



INTERNATIONAL TESTING AGENCY (ITA) ANTI-DOPING EDUCATION WEBSITE CONTENT GUIDELINES FOR ANTI-DOPING ORGANISATIONS (ADOs)

FOR USE BY NATIONAL OLYMPIC COMMITTEES (NOCs) AND NATIONAL ANTI-DOPING ORGANISATIONS (NADOs) – NOVEMBER 2021

Introduction

The purpose of this document is to support ADOs with the development of their respective anti-doping website sections and content as per the [2021 World Anti-Doping Code](#) (Code). These guidelines are meant to be adapted to the needs of the NOC and do not automatically guarantee compliance with the WADA International Standard for Education (ISE).

Purpose

The purpose of an anti-doping specific section on the ADO website is to make sure that all information is current and in line with the 2021 World Anti-Doping Code, to meet the requirements of the Code Art. 18.2 (Education Program and Plan by Signatories), and to ensure that all relevant anti-doping information is easily accessible to the sport community.

Code Art. 18.2 requests that the following components, at a minimum, shall be available on a website:

- Principles and values associated with clean sport
- Athletes', Athlete Support Personnel's and other groups' rights and responsibilities under the Code
- The Principle of Strict Liability
- 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 and the use of ADAMS
- Speaking up to share concerns about doping



How to use this document

This document covers all the obligatory requirements as per Code Art. 18.2 defined above. It also covers additional areas that the ITA recommends including on the ADO website.

Links to useful resources/additional information are included as direct links throughout the document. Additionally, the final section of the document also provides details of other general anti-doping resources that the ADO may wish to include.

The start of each section outlines whether it is an obligatory or recommended component. It then details if the text can be copied directly (see: Suggested Copy) or outlines suggestions of the type of information to include. It is the ITA's recommendation that the text is not always copied directly, but rather modified to the ADO specificity, or to the style/tone of the organisation whenever possible.

In the spirit of collaboration, if the ADO decides to translate these guidelines, or any of the content, the ITA would greatly appreciate receiving a copy at education@ita.sport.

Table of Contents

1. INTRODUCTION TO ANTI-DOPING	5
<i>Introductory Message</i>	5
<i>Suggested Copy</i>	5
2. PRINCIPLES AND VALUES ASSOCIATED WITH CLEAN SPORT	6
3. THE ANTI-DOPING LANDSCAPE	7
<i>Suggested Copy</i>	7
4. RIGHTS AND RESPONSIBILITIES UNDER THE CODE	8
<i>Suggested Copy</i>	8
5. THE PRINCIPLE OF STRICT LIABILITY	11
<i>Suggested Copy</i>	11
6. ANTI-DOPING RULE VIOLATIONS	12
<i>Suggested Copy</i>	12
7. SUBSTANCES AND METHODS ON THE PROHIBITED LIST	13
<i>Suggested Copy</i>	13
8. USE OF MEDICATIONS & RISKS OF SUPPLEMENTS	15
<i>Suggested Copy</i>	15
9. THERAPEUTIC USE EXEMPTIONS (TUEs)	17
<i>Suggested Copy</i>	17
10. TESTING PROCEDURES (URINE, BLOOD & ATHLETE BIOLOGICAL PASSPORT)	20
<i>Suggested Copy</i>	20
11. REQUIREMENTS OF TESTING POOLS	22
<i>Suggested Copy</i>	22
12. CONSEQUENCES OF DOPING	24
<i>Suggested Copy</i>	24
13. REVEALING SUSPICIOUS ACTIVITY	27
<i>Suggested Copy</i>	27
14. CLEAN SPORT EDUCATION	28



<i>Suggested Copy</i>	28
15. CONTACT INFORMATION	30
16. DATA PRIVACY	31

1. INTRODUCTION TO ANTI-DOPING

ITA Recommendation

The ADO may wish to include an introduction to anti-doping on their website that could include the following sections:

- Introductory message
- The importance of clean sport

Introductory Message

An introductory message could be included to set the scene. This message can be written as a general introduction or as a personal note from an athlete representative or an Athletes' Commission Chair.

This introduction could include:

- Outline of the ADO's commitment to clean sport or an anti-doping pledge
- How this commitment ties in with the core values of the sport
- How this commitment ties in with the overall integrity efforts of the ADO
- General information about the ADO's anti-doping program (e.g., an annual anti-doping report with statistics of testing activities, which is mandatory, could be included in this section)
- Photos from previous clean sport education activities and/or athlete quotes expressing their commitment to clean sport

Suggested Copy

The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall spirit of sport. Drug misuse can be harmful to an athlete's health and to other athletes competing in the sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance.

To achieve integrity and fairness in sport, a commitment to a clean field of play is critical. The **(insert ADO name)** seeks to maintain the integrity of sport in **(insert country/region)** by running a comprehensive anti-doping program that focuses equally on education/prevention and on testing, with consequent sanctioning of those who break the rules.

2. PRINCIPLES AND VALUES ASSOCIATED WITH CLEAN SPORT

Code Obligation

A section covering the principles and values associated with clean sport on the ADO website is a Code requirement.

Reference to the WADA [Guidelines for the 2021 International Standard for Education](#) (WADA Guidelines for ISE) can help with this section, particularly Chapter 9, “How to embed values-based education”.

The importance of values within the context of anti-doping education is highlighted in the definition of education in the Code: “Education is the process of learning to instill values and develop behaviors that foster and protect the spirit of sport, and to prevent intentional and unintentional doping”.

The above-mentioned sections of the WADA Guidelines for ISE will walk you through how to identify and describe values for your sport's community. These will be unique to each organisation. Examples of values that reflect clean sport include fairness, respect, honesty, determination and integrity.

It can also help to think about values alongside the “spirit of sport” which is the celebration of the human spirit, body and mind. It is the essence of Olympism and is reflected in the values we find in and through sport, including:

- Health
- Ethics, fair play and honesty
- Athletes' rights as set forth in the Code
- Excellence in performance
- Character and Education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other Participants
- Courage
- Community and solidarity

The International Olympic Committee (IOC) values are excellence, friendship and respect. The International Paralympic Committee (IPC) values are respect, integrity, fairness, collaboration and excellence.

3. THE ANTI-DOPING LANDSCAPE

ITA Recommendation

This section is not compulsory, but it is helpful to set the scene and to place the ADO's program in a global context by presenting the anti-doping landscape.

Suggested Copy

The [World Anti-Doping Agency](#) (WADA) is the independent international body responsible for harmonising anti-doping policies in all sports and all countries. The [World Anti-Doping Code](#) (Code) is the core document that harmonises anti-doping policies, rules and regulations within sport organisations around the world. The Code is supplemented by eight [International Standards](#), including the [Prohibited List](#) that is updated at least annually.

As a [Signatory](#) of the World Anti-Doping Code, the **(insert ADO name)** is responsible for implementing an effective and Code-compliant anti-doping program in **(insert country/region)**.

The **(insert ADO name)** also has its own set of anti-doping rules and it is important that those involved in sport are familiar with them. These rules can be found here: **(insert link to ADO anti-doping rules)**.

4. RIGHTS AND RESPONSIBILITIES UNDER THE CODE

Code Obligation

A section covering the rights and responsibilities of athletes, Athlete Support Personnel and other groups is a Code requirement.

Suggested Copy

Rights and Responsibilities

Athletes, Athlete Support Personnel and other groups who are subject to anti-doping rules all have rights and responsibilities under the [World Anti-Doping Code](#). Part Three of the Code outlines these for each stakeholder in the anti-doping system.

It is especially important that athletes and Athlete Support Personnel know and understand Code Art. 21 (Additional Roles and Responsibilities of Athletes and Other Persons), particularly Art. 21.1 (Roles and Responsibilities of Athletes), Art. 21.2 (Roles and Responsibilities of Athlete Support Personnel) and Art. 21.3 (Roles and Responsibilities of Other Persons Subject to the Code).

Athletes' Rights

This section presents a summary of the key athlete rights. It is important that both athletes and Athlete Support Personnel know and understand these.

Ensuring that athletes are aware of their rights and these are respected is vital to the success of clean sport. Athlete rights exist throughout the Code and International Standards and they include:

- Equality of opportunity
- Equitable and Fair Testing programs
- Medical treatment and protection of health rights
- Right to justice
- Right to accountability
- Whistleblower rights
- Right to education
- Right to data protection
- Rights to compensation
- Protected Persons Rights
- Rights during a Sample Collection Session
- Right to B sample analysis
- Other rights and freedoms not affected

- Application and standing

The Athletes' Anti-Doping Rights Act sets out these rights and responsibilities. For more information, you can refer directly to the document here: [Athletes' Anti-Doping Rights Act](#).

Athletes' Responsibilities

It is equally important that athletes are aware of their anti-doping responsibilities. Athlete Support Personnel should also familiarise themselves with these in order to be able to support their athletes. These include:

- Knowing and following [\(insert ADO name and link to anti-doping rules\)](#) and any other applicable Anti-Doping Rules (for example, those of Major Event Organisations and International Federations)
- Taking full responsibility for what you ingest – make sure that no prohibited substance enters your body and that no prohibited methods are used
- Informing medical personnel of your obligations as an athlete
- Cooperating with [\(insert ADO name\)](#) and other ADOs (WADA, ITA, International Federations)
- Being available for sample collection
- Not working with coaches, trainers, physicians or other Athlete Support Personnel who are ineligible on account of an ADRV, or those who have been criminally convicted or disciplined in relation to doping (see [WADA's Prohibited Association List](#))

Further details of these roles and responsibilities can be found in [Code](#) Art. 21.1.

Athletes also have specific rights and responsibilities during the Doping Control Process. Please refer to this section [\(insert link to Doping Control section of website\)](#) for more information on this.

Rights and Responsibilities of Athlete Support Personnel and other groups

Like athletes, Athlete Support Personnel and others under the jurisdiction of [\(insert ADO name\)](#) also have rights and responsibilities as per the Code. These include:

- Being knowledgeable of anti-doping policies and rules which are applicable to you and to the athlete(s) you support
- Using your influence on athlete values and behaviours to foster anti-doping attitudes
- Complying with all anti-doping policies and rules which are applicable to you and the athlete(s) you support
- Cooperating with the athlete testing program



- Disclosing to **(insert ADO name)** whether you have committed any Anti-Doping Rule Violations (ADRVs) within the previous ten years
- Cooperating with ADOs investigating ADRV

Further details of these roles and responsibilities can be found in [Code](#) Art. 21.2 and 21.3.

5. THE PRINCIPLE OF STRICT LIABILITY

Code Obligation

A section covering the Principle of Strict Liability is a Code requirement.

Suggested Copy

In anti-doping, the principle of [Strict Liability](#) applies – if it is in the athlete's body, the athlete is responsible for it.

This means that every athlete is strictly liable for the substances found in their urine and/or blood sample collected during doping control, regardless of whether the athlete intentionally or unintentionally used a prohibited substance or method. Therefore, it is vital that athletes and Athlete Support Personnel know the rules and understand their responsibilities under the Code.

Athletes must also know and understand the [Prohibited List](#) and the risks associated with supplement use. More information on the Prohibited List, medications and supplements is available in the Prohibited List, Medications & Supplements section [\(insert link to this section on the ADO website\)](#).

6. ANTI-DOPING RULE VIOLATIONS

Code Obligation

A section covering Anti-Doping Rule Violations is a Code requirement.

Suggested Copy

Doping is defined as the occurrence of one or more of the following Anti-Doping Rule Violations (ADRVs) in line with Code Art. 2 (Anti-Doping Rule Violations):

1. **Presence** of a prohibited substance in an Athlete's sample
2. **Use or attempted** use of a prohibited substance or method
3. **Refusal** to submit to sample collection after being notified
4. **Failure** to file Athlete Whereabouts information & missed tests
5. **Tampering** with any part of the doping control process
6. **Possession** of a prohibited substance or method
7. **Trafficking** a prohibited substance or method
8. **Administering** or attempting to administer a prohibited substance or method to an Athlete
9. **Complicity** in an ADRV
10. **Prohibited association** with sanctioned Athlete Support Personnel
11. **Discourage or Retaliate** other Persons from reporting relevant Anti-Doping information to the authorities.

The first four Anti-Doping Rule Violations apply only to athletes since they refer to the obligation not to take banned substances or use banned methods and the obligation to submit to testing.

The remaining seven Anti-Doping Rule Violations apply to both the athlete and the Athlete Support Personnel including coaches, medical professionals, or anyone else working with the athlete or involved in anti-doping activities. ADO and National Olympic Committee administrators, officials and sample collection staff may also be liable for their conduct under the World Anti-Doping Code.

7. SUBSTANCES AND METHODS ON THE PROHIBITED LIST

Code Obligation

A section covering Substances and Methods on the Prohibited List is a Code requirement.

Note: If the in-competition period of the ADO is defined differently than outlined below, it is important to clearly indicate this in this section. It is also important to outline the difference between the ADO in-competition period and that of Major Event Organisers like the International Olympic Committee.

Suggested Copy

The World Anti-Doping Agency (WADA) produces a list of substances and methods that are banned in sport in the form of the [Prohibited List](#). It is updated at least annually, with the new list taking effect on January 1 of each year.

It is important that athletes and Athlete Support Personnel are familiar with the Prohibited List and know how to check whether medications are prohibited in sport.

A substance or method can be added to the Prohibited List if it meets at least two of the following three criteria:

1. It has the potential to enhance or enhances sport performance.
2. Use of the substance or method represents an actual or potential health risk to the athlete.
3. Use of the substance or method violates the spirit of sport.

The Prohibited List includes substances and methods that are categorised into three groups:

1. Substances and methods prohibited at all times
2. Substances and methods prohibited in-competition
3. Substances prohibited in particular sports

According to the Code, *the in-competition is the period commencing at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition*. The in-competition period is very important to understand when it relates to substances that are prohibited in-competition. When a substance is prohibited in-competition, it must leave the athlete's system by the time the said competition begins. It **does not** mean that the athlete must stop taking the substance

only by the time the in-competition period begins. Different substances take different amounts of time to leave the system – athletes must be extremely careful to make sure that they are not caught with a positive test as a result of taking a substance prohibited in-competition.

Here are a few tips and tricks to help athletes and Athlete Support Personnel navigate the Prohibited List and to be able to select medications that are safe to take within the context of sport:

- Only the medical ingredient names are listed on the Prohibited List - not brand names
- Always check dosage restrictions, route administration of the medicine and any limitations for the use of the drug based on gender
- Check both over-the-counter and prescription medications before using them
- Inform your medical professional that you are an athlete and subject to anti-doping regulations
- Different substances take different amounts of time to leave your system – take that into account when taking substances prohibited in-competition
- Be careful when substituting one brand of medication for another – they may contain different medical ingredients
- Be careful when travelling – the same brand of a medication may contain different medical ingredients abroad
- Regularly check for updates to the Prohibited List

The 2022 Prohibited List can be found [here](#).

8. USE OF MEDICATIONS & RISKS OF SUPPLEMENTS

Code Obligation

A section covering the Medications and Risks of Supplement Use List is a Code requirement. This section can be presented together with Section 7: Substances and Methods on the Prohibited List.

Note: If the ADO has their own country-specific resource that can be used to check medications and supplements, please update the below text accordingly.

Suggested Copy

Checking Medications

Both prescribed and over-the-counter medications should be checked against the Prohibited List. Athletes should also inform their doctors and other medical professionals of their obligations as high-performance athletes and emphasise the fact that they are subject to the rules of the World Anti-Doping Code.

We recommend using [Global Drug Reference Online](#) (Global DRO) to check all medications. Global DRO provides athletes and Athlete Support Personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Risks of Supplements

Extreme caution is recommended regarding supplement use. A number of positive tests have been attributed to the misuse of supplements, poor labelling or contamination of dietary supplements. There is no guarantee that any supplement is free from prohibited substances.

Risks of supplements include:

- Manufacturing standards, which are often less strict compared with medicines. These lower standards often lead to supplement contamination with an undeclared prohibited substance;
- Fake or low-quality products which may contain prohibited substances – and be harmful to health;
- Mislabelling of supplements with ingredients wrongly listed and prohibited substances not identified on the product label;

- False claims that a particular supplement is endorsed by ADOs or that it is “safe for athletes”. Remember, ADOs do not certify supplements and product labels may contain misleading messaging.

All athletes should do a risk-benefit assessment if they are considering the use of supplements. The first step of such an assessment is to consider whether a “food-first” approach meets the athlete’s needs. Whenever possible, such an assessment should be done with the support of a certified nutritionist or other qualified professional who is familiar with the anti-doping rules.

Checking Supplements

If, after careful consideration, an athlete chooses to use supplements, they must take the necessary steps to minimise the risks. This includes:

- Thorough research on the type and dose of the supplement, preferably with the advice of a certified nutritionist or other qualified professional who is familiar with the global and any sport-specific anti-doping rules.
- Selecting only those supplements that have been batch-tested by an independent company. Companies that batch-test supplements include [Informed Sport](#), [Certified for Sport](#) or [Kölner Liste](#).

Remember, no supplement is 100% risk-free but athletes and Athlete Support Personnel can take certain steps to minimise these risks.

For more information, please refer to the [WADA Q&A on nutritional supplements](#).

9. THERAPEUTIC USE EXEMPTIONS (TUEs)

Code Obligation

A section covering Therapeutic Use Exemptions (TUEs) is a Code requirement.

Suggested Copy

What is a Therapeutic Use Exemption?

Athletes, like all people, may have illnesses or conditions that require them to take particular medications or undergo procedures. If the medication or method an athlete is required to take/use to treat an illness or condition is on the Prohibited List [\(insert link to Substances and Methods on the Prohibited List section of website\)](#), a Therapeutic Use Exemption (TUE) may give that athlete the authorisation to take a substance or use a method that is prohibited in the context of sport.

A TUE is a certificate granted for a set prohibited substance, in certain dosages, with a limited period of validity. An application for a TUE must be based on a documented medical condition and diagnosis, and the TUE will only be granted under strict criteria as outlined in the [International Standard for Therapeutic Use Exemptions \(ISTUE\)](#).

Athletes must absolutely avoid taking a medication containing a prohibited substance without a valid TUE.

Criteria for the granting of a TUE

The process of granting a TUE is outlined clearly in the [\(insert ADO name\)](#) Anti-Doping Rules [\(insert link\)](#) and the [International Standard for Therapeutic Use Exemptions \(ISTUE\)](#).

There are strict criteria for obtaining a TUE:

- The athlete would experience significant health problems without taking the prohibited substance or method;
- The therapeutic use of the substance would not produce any enhancement of performance beyond returning to a normal state of health;
- There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or method;
- The requirement to use that substance or method is not due to the prior use of the substance or method without a TUE which was prohibited at the time of use.



For a TUE to be granted, all four of the above criteria must be met. All TUE applications are reviewed by a panel of experts called the TUE Committee (TUEC). (Optional: insert details as to the composition and functioning of the ADO TUEC.)

How to apply for a TUE

A Therapeutic Use Exemption must always be approved prior to the start of the treatment. In emergency or exceptional cases, a retroactive TUE may be granted.

National-level athletes should apply for a TUE through their National Anti-Doping Agency (NADO). (Insert specific information as to which athletes are required to apply for a TUE to the ADO, whether specific groups of athletes are allowed to apply retroactively, and any other ADO specificity).

A TUE granted by a NADO may be recognised by an International Federation for purposes of international-level competition either automatically (without the need to re-apply for a TUE) or by means of the submission by the athlete of an application for the recognition of the TUE. The athlete shall consult their International Federation Anti-Doping Rules to determine whether an application for the recognition of a national TUE is required for their sport.

International-Level athletes should apply to the International Federation of their sport.

An athlete requiring a TUE while competing at a Major Event must apply directly to the Major Event Organiser (MEO). However, if an athlete already has a TUE granted by their NADO or International Federation, such TUE may be recognised by the MEO, either automatically OR upon the submission by the athlete of an application to the MEO for the recognition of the TUE. TUEs recognised or granted by MEOs are only valid for the duration of the event. Athletes competing at a Major Event should ensure they are familiar with the MEO Anti-Doping Rules well in advance of the event, to understand the TUE recognition system in place (i.e. automatic or upon a new application) as well as the TUE application process during the event.

If an athlete is not sure of where they should apply for a TUE, they should contact (insert ADO contact info).

Confidentiality

All the information contained in a TUE application, including the supporting medical information and any other information related to the evaluation of a TUE request is kept strictly confidential and treated in accordance with the Athlete's Declaration contained in the TUE process. All members of the TUEC and any other authorised



recipients of the TUE request and related information are subject to a professional or contractual confidentiality obligation.

10. TESTING PROCEDURES (URINE, BLOOD & ATHLETE BIOLOGICAL PASSPORT)

Code Obligation

A section covering testing procedures, including urine, blood and the Athlete Biological Passport (ABP) is a Code requirement.

Suggested Copy

Introduction to Doping Control

The aim of testing is to detect and deter doping amongst athletes and to protect clean athletes. Any athlete under the testing jurisdiction of (insert ADO name) may be tested at any time, with no advance notice, in- or out-of-competition, and be required to provide a urine or a blood sample.

Athletes can be tested by (insert ADO name), their International Federation or Major Event Organisers. Certain International Federations and Major Event Organisers delegate part, or all of their anti-doping programs to independent organisations like the International Testing Agency (ITA).

What to expect during the Doping Control Process

The doping control process is clearly defined by the [World Anti-Doping Agency](#). This means that no matter where and when an athlete is tested, the process should remain the same.

The key steps of the doping control process are listed out in this [Doping Control resource](#) prepared by the International Testing Agency (also available in Arabic (عربي), Chinese (中文), French (français), German (deutsche), Italian (italiano), Japanese (日本語), Korean (한국어), Portuguese (português), Russian (русский) and Spanish (español)).

To learn more about the doping control process, please watch this [ITA webinar](#) on urine and blood sample collection.

Rights & Responsibilities during Sample Collection

Athletes have a number of rights and responsibilities during sample collection.

Athlete rights during sample collection are to:

- Have a representative accompany them during the process



- Request an interpreter, if one is available
- Ask for Chaperone's/Doping Control Officer's identification
- Ask any questions
- Request a delay for a valid reason (e.g., attending a victory ceremony, receiving necessary medical attention, warming down or finishing a training session)
- Request special assistance or modifications to the process
- Record any comments or concerns on the Doping Control Form

Athlete responsibilities during sample collection are to:

- Report for testing immediately if selected
- Show valid identification (usually a government-issued ID)
- Remain in direct sight of the Doping Control Officer or Chaperone
- Comply with the collection procedure

Athlete Biological Passport

The [Athlete Biological Passport](#) (ABP) was introduced in 2009 and is a pillar method in the detection of doping. It is an individual electronic profile that monitors selected athlete biological variables that indirectly reveal the effects of doping. ABP is integrated directly into ADAMS.

If you wish to learn more about ABP, you can watch this ITA [webinar recording](#).

11. REQUIREMENTS OF TESTING POOLS

Code Obligation

A section covering the Requirements of the Registered Testing Pool, including Whereabouts and the use of ADAMS, is a Code requirement.

Note: If the ADO uses a system other than ADAMS (approved by WADA), please update the text below accordingly. It is also important that the ADO carefully reviews and updates the text below to accurately reflect the Testing Pool requirements of their country.

Suggested Copy

Registered Testing Pool (RTP)

The Registered Testing Pool (RTP) is the pool of highest-priority athletes established separately at the national level by the National Anti-Doping Organisation (NADO) and at the international level by the athlete's International Federation.

Athletes included in a RTP are subject to both in-competition and out-of-competition testing as part of their ADO's test distribution plan and are therefore required to provide Whereabouts information as provided in Code Art. 5.5 (Athletes Whereabouts Information) and the [International Standard for Testing and Investigations](#).

The **(insert ADO name)** updates the composition of the RTP on a regular basis. Athletes are included in the RTP based on a set of criteria defined by the ADO.

Inclusion in the RTP is done via the **(insert ADO name)** Inclusion Letter – this document contains all the key information, deadlines and athletes' responsibilities as it relates to athletes' RTP obligations.

Whereabouts Requirements

RTP athletes must regularly provide Whereabouts and contact information in [ADAMS](#), WADA's online anti-doping administration and management system. This information helps ADOs with testing jurisdiction over the athlete to plan out-of-competition testing.

The Whereabouts requirements include but are not limited to:

- An up-to-date mailing address and phone number
- One daily specific 60-minute time slot between 5am and 11pm when the athlete is available and accessible for testing
- Athlete's overnight accommodation for each day

- Information about training and regular activities that are part of the athlete's regular routine (training at the gym, regular physio sessions, school, work, etc.)
- Competition, training and travel schedule
- Any additional relevant information that helps the Doping Control Officer locate the athlete (e.g., buzzer number or directions to a remote location)

Submitting late, inaccurate or incomplete Whereabouts information may result in a Filing Failure.

An athlete may receive a Missed Test if they are not available for testing during the 60-minute timeslot indicated in ADAMS. Three Whereabouts Failures (any combination of a Filing Failure and a Missed Test) occurring within a 12-month period will lead to an Anti-Doping Rule Violation and a potential two-year ban from sport.

It is also important to note that under the Principle of Strict Liability, the athlete remains responsible for the information submitted, even if they have delegated this task to a member of their support team.

Below are some helpful Whereabouts tips for athletes:

- Set a calendar reminder of the key dates/deadlines to submit quarterly Whereabouts information
- Set an alarm for the start of the 60-minute time slot
- Be as specific as possible when submitting your Whereabouts information
- When in doubt, ask for help via the International Federation or the [ADAMS Help Centre](#)
- Make use of the [Athlete Central app](#) to submit your Whereabouts information on a mobile device

Retirement and Return to Competition

All athletes who decide to retire from competition must inform their ADO by completing the relevant forms or paperwork. **(Insert ADO details and retirement process for National-level athletes)**. All International-level athletes must liaise with their International Federation directly.

If the athlete then wishes to return to competition, this athlete cannot compete in international or national events until they have made themselves available for testing by giving six months prior written notice to the relevant ADO (Code Art. 5.6: Retired Athletes Returning to Competition).

12. CONSEQUENCES OF DOPING

Code Obligation

A section covering the Consequences of doping e.g., physical and mental health, social and economic effects, and sanctions, is a Code requirement.

See an example of how the U.S. Anti-Doping Agency (USADA) has outlined the negative impacts of several doping substances on their [website](#).

Beyond the legal consequences, an increasing number of public authorities and governments have adopted legislation that treats doping as a criminal act. Consequently, in addition to being ineligible to coach or compete, athletes or Athlete Support may face criminal charges in their country. If the national authorities of your country or region have adopted such legislation, you can outline the details of it in this section.

The ITA suggests including athlete quotes, testimonials and videos to demonstrate the negative effects of doping. Some examples of video testimonials are included below.

VIDEO: [Effects of Performance Enhancing Drugs with Tyler Hamilton](#)

VIDEO: [Effects of Performance Enhancing Drugs with Yulia Stepanova](#)

VIDEO: [Andreas Krieger: Heidi's Farthest Throw](#)

Suggested Copy

The Consequences of Doping

There are many risks associated with doping. From negative effects on mental and physical health, to loss of sponsorship or prize money, to permanent damage to an athlete's image and relationships, it is important to understand and consider all consequences of doping. Below is a list of some of the common consequences of not competing clean.

Health

The use of Performance-enhancing Drugs (PEDs) may have long- and short-term impacts on the athlete's physical and mental health.

Depending on the substance, the dosage and the duration of use, some PEDs have been proven to have severe side effects and can cause irreversible damage to an athlete's body.

In addition to the physical aspects, scientific research has shown that there is a considerable correlation between the use of PEDs and mental health issues. Most commonly, it was found that the use of doping substances can trigger anxiety,

obsessive disorders or psychosis.

Social

Being associated with doping or a doping offence will have an impact on the person's reputation and social relations. In the public view, athletes or other persons convicted of doping are often considered "cheaters" and experience many forms of stigma.

Doping has a significant negative impact on the person's private life and social interactions as people may feel that they no longer want to be connected to someone who has damaged the reputation of a sport and displayed poor judgement.

Financial

A ban resulting from an Anti-Doping Rule Violation (ADRV) will have a significant financial impact on the individual. For athletes, this includes, but is not limited to, the requirement to return prize money or a financial sanction. Other negative consequences of doping include termination of contracts and sponsorship deals, loss of government funding and other forms of financial support.

Sanctions

An Anti-Doping Rule Violation (ADRV) will have an impact on an athlete's ability to train and compete. For coaches and other Athlete Support Personnel, a ban may mean that they are no longer able to work with athletes. A sanction resulting from an ADRV can range from a warning to a lifetime ban from all sport.

It is also important to note that individuals banned in a sport will also be prohibited from playing, coaching or working with athletes in any other capacity in a different sport.

It is also a violation of the Code to work with Athlete Support Personnel who have been sanctioned by an ADO, as well as any coaches, trainers, physicians or other Athlete Support Personnel who are ineligible on account of an ADRV, or those who have been criminally convicted or professionally disciplined in relation to doping.

A full list of sanctioned athletes and Athlete Support Personnel in the country of **(insert country name)** can be found below in accordance with Code Art. 14.3 (Public Disclosure).

Table of Sanctions

(ADO to complete table)

Date of decision	Name	Role (e.g., athlete/ coach)	Rule violation	Substance	Sanction	Ban commenced	Ban ends	Full decision (link to case)



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Note: if the athlete or other person is a minor, no publication is required.

A full list of all Athlete Support Personnel who are currently suspended from working with athletes or other persons can be found on [WADA's Prohibited Association List](#).

13. REVEALING SUSPICIOUS ACTIVITY

Code Obligation

A section on reporting doping is a Code requirement. The ADO will benefit from the ITA's Whistleblowing Platform "REVEAL", which satisfies the "gathering, assessment and use of intelligence" requirements of the International Standard for Testing and Investigation (ISTI). The ITA I&I department is responsible for the implementation and running of REVEAL and will assist the ADO with its responsibility to roll out the REVEAL platform to all its National Federations through dedicated website and communication banners for the IF and its member federations.

The copy below provides information on REVEAL, the ITA reporting platform that is used by a number of International Federations as well as the International Olympic Committee. These ADOs have delegated such activity to the ITA and have therefore been authorised to use Reveal. The ADO may also wish to promote their own platform or WADA's [Speak Up!](#) platform if authorised by WADA.

If you wish to use REVEAL, you can contact the ITA at: reveal@ita.sport

Suggested Copy

Revealing Suspicious Activity & Reporting Mechanisms

Athletes and Athlete Support Personnel play a key role in protecting the integrity of sport. Any suspicions of doping or related activity can be reported through [REVEAL](#), the International Testing Agency's confidential whistleblowing platform.

REVEAL enables anonymous reporting in a secure manner while actively supporting the investigation of Anti-Doping Rule Violations or related activities. All information is treated confidentially and in accordance with a strict handling policy.

Let's keep sport real together!

14. CLEAN SPORT EDUCATION

ITA Recommendation

A section outlining the importance of education with a comprehensive list of resources is very useful for athletes and Athlete Support Personnel visiting the anti-doping section of the ADO website.

Many of the resources the ITA recommends are included as direct links in each of the topics outlined in the previous sections, and other useful material is listed below. Note that this is by no means an exhaustive list, and each ADO is encouraged to update this section with the relevant country- and language-specific resources.

If certain education activities are made mandatory by the ADO, it is important to outline these responsibilities and the groups to which the requirement applies in this section. It is also suggested to publish the Education Pool on the ADO website – this can be done in this section or alongside the ADO Testing Pool.

Suggested Copy

Clean Sport Education

With the enactment of the 2021 World Anti-Doping Code and the new [International Standard for Education](#), anti-doping education has become a key step towards ensuring a clean and fair field of play. Effective education and clean sport values-based education programs are important to create a strong doping-free culture.

The **(insert ADO name)** supports this principle and has put in place a strong and comprehensive Education Program for athletes, Athlete Support Personnel and other members of the sport community in **(insert country)**. To learn more about these initiatives, you can consult the **(insert ADO name) Education Plan (insert link - the ITA suggests publishing the Education Plan or a short summary of it)**.

It is strongly recommended that all athletes, coaches and other Athlete Support Personnel in **(insert country)** take the time to get educated and informed using the many available anti-doping educational tools and resources. Topic-specific resources are included as direct links within that topic, other, more general resources and materials are listed below.

WADA ADEL Platform

[ADEL](#) is WADA's global Anti-Doping Education and Learning Platform. ADEL welcomes anyone who wants to learn about clean sport – the e-learning courses are free for all.



There are courses for athletes of different levels, as well as for coaches, and other support personnel. These include:

- Athlete's Guide to the 2021 Code
- Athlete Support Personnel Guide to the 2021 Code
- ADEL for Registered Testing Pool Athletes
- International-Level Athletes Education Program
- National-Level Athletes Education Program
- Parents of Elite Athletes Education Program
- High Performance Coaches' Education Program
- Medical Professional's Education Program

ADEL courses are available in many different languages. If your language is not available at the time of login, make sure to check the ADEL Roadmap section of the website to see what courses are currently being translated and to which languages. (If the ADO has its own e-learning platform or if the ADO collaborated with WADA on the translation of an ADEL course, include this information here.)

ITA Athlete Hub

The (insert ADO name) recommends regularly visiting the International Testing Agency's [Athlete Hub](#) for the latest news, articles and informational resources. The [Resources section](#) is also helpful if you are looking for a specific document.

ITA Monthly Webinars

All members of the (insert ADO name) community are invited to take part in ITA [webinar series](#). Each month, anti-doping experts are joined by an athlete guest to discuss key anti-doping topics relevant to athletes and Athlete Support Personnel. All webinars are free and accessible to any interested member of the global sport community. The webinars are delivered in English with simultaneous translation to Arabic, French, Russian and Spanish.

Registration for each webinar opens 2-3 weeks prior to the live session on the [ITA Athlete Hub](#) and on the ITA social media channels. Previous webinar recordings can also be viewed on the Athlete Hub.



15. CONTACT INFORMATION

ITA Recommendation

The ADO should make sure that contact information is clearly displayed, up-to-date and accessible. The ITA suggests providing a clear list of email addresses and/or phone numbers for different matters pertaining to anti-doping, for example:

- General inquiries
- Speaking up
- TUE information
- ADAMS information
- List of contacts external to the ADO but relevant within the context of anti-doping (e.g., WADA, the ITA)

16. DATA PRIVACY

ITA Recommendation

In accordance with the International Standard for the Protection of Privacy and Personal Information (ISPPPI), ADOs shall inform Participants or Persons to whom the Personal Information relates about the Processing of their Personal Information in the context of the ADO activities. This can be achieved by providing notice to the relevant individuals that explains the ADO data processing activities and related information before or when collecting Personal Information.

In this context, an ADO may decide to publish on its website an Anti-Doping Privacy Notice (and if applicable an Athlete Consent Form) prepared in accordance with the ISPPPI and any national/international regulations applicable to the ADO.

An ADO can refer to the ISPPPI and to the [WADA Guidelines for the International Standard for the Protection of Privacy and Personal Information](#) for more information on this subject.