



## ANTI-DOPING ATHLETE'S RIGHTS AND RESPONSIBILITIES

Ensure you have read and understood the documents pertaining to anti-doping on the IDBF website <https://www.dragonboat.sport/anti-doping> In addition, refer to the WADA (World Anti-Doping Agency) website - <http://list.wada-ama.org>

The WADA testing program has been set up for athletes. It is essential that you understand and have confidence in the program. The following gives the basic rights and responsibilities you as an athlete have during the doping control process.

### YOUR RIGHTS:

- Be notified of your selection for doping control
- Be informed of the consequences of refusing to provide a sample
- Have the doping control procedures explained to you
- With the Doping Control Official's (DCO) consent and always in full view of the chaperone, you may: attend a Medals' Ceremony (In -Competition), warm down, finish training, receive medical attention, compete in further races and fulfill reasonable media commitments
- Be provided with a selection of sealed equipment from which to choose
- Be observed when providing your sample and always by someone of the same gender as yourself
- Receive copies of all signed documentation

### YOUR RESPONSIBILITIES:

- Know the IDBF's and your IDBF Member's anti-doping regulations
- Carry photo ID to present to the DCO
- Inform your doctor or pharmacist that you are a competitor who may be subject to doping control
- Consult your IDBF Member in advance if you are medically required to take any medication on the prohibited list. Before being permitted to compete when taking such substances, you will need to apply for medical exemption (TUE)
- Keep a list of all medications, vitamins or supplements you are taking and declare them on the doping control form
- Be careful with unlicensed products such as nutritional supplements or herbal products as these may contain prohibited substances
- From notification through to completion of sample collection, stay in full view of the DCO or chaperone, whether at a competition, training venue or your home
- Only re-hydrate with sealed non-alcoholic, caffeine-free beverage before the test
- Be prepared to begin sample collection procedures as soon as possible after notification
- Remain in control of your sample until it is securely sealed
- Ensure all documentation is signed and you have been provided with a copy

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