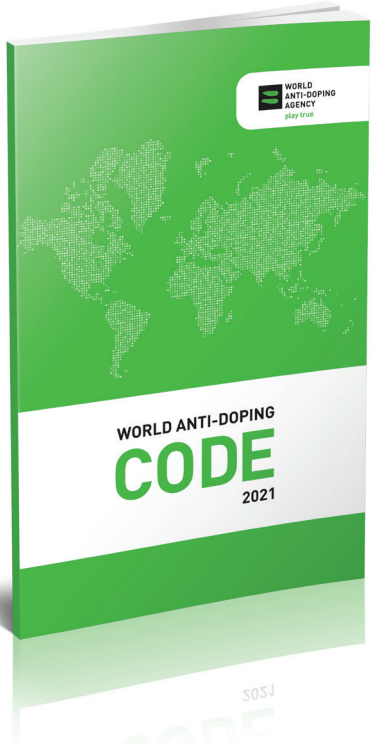
Doping is defined as the occurrence of one or more of the anti-doping rule violations. Behaviours and circumstances that constitute their violation are described in Chapter 2 of the CIPH Anti-Doping Rules.

The CIPH Anti-Doping Rules constitute sports rules that regulate anti-doping issues related to playing sports and are binding on athletes, including the athlete support persons and other persons in sports.

According to the World Anti-Doping Code (2021), there are eleven (11) defined categories of anti-doping rule violations:

- the presence of a prohibited substance or its metabolites or markers in an athlete's sample
- use or attempted use of prohibited substance or a prohibited method by an athlete
- evading, refusing or failing to submit to sample collection by an athlete
- whereabouts failures by an athlete
- tampering or attempted tampering with any part of doping control by an athlete or another person
- possession of a prohibited substance or a prohibited method by an athlete or their support person
- trafficking or attempted trafficking in any prohibited substance or prohibited method by an athlete or another person

- administration or attempted administration by an athlete or another person to any athlete In-Competition of any prohibited substance or prohibited method, or administration or attempted administration to any athlete Out-of-Competition of any prohibited substance or any prohibited method that is prohibited Out-of-Competition
- complicity or attempted complicity by an athlete or another person
- prohibited association by an athlete or another person
- acts to discourage or retaliate against reporting to the authorities by an athlete or another person



Consequences of the anti-doping rule violations

Anti-doping rule violation may result in one or more of the following consequences:

Disqualification

- in individual sports, in connection with an In-Competition positive test, athletes are automatically disqualified, and their results are declared invalid, which implies the loss of the right to medals, points and prizes

- there is a possibility of annulling all the results of the athlete in question in all competitions during a sporting event, depending on the severity of the rule violation
- in team sports, awards that individuals earned will be annulled, with the possibility of disqualification of the team

Ineligibility

- the sanction for anti-doping rule violation is a **period of ineligibility** – the athlete will be banned from taking part in all competitions for a certain period, with partial or complete withdrawal of financing
- the period of ineligibility varies according to the listed violations – it usually ranges between one and four years, and sanction duration depends on the type of violation and the presence or absence of intent in the athlete's behaviour. When the intent has been proven, the sanction will be longer
- the athlete's intent leads to the maximum prescribed sanction, otherwise the sanction will be less severe
- certain violations may lead to sanctions up to lifetime ineligibility
- aggravating circumstances may increase the period of ineligibility for up to two years
- multiple anti-doping rule violations will prolong the imposed sanction; a third anti-doping rule violation will result in a **lifetime period of ineligibility**
- at a minimum, it is possible to impose a reprimand for certain violations without a period of ineligibility, but only when the athlete can prove no significant fault or negligence
- at a minimum, if the athlete can prove that the prohibited substance originated from a contaminated product with no significant fault or negligence, it is possible to impose a reprimand without a period of ineligibility
- if the athlete has provided substantial assistance in establishing anti-doping rule violation, the otherwise applicable period of ineligibility may be shortened by a maximum of three quarters
- athletes who admit the violation and accept the asserted sanction promptly after receiving notice of an anti-doping rule violation charge, may receive a one-year reduction in the period of ineligibility

Provisional suspension

- the athlete will be temporarily disqualified from taking part in any competition prior to the final decision on the anti-doping rule violation
- the final verdict follows the proving an adverse analytical finding or an adverse passport finding for non-specified substances
- respecting the imposed provisional suspension is important because the athlete will receive credit for time served during the provisional suspension.
- failure to respect the provisional suspension will result in a new period of ineligibility and disqualification

Public disclosure (term taken from the Anti-Doping Rules)

Public disclosure refers to:

- disclosing previously unavailable information to the public/persons
- revealing the identity of the athlete who has been notified of an asserted anti-doping rule violation, including a prohibited substance or method, disclosure and public commenting of case resolution

Athletes' rights

Athletes' rights **In-Competition** include notification on sample collection, sample type and sampling conditions; notification on the body conducting sample collection and the right to a representative or translator; as well as the right to postpone reporting to the doping control station.

Delayed reporting to the doping control station or temporary departure from the station **In-Competition** may be permitted for: participation in the opening ceremony, fulfilment of media commitments, competing in further competitions, performing a warm down, obtaining necessary medical treatment, locating a representative and/or interpreters, obtaining photo identification; as well as any other reasonable circumstances determined by the doping control officer, taking into account all instructions from the testing authority.

Similar rules apply to **Out-of-Competition** testing, so a delay in reporting to the doping control station / temporary departure from the station in case of Out-of-Competition testing may be permitted for: locating a representative, completing a training session, receiving necessary medical treatment, obtaining photo identification, as well as any other reasonable circumstances determined by the doping control officer, taking into account all instructions from the testing authority.

Such delay or temporary departure is possible only with the **prior permission** of the doping control officer with the fulfilment of certain preconditions.

Athletes may enter their remarks on the course of the control in the Doping Control Form and are entitled to keep a copy of the said Form.

Athletes have the right, at their own expense, to request the analysis of B sample collected at the same time as A sample and to have their representative present during B sample opening and analysis.

Also, athletes have the right to request a copy of the entire laboratory documentation on A and B samples.

Obligations of athletes

Athletes are **personally responsible** for ensuring that no prohibited substance enters their body and that they do not use any prohibited methods – the principle of strict liability.

It is not necessary to prove the athlete's intent, fault, negligence or knowing use to establish an anti-doping rule violation. In this sense, athletes and/or athlete support personnel will also be responsible for unintentional anti-doping rule violations.

The athlete must be always available to collect a sample and cooperate with anti-doping organizations investigating anti-doping rule violations.

The athlete is obliged to know what the violation of anti-doping rules entails and be familiar with the substances and methods listed in the latest version of the List of Prohibited Substances, which is publicly disclosed.

He is also obliged to inform his doctor and other medical staff that as an athlete he is subject to doping control and that he should not use prohibited substances and methods.

During the period of playing sports, the athlete is obliged to educate himself on anti-doping topics and to pass the educational program of CIPH, the national sports federation, the international sports federation or other anti-doping organization.

Timely education and adoption of proper behaviour when it comes to anti-doping, can certainly prevent most unintentional anti-doping rule violations. In fact, violations occur due to inadequate knowledge of the anti-doping rules and failure to follow the principles that prevent prohibited substances from entering the athlete's body (e.g., heedless use of supplements that might hold substances from the Prohibited List, which can even lead to a failure in doping testing, even if they are found in concentrations insufficient to cause physiological effects).

Following the Code, responsibilities of athletes include:

- to know and to and follow all applicable anti-doping policies and rules adopted by the Code
- to always be available for sample collection
- to take responsibility for what they ingest and use
- to inform medical personnel of their obligation not to use prohibited substances and prohibited methods and to make sure that any medical treatment received does not violate anti-doping rules
- to disclose any decision finding that they committed an anti-doping rule violation within the previous ten years, to their national anti-doping organization and international federation
- to cooperate with anti-doping organizations
- to disclose the identity of their support personnel upon request of an anti-doping organization

All athletes must familiarize themselves with their obligations in order not to jeopardize their sporting careers. If you have questions – ASK! If you are not 100% sure of the composition of the substance or do not know it – DO NOT TAKE IT!