ITA ANTI-DOPING EDUCATION CONTENT GUIDELINES

Introduction

This document was designed by the International Testing Agency (ITA) to support International Federations (IF) with the development of their respective anti-doping website sections and content as per the 2021 World Anti-Doping Code (Code). The purpose of an anti-doping section on IF websites 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 IF community.

These guidelines are meant to be adapted to the needs and specificities of the sport and do not automatically guarantee compliance with the WADA International Standard for Education (ISE) or any other International Standards. It is important that the IF regularly reviews the website to make sure that the information provided is up to date.

Purpose

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 the Anti-Doping Administrative & Management System (ADAMS)
- Speaking up to share concerns about doping

How to use this document

This document covers all the above obligatory requirements as per Code Art. 18.2 defined above. It also covers additional areas that the ITA recommends including in the anti-doping section of the IF 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 IF 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 sport specificities, or to the style/tone of the organisation whenever possible.

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1. INTRODUCTION TO ANTI-DOPING

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 International Dragon Boat Federation seeks to maintain the integrity of dragon boating 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

Education is the process of learning to instil values and develop behaviours that foster and protect the spirit of sport, and to prevent intentional and unintentional doping. The International Dragon Boat Federation values that reflect clean sport include fairness, respect, honesty, determination and integrity.

The International Dragon Boat Federation values 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

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 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.

The International Dragon Boat Federation has its own set of anti-doping rules and it is important that those involved in the sport are familiar with them. These rules can be found here: Anti Doping - International Dragon Boat Federation.

International Dragon Boat Federation has delegated the management of its education clean sport activities to the International Testing Agency (ITA), an independent organisation that manages anti-doping programs on behalf of International Federations and Major Event Organisers.

WADA, IDBF, the ITA and the National Anti-Doping Organisations (NADOs) coordinate all anti-doping efforts within the sport of dragon boating.

4. RIGHTS AND RESPONSIBILITIES UNDER THE CODE

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 (Code). Part Three of the Code outlines these for each stakeholder in the anti-doping system.

Athletes' Rights

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. Athlete rights 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

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 the IDBF Anti Doping - International Dragon Boat Federation and any other applicable Anti-Doping Rules (for example, those of Major Event Organisations).
- 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 International Dragon Boat Federation and other Anti-Doping Organisations (WADA, ITA, NADOs).

- 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 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 Athletes Anti-Doping Control Rights and Responsibilities for more information on this.

Roles and Responsibilities of Athlete Support Personnel and other groups

Like athletes, Athlete Support Personnel and others under the jurisdiction of International Dragon Boat Federation also have roles and responsibilities as per the Code. These include:

- Being knowledgeable of anti-doping policies and rules which are applicable to you or 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 International Dragon Boat Federation and their NADO whether you have committed any Anti-Doping Rule Violations (ADRVs) within the previous ten years.
- Cooperating with anti-doping organisations investigating ADRVs.

Further details of these roles and responsibilities can be found in Code Art. 21.2 and 21.3.

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5. THE PRINCIPLE OF STRICT LIABILITY

In anti-doping, the principle of Strict Liability applies. This means that every athlete is solely responsible for everything they use and is found in their body – regardless of whether there was an intention to cheat or not, or if the athlete is at fault. Therefore, it is vital that athletes and Athlete Support Personnel know the rules and understand their responsibilities under the Code.

Athletes must know and understand the Prohibited List and with the risks associated with supplement use. More information on the Prohibited List, medications and supplements is available in the Prohibited List, Medications & Supplements section Anti Doping - International Dragon Boat Federation – see section Anti-Doping Guide and Resources

6. ANTI-DOPING RULE VIOLATIONS

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. **Evading, refusing or failing** to submit to sample collection
4. **Failure** to file Athlete Whereabouts information & missed tests
5. **Tampering** or attempted tampering with any part of doping control
6. **Possession** of a prohibited substance or method
7. **Trafficking** or attempted trafficking a prohibited substance or method
8. **Administration or attempted administration** of a prohibited substance or method to an Athlete
9. **Complicity or attempted complicity**
10. **Prohibited association** with sanctioned Athlete Support Personnel
11. **Acts by an athlete or other person to discourage or retaliate** against reporting to authorities

The first four Anti-Doping Rule Violations apply only to athletes because they can only be committed in relation to testing.

The remaining seven Anti-Doping Rules apply to both the athletes and the Athlete Support Personnel including coaches, medical professionals, or anyone else working with the athlete or involved in anti-doping activities. National and International Federation 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

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.

The ITA Athlete Hub explains more and has additional resources to help athletes and ASP navigate the Prohibited List.

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

In-Competition: According to the Code, *the in-competition is the period commencing at 11:59 p.m. the night before a Competition until the end of that competition of associated doping control, whichever occurs last.*

The in-competition period is very important to understand when it relates to substances that are prohibited in-competition. Any substance prohibited in-competition must have left the athlete's system by the start of this period. It **does not** mean that the athlete must stop taking the substance by the time the in-competition period begins. Different substances can take varied times to leave an individual's system. The presence of a substance that is prohibited in-competition during an in-competition test can result in a sanction even if the substance was used during the out-of-competition period.

The most up-to-date version of the Prohibited List can be found here.

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8. USE OF MEDICATIONS & RISKS OF SUPPLEMENTS USE

Checking Medications

Athletes, like everyone else, may need medications to treat an illness, injury or condition and they have the right to use them to protect and restore their health. However, athletes must take extra precautions to ensure their medications do not contain prohibited substance or involve use of prohibited methods. **This applies to all**

medications whether they are prescribed by a medical professional or purchased over-the-counter at a pharmacy or in the supermarket.

The ITA Athlete Hub provides key information and practical advice for athletes and their support personnel. Keep in mind that the World Anti-Doping Code holds athletes strictly liable (responsible) for what they use and what is found in their body, regardless of **whether there was an intention to cheat or not or if the athlete is at fault.**

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

Supplements are a leading cause of inadvertent doping, and no guarantee can be given that a supplement is free from prohibited substances. Despite the risks, supplement use in sport is common with 40-100% of athletes reporting supplement use. Athletes and their support teams should understand these risks, know how to minimise them, and make informed decisions.

The supplement industry is not consistently regulated. This means supplements can:

- Contain prohibited substances as their main ingredients.
- Be contaminated during the manufacturing process, handling process or in the supply chain of ingredients.
- Be mislabelled with the contents not matching what is stated.
- Be falsely advertised with claims that lack supporting evidence.

Visit the ITA Athlete Hub for key information and practical advice to support athletes and their support personnel to navigate supplements.

Checking Supplements

While the only way to avoid the risks of supplements is not to use them, it is acknowledged that some athletes know the risks and choose to use 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 International Dragon Boat Federation 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 and use may lead to an Anti-Doping Rule Violation.

For more information, please watch this ITA webinar on nutritional supplements.

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9. THERAPEUTIC USE EXEMPTIONS (TUEs)

All International Federations that have delegated the management of the Therapeutic Use Exemptions to the ITA are strongly encouraged to use the template provided by the ITA TUE team, and to link the anti-doping section of the IF website to the ITA TUE web page which provides the most complete and up-to-date TUE information. If you have any questions, please contact TUE@ita.sport.

10. TESTING PROCEDURES - URINE, BLOOD & THE ABP

Introduction to Doping Control

Testing is one of the essential tools used to protect clean sport by detecting and deterring doping. Testing is a crucial part of the doping control process which protects athletes who we support to feel confident, proud and knowledgeable about their contributions to clean sport when tested.

Athletes can be tested by a National Anti-Doping Organisation (NADO), a National Olympic Committee (NOC), a Regional Anti-Doping Organisation (RADO), the International Dragon Boat Federation (IDBF), a Major Event Organiser (MEO) or the World Anti-Doping Agency (WADA). These organisations can delegate testing to a third party, such as the 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, available in multiple languages.

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.
- Be clear on the type of sample being collected (urine, blood serum, dried blood spot).
- Request a delay in reporting to the doping control station 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 testing process for injury or impairment.

- Record any comments or concerns on the Doping Control Form.

Athlete responsibilities during sample collection are to:

- Report for testing immediately unless delayed for a valid reason.
- Show valid identification (usually a government-issued ID).
- Remain in direct sight of the Sample Collection Personnel following notification.
- Comply with all doping control requirements.

Athlete Biological Passport (ABP)

The Athlete Biological Passport (ABP) is an individual electronic profile that tracks selected biological markers in an individual athlete's blood and urine sample over multiple tests. Over time, the ABP can show the effects of doping rather than the presence of a prohibited substance in a sample.

You can learn more about the ABP in the Frequently Asked Questions section on the Athlete Hub's Testing page.
https://ita.sport/news/ita-webinar-the-athlete-biological-passport-a-practical-guide/

11. REQUIREMENTS OF THE REGISTERED TESTING POOL

Registered Testing Pool (RTP)

The Registered Testing Pool (RTP) is a select group of elite athletes who are subject to regular testing and must provide their whereabouts information so they can be located for no-advance notice testing. Athletes are included in the RTP by the International Dragon Boat Federation and/or their National Anti-Doping Organisation (NADO).

Inclusion in the RTP is done via the International Dragon Boat Federation Inclusion Letter – this document contains all the key information, deadlines and athlete's responsibilities as it relates to athletes' RTP obligations.

12. CONSEQUENCES OF DOPING

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 the sport of dragon boating 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.

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13. REVEALING SUSPICIOUS ACTIVITY

(All International Federations that utilise REVEAL, the ITA's doping reporting platform, are strongly encouraged to use the online promotion package provided by the ITA Intelligence & Investigations (I&I) team, and to prominently display a reference to REVEAL on their websites. If you have any questions or wish to obtain the promotion package, please contact REVEAL@ita.sport.)

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14. CLEAN SPORT EDUCATION

Clean Sport Education

It is strongly recommended that all International Dragon Boat Federation athletes, coaches and other Athlete Support Personnel 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.

ITA Athlete Hub

The International Dragon Boat Federation 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 International Dragon Boat Federation community are invited to take part in the ITA Monthly Webinars. Each month, anti-doping experts or athlete guests 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, subscribe to the ITA Newsletters here to receive webinar registration information. Previous webinars can also be viewed on the Athlete Hub.

WADA ADEL Platform

ADEL is WADA's global Anti-Doping Education and Learning Platform. ADEL welcomes anyone who wants to learn about clean sport.

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