

PRINCIPLES OF STRICT LIABILITY

Athletes are responsible for their performance during a competition. In the same way, athletes are also responsible for any prohibited substance they use or attempt to use, or is found in their body, regardless of how the substance got there or whether there was any intention to cheat. This is known as **Strict Liability**. Not knowing is no excuse when it comes to anti-doping.

It's no excuse....

- To say that you thought a medication was safe because a doctor gave it to you, or
- If you thought a supplement was okay to take because it says so on the label
- To say someone else advised you to take the substance, even if it was a fellow team member or your coach

So athletes need to know which substances and methods are prohibited in sport and how to protect themselves. Ignorance easily leads to substance misuse and anti-doping rule violations.

So... What should you do?

- Athletes must consider anti-doping education as essential knowledge in order to protect their sporting career and their health. Attend anti-doping education sessions when they are made available. Educate yourself starting today on the World Anti-doping Agency e-learning platform (ADEL for International-Level Athletes Education Program) at <https://adel.wada-ama.org/learn>
You must have received anti-doping education before attending a World ParaVolley international event!
- Speak to other athletes and your support personnel about clean sport

References:
UKAD
FEI