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.
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 2017 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.

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.

Splitting the Sample
The athlete splits the sample, pouring the urine into the "B" bottle. Then the remaining urine is poured into the "A" bottle. The athlete will be asked to leave a small amount of urine in the collection vessel so the Doping Control Officer can measure the specific gravity of the sample according to the relevant laboratory guidelines.

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.

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 "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.

This poster was assembled by:

Giovanni CAPELLI
Bruno FEDERICO
Paolo Walter GABRIELE
PREVIOUS EXPERIENCE ON YOUNG TOP PLAYERS

Among the 134 invited, Ninety-seven (72.4% response rate) Junior and Girls team players participated during the 14th World Youth Bridge Championship in 2014 in Istanbul, Turkey.

Prescription Drugs in the week before interview were used by 31 Athletes, 10 of which receiving more than 1 prescription drug

Dietary Supplements were assumed by 11 Athletes, none of which assumed more than 1 substance

Symptoms ~25% of players experienced, at least sometimes:
- Headaches
- Difficulties in concentration
- Restlessness
- Mood swings
- Sleeping problems ~25% of players declared insomnia or other sleeping problems

This poster was assembled by:
- Giovanni CAPELLI
- Bruno FEDERICO
- Paolo Walter GABRIELE
PREVIOUS EXPERIENCES ON TOP PLAYERS
One hundred and twenty-five Top Bridge Open and Women Players from 22 countries participated in this Survey during the 14th World Bridge Games in 2012 in Lille, France and the 31st World Bridge Teams Championships in 2013 in Bali, Indonesia.

SF-36 Results
- **General Health** was around the expected values for age
- **Mental health** showed values of anxiety and depression lower than the general population of the same age

**Drugs & Dietary supplements**
- Their use increased with age
- Up to 10 different substances were reported