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 include 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.

You can find a lot of educational materials on WADA website:

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

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.

**The World Anti-Doping Code**

**The 2016 Prohibited List**


- Substances and methods prohibited at all times (In- and Out-of-Competition)
  - S0. Non approved substances (experimental)
  - S1. Anabolic agents
  - S2. Peptide hormones, Growth Factors, related substances and Mimetics
  - S3. Beta-2 agonists
  - S4. Hormone and metabolic modulators
  - S5. Diuretics and masking agents
  - M1. Manipulation of Blood and blood components
  - M2. Chemical and physical manipulation
  - M3. Gene doping

- Substances and methods prohibited In-Competition
  - S6. Stimulants
  - S7. Narcotics
  - S8. Cannabinoids
  - S9. Glucocorticosteroids

- Substances prohibited in particular sports (not or no longer in Bridge...)
  - P1. Alcohol (> 0.10 g/L)
  - P2. Beta-blockers

**LEGEND - These substances may influence:**

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

This poster was assembled by:

- Giovanni CAPELLI
- Bruno FEDERICO
- Paolo Walter GABRIELE
DOPING CONTROL: Step-by-step

Athlete testing, or doping control, is an essential programme in both promoting and protecting doping-free sport.

Worldwide doping controls are carried out in accordance with the World Anti-Doping Code and the International Standard for Testing, developed by WADA in consultation with its stakeholders.

1. **Athlete Selection**
   - The selection of athletes is based on the requirements of the responsible Anti-Doping Organisation (ADO). The selection may occur in three ways: random, based on established criteria (e.g. finishing position), or targeted.

2. **Splitting the Sample**
   - The athlete splits the sample, pouring the urine into the sample collection kit, from which to choose one. The athlete verifies that the equipment is intact and has not been tampered with. The athlete will open the kit and confirm that the sample code numbers on the bottles, the lids and the container all match.

3. **Sealing the Samples**
   - The athlete seals the "A" and "B" bottles. The athlete and the doping control officer should verify that the bottles are sealed properly.

4. **Measuring Specific Gravity**
   - The DCO measures the specific gravity using the residual urine left in the collection vessel. The values are recorded on the doping control form. If the sample does not meet the specific gravity requirements, the athlete may be asked to provide additional samples as required by the Anti-Doping Organization.

5. **Provision of Sample**
   - Only the athlete and a doping control officer of the same gender are permitted in the washroom during the provision of the sample. Minors or athletes with a disability may also have their representative present in the washroom. However, this representative is not permitted to view the provision of the sample.

6. **Volume of Urine**
   - The DCO shall ensure that an athlete in full view shall provide no less than 90ml of urine. If the amount of urine does not meet the minimum requirements, the athlete will proceed with the Partial Sample Process (outlined at the end of this leaflet).

7. **Selection of the Sample Collection Kit**
   - The DCO shall ensure that an athlete in full view shall provide no less than 90ml of urine. If the amount of urine does not meet the minimum requirements, the athlete will proceed with the Partial Sample Process (outlined at the end of this leaflet).

8. **Reporting to the Doping Control Station**
   - The athlete should report to the doping control station immediately following notification. The DCO may allow the athlete to delay reporting to the doping control station for activities such as a press conference or the completion of a training session; however, the athlete will be accompanied by a DCO or Chaperone from the time of notification until the completion of the sample collection process.

9. **Selection of Collection Vessel**
   - The athlete is given a choice of individually sealed collection vessels and selects one. The athlete verifies that the equipment is intact and has not been tampered with. The athlete should maintain control of the collection vessel at all times.

10. **Completion of Doping Control Form**
    - The athlete is asked to provide information about any prescription/non-prescription medications or supplements he or she has taken recently. These medications are recorded on the doping control form. The athlete has the right to note comments and concerns regarding the conduct of the doping control session. The athlete should confirm that all of the information on the doping control form is correct, including the sample code number.

11. **The Laboratory Process**
    - Samples are packaged for shipping to ensure that the security of the sample is tracked. The samples are sent to a WADA-accredited laboratory. The laboratory will inspect the samples upon arrival to ensure there is no evidence of tampering.

12. **The Laboratory**
    - The WADA-accredited laboratory will adhere to the International Standard for Laboratories when processing a sample, ensuring the chain of custody is maintained at all times.

    The "A" sample will be analyzed for substances on the Prohibited List. The "B" sample is securely stored at the laboratory and may be used to confirm an Adverse Analytical Finding from the "A" sample.
Mind & Health play together
WBF Health Interview Survey
Methodology

BACKGROUND
Following the IOC mandate for Sport Federations to monitor Health status and promote a healthy lifestyle among their athletes, the WBF President, with the advice of WBF Medical Commission, identified health monitoring among international athletes as a priority.

WHY IS IT IMPORTANT?
Collecting data on Perceived Health-Related Quality of Life, Behavioural risk factors, Chronic Diseases and medication and supplement consumption among Mind Sport Athletes is of great importance because they have different characteristics compared to other athletes, such as a broader age range (going up to ages more prone to chronic diseases needing pharmaceutical treatment) and a focus on mental rather than physical performance.

WHO SHOULD PARTICIPATE TO THIS SURVEY?
Players in the Youngsters, Junior and Girls teams.

PREVIOUS EXPERIENCES
One hundred and forty-one Youngsters, Junior and Girls team players participated during the 14th and 15th World Youth Bridge Championship in 2014 in Istanbul, Turkey and in 2015 in Opatija, Croatia.

WHAT ARE PARTICIPANTS SUPPOSED TO DO?
1) Fill out an anonymous Health-Related perceived Quality of Life Questionnaire (SF-36 v1©) available in different languages
2) Take a brief (< 10 min) structured interview in English on Behavioural risk factors, Chronic Diseases and Medication and Supplement consumption

The results of this Survey will help WBF to inform IOC about the health needs of bridge players from many countries and from all continents and provide WADA with useful data to assist the revision and adaption procedures toward simplification of the TUE process.

The SF-36 v.1©

The Interview

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Paolo Walter GABRIELE
Mind & Health play together
WBF Health Interview Survey

2. Prescriptions and dietary supplements

**CAN YOU REMEMBER WHAT SUBSTANCES YOU HAVE TAKEN LAST WEEK?**

Remembering commercial names and substance content of any Prescription and Non-Prescription Drug or Dietary supplement that you assumed, for any reason, in the days before a competition may be VERY important in case you are selected for Doping Control. This will help you to fill in the Doping Control Form in the most accurate and complete way.

**IMPROVE YOUR AWARENESS!**

One of the purposes of the Survey is to **motivate** bridge players:

a) to be trained to remember all the substances they have used in the week before the interview

b) to be aware of the importance of an accurate reporting of drugs and dietary supplements

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### Prescriptions and Dietary Supplements

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