

WADA: Friend or Enemy ?

The World Anti-Doping Agency (WADA) was created in 1999, after major doping scandals hit the world of sports.

This independent international organization was created to **promote, coordinate and monitor the fight against doping in sport** around the world.

WADA's priority activities focus in several areas emanating from the responsibilities given to the Agency by the World Anti-Doping Code (Code), the core document that provides the framework for anti-doping policies, rules, and regulations within sport organizations and among public authorities. WADA's range of activities demonstrates the importance of a comprehensive approach to the fight against doping in sport.

DANGERS OF DOPING

WHAT'S THE BIG DEAL?
Most medications on the prohibited list can be bought off a pharmacy as they would be safe to use right?
NO! Medication can be bought with a doctor's prescription and the healthy athletes. They cannot be prescribed to be used by healthy people, in higher doses, and in combination with other substances.

WHAT ABOUT NUTRITIONAL SUPPLEMENTS?
All nutritional items are not highly regulated—meaning you can't be sure that you are taking what you think you are taking. There is no quality control in your nutritional supplement.

WHAT'S AT RISK?
All medications have side effects—but what if you take them when you feel "down" and then try to open your mind to your best performance in your athletic career?

WHAT ELSE SHOULD YOU KNOW?
There are three methods of administering medications—oral, injectable, and inhaled. That the banned substances that are used in doping are administered in these ways may mean that they are not as easy to detect as you think. They are not as easy to detect as you think. They are not as easy to detect as you think.

USE AT YOUR OWN RISK!

play true

You can find a lot of educational materials on WADA website

-> see <http://www.wada-ama.org/en/Education-Awareness/Youth-Zone>

Stamp out doping

WHAT HAPPENS TO AN ATHLETE WHO USES?

STEROIDS
Steroids may make you muscle big and strong. BUT, you may become depressed on them and they may:

- Make you fat
- Increase your risk of liver and cardiovascular disease
- Give you mood swings
- Make you more aggressive

STIMULANTS
Stimulants are used to help you compete. BUT, they may:

- Give you a racing heart
- Cause insomnia
- Cause anxiety
- Cause depression
- Cause irritability
- Cause aggression
- Cause irritability
- Cause depression
- Cause irritability

MASKING AGENTS
Masking agents are used to help you compete. BUT, they may:

- Cause depression
- Cause irritability
- Cause depression
- Cause irritability
- Cause depression
- Cause irritability

DIURETICS
Diuretics are used to help you compete. BUT, they may:

- Cause dehydration
- Cause irritability
- Cause depression
- Cause irritability
- Cause depression
- Cause irritability

This poster was assembled by:

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WORLD BRIDGE FEDERATION
Medical & Prevention Commission

Are you aware of Anti-Doping Rules ?

Since the WBF Executive Council meeting held in October 2008 in Beijing, the **WBF accepted the Anti-Doping Code from WADA** (the World Anti-Doping Agency).

What is Doping?
1. Presence of a prohibited substance or its metabolites or markers
2. Use of a prohibited procedure
3. Refusing, without a sample collection after being notified
4. Failure to be obtain where whereabouts information is provided
5. Tampering with any part of the doping control process
6. Possession of a prohibited substance or method
7. Attempting to tamper with or interfere with doping control
8. Possession of a prohibited substance or method in relation to an athlete

These rules are in force, which means that Players in the Open, Women's and Youth (Junior and Youngsters) Teams in World Bridge Teams Championships will be liable for Anti-Doping Tests.

Any players requiring exemption certificates should ensure that they complete the **Therapeutic Use Exemptions (TUE) Application Form** and return it as soon as possible and **no later than 30 days before the commencement of the competition** in which they are participating.

Therapeutic Use Exemption (TUE)
<https://www.wada-ama.org/en/questions-answers/therapeutic-use-exemptions#node-501>

- **What is a Therapeutic Use Exemption (TUE)?**
 - Athletes, like all others, **may have illnesses** or conditions that require them to take particular medications.
 - If the medication an athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a Therapeutic Use Exemption (TUE) may give that athlete the authorization to take the needed medicine.
- **What are the criteria for granting 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 significant enhancement of performance**, and
 - **There is no reasonable therapeutic alternative** to the use of the otherwise prohibited substance or method.
- **What happens if an athlete is granted a TUE?**
 - TUEs are granted for a **specific medication** with a defined dosage. They are also **granted for a specific period of time and do expire**. The athlete needs to comply with all the treatment conditions outlined in the TUE Application.

LEGEND - These substances may influence:

- > Physical performance
- > Mind performance
- > Possibly Physical and/or Mind
- > Clearance of other drugs ("masking agents")

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WORLD ANTI-DOPING AGENCY
play True



SPORTACCORD
International Sport Federations
recognized by the IOC



WORLD BRIDGE FEDERATION
International Sport Federations
recognized by the IOC



4th WORLD YOUTH
OPEN BRIDGE
CHAMPIONSHIPS
OPATIJA AUGUST 2015

2015 World Anti-Doping CODE: ATHLETE Reference Guide

-> see
<https://wada-main-prod.s3.amazonaws.com/resources/files/wada-reference-guide-to-2015-code-nocode.pdf>
<https://www.wada-ama.org/en/resources/the-code/world-anti-doping-code>

What, exactly, is the World Anti-Doping Code?

The Code is the anti-doping system framework. It has been accepted by the entire Olympic movement as well as by various sports bodies and National Anti-Doping Organizations throughout the entire world. It also has been recognized by more than 170 governments, through the UNESCO Convention against Doping in Sport.

The Code first came into effect in July 2004. A first set of amendments took effect on 1 January 2009. A second set will come into effect on 1 January 2015.

The full text of the Code can be found on the World Anti-Doping Agency's website.

Who is subject to the Code?

1. If you are a national - or international - level athlete, the Code applies to you. "International-level" athletes are defined by the athletes' International Federation. "National-level" athletes are defined by the athletes' National Anti-Doping Organization.
2. Each National Anti-Doping Organization can decide whether and how the Code will apply if you are an athlete competing domestically at a level that does not identify you as "national-level". If you are competing at this level, the National Anti-Doping Organization tests you, and if you return a positive test or tamper with the doping control process or commit another anti-doping rule violation, the Code then requires that sanctions be imposed.
3. If you are not participating in competition but merely engaging in recreational or in fitness activities, National Anti-Doping Organizations also have discretion to decide whether and how the Code will apply.

Does intent matter when it comes to an anti-doping rule violation?

As noted before, you are responsible - "strictly liable" - for anything and everything in your system. To establish an anti-doping rule violation for use or presence of a prohibited substance, it is not necessary to demonstrate intent, fault, negligence or knowing use on your part.

It is not a defense to an anti-doping rule violation that, for instance, someone in your entourage or camp gave you a substance, or that a banned substance was not listed on a product label, or that a prohibited substance or method would not have improved your performance.

If you use or try to use a prohibited substance or method, that is doping. The "success" or "failure" of the use or attempted use does not matter. It is considered doping.

What about dietary supplements?

In many countries, the regulation of dietary supplements can be very lax. It is not unusual for supplements marketed in health-food stores or seen the Internet to contain prohibited substances that are not disclosed on the product label. Over the past few years, a significant number of positive tests have been attributed to mislabeled or contaminated supplements.

To use but one example, there have been a large number of cases in recent years, including at the Olympic Games, of athletes from different sports testing positive for the banned stimulant methylhexanamine (MHA). This stimulant might also be known as, among other things, 1,3-dimethylamylamine or DMAA; it might also be called geranium root extract or geranium oil even if it does not come from geranium oil or plants. These names might - or might not - be on a product label. But "methylhexanamine" rarely is, even though it is on the Prohibited List.

You should be extremely wary of products that, among other things, claim to build muscle, aid in recovery, provide energy or help with weight loss. Because you will be held strictly liable for the consequences of a positive test caused by a mislabeled supplement, the best advice is: you should not take a supplement if there is any doubt as to what it might contain.

Can prohibited substances be found in common medicines?

Yes. Any number of common medications, including painkillers and treatments for colds and the flu, can contain prohibited substances.

What is "prohibited association"?

There have been several high-profile examples where athletes have continued to work with coaches who have been banned or with other individuals who have been criminally convicted for providing performance-enhancing drugs.

A new feature of the Code taking effect at the start of 2015 makes it an anti-doping rule violation for you to associate with this sort of "athletic support person" once you have been specifically warned not to engage in that association.

The DETAILS:

You must not work with coaches, trainers, doctors or others who are ineligible because of an anti-doping rule violation or who have been criminally convicted or professionally disciplined in relation to doping.

Some examples of this type of prohibited association include obtaining training, strategy, nutrition or medical advice, therapy, treatment or prescriptions. Moreover, the "athletic support person" may not serve as an agent or representative. Prohibited association need not involve any form of compensation.

This provision does not apply in circumstances where the association is not in a professional or sport-related capacity. Examples: a parent-child or husband-wife relationship.

PART 4 ROLES AND RESPONSIBILITIES

As an athlete, you have certain roles and responsibilities. These include:

- > You must know and comply with all "applicable anti-doping policies and rules."
- > You must take responsibility for what you "ingest," meaning what you eat and drink and anything that may enter your body. The essential rule is this: if it is in your body, you are responsible for it. In legal terms, this is called "strict liability."
- > You must be available for sample collection.
- > You must inform medical personnel that they are obligated not to give you prohibited substances or methods. You must also take responsibility to make sure that any medical treatment you receive does not violate the Code.
- > You must cooperate with anti-doping organizations investigating anti-doping rule violations.

Coaches, trainers, managers, agents and other support personnel are often role models for athletes. They, too, have certain rights and responsibilities. These include:

- > They must know and comply with all anti-doping policies and rules that apply to them or the athletes they support.
- > They must cooperate with the athlete-testing program.
- > They must use their considerable influence to promote a clean sport philosophy.
- > They must cooperate with Anti-Doping Organizations investigating anti-doping rule violations.
- > They must not use or possess any prohibited substance or method without a valid justification.

One of the key principles of the anti-doping effort is to protect your health.

PART 5 WHAT IS DOPING?

As an athlete, the Code specifically says that you are responsible for knowing what makes up an anti-doping rule violation.

Such violations can involve more than just a positive test - which, in the language of the Code, is called an "Adverse Analytical Finding."

For example, it is also an anti-doping rule violation to use and possess prohibited substances and methods. There are also other types of anti-doping rule violations. The Code spells these out:

- > Tampering or attempted tampering with any part of doping control. For example, intentionally interfering with a doping control officer, intimidating a potential witness or altering a sample by adding a foreign substance. See [Article 2.5](#).
- > Possession of prohibited substance or method. It's not OK to buy or have on you a banned substance for the purpose of giving it to a friend or relative, except under certain very limited justified medical circumstances - say, buying insulin for a diabetic child. See [Article 2.6](#).
- > Trafficking or attempted trafficking in a prohibited substance or method. See [Article 2.7](#).
- > Administration or attempted administration of a prohibited substance or method to an athlete. See [Article 2.8](#).
- > Complicity. This covers a wide range of acts: assisting, encouraging, aiding, abetting, conspiring, covering up or "any other type of complicity" involving an anti-doping rule violation or attempted violation by "another person." See [Article 2.9](#).
- > Prohibited Association. See [Article 2.10](#).
- > Whereabouts Failure. See [Article 2.4](#).
- > Evading, refusing or failing to submit a sample collection. See [Article 2.3](#).

Violations can involve more than just a positive test

Samples may be frozen, stored and re-analyzed for 10 years.

PART 9 CONSEQUENCES OF ANTI-DOPING RULE VIOLATIONS

The consequences of an anti-doping rule violation may include the disqualification of results, the imposition of a period of ineligibility, mandatory publication of your violation and, perhaps, financial sanctions.

THE DISQUALIFICATION OF RESULTS

In an individual sport, an anti-doping rule violation in connection with a competition (for instance, an individual match or race) automatically results in disqualification of the results of that competition. See [Article 9](#).

What does disqualification mean?

It means the loss of results, medals, points and prize money. Your results in other competitions in the same event - for example, the Olympic Games - may also be disqualified. See [Article 10.1](#).

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