

You have a responsibility to: -

- Comply with the sample collection procedure

▶ Failure to do so could result in an Anti-Doping Rule Violation (ADVR)

- Provide appropriate photo identification to the DCO or Chaperone
- Report immediately to the doping control station unless there are valid reasons for a delay
- Remain within continuous observation of the DCO or Chaperone at all times from the point of notification until the sample collection procedure is complete



Check Your Medication:

- Ingredients-ask your doctor or pharmacist to check that all the ingredients in your medication are permitted for use in sport
- Correct Spelling-please ensure that you have the correct spelling of a product and/or its ingredients to avoid any mishaps with a similar product when checking the WADA Prohibited List
- Route of Administration-the status of a substance may vary depending on how it is used (e.g., orally, by injection, etc)
- Substances Prohibited in Particular Sport-consult the WADA Prohibited List to see if your Sport Prohibits substances that are specific to it.
- Up To Date Information-check the status of each ingredient in any medication that you buy, even if you have bought that medication before, as previously acceptable ingredients may have changed in status or new banned ingredients may have been added



- Changes to the WADA Prohibited List-check any existing medication against the current WADA Prohibited List and plan ahead to take any changes into account
- Permitted Alternatives-if your medication includes a prohibited substance, try to find a suitable alternative. Most common ailments can be treated with products that do not contain a prohibited substance
- Therapeutic Use Exemption-if a permitted alternative is not available, you may need to apply for a Therapeutic Use Exemption (TUE)

GETTING CAUGHT!

Athletes caught doping will be banned from sport. Imagine not being able to play any sport for a four-year period or even for the rest of your life. After all of your years training and working, the closest you would get to the sport would be from the side lines or the stands.



REMEMBER!

- The Strict Liability Principle states that athletes are responsible for any banned substances found in their sample, whether or not they intentionally or unintentionally used a prohibited substance
- If you cannot find information about a substance or medication, DO NOT assume it is safe to use
- Marijuana is a banned substance and can remain in your body for a month or more
- Vitamins, herbal products and nutritional supplements may contain banned substances. If you choose to consume these products, you do so at your own risk. Please seek the advice

of a qualified medical practitioner or nutritionist, who is aware that you are an athlete before consuming these products

- The WADA Prohibited List outlines which substances and methods are banned in sport. The latest version is published on WADA's website in October and comes into effect on January 1st. However, it may be changed from time to time so it is important that you check for changes on a regular basis

THINK ABOUT THIS!

- Sport is about expressing your true self and realising your own unique potential
- Being successful at sport takes the right attitude, practise, time and effort.
- Giving your natural best is always good enough.
- You will be judged on how you play, not just the result.
- You, and only you, are responsible for what goes into your body

<https://www.wada-ama.org/en>
WADA (World Anti-Doping Agency)

<https://adel.wada-ama.org/learn>
ADEL (Anti-Doping Education and Learning)

<https://www.ttoc.org/tto-anti-doping>
TTOC (Trinidad and Tobago Olympic Committee)

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Government of the Republic of Trinidad and Tobago

Ministry of Sport and Youth Affairs

Fair Play Safe Sport

Understanding and Preventing Doping





WHAT IS DOPING?

Doping refers to an athlete's use of banned substances or methods to improve training and sporting results. Every year a new list of prohibited substances is prepared by the World Anti-Doping Agency (WADA).

There are many types of drugs banned in sport because of the damage they can do to an athlete's health and fair play. Steroids are the drugs that often come to mind when we talk about doping due to their ability to increase muscle mass and strength. However, doping also includes:

1 an athlete's use of other banned substances such as

- a. **Stimulants**-may increase concentration and reduce tiredness, but they can also damage your heart
- b. **Hormones**-can have a variety of useful medical purposes, but they can be harmful when you are young and still growing,
- c. **Diuretics**-may help with weight loss but they cover up the use of other banned drugs and can cause dehydration and fatigue
- d. **Narcotics**-can offer temporary pain relief but this could lead to a lasting injury
- e. **Cannabinoids (Hashish, Marijuana)** can act as relaxants, but may also lead to a loss of concentration and coordination which can endanger the safety of athletes and officials



2 an athlete's use of forbidden methods such as

- a. blood transfusions
- b. gene doping

3 an athlete's refusal to take a drug test

4 an athlete's attempt to tamper with doping control

WHY DO PEOPLE CHEAT?

Most athletes know that doping is cheating. However, some athletes still take the risk.

Sometimes fame, money and prizes can cause people to make poor decisions. They are told that doping might give them a boost, provide a shortcut to long years of training or help them win more frequently and consistently. They are prepared to risk their health and their sporting career to win at all costs.

Some athletes use drugs to overcome an injury. Trainers or coaches might say that drugs can make you forget about the pain or may help speed up recovery. However, they often fail to mention the health risks that can result from use of banned substances.

What's The Big Deal?

Doping in sport is cheating. It destroys fair play and sporting competition. Whatever the reason, there is no excuse for doping.



Some drugs can lead to obvious changes in appearance. For example, steroid use can cause acne, particularly on the back. In boys it can shrink testicles, cause impotence and accelerate baldness. In girls it can cause development of a deeper voice, facial hair growth and irregular menstrual cycle.

There can be even more serious side effects. Doping can cause harm to your heart, liver, kidney and reproductive system and has even caused sudden death in some athletes.



DOPING CONTROL:

As you get older and improve in sport it is likely you will be tested for the use of banned substances and banned methods. These tests are aimed at preserving the spirit of sport by catching the cheats.

Testing can take place during a competition, during training, or in the off season and will generally be given without advanced notice. If you refuse to take a test or follow the testing procedures, you can receive the same sanction as an athlete who tests positive.

Even if you take a banned substance by accident, it is still considered doping. Ultimately, you are responsible for everything that goes into your body.

DURING THE TESTING PROCEDURE:



You have a right to: -

- Have a representative present
- Have an interpreter, if available, and if necessary
- Ask for additional information about the sample collection process
- Request modifications to the sample collection process
- Request a delay in reporting to the doping control station for valid reasons, such as-

- ▶ Medical reasons (treatment of injury)
- ▶ Medal ceremony
- ▶ Media commitment
- ▶ Further competition
- ▶ Cool down or warm down

N.B. You must remain in the sight of the Doping Control Officer (DCO) or Chaperone at all times during the delay

