

# FIVB™



## WE PLAY IT CLEAN!



## ATHLETES 2011

What Athletes should know about Anti-Doping!

Getting familiar with these pages  
could save your career!

## Foreword

This document has been prepared with the aim to educate Volleyball and Beach Volleyball Players on Doping Prevention as well as informing them of their rights and responsibilities regarding this matter.

It contains the most relevant rules and regulations of the WADA Code, the International Standard for Testing and the FIVB Medical Regulations. A description of relevant procedures on the Prohibited List, Therapeutic Use Exemptions, Athletes Whereabouts, Doping Control and the Results Management are given. Enclosed is also information on Doping traps, Dietary Supplements, Health Consequences and Nutrition. Last but not least ADAMS, an online Anti-Doping Administration System is explained and information on further recourses and possibilities for education are given.

In today's sporting world, it is vital that you as athlete are aware of your responsibilities in this matter. On the other hand you should also be conscious of your rights within the different Anti-Doping procedures. Please always keep in mind that you are accountable for the status of your own health, as well as that you are held liable for what is in your body.

In order to avoid any mistakes from your side which could lead to an end of your career, the loss of Sponsorship and the damage of your reputation, educate yourself in the area of Anti-Doping and keep yourself up to date of changes.

Our aim is it to strive to keep Volleyball and Beach Volleyball Players, as well as team support personnel, with the best possible knowledge from the FIVB Medical Commission, WADA and other relevant stakeholders.

We hope and trust that this document will be a useful guide and we thank you for playing clean!

For further information or feedback, please contact us on [medical@fivb.org](mailto:medical@fivb.org).

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## 1. What is Doping and why is it forbidden?

Doping is the deliberate or inadvertent use by an Athlete of a substance or method banned by WADA and the relevant sporting organization, FIVB in this case. The World Anti-Doping Agency (WADA) defines Doping as the occurrence of one or more anti-doping rule violations. The following constitutes an Anti-Doping Rule Violation (ADRV) for Athletes and if involved also the Athlete Entourage:



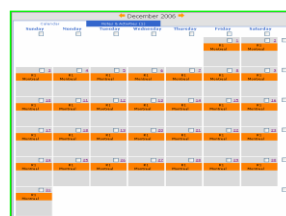
**Presence of Prohibited Substance or Method**



**Use or attempted Use of Prohibited Substance**



**Refusing to submit to Sample collection**



**Filing Failures**

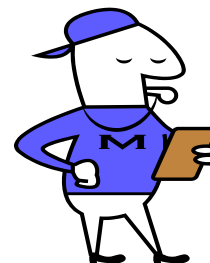
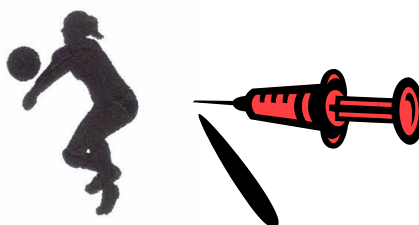


**Tampering or attempt**



**Possession, Trafficking or attempt**

**Administration or Attempted Administration to any Athlete**



### Most importantly Doping is prohibited:

- because it considers a danger to the health of the Athlete
- because it undermines the joy of sport and the pursuit of human and sporting excellence
- in order to protect Athletes from other Athletes taking unfair advantage and from the possibly harmful side effects of drugs

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## **2. World Anti-Doping Agency (WADA)**

The World Anti-Doping Agency (WADA) is an independent international agency, founded in 1999, which mission is it to promote, coordinate and monitor the fight against Doping in sport in all its forms. Its key activities include scientific research, education, development of Anti-Doping capacities, and monitoring of the World Anti-Doping Code (Code) – the document harmonizing Anti-Doping policies in all sports and in all countries. The purpose of the Code is it:

- To protect the Athlete's fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes world wide
- To ensure harmonized, coordinated and effective Anti-Doping programs on the international and national level with regards to detection, deterrence and prevention of Doping.

## **3. International Volleyball Federation (FIVB) and Anti-Doping**

The International Volleyball Federation (FIVB) is the world governing body for the sport of Volleyball and Beach Volleyball. Its aim is it to promote, regulate and develop the sport of Volleyball and Beach Volleyball.

In line with the WADA Code, which is the document harmonizing Anti-Doping policies in all sports as previously seen, the FIVB provides for the FIVB Medical Regulations, which also contain Anti-Doping Rules. Anti-Doping regulations, like competition regulations, are sport regulations governing the conditions under which sport is played. Athletes must accept these regulations as a condition of participation.

FIVB's aim is it to keep the sport of Volleyball and Beach Volleyball clean and to maintain a fair level of playing field for all Athletes. Further FIVB believes that it is vital that its Athletes are aware of their rights when it comes to Anti-Doping. Therefore the FIVB developed an online Anti-Doping programme "We play it clean!" which educates Volleyball and Beach Volleyball Athletes on their rights and responsibilities as well as guiding them towards a healthy lifestyle preventing them from doping.

## 4. The Prohibited List

### What is the Prohibited List (the List)?

The List of Prohibited Substances and Methods (List), is the International Standard that designates what is prohibited in- and out-of competition. The List also indicates whether particular substances are banned in particular sports. Substances and methods are classified by categories (e.g. steroids, stimulants, gene doping). The List is updated annually, published by October 1 and comes into effect on January 1 of the following year. You can find the most current edition on WADA's Web site at:

<http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/>

### What are the criteria for substances or methods to be added to the List?

A substance is added to the list if it meets two of the three criteria listed below:

- The potential for enhanced performance
- The potential for being detrimental to health
- Violation of the spirit of sport

A substance or method that has the potential to mask the use of other Prohibited Substances or Prohibited Methods can also be added to the List.

### Why can't the List indicate the names of medications that are acceptable instead of listing Prohibited Substances individually?

Medications are usually commercialized under different names in different countries. Even if a medication has the same brand name in different countries, it may nevertheless have a different composition (so as to conform with the relevant country's laws on the availability of certain substances). In one country, a product may be safe to take from an anti-doping perspective, while in another country a product sold under the same name may contain a Prohibited Substance.

### Who can help me understand the List?

Because the List refers to the scientific name of substances and to other medical terms, it may be difficult to understand for the average reader. It also includes categories of substances for which it is not practical to list all substances by name. This is why Athletes should consult with competent health professionals such as physicians or pharmacists to help determine whether the ingredients of a certain product might be on the List. Some National Anti-Doping Agencies (NADOs) offer an information service (telephone hotline, electronic mail, Internet database etc.) to help Athletes check the status of medications sold in their respective countries. A list of NADOs containing links to its websites can be found at:

<http://www.wada-ama.org/en/Resources/List-of-NADOs/>

## 5. Health consequences

The adverse affects outlined in Annex V of this document are likely to be the very least of those that may be expected.

## 6. Doping traps and Dietary Supplements

Most recreational drugs (hashish, cocaine, ecstasy, etc.) will result in a positive Doping result. Marijuana is prohibited in-competition only, but please be aware that it can remain in your body for a month or more. Several common medicines used to treat aches and pains, colds and flu, etc. contain prohibited substances. Pseudoephedrine is a substance in many of those medicines and has been reintroduced to the List in 2010.

Vitamins, herbal products and Dietary Supplements may contain Prohibited Substances. These may not be mentioned on the label. Therefore, Athletes subject to Doping Control should avoid the use of these as they pose significant risks to them and their career. Supplements may intentionally contain Prohibited Substances or they may be inadvertently contaminated with Prohibited Substances. Here are some tips, if you notwithstanding decide to take Supplements:

1. Think very carefully about the need for a Supplement before taking any;
2. Find out exactly what the Supplement is meant to do and who manufactures it;
3. Ask the manufacturer for a written declaration that the product contains only what is stated on the label and check carefully where they source their ingredients and how / where the product is packed;
4. Get them analyzed in a laboratory
5. Try and get what your body needs from food. Consult a specialist in order to get the best outcome which fits your person and different stages in training and competition.

**Note:** *You will be held liable for what is in your body!*

## 7. Therapeutic Use Exemption (TUE)

### What is a Therapeutic Use Exemption?

Athletes, like all others, may at times experience a medical condition that requires them to use particular medicines. The substances that an athlete may be required to take to treat a condition could fall under the List. However, by applying and obtaining a Therapeutic Use Exemption (TUE) an Athlete may be allowed to take the necessary medicine.

### What are the criteria for granting a TUE and how long is it valid for?

Please be informed that a TUE will only be granted if the following conditions are fulfilled:

- that the Athlete would experience significant health problems without taking the Prohibited Substance or Method;
- that the therapeutic use of the substances would not produce significant enhancement of performance over and above the Athlete's normal condition;
- that there is no reasonable therapeutic alternative to the use of otherwise Prohibited Substance or Method;
- The necessity for the use of the otherwise Prohibited Substance or Prohibited Method cannot be a consequence, wholly or in part, of the prior use, without a TUE, of a substance or method which was prohibited at the time of use.

TUEs are granted for a specific medication with a defined dosage. They are also granted for a specific period of time and therefore have an expiry date. In case of a denial from the FIVB TUE Committee the Athlete may request WADA for a review.

### How can I apply for a TUE?

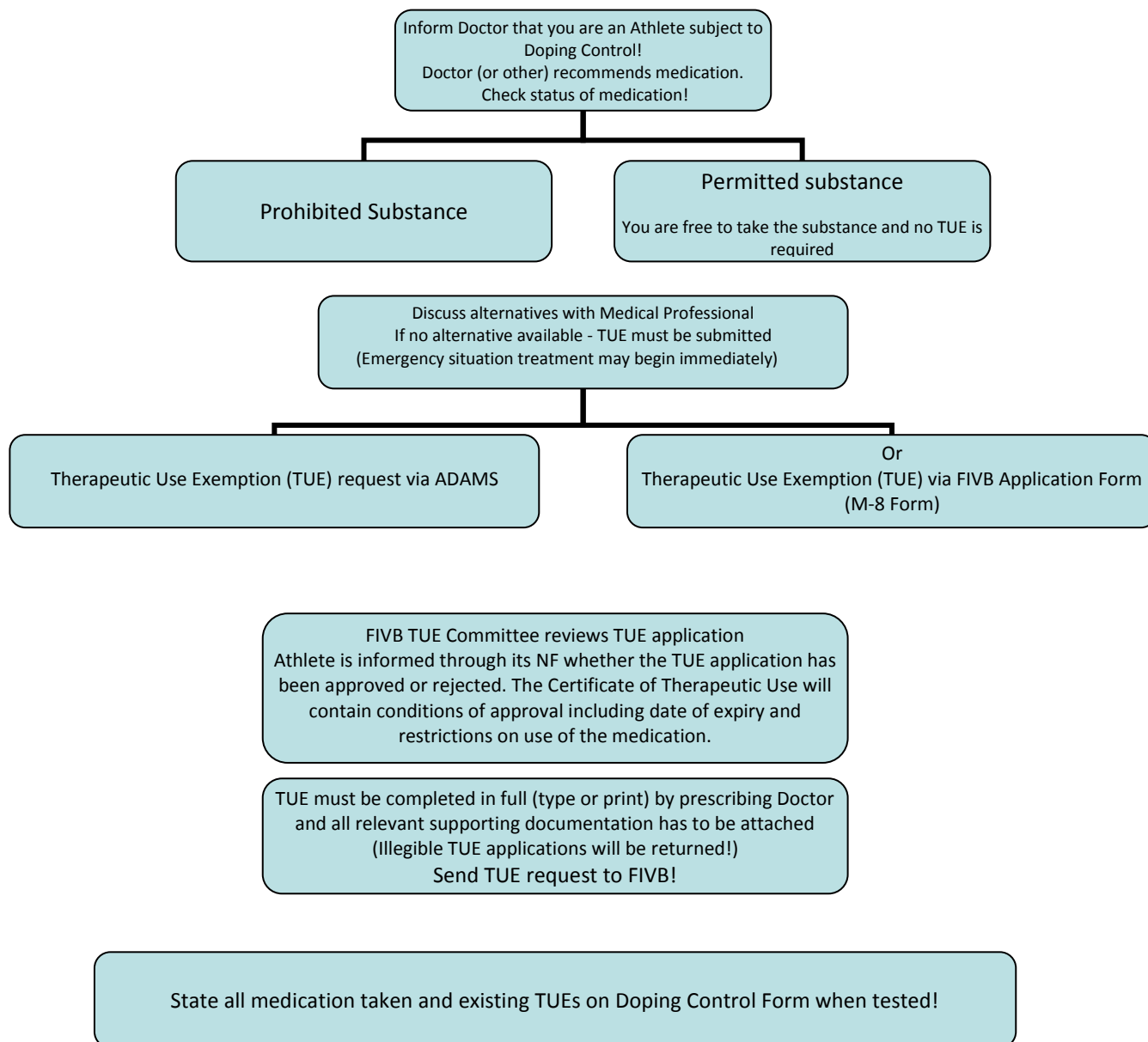
If you are an International level Athlete - competing in any FIVB or continental confederation competition - you must obtain a TUE from the FIVB regardless of whether you have previously received a TUE at the national level.

The application for a TUE must be made as soon as possible (in case of an Athlete in the Registered Testing Pool (RTP), this would be when he/she is first notified of his/her inclusion in the pool) and in any

event (save in emergency situations) **no later than 30 days** before the Athlete's participation in the Event. You can obtain the FIVB Therapeutic Use Exemption (TUE) form on the FIVB website in the medical section.

Please note that Declaration of Use (DOU) do not exist any longer. Some medications are now free to use others will require a TUE.

If you are an international level Athlete, you should follow the subsequent steps to find out whether you need a Therapeutic Use Exemption (TUE):





## 8. Athletes Whereabouts

### What are Whereabouts?

Whereabouts are information provided by a limited number of top elite Athletes about their location to the International Sport Federation (IF) or National Anti-Doping Organization (NADO) that included them in their respective Registered Testing Pool (RTP) as part of these top elite Athletes' Anti-Doping responsibilities.

### Why are Whereabouts important for clean sport?

The Whereabouts Program prevents dopers from evading to be tested. Because Out-of-competition Doping Controls can be conducted without notice to Athletes, they are one of the most powerful means of deterrence and detection of Doping and are an important step in strengthening Athlete and public confidence in doping-free sport. Accurate Whereabouts information is crucial to ensure efficiency of the Anti-Doping programs, which are designed to protect the integrity of sport and to protect clean Athletes.

### Who has to provide Whereabouts?

An Athlete identified in the Registered Testing Pool (RTP) by the FIVB is required to provide accurate and current Whereabouts information via an online system called ADAMS.

The FIVB has established two different RTPs, one for Beach Volleyball and one for Volleyball. The RTP for Beach Volleyball consists of individual Athletes, chosen according to the FIVB World Tour Ranking, which are required to file individual Whereabouts on a quarterly basis for the entire year.

The RTP for Volleyball includes all Teams participating in FIVB competitions. Here Team Whereabouts starting 6 weeks prior to the respective competitions have to be provided.

It is the National Federation/Team Manager responsibility to ensure that Team Whereabouts (including your individual ones if not with the team) are received by the FIVB through ADAMS. Nonetheless, you might be investigated for a Failing Failure if you fail to be located for testing.

### Requirements for Whereabouts submissions

1. 365 days – Submit your Whereabouts 365 days a year.
2. Deadline – Submit your Whereabouts on a quarterly basis. The deadlines for submission are 31 March, 30 June, 30 September, and 31 December of each year.
3. 60-minute time slot – Specify 60 minutes each day (between 6 a.m. and 11 p.m.) during which you can be located at a specified location for testing. [Please note, drug testing is not limited to the specified 60-minutes time slot.]
4. Daily residence – Provide the full address (including house number and postal code) of the place where you will be staying overnight for each day.
5. Other requirements – Provide training and competition information, as well as an overview of regular activities.
6. Update – Update any change of your Whereabouts filing to ensure that the submitted Whereabouts information is accurate and complete.

**Note:** *You can update your 60-minute time-slot and your Whereabouts at all times before the start of the time-slot online via ADAMS or also via text messaging service (SMS) once the functioning is installed*

### Consequences of not submitting and maintaining complete and accurate Whereabouts Filing




Any combination of three Filing Failures (not submitting Whereabouts or submitting incomplete Whereabouts) and/or Missed Tests committed within an 18-month period (no matter if FIVB or any other Anti-Doping Organization) shall constitute an Anti-Doping Rule Violation (ADRV). The sanction should be two years where all three Filing Failures or Missed Tests are inexcusable. Otherwise, the sanction shall be assessed in the range of two year to one year, based on the circumstances of each case.

### Athletes' rights in relation to the Whereabouts requirements

Athletes have the opportunity to provide a reason for any apparent Filing Failure/Missed Test. If the excuse is accepted, the mistake will not be recognized as a Filing Failure/Missed Test.

Below table illustrates a potential scenario of accumulated Filing Failures and Missed Tests within an 18-month period:

2010			2011		
January ✓	February X	March	January	February ✓	March
April ✓	May	June	April	May	June X
July	August	September ✓	July	August	September
October X	November	December	October	November	December

 Test completed     
  Missed test     
  Filing Failure

**Note:** You are requested to file Whereabouts until you receive written notice from the FIVB that you are no longer included in the RTP (i.e. because of retirement). Should you want to retire from international competitions, you have to inform the FIVB in writing. An **FIVB Athlete Retirement Form (M-11)** for this purpose has been created and is downloadable from the medical section on the FIVB website. Please fill it out, sign it and send it back to the FIVB.

Please be aware, that should you wish to compete again after retiring you have to notify the FIVB 12 month before the first competition you wish to take part in and that you shall make yourself available for unannounced Out-of-competition Testing, including (if requested) complying with Whereabouts requirements.

## 9. Doping Control

### Who gets tested when?

Please note that being an international level athlete you can get tested anytime and anywhere without previous notice, no matter if you are included in the FIVB RTP or not. Generally we distinguish In-competition testing and Out-of-competition testing. WADAs Doping Control process video is available on FIVB's website in the medical section.

When selected for testing, your rights include:	Your responsibilities during a doping control test include:
<ul style="list-style-type: none"> <li>• Having a representative accompany you throughout the Doping Control process</li> <li>• this representative is not allowed in the area where you actually provide the sample)</li> <li>• Having a language interpreter present, if available</li> <li>• Having the testing procedures explained to you, including how the sample collection equipment works</li> <li>• Having a choice of sample collection kits</li> <li>• Receiving a copy of all forms used to document the processing of your sample</li> <li>• Asking for the Doping Control Officer's (DCO) credentials if not presented</li> </ul>	<ul style="list-style-type: none"> <li>• Complying with the Doping Control procedure*</li> <li>• Arriving with your Chaperone at the Doping Control Station within 60 minutes of being notified (for In-Competition testing)**</li> <li>• Bringing a photo ID and other belongings with you to the Doping Control Station</li> <li>• Staying in view of the DCO or Chaperone from the time you are notified until the sample collection session is complete</li> <li>• Keeping your collection container and your sample in your possession and in view of the DCO at all times</li> <li>• Having control of your sample until it is sealed in the sample collection bottles (the DCO may assist you)</li> <li>• Ensuring that your sample code number is correctly documented on the Doping Control Official Record</li> <li>• Ensuring that all appropriate paperwork is accurate, complete, and signed***</li> </ul>

**NOTE:** \*As defined by the WADA Code & FIVB Medical Regulations: 'Refusing, or failing without compelling justification, to submit to Sample collection after notification as authorized in applicable anti-doping rules or otherwise evading Sample collection', constitutes an anti-doping rule violation.

\*\*A DCO **may** accept a request from an Athlete to delay reporting to the Doping Control Station and/or once the athlete arrives at the Doping Control Station and wishes to leave if the Athlete can be continuously chaperoned during the delay and if the request relates to the following activities: a) Participation in a victory ceremony; b) Fulfillment of media commitments; c) Competing in further competitions; d) Performing a warm down; e) Obtaining necessary medical treatment; f) Locating a representative and/or interpreter; g) Any other exceptional circumstances which can be justified, and which shall be documented

\*\*\* Record any Medicines and Supplements being used recently; valid Therapeutic Use Exemption (if applicable); Declaration of Use (if applicable)

## 10. Results Management

### What is Results Management?

Results Management is the process that deals with possible Anti-Doping Rule Violations (ADRV), starting from the reporting of an Adverse Analytical Finding (AAF), also called positive test – when the laboratory reports the presence of a Prohibited Substance or evidence of the use of a Prohibited Method in a sample after analysis – until the final sanctioning of an Athlete.

**Note:** Under the rule of “strict liability”, you are entirely responsible for what you consume and what is found in your urine or blood sample.

### What are my rights during the Results Management process?

Before mentioned WADA video also includes the Results Management process. Once informed of an AAF, the Athlete has the following rights:

- To request for the B sample to be analyzed and to attend himself or via his representative the identification, opening and analysis of the B sample;
- to request copies of the A and B Sample laboratory documentation package;
- right of a fair hearing which shall respect the following principles:
  - a timely hearing;
  - fair and impartial hearing panel;
  - the right to be represented by a legal counsel at the person's own expense;
  - the right to be informed in a fair and timely manner of the asserted anti-doping rule violation;
  - the right to respond to the asserted anti-doping rule violation and resulting consequences;
  - the right of each party to present evidence, including the right to call and question witnesses (subject to the hearing panel's discretion to accept testimony by telephone or written submission);
  - the person's right to an interpreter at the hearing, with the hearing panel to determine the identity, and responsibility for the cost of the interpreter; and
  - a timely, written, reasoned decision, specifically including an explanation of the reason(s) for any period of Ineligibility;
- The right to appeal FIVB's decision which may be heard by the Court of Arbitration for Sport (CAS)

**Note:** A Provisional Suspension will be imposed if the A sample has resulted in an AAF for a prohibited substance that: a) is not a Specified Substance (Prohibited List); b) and no applicable TUE exists; c) and no departure from the International Standard for Testing or the International Standard for Laboratories is reviewed; whereas it is at FIVB's discretion to impose a Provisional Suspension for Specified Substances.

### Which sanctions can be imposed on me or my team?

A sanction may range from a formal warning and reprimand (with no period of Ineligibility) to a life time ban, whereas a first time ADRV will most likely result in a period of Ineligibility of 2 years. Next to a period of Ineligibility, sanctions such as disqualification of results with all its consequences including forfeiture of any medals, points and prizes, financial sanctions and educational measures might be imposed.

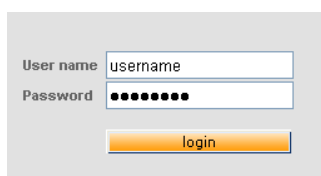
**Note:** As defined by the WADA Code & FIVB Medical Regulations: If a Team member is found to have committed an Anti-Doping Rule Violation during the Event, the Team may be subject to Disqualification and other disciplinary actions.

**Note:** Depending on countries laws doping constitutes a criminal offence and criminal prosecution of doping offenders may be conducted independently of FIVB's sanctions imposed.

## 11. ADAMS

### What is ADAMS?

The Anti-Doping Administration & Management System (ADAMS) is a web-based database management system that simplifies the daily activities of all stakeholders and Athletes involved in the Anti-Doping system—from Athletes providing Whereabouts information, to Anti-Doping Organizations ordering tests, to Laboratories reporting results, to Anti-Doping Organizations managing results. It is easy to use, available in several languages, and free to WADA's stakeholders, increasing the efficiency and effectiveness of the fight against Doping in sports.

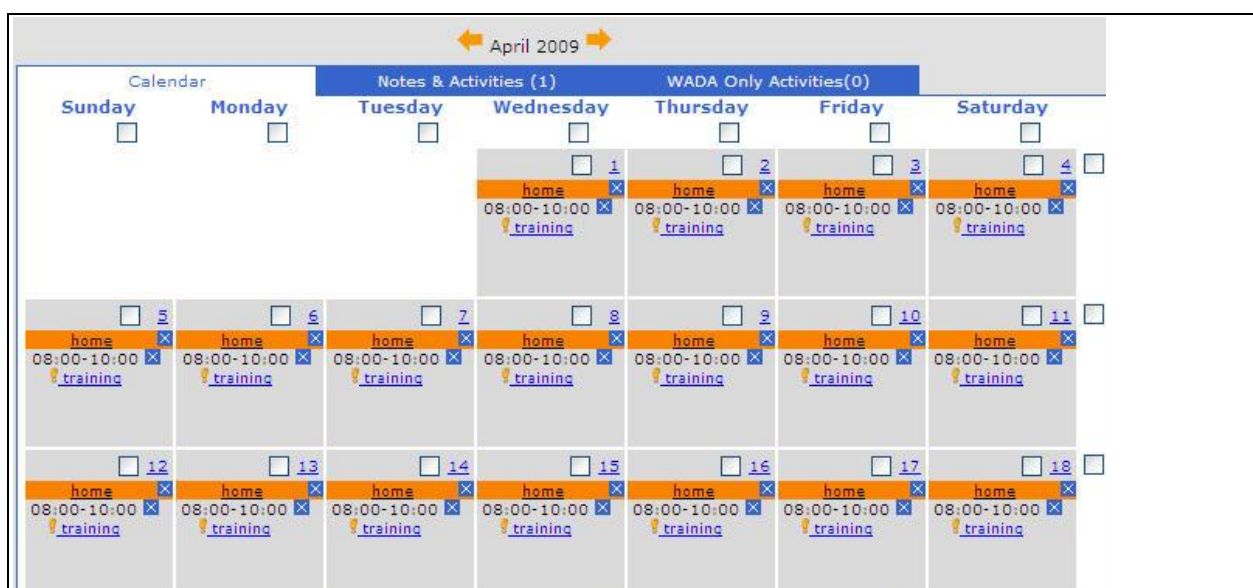



User name

Password

### What are ADAMS's primary functions?

One of its functions is the gathering of Athlete Whereabouts. The web-based functionality allows Athletes to enter information about their locations from anywhere in the world; and those without web access may designate a representative such as their ADO to enter the information for them. Athletes can also modify their Whereabouts by sending SMS (text messages). Please find below example on how this information might appear on ADAMS:



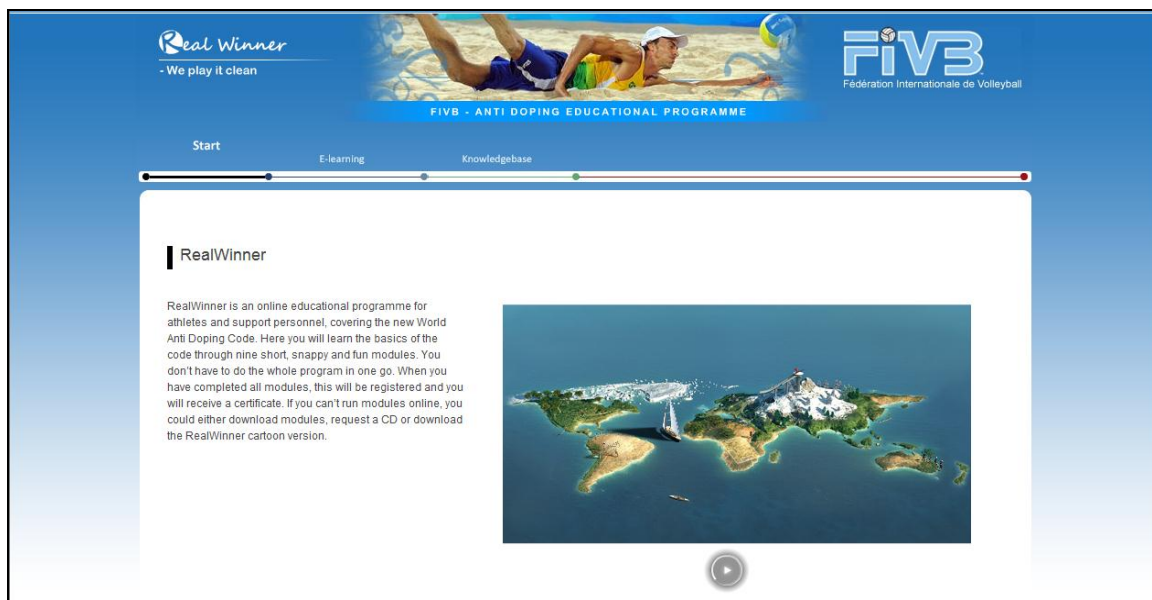
April 2009						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00
training	training	training	training	training	training	training
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00
training	training	training	training	training	training	training
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00	08:00-10:00
training	training	training	training	training	training	training

ADAMS also allows for online management of TUE requests, as well as online notification of those involved in the process. Guidelines on how to request TUE's via ADAMS have been established and are available at the FIVB website in the medical section.

## 12. FIVB Anti-Doping education programme

FIVB aims to educate Volleyball and Beach Volleyball Players and Team Support Personnel on Anti-Doping. Awareness of risks to health and knowledge of Athletes rights and responsibilities in this area shall be achieved long-term.

Therefore FIVB has established and implemented its Anti-Doping education programme under the slogan “We play it clean!”.



We play it clean!, available in different languages, provides an online learning experience, which consists of interactive videos and questions on a range of Anti-Doping topics, including Doping Control, Therapeutic Use Exemptions and Athletes Whereabouts. Users are immersed in real life situations and tested through engaging exercises.

After completing each five to 10-minute module, the user is sent an email recapping the most important points taught in the lesson. Following the completion of the final module, the user receives an Anti-Doping certificate.

**Note:** FIVB requests the accomplishment of this diploma from Players and Team Support Personnel in order to enter to FIVB competitions.

“We play it clean!” is accessible at [www.fivb.org/realwinner](http://www.fivb.org/realwinner) or through the FIVB website by clicking on the following banner:





## 13. Further information, resources and contacts

### a) Contacts:

#### FIVB:

Website: <http://www.fivb.org/EN/Medical/>

Email: [medical@fivb.org](mailto:medical@fivb.org)

Phone: +41 21 345 3535

Fax: +41 21 345 3545

#### WADA:

Website: [www.wada-ama.org](http://www.wada-ama.org)

Email: [info@wada-ama.org](mailto:info@wada-ama.org)

Phone: +1 514 904 9232

Fax: +1 514 904 8650

#### ADAMS:

Website: <https://adams.wada-ama.org>

Email: [adams@wada-ama.org](mailto:adams@wada-ama.org)

Please note that WADA has established a 24-hour Helpdesk should you require urgent help:

**From North America dial: (866) 922-3267 (1-866-92-ADAMS)**

**From outside North America dial: +1 (514) 904-8800**

### b) Further resources, online education and WADA quiz

<http://www.fivb.org/EN/Medical/>

[www.wada-ama.org](http://www.wada-ama.org)

<http://www.fivb.org/RealWinner/Home.aspx>

<http://quiz.wada-ama.org/>

**Note:** Want to socially interact with WADA, promote clean sport and get updates on WADA's programs and activities? Join WADA on Facebook ([www.facebook.com/wada.ama](http://www.facebook.com/wada.ama)) and/or follow them on Twitter ([http://twitter.com/wada\\_ama](http://twitter.com/wada_ama))!



## Appendix I: CHECKLIST FOR ATHLETES

### FOR ALL ATHLETES:

- ☐ Focus on getting a proper diet and plenty of rest and on staying well hydrated.
- ☐ Clearly express your commitment to doping-free sport and support your friends' decisions to do so as well.
- ☐ In October of every year, consult the new Prohibited List issued by the World Anti-Doping Agency, which will take effect on 1 January the next year. If you are taking medications for a chronic health condition, consult a health care specialist to ensure that this medication has not been added to the new Prohibited List.
- ☐ Know where to find the Prohibited List at all times (if you can, carry it with you every day).
- ☐ Constantly remind your physician and pharmacist that you are an athlete and are subject to anti-doping rules. They can ensure that the medication prescribed or recommended does not contain a prohibited substance (see the document Anti-Doping Guidance - Checking your Medication for more detail).
- ☐ Talk to your coach about any frustration that you may have with your sports results.
- ☐ Talk to a person you trust if you suspect that doping activities are taking place in your sports environment.
- ☐ Subscribe to newsletters from your national anti-doping organization or sports federation or regularly log on to their websites to stay informed of decisions that may affect you.

### CHECKLIST FOR ATHLETES IN A TESTING POOL:

- ☐ See checklist For All Athletes above.
- ☐ Find out about the process for submitting your whereabouts information (schedules and deadlines, where to submit, what information is required).
- ☐ Obtain the form, fax number, or website address necessary to submit your whereabouts information.
- ☐ Include in your agenda a reminder to yourself to submit your whereabouts information on time.
- ☐ Remember to submit any last minute changes to your whereabouts information whenever they occur!
- ☐ Do not (unless your condition is life threatening) begin a treatment that involves a prohibited substance or method unless you have been granted a therapeutic use exemption.



## Appendix II: Checking Your Medication

The guidance below will help an athlete or support personnel when checking the status of a substance or medication against the World Anti-Doping Agency's Prohibited List\*.

☐ **INGREDIENTS:** Ask your doctor or a pharmacist to check that all the ingredients of your medication are permitted for use in sport. Checking only the brand name of the product can lead to error: in different countries, or even at different times in your own country, a product known under one same brand-name can contain different substances, one or several of which may be prohibited.

☐ **CORRECT SPELLING:** Do not guess the spelling of the name of a product or its ingredients, as one substance might not be prohibited, while another, with a name that is similar, but not exactly the same, might.

☐ **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 SPORTS:** Certain substances are prohibited only in particular sports. Ensure that you consult the Prohibited List to see if your sport prohibits substances that are specific to your sport.

☐ **UP TO DATE INFORMATION:** Check the status of each ingredient of any medication that you buy, even if you have bought that medication before, as previously acceptable ingredients may have changed in status or new, prohibited ingredients may have been added.

☐ **CHANGES TO THE PROHIBITED LIST:** Check any existing medication against the current Prohibited List and plan ahead to take any changes into account (an updated List comes into effect on January 1<sup>st</sup> each year but is first published three months earlier).

☐ **PERMITTED ALTERNATIVES:** When checking your medication and you find it includes a prohibited substance, you are encouraged to try and find a suitable permitted alternative. Most common ailments can be treated with products that do not contain a prohibited substance!

☐ **THERAPEUTIC USE EXEMPTIONS:** If a permitted alternative is not available, you may need to apply for a Therapeutic Use Exemption (TUE) by submitting a TUE application to your NADO or the FIVB.

☐ **IF ALL ELSE FAILS:** Remember, if you can't find information about a substance or medication, DO NOT assume it is safe to use.

\* **The Prohibited List** outlines which substances and methods are prohibited in sport. A new version of the Prohibited List comes into effect every year on January 1<sup>st</sup>, however, it may be changed from time to time so it is important that you check for changes on a regular basis. The new List is always published three months before it becomes effective.

## Appendix III: Preparing for a Competition

If you are preparing to compete at an event, you have some important anti-doping responsibilities that you can plan for, to ensure that nothing anti-doping-related interrupts your preparations. These include:

- ☐ **KNOWLEDGE:** Familiarise yourself with the doping control procedures. Be aware of your rights and responsibilities throughout the doping control procedures.
- ☐ **CHOOSE A REPRESENTATIVE:** Before a competition, ask an appropriate representative (coach or team manager) to be the person who will accompany you to the Doping Control Station in the event that you are selected for testing. Should that person not be available when you are actually notified, you can still take another representative with you.
- ☐ **GETTING HOME AFTER AN EVENT:** Make alternate travel arrangements with your coach, team manager, parent or fellow athletes in the event that you are selected for testing after the competition. Remember that the doping control process may take longer than you expect.
- ☐ **THERAPEUTIC USE EXEMPTION:** Make certain that you have applied for a Therapeutic Use Exemption (TUE), where needed, at least 21 days prior to a competition AND keep your TUE certificate in your sports bag at all times.
- ☐ **PROHIBITED SUBSTANCES IN-COMPETITION\*:** Check the Prohibited List for substances prohibited 'In-Competition'. For some substances, the 'In-Competition' status is different from the 'Out-of-Competition' status.
- ☐ **EVENT- OR SPORT-SPECIFIC RULES\*:** Check the anti-doping rules of your sport or for the event in which you are participating. For some events, the 'In-Competition' rule actually starts before competition and the therapeutic use exemption rules may also vary.
- ☐ **SEALED FOOD AND DRINKS:** Make sure you take enough fluids and food in sealed containers to an event so you don't need to share. Always keep your food and drink supervised to ensure that no-one tampers with them.

\* 'In-competition' means 12 hours before the start of any FIVB competition.

## Appendix IV: Travelling Abroad – Be Safe!

If you are travelling abroad to train, compete or even take a break, don't take a holiday from checking your medication! The anti-doping guidance below will help you prepare before you board the plane.

### Medication Advice

- ☐ **TAKE PERMITTED MEDICATION:** Check the status of all substances and products that you intend to take abroad before you leave. Plan to take enough medication with you to allow for the ongoing treatment of an illness or injury.
- ☐ **CUSTOMS:** Make sure that any medication you intend to take with you can be taken through customs into the country to which you are travelling. Carry all medications in their original packaging.
- ☐ **THERAPEUTIC USE EXEMPTION (TUE):** If you need a TUE, you should make sure you obtain your TUE certificate before you travel.
- ☐ **TAKE YOUR TUE CERTIFICATE:** Carry a doctor's prescription/letter and your TUE certificate with you at all times.
- ☐ **BUYING MEDICATION ABROAD\*:** Always check the label carefully, as a product may look and sound familiar, but the ingredients may be different. Be sure to read the guidance on 'Checking Medication' as the same guidance applies when travelling abroad.

### Testing and Athlete Whereabouts Guidance

- ☐ **ATHLETE WHEREABOUTS:** If you are part of a testing pool, don't forget to notify the relevant organisation of any changes to your whereabouts location while you are abroad.
- ☐ **TESTING ABROAD:** Familiarise yourself with the testing procedures and know your rights and responsibilities throughout the doping control process
- ☐ **KNOW WHO IS TESTING YOU:** You should take note of the organisation that is testing you. Having this information will enable you to know from whom to expect your results.
- ☐ **COMPETING ABROAD:** If you are travelling abroad for a competition, be sure to read the guidance on 'Preparing for a Competition'.

\* **Medications sold in different countries** under the same brand name may contain different ingredients. If you know that a particular product sold in your country is permitted under anti-doping regulations, this does not mean that it is free of prohibited substances when purchased abroad.

## Appendix IV: Dangers of Doping – WADA Leaflet



**WADA**

# 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. Exact 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!**  
You can't always trust 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 a syringe to dope puts you at a higher risk for contracting infectious diseases such as HIV/AIDS and hepatitis.

**play true**



**Stamp out doping**  
— be part of the

**play true**  
**Generation**

**WWW.WADA-AMA.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
- Prepubertal growth
- Reduced sex drive and even impotence
- Decrease in sperm production

Girls, 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)

### HGH

HGH (human growth hormone) may make muscles and bones stronger and recover faster. BUT... it is not only your muscles that get bigger.

Using HGH may lead to:

- Acromegaly — protruding forehead, brow, skull and jaw — which can't be reversed
- An enlarged heart that can result in high blood pressure and even heart failure
- Damage to your liver, thyroid and vision
- Gripping arthritis

### 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

### 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

### STIMULANTS

Stimulants are used to lighten 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
- Are 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.

### 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 compete 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.