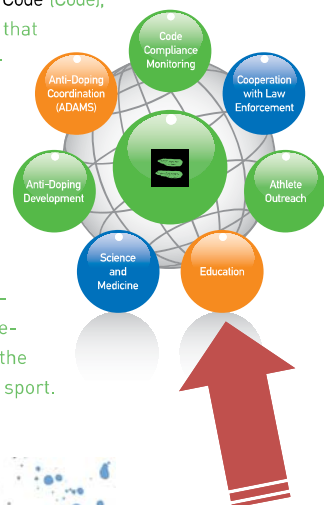


WADA: Friend or Enemy ?

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.



You can find a lot of educational materials on WADA website

DANGERS OF DOPING
GET THE FACTS
www.wada-ama.org

WHAT'S THE BIG DEAL?
Most medications on the Prohibited List can be bought at a pharmacy — so they must be safe to use, right?
NO! Medications are for people with specific health issues — not for healthy athletes. They were not approved to be used by healthy people, in higher doses and in combination with other substances.

WHAT ABOUT DIETARY OR NUTRITIONAL SUPPLEMENTS?
"All-natural. Pure. Fast results." **Beware!**
Supplement companies are not highly regulated — meaning you never know what you are taking. There could be a banned substance in your "all-natural" supplement.
USE AT YOUR OWN RISK!
This isn't always true: what is written on the label.

WHAT'S AT RISK?
All medications have side effects — but taking them when your body doesn't need them can cause serious damage to your body and **destroy** your athletic career.

WHAT ELSE SHOULD YOU KNOW?
METHODS
There are also methods of administering substances or manipulating your physiology that are banned. These methods can also have negative effects on your body. For example:
Blood doping, including having blood transfusions to change the way your blood carries oxygen to the rest of your body, may result in:
• An increased risk of heart failure, stroke, kidney damage and high blood pressure
• Problems with your blood — like infections, poisoning, overloading of your white cells, and reduction of platelet count
• Problems with your circulatory system
HIV/AIDS
As with any injectable drug, using an syringe to dope puts you at a higher risk for contracting infectious diseases such as HIV/AIDS and hepatitis.

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

Stamp out doping
PT Gen
Play True Generation
WADA
WWW.WADALAMA.ORG

WHAT HAPPENS to AN ATHLETE WHO USES?

STEROIDS
Steroids may make your muscles big and strong, BUT... you may become dependent on them and they may:
• Give you acne
• Make you bald
• Increase your risk of liver and cardiovascular disease
• Give you mood swings
• Make you more aggressive
• Make you suicidal
Guys, you may also look forward to:
• Shrinking testicles
• Premature growth
• Reduced sex drive and even impotence
• Decrease in sperm production
Ladies, you may look forward to:
• Deeper voice
• Excessive facial and body hair
• Abnormal menstrual cycles
• An enlarged clitoris

EPO
EPO (erythropoietin) may help with the way your body uses oxygen, BUT... why risk it when it may lead to death?
Using EPO may make your blood more like honey — thick and sticky — than water. Trying to pump this thick blood through your veins may:
• Make you feel weak — not good when you are trying to train hard!
• Give you high blood pressure
• Make your heart work so hard that you have a heart attack or stroke (even at your age)

STIMULANTS
Stimulants are used to heighten the competitive edge, BUT... how edgy would you feel if you?
• Can't sleep (insomnia)
• Have involuntary shaking or trembling
• Have problems with your coordination and balance
• Have anxious and aggressive
• Develop an increased and irregular heart rate
• Have a heart attack (imagine dying of a heart attack at your age) or stroke
These are the effects that using stimulants may have on your body.

MASKING AGENTS
Some athletes try to cheat the system by using diuretics and other substances to cover-up the signs of using banned substances. The side effects can definitely affect your ability to compete and train. You may:
• Become dizzy or even faint
• Become dehydrated
• Get muscle cramps
• Have a drop in blood pressure
• Lose coordination and balance
• Become confused and moody
• Develop cardiac disorders

MARIJUANA
Marijuana, cannabis, pot — whatever you call it, IT IS BANNED. Whether you are a pot-head or a casual user, marijuana may have a negative effect on your athletic performance and your health. Using may:
• Reduce your memory, attention, and motivation — even result in learning disabilities
• Weaken your immune system
• Affect your lungs (chronic bronchitis and other respiratory diseases, even throat cancer)
• Lead to psychological and physical dependence

NARCOTICS
Narcotics, like heroin and morphine, may help you forget about the pain, BUT... how competitive do you think you'd be with a?
• Weakened immune system
• Decreased heart rate and suppressed respiratory system (you can't breathe if you are dead)
• Loss in balance, coordination and concentration
• Gastrointestinal problem like vomiting and constipation
• Narcotics are also highly addictive — your body and mind quickly become dependent on them.



**16TH WORLD YOUTH BRIDGE
TEAMS CHAMPIONSHIPS**
3rd - 13th AUGUST 2016
SALSO MAGGIORE TERME / ITALY

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).

- 1 **Presence** of a prohibited substance in an athlete's sample
- 2 **Use** or attempted use of a prohibited substance or method
- 3 **Refusing** to submit to sample collection after being notified
- 4 **Failure** to file athlete whereabouts information & missed tests
- 5 **Tampering** with any part of the doping control process
- 6 **Possession** of a prohibited substance or method
- 7 **Trafficking** a prohibited substance or method
- 8 **Administration** or attempting to administer a prohibited substance or method to an athlete

What is Doping?

Doping is defined as the occurrence of one or more of the following anti-doping rule violations.



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

<https://wada-main-prod.s3.amazonaws.com/resources/files/wada-2016-prohibited-list-en.pdf>

- 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")**



WORLD BRIDGE FEDERATION
Medical & Prevention Commission

Gabriele PW (Chair), Aubry Y, Federico B, Capelli G, Jelmoni G, Stomphorst J, Dagouret F, Gudge A (Secr.)



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Paolo Walter GABRIELE

This poster was assembled by:

DOPING CONTROL: Step-by-step

-> see https://wada-main-prod.s3.amazonaws.com/resources/files/Doping_Control_Leaflet_EN.pdf

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.



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.

Notification

A Doping Control Officer (DCO) or Chaperone will notify the athlete of his or her selection for doping control. In general, this notification is done in person. The official identification and the authority under which the sample collection is to be conducted are shown to the athlete.



The DCO or Chaperone will inform the athlete of his or her rights and responsibilities, including the right to have a representative present throughout the entire process. The athlete will be asked to sign the form confirming that he or she has been notified for doping control.

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 a Chaperone from the time of notification until the completion of the sample collection process.



Sealing the Samples

The athlete seals the "A" and "B" bottles. The athlete representative and the doping control officer should verify that the bottles are sealed properly.

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.



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.



The person who witnessed the passing of the sample, the athlete representative, the Doping Control Officer and the athlete will sign the doping control form at the end of the sample collection process.

The athlete is given a copy of the doping control form.

The laboratory copy of the doping control form does not contain any information that could identify the athlete.

Provision of Sample

Only the athlete and a doping control official 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. The objective here is to ensure that the doping control official is observing the sample provision correctly.



Athletes are required to remove any clothing from the knees to mid-chest and from the hands to the elbows. This provides the doping control official with a direct observation of the urine leaving the athlete's body. These provisions are meant to ensure that it is the athlete's own urine and help prevent possible manipulation of the urine sample.

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).



Selection of the Sample Collection Kit

If the athlete has provided the required volume of urine, the athlete will be given a choice of individually sealed sample collection kits, 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.



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 their arrival to ensure there is no evidence of tampering.



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

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.

WHO SHOULD PARTICIPATE TO THIS SURVEY?

Players in the **Youngsters, Junior and Girls teams.**

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

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.

Despite this, the WADA prohibited list and TUE procedures do not differ from those applied for sport disciplines mostly oriented on physical performance.

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[©]

Your Health and Well-Being

This survey asks for your views about your health. This information will help keep track of how you feel and how well you are able to do your usual activities. *Thank you for completing this survey!*

For each of the following questions, please mark an ☐ in the one box that best describes your answer.

1. In general, would you say your health is:

Excellent	Very good	Good	Fair	Poor
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Compared to one year ago, how would you rate your health in general now?

Much better now than one year ago	Somewhat better now than one year ago	About the same as one year ago	Somewhat worse now than one year ago	Much worse now than one year ago
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

© 2004 Health Research Inc. 1001 rue de la Montagne, Suite 200 (Quintessence Incorporated) 101 Maple Street
Montreal, Quebec H2S 1S1

[illegible]

健康狀況調查表編號

說明：這項調查表旨在對付自己健康狀況的看法。此調查表由自我描述及日常生活的情況。

請按實際情況回答下列問題。如果對某一個問題不能肯定或否定的回答，請按實際的理解填最接近自己的答案。

一、請的填表。認為自己的健康狀況是：

很好	(第一個數字填)
良好 2
好 3
一般 4
差 5

二、一年之內如何變化。認為對其過去一年的健康狀況是：

說一年好多了	(第一個數字填)
說一年好一些 2
說一年差不多 3
說一年差一些 4
說一年差多了 5

註：本調查表係根據 1987 年 World Bank/WHO 的 World Health Survey, Data and Questionnaire Development。All rights reserved.
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The Interview

[illegible]

Section 3: Pathologies (疾病)

1. Have you **EVER** been told by a doctor that you have **diabetes**? (您有糖尿病嗎?)

- 1. Yes/是
- 2. No/不是
- 3. *My doctor/sister or brother/sister has/diabetes* (我哥哥/姊姊有糖尿病)
- 4. *I don't know/that was a long time* (我不知道/那是很久以前)
- 5. *Refused to say/不願回答*

2. Have you **EVER** been told by a doctor that you have a **heart condition or high blood pressure**? (您有心臟病或高血壓嗎?)

- 1. Yes/是
- 2. No/不是
- 3. *My heart condition/sister or brother has* (我有心臟病/我哥哥/姊姊有)
- 4. *I don't know/that was a long time* (我不知道/那是很久以前)
- 5. *Refused to say/不願回答*

3. Have you **EVER** been told by a doctor that you have **asthma or other respiratory disease**? (您有氣喘或其他呼吸系統疾病嗎?)

- 1. Yes/是
- 2. No/不是
- 3. *My asthma/sister or brother has* (我有氣喘/我哥哥/姊姊有)
- 4. *I don't know/that was a long time* (我不知道/那是很久以前)
- 5. *Refused to say/不願回答*

4. Have you **EVER** been told by a doctor that you have **arthritis, joint or back problem**? (您有風濕、關節炎、或是其他骨節病嗎?)

- 1. Yes/是
- 2. No/不是
- 3. *My joint problem/sister or brother has* (我有關節炎/我哥哥/姊姊有)
- 4. *I don't know/that was a long time* (我不知道/那是很久以前)
- 5. *Refused to say/不願回答*

5. Have you **EVER** been taking **medication for anxiety and depression**? (您有服用過抗焦慮或抗憂鬱的藥物嗎?)

- 1. Yes/是
- 2. No/不是
- 3. *My anxiety/sister or brother has* (我有焦慮症/我哥哥/姊姊有)
- 4. *I don't know/that was a long time* (我不知道/那是很久以前)
- 5. *Refused to say/不願回答*

6. Have you **EVER** been taking **medication for anxiety and depression**? (您有服用過抗焦慮或抗憂鬱的藥物嗎?)

- 1. Yes/是
- 2. No/不是
- 3. *My depression/sister or brother has* (我有憂鬱症/我哥哥/姊姊有)
- 4. *I don't know/that was a long time* (我不知道/那是很久以前)
- 5. *Refused to say/不願回答*

7. Have you **EVER** suffered by **sleeping problem**? (您有睡眠問題或睡眠障礙嗎?)

- 1. Yes/是
- 2. No/不是
- 3. *My sleeping problem/sister or brother has* (我有睡眠問題/我哥哥/姊姊有)
- 4. *I don't know/that was a long time* (我不知道/那是很久以前)
- 5. *Refused to say/不願回答*

CUESTIONARIO "SF-36" SOBRE SU ESTADO DE SALUD

INSTRUCCIONES: Las preguntas que siguen se refieren a la vez usted piensa sobre su salud. Sus respuestas permitirán saber cómo se encuentra usted y también qué puntos le capacita de hacer las actividades habituales.

Conteste cada pregunta como cree más correcta. Si no está seguro de cómo responder a una pregunta, puede contestar lo que le parezca más correcto.

1. En general, ¿cómo cree que su salud es:

Excelente	1
Muy buena	2
Buena	3
Regular	4
Mala	5

2. ¿Cómo evaluaría usted su estado general de salud actual, comparado con el de hace un año?

Mucho mejor ahora que hace un año	1
Algo mejor ahora que hace un año	2
Nada o menos algo ahora que hace un año	3
Algo peor ahora que hace un año	4
Mucho peor ahora que hace un año	5

5

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WORLD BRIDGE FEDERATION
Medical & Prevention Commission

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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.



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.



IMPROVE YOUR AWARENESS!

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

- to be trained to remember all the substances they have used in the week before the interview
- to be aware of the importance of an accurate reporting of drugs and dietary supplements

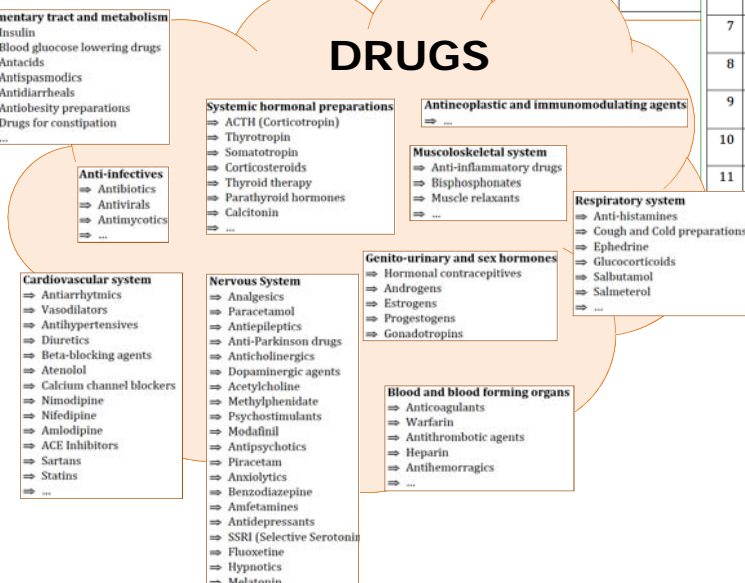
DS1. Please write in CAPITAL LETTERS the names of each drug that you assumed in the last 7 days /
请写出您最近 7 天内所服用过的所有药物

N.	Commercial name 商业药名	Active substance 药物成分	Prescribed / Recommended by 药方来源	Reason for use 使用原因	ATC code
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

DS2. Please write in CAPITAL LETTERS the names of each dietary supplement that you assumed in the last 7 days/ 请写出您最近 7 天内所服用过的所有营养补充品

N.	Commercial name 商业药名	Active substance 药物成分	Prescribed / Recommended by 药方来源	Reason for use 使用原因	Substance code
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					

DRUGS



DIETARY SUPPLEMENTS

