



World ParaVolley Anti-Doping

World ParaVolley ATHLETE/TEAM GUIDE FOR ANTI-DOPING

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1. DOPING IN SPORT

What is doping?

Doping is defined as the occurrence of one or more of the following **anti-doping rule violations (ADRV)**: ([Article 2 – World ParaVolley Anti-Doping Code and Rules](#))

- **Presence** of a prohibited substance or its Metabolites or Markers (such as steroids, stimulants, hormones, diuretics or narcotics) in an athlete's sample
- **Use or Attempted use** of a prohibited substance or method (such as blood transfusions or gene doping)
- **Evading, refusing or failing to submit** to sample collection
- **Failure to file Whereabouts information and missed tests** when required to provide Whereabouts
- **Tampering or Attempted tampering** with any part of the doping control process
- **Possession** of a prohibited substance or method
- **Trafficking or Attempted Trafficking** in any Prohibited substance or method
- **Administering or attempting to administer** a prohibited substance or method to an athlete.
- **Complicity**, meaning assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation
- **Prohibited Association** by an athlete or other person with any support person (coach, manager, doctor) who is serving a period of ineligibility as a result of an ADRV, or who has engaged in conduct which could be regarded as an ADRV

World ParaVolley Anti-Doping Rules and Regulations are, primarily directed towards athletes. However some of the rules also apply equally to athlete support personnel, such as coaches, doctors, representative, etc.

Why is doping in sport prohibited?

- World ParaVolley is committed to protecting the right of our athletes to participate in a healthy doping free sport, thus ensuring fairness and equality. The use of doping substances or methods to enhance performance is fundamentally wrong and is detrimental to the overall impact of sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance. It also jeopardizes the health and well-being of ParaVolley athletes.



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What is WADA?

The **World Anti-Doping Agency (WADA)** is the international independent organization created in 1999 to promote, coordinate, and monitor the fight against doping in sport in all its forms.



Composed and funded equally by the sports movement and governments of the world, WADA coordinated the development and implementation of the World Anti-Doping Code, the document harmonizing anti-doping policies in all sports and all countries. Its key activities include scientific and social science research, education, development of anti-doping capacities and monitoring of the World Anti-Doping Code and stakeholders. WADA is not a testing agency. The following resources provide excellent information on WADA and can be found in the resources section of this website.



**WADA Video:
What is WADA?**



**WADA Video:
Level the Playing Field**

2. ATHLETE RESPONSIBILITIES

As an Athlete, what do I need to know about doping?

- Anti-doping rules, like the rules pertaining to Volleyball, are sport rules governing the conditions under which the sport is played. **Athletes and other Support Persons accept these rules as a condition to play** and shall be bound by them. It is a condition of entry to all Events organized by World ParaVolley that Athletes voluntarily accept the World ParaVolley Anti-doping Code and Rules in its entirety.
- **Any** athlete may be tested in- and out-of-competition at anytime, anywhere and with no advance notice.
- Registered Testing Pool (RTP) athletes must provide up-to-date Whereabouts information to ensure they can be tested anytime and anywhere without prior notice.
- You must know and comply with all “applicable anti-doping policies and rules.”

- As an athlete, you have certain roles and responsibilities. These include:
 1. You must take responsibility for what you “ingest”, meaning what you eat and drink and anything that may enter your body. Under the code and according to the principle of strict liability, **you are solely responsible for whatever is in your body at all times**. This means that a violation occurs whether or not you intentionally, knowingly or unknowingly, used a prohibited substance or was negligent or otherwise at fault.
 2. You must be available for sample collection.
 3. You must inform medical personnel that they are obligated not to give you prohibited substances or methods. You must also take responsibility to make sure that any medical treatment you receive does not violate the Code.
 4. You must cooperate with anti-doping organizations investigating anti-doping rule violations.
 5. For more details, see [Article 21.1 of the WPV Anti-Doping Code & Rules](#).
- Your coach, trainer, manager, and other support personnel are often role models for athletes. They, too, have certain rights and responsibilities. These include:
 1. They must know and comply with all anti-doping policies and rules that apply to them or the athletes they support.
 2. They must cooperate with the athlete-testing program.
 3. They must use their considerable influence to promote a clean sport philosophy.
 4. They must cooperate with Anti-Doping Organizations investigating anti-doping rule violations.
 5. They must not use or possess any prohibited substance or method without a valid justification.
 6. For more details, see [Article 21.2 of the WPV Anti-Doping Code & Rules](#).

3. MEDICATIONS AND THE PROHIBITED LIST

(from WADA resource "Q & A on Athletes & Medications")

One of the key principles of the anti-doping effort is to protect your health.

It might happen that, for health reasons, you need to take a prohibited substance or use a prohibited method. You **may be able to** do so under the Code. The key is that you **must** obtain what is called a ‘Therapeutic Use Exemption,’ or TUE.

Several criteria must be met to secure a TUE, such as: the use of the prohibited substance (or method) is necessary for your health; its use should not result in performance enhancement beyond a return to normal health; and there is no reasonable therapeutic alternative to the use of the prohibited substance or method.

A chart clarifying this process can be found in the [World ParaVolley Guidelines to TUE’s document \(pdf\)](#).

What can I do to avoid a positive test from taking a medication?

- There are two ways for you to obtain medication: either by prescription from your doctor or directly from the shelves of a drugstore or pharmacy. Anytime you need a prescription, you must remind your doctor that you are an athlete and are subject to anti-doping regulations. It is helpful to take along or have access to the Prohibited List when getting your prescription. Your doctor should make sure that the medication prescribed does not contain any banned substances. If your doctor is unable to determine this, then the decision should be taken in consultation with your National Anti-Doping Organization (NADO) or with a competent pharmacist.
- If you need to take a medication that does not require a prescription (commonly referred to as "over-the-counter"), it is highly recommended that you consult your national NADO or that you show the Prohibited List to the pharmacist and ask for help before you decide on a product.
- Another consideration when choosing the right medication, make sure that you take exactly the one that was recommended. Some brand names offer multiple variations of the same product (e.g., non-drowsy, fast-relief, extra-strength, longer-lasting) and with the formula being different for each, there is a real risk that one will contain a prohibited substance while another may not.
- The current World Anti-Doping Agency (WADA) **Prohibited List** outlines and defines Substances and Methods banned In-Competition, as well as those banned at all times. It is posted on the WADA website. Generally, an updated version of the List is published every year in October and comes into effect January 1st of the following year.

As an athlete, you should ensure you know what is included on the List, which can be found at www.wada-ama.org or can be linked to by going back to the main anti-doping page of this website.

What if the only medication to treat my medical condition contains a prohibited substance?

- The World Anti-Doping Code (Code) recognizes the right of athletes to the best possible treatment for any medical condition. If you are in need of medication, please contact your NADO to find out more about the procedures to apply for a Therapeutic Use Exemption (TUE) and use the [World ParaVolley Guide to Therapeutic Exemptions](#) on the main anti-doping page of this website.
- Before applying for a TUE, it is recommended that you consult your doctor to consider possible alternative treatments that do not involve the use of a prohibited substance or method. If such an alternative treatment exists, your TUE request will likely be denied and the whole process can only delay your recovery.
- PLEASE NOTE: THE PREFERRED METHOD OF APPLYING TO WPV FOR A TUE IS THROUGH ADAMS.

What if an emergency arises for which I do not have the time or ability to verify that the medication required is free of banned substances?

- In exceptional circumstances, when an acute life-threatening medical condition requires immediate intervention involving the use of a medication containing a



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prohibited substance, you and your physician must apply for a TUE immediately after the treatment has been delivered.

- However, it is expected that such cases will occur very rarely and TUEs will therefore be granted in emergency situations under close scrutiny.

If I get sick and my next competition is scheduled in two weeks from now, how long can it take for medications to be eliminated from my body?

- The amount of time someone's body takes to get rid of all traces of a substance depends on the nature of the substance and quantity taken, the individual's metabolism, the administration method, and on a number of other factors such as quantity of liquids consumed, interaction with other ingredients in the same medication, or other substances ingested. In essence, there is no general rule and the delay can vary from a few hours to several months. More importantly, since you are also subject to out-of-competition testing, the fact that you will not compete in the next two weeks does not preclude the possibility of being tested before then.

What should I do if I get sick while traveling in a Foreign Country?

- Medications are usually commercialized under different names in different countries, and even if they have the same brand names, they may have a different composition in order to respect each country's laws on availability of certain substances. In one country, one product may be safe to take from an anti-doping perspective, while in another country the product sold under the same name may contain a prohibited substance.
- Before using medications purchased in a foreign country, it is best to consult your team doctor, try to contact the NADO in the country that you are visiting, or contact your own NADO to ask for advice on what to do. As a last resort, you can bring the Prohibited List to a pharmacy and consult the list of ingredients with the pharmacist to ensure that the product you intend to take does not contain prohibited substances.
- One way to prevent such situation from occurring is to bring with you, as part of your "travel kit," small doses of medications from home that you know are safe to use and that you anticipate may be required during your stay abroad (e.g., pain and fever, allergy, common cold, stomach aches, skin infections, etc.). Before bringing any medication into a foreign country or bringing one back home from abroad, it is wise to check whether customs regulations would allow you to do so and ensure that you do not carry a substance that is illegal at your destination.

Should I worry about creams, eye drops and other medications that I do not need to swallow?

- You certainly should. Prohibited substances come in different forms and shapes and they may enter your body in different ways: by contact with your skin (creams and ointments), by inhalation (if you breathe in the vapor or mist), by contact with a mucus membrane (eye or ear drops, suppository, etc.). Any medication applied to your body will likely enter your system to act in the way that is intended (reduce inflammation, relieve pain, kill bacteria, etc.), and will be present in your blood before eventually being eliminated by the kidneys and turn up in your urine.

What about homeopathic products and alternative medicine?

- As is the case for nutritional supplements, in some countries homeopathic products, herbal remedies and other alternative medicinal products are not subjected to the same quality control requirements as pharmaceutical products. Therefore improper labeling, poor manufacturing practices and contamination can cause prohibited substances to be present without the consumer knowing. Homeopathic products are usually very low in concentration of active substances, however since the label usually does not specify ingredients by chemical substances but rather by origin (name of plant or animal it is extracted from), it is difficult for anyone to determine whether a prohibited substance may be present. In addition, athletes have to be careful about any home remedies that have found their place in the family tradition or cultural lifestyle. Many such concoctions are derived from herbal products and some prohibited substances do originate from plants. Remember, under the strict liability principle, it does not matter how or why a prohibited substance entered an athlete's body. Athletes are responsible for everything that goes into their body.

What can happen to me if my test result is positive because I used medication without knowing that it contained a prohibited substance?

- Under the overarching principle of strict liability in effect under anti-doping regulations, as an athlete you are ultimately responsible for everything that goes into your body, whether it was recommended, prescribed, or even provided by someone else. If an athlete tests positive, the result is a disqualification, and possible sanction or suspension.

Is there a list of medications that do not contain prohibited substances?

- To maintain current information with respect to prohibited substances on all products manufactured by the pharmaceutical industry around the world would require tremendous resources that are not currently at WADA's disposal.
- Several tools and publications exist for this purpose. Doctors and pharmacists in some countries have access to an index of pharmaceutical products clearly stating which medications are allowed or not in sports, updated every month or year. Some NADOs also offer this type of advice, either in the form of a list of permitted medications for common ailments, a substance inquiry hotline or e-mail service, or a consultable database of medications and substances. Contact information for the NADO in your country is available in the Anti-Doping Community and Resources sections of the **WADA website (link here?)**. If your country does not have NADO listed on WADA's Web site, please consult your national sport federation, National Olympic Committee or a competent health professional in your country to find out what other resources are available.

For information about the prohibited status of the substance(s) you are taking, consult one of the various local Drug Reference Databases (the list below is **not** exhaustive):

Global Drug Reference Online (Canada, UK, US)

www.globaldro.com/

South African Institute for Drug-free Sport

www.drugfreesport.org.za/medication-check-4/

Irish Sports Council

[www.irishsportsCouncil.ie/Anti-Doping/Medicines TUEs/How to check your medications/](http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/How_to_check_your_medications/)

Korean Anti-Doping Agency

kada-ad.or.kr/renew/main.asp?sub_num=50&state=list

Australian Sport Anti-Doping Agency

checksubstances.asada.gov.au/

Drug-Free Sport New Zealand

www.drugfreesport.org.nz/Substances/Checking+Medications.html

German NADA

www.nada-bonn.de/medizin/nadamed/

Swiss Drug Database

www.antidoping.ch/en/drugdb/

For more information for countries not mentioned above please go to

www.wada-ama.org/en/Resources/List-of-NADOs/

For more information on Dietary and Nutritional Supplements go to

www.wada-ama.org/en/Resources/Q-and-A/Dietary-and-Nutritional-Supplements/



See “At-a-glance: Anti-Doping” resource in the education section of the website for further information on prohibited substances, the code, testing, and Whereabouts.

4. TESTING, WHEREABOUTS & RETIREMENT

Who Conducts Testing?

Testing will be conducted by a WADA approved testing authority. Samples will be analysed at a WADA accredited laboratory and results reported to World ParaVolley and WADA. Players selected for testing at an event will be notified of their selection. The collection of



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the sample will take place in accordance with the International Standard for Testing in a designated Doping Control area.

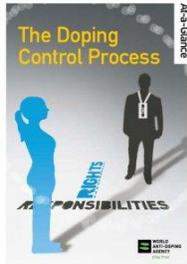
Your urine and blood can be collected **at any time at any place** for Doping Control.

Doping Control Process:

- 1. Notification** - a chaperone / doping control officer (DCO) will notify you of your selection for testing, showing you their ID. You will need to show photographic ID of your own, and sign a form confirming that you know your rights and responsibilities.
- 2. Reporting** - you must report to Doping Control immediately unless there are compelling reasons for a delay (as determined by the DCO), staying in the sight of the Chaperone/DCO at all times. You are also permitted to have an accompanying person go with you. You must provide appropriate identification.
- 3. Sample Provision** - When you are ready to provide a sample, you will need to choose a collection vessel from a selection. Check to make sure it is sealed and clean. You will need to remove enough clothing to allow the DCO to have a direct view as you provide the sample. You must provide at least 90 ml of urine. If you are an athlete with a disability, you may request modifications to the sample collecting procedure. To find out more about [Modifications for Providing a Sample for Minors & Athletes with a Disability](#), please see the relevant section on page 25 of the [Athlete Reference Guide to the 2015 Anti-Doping Code](#) which can be linked to from the main anti-doping page of this website.
- 4. Sealing the Sample** - When you have provided the full sample, close the vessel and return to Doping Control. You are in control of your sample and nobody else should handle it unless you ask them to. Next you will choose from a selection of sealed sample kits. Check to make sure that the "A" and "B" bottles inside are sealed, clean, and unbroken, and that all the ID numbers match. You will be directed by the DCO to divide your sample between the "B" bottle and "A" bottle, before sealing both bottles, which you will then place in the plastic bag, and finally, into a storage box.

Completing the Doping Control Form - The DCO will record all your sample details on the Doping Control Form (DCF), before asking you to check all the information. You will then be asked to disclose any medications or supplements that you have taken in the last seven days. You also have the opportunity to write down any comments or concerns you have on the Doping Control procedure, or on any other aspect of testing. You should take your time to once again check all the information on the DCF. Once you are satisfied with the form, you are required to sign the form, which will also be co-signed by the DCO. You will receive your own copy of the form, which you should keep safe.

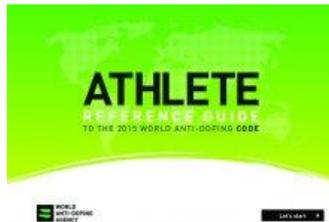
FOR EXCELLENT ON-LINE INFORMATION CONCERNING THE TESTING PROCESS, YOU CAN ACCESS THE FOLLOWING RESOURCES FROM THE ANTI-DOPING EDUCATION & RESOURCES SECTION:



See "At-a-glance: The Doping Control Process" PDF in the education section of the WADA website for further information.



See "The Doping Control Process for Athletes" video in the education section of the WADA website for further information.



See Athlete Reference Guide to the 2015 Anti-doping Code (Page 25): Modifications for Providing a Sample for Minors & Athletes with a Disability.

What are Whereabouts?

It is recognized and accepted that no advance notice out-of-competition testing is at the core of effective doping control, and without accurate information as to an athlete's Whereabouts, such testing can be inefficient or even impossible.

Whereabouts are information provided by a limited number of elite athletes about their location to World ParaVolley that included them in their respective registered testing pool (RTP).

This does not mean that athletes who have not been selected in an International RTP (IRTP) are not subject to out-of-competition testing. Every athlete is subject to out-of-competition testing at all times and may also be subject to testing by other organizations, including in particular WADA, their NADO and their National Federation. However, only athletes in the IRTP have to provide Whereabouts information for every day of the year.

Why are Whereabouts important for clean sport?

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.

How do I know if I need to provide Whereabouts?

If you are selected as part of the World ParaVolley RTP or Testing Pool, you will be informed directly by World ParaVolley and will be required to provide the following information, for every day of the year:

- A 60-minute time slot during which you will be available for testing at a specified location (only RTP athletes);
- An overnight residential address;
- A mailing address;
- Any regular activity (training, work etc.); and
- Your competition schedule.

Since 1 January 2012, all International Federation RTP athletes are required to submit their Whereabouts information directly through ADAMS.

For more information about ADAMS, please consult the ADAMS section of WADA's website by clicking on the logo below:



Anti-Doping Administration & Management System



WADA's Play True Quiz is an interactive computer game that tests athletes' knowledge about anti-doping.

Athletes must ensure that they keep their Whereabouts information up-to-date at all times. They can have a representative submit their Whereabouts information through an Athlete Agent account. However athletes are ultimately responsible for their Whereabouts. As a result, they cannot avoid responsibility by blaming their representative for filing inaccurate information about their Whereabouts or for not updating their Whereabouts if they were not at the location specified by them during the 60-minute time-slot.

Where can Whereabouts rules be found?

Whereabouts rules are part of the International Standard for Testing and Investigations (ISTI). The ISTI is mandatory for Anti-Doping Organizations (ADOs, including IFs, NADOs, Major Games Organizers, etc.) that have adopted the World Anti-Doping Code.



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Good to know

- For RTP athletes, Whereabouts (WA) Failures can result from Missed Tests (MT) and Filing Failures (FF) (failure to provide sufficient information or not provide information on time). Three WA failures over a 12-month period constitute a possible anti-doping rule violation (ADRV). Such a violation can result in a sanction between one and two years of ineligibility depending on the athlete's degree of fault.
- Testing can be conducted at any time, in or outside the one-hour slot. However, Missed Tests will not be applicable for unsuccessful attempts outside the one-hour slot.
- Athletes can submit last minute modifications by SMS. For more information, please click here: <http://adams-docs.wada-ama.org/display/EN/SMS+Whereabouts>

For more information on Whereabouts, please consult the [WADA Q&A on Whereabouts](#).

Retirement and return to competition

All World ParaVolley athletes who decide to retire from competition must inform World ParaVolley and must send written notification of his/her retirement (the [Retirement Notification Form](#) duly completed).

For athletes listed in the RTP, the same procedure applies. As soon as the retirement is confirmed by World ParaVolley, the athlete will be withdrawn from the World ParaVolley RTP with immediate effect.

Athletes who had given notice of retirement to World ParaVolley and who want to come out of retirement and return to eligible status may come back to competition with *6 months* prior written notice of his/her intent to return to competition, and has made him/herself available for testing for that six-month period prior to returning to competition.

Please consult Article 5.6.3 and 5.71 of the World ParaVolley Anti-Doping Code and Rules.