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Play fair

NATIONAL ANTI DOPING AGENCY (NADA)

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ANTI DOPING ADVISORY FOR SPORTSPERSONS PARTICIPATING IN COMMONWEALTH GAMES 2018

It is observed that sometimes sportspersons commits violation of anti doping rules of NADAWADA by using Performance Enhancing Drugs (PEDs) in sports. These acts on athlete's part might be intentional and unintentional also. In this context, the following anti doping advisory must be understood and to be followed by athletes to avoid unintentional anti doping rule violation.

The following act may constitute an anti-doping rule violation:

- ✓ *Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample*
 - ✓ *Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method*
 - ✓ *Evading, Refusing or Failing to Submit to Sample Collection*
 - ✓ *Whereabouts Failures and Missed Tests*
 - ✓ *Tampering or Attempted Tampering with any part of Doping Control*
 - ✓ *Possession of a Prohibited Substance or a Prohibited Method*
 - ✓ *Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method*
 - ✓ *Administration or Attempted Administration of any Prohibited Substance or Prohibited Method, to any Athlete In-Competition or Out-of-Competition*
 - ✓ *Complicity*
 - ✓ *Prohibited Association*
- Athlete must be aware of the Anti Doping Rules (ADR) of NADA & comply with WADA Code all times.
 - Athlete must know about the latest prohibited/banned substances and methods published by WADA/NADA at www.wada-ama.org or www.nadaindia.org (A copy of prohibited list 2018 is enclosed).
 - Athlete should not be in possession of any prohibited substances of WADA.
 - Athlete should cooperate with dope control team and readily submit the dope samples, refusing to submit sample may result in an Anti Doping Rule Violation.
 - Athlete should declare all the names of medicines/ supplements consumed in the recent past in doping control form at the time of sample collection.
 - Athletes have the right to provide comments in the doping control form regarding the conduct of doping control session.
 - Athlete should not leave the sample unattended anywhere during sample collection process.
 - Athlete should always carry all important medication related files with his/her, in case, he/she is going abroad for participating in any competition.
 - Athlete should not purchase/consume the same brand of medicine (that is allowed in one country) in different country. Please note that the medicines having same brand name may contain different pharmaceutical ingredients when purchased overseas.

Beware of food supplements:

- NADA advise all athletes subject to testing to be careful in consumption of food supplements available in market and be aware of the synthetic compound that may lead to positive dope test for various steroids/stimulants that are prohibited by WADA.
- Athletes might be consuming supplements at their own risk because supplements can be contaminated with prohibited substances. Under the World Anti-Doping Code's principle of strict liability, athletes are responsible for any prohibited substance if found in their body.
- Athletes testing positive for these banned steroids/stimulants may found to violate anti-doping rule violation and they may face a possible sporting ban of up to four years.
- These prohibited substances **ARE NOT ALWAYS** listed on the supplement's ingredient label.

What athlete needs to do?

- NADA cautions athletes to take extreme care with supplements, particularly those claiming benefits such as fat loss or an increase in physical/mental performance.
- Read the ingredients label carefully, does it say 'proprietary blend'? If it does, there is no telling what has been added in the manufacturing process and this is the risk you take.
- Athletes should enquire from manufactures and do internet search of these supplements before consumption and keeps a record of the search, in case of any misleading claim/adulteration.
- Supplements continue to be the source of preventable anti-doping rule violations both in India and overseas, so understand the risks to your health, career and reputation.

Therapeutic Use Exemption (TUE)

Athletes have right to take medical treatment for certain illness that requires using particular prohibited substances/drugs. **However, this right may be availed by applying and obtaining a Therapeutic Use Exemption (TUE) in advance** from the International Federations (IFs) or National Anti-doping Organization (NADO i.e. NADA, India). Approved TUE may be considered NADA and it will protect athletes from possible sanctions/ban.

- National level athletes or athletes participating in any National Competition may apply TUE to the office of NADA, New Delhi.
- International level athletes or athletes participating in any International Competition may apply TUE to Concerned International Federation or Event Organizer.
- Athlete should always take treatment from recognized doctors/hospitals preferably from Sports Medicine specialist in case of sickness/injury.
- **Athlete should take the medical doctor in confidence and tell doctor that being a sportsperson not to prescribe prohibited/banned drugs in general otherwise apply for Therapeutic Use Exemption (TUE) which requires use of medicines containing any prohibited substance.**
- In case of emergency treatment or treatment of an acute medical condition, due to other exceptional circumstances, if there was insufficient time or opportunity to submit TUE application prior to sample collection; the athlete can apply for **retroactive TUE** to the office of NADA. **(A copy of TUE Application Form is enclosed).**

With this advisory, National Anti Doping Agency wishes all the sportspersons and support staff a great success and urges to promote fair play spirit in sports.

For further information and clarification, the office of NADA may be contacted.