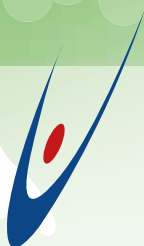


Anti-Doping

Important Facts and Highlights
from WADA's Athlete Guide



*South African Institute for
Drug-Free Sport*



What is WADA?

The World Anti-Doping Agency (WADA) is the international independent organization created in 1999 to promote, coordinate and monitor the fight against doping in sport in all its forms.

WADA coordinated the development, and subsequent evolution, of the World Anti-Doping Code (Code). WADA is engaged in many key activities, including scientific and social science research, education, athlete outreach, anti-doping capacity building, enforcement and monitoring Code implementation. WADA is not a testing agency.

What is The Code?

The Code is the document that works to ensure that anti-doping regulations are the same across all sports and all countries.



WORLD
ANTI-DOPING
CODE

What is Doping?

Doping is defined as the occurrence of one or more of the following anti-doping rule violations:

WHAT IS SAIDS?

SAIDS was established as a statutory body by the Institute of Drug-Free Sport Act in 1997, and amended in 2006 as the independent Anti-Doping Organization for South Africa. SAIDS has the necessary authority and responsibility for:

- Planning, coordinating, implementing, monitoring and advocating improvements in Doping Control;
- Cooperating with other national organizations, agencies and other Anti-Doping Organizations;
- Encouraging reciprocal testing between National Anti-Doping Organizations;
- Promoting anti-doping research;
- Where funding is provided, withholding some or all funding, during any period of his or her Ineligibility, to any Athlete Support Personnel who has violated anti-doping rules;
- Vigorously pursuing all potential anti-doping rule violations within its jurisdiction including investigating into whether Athlete Support Personnel or other Persons may have been involved in each case of doping.
- Planning, implementing and monitoring anti-doping information and education programs.

The SAIDS Anti-Doping Rules

These Anti-Doping Rules, like Competition rules, are sports rules governing the conditions under which sport is played. Participants accept these rules as a condition of participation in sport and shall be bound by them. These Anti-Doping Rules are distinct in nature and, therefore, not intended to be subject to, or limited by, any requirements and legal standards applicable to criminal proceedings or employment matters.



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- 1 Presence** of a prohibited substance in an athlete's sample
 - 2 Use** or attempted use of a prohibited substance or method
 - 3 Refusing** 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

The List of Prohibited Substances and Methods

The List applies to athletes both in- and out-of-competition. WADA updates the List annually and the most current version is posted on WADA'S Website. (www.wada-ama.org)

- The irresponsible use of any medical, dietary or other substance or method can rob you of your best performance.
- Extreme caution is recommended regarding supplement use. Even an "all-natural" supplement could contain a prohibited substance.
- Before taking medications/supplements you should always consult:
 - the List
 - SAIDS or your International Federation (IF)
 - a pharmacist or physician



TUES

By applying for and obtaining a Therapeutic Use Exemption (TUE) from your IF (for international level athletes) or SAIDS (for national-level athletes), you may be allowed to take certain prohibited medications for specific conditions.

All About Whereabouts

If you are identified in a Registered Testing Pool (RTP), you must provide current and accurate whereabouts information, including your:

- home address
- training schedule and venues
- competition schedule
- regular personal activities such as work or school

Additionally, you have to specify a location and a 60-minute window each day where you can be sought for testing. Should you not be present at the specified location during the hour this could be declared a missed test. Even if you are not included in an RTP you could be requested to provide similar whereabouts information.





Testing

(Doping Control)

See over for an
illustrated guide to
**The 11 Stages of
Doping Control**

If you compete at the international and/or national level, you can have your urine and/or blood tested anytime, anywhere by your IF, SAIDS or a Major Event Organizing Committee. Specially trained and accredited doping control personnel carry out all tests.

Testing can be conducted in-competition and out-of-competition.

But why me?

- In-competition you can be chosen by random selection, finishing position or by being targeted for a particular reason.
- Out-of-competition you may be tested anytime, anywhere and with no advance notice.
- If you are a minor or an athlete with a specific disability, you may require slight modifications to the sample collection procedure. You can discuss these modifications with the Doping Control Officer at the time of testing.



Facilitating Whereabouts Responsibilities with



As an athlete, you can update your whereabouts information with WADA's Anti-Doping Administration Management System (ADAMS), where you can also access helpful information and resources.

Testing:

The 11 Stages of Doping Control





Find out more at www.drugfreesport.org.za

3

Reporting to the Doping Control Station

You should report for your test immediately. The DCO may allow you to delay reporting — however only in certain circumstances.

4

Sample Collection Equipment

You are given a choice of individually sealed collection equipment.

5

Your Sample

You will be asked to provide a sample witnessed by a DCO or chaperone. You may additionally be asked to provide a blood sample.

6

Volume of Urine

A minimum 90mL is required for all samples.

7

Splitting the Sample

Your sample will be split into an A and B bottle.





Results Management

Sanctions for violating anti-doping regulations may range from a reprimand to a lifetime ban. The period of ineligibility may vary depending on the type of anti-doping violation, the circumstances of an individual case, the substance, and the possible repetition of an anti-doping rule violation.

As an athlete, you have the right to request a B sample analysis. You are entitled to a fair hearing and to appeal any decision regarding a positive test or sanction imposed on you following an anti-doping rule violation.

In the case of any discrepancy between this information and the World Anti-Doping Code, **the Code prevails**. This information is subject to change at anytime. Always check with the South African Institute for Drug-Free Sport for the most up-to-date anti-doping regulations. May 2010



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