



# INTERNATIONAL MASTERS WEIGHTLIFTING ANTI – DOPING EDUCATION & AWARENESS



ANTI – DOPING CONCERNS **YOU TOO!!!**





# What Athletes & Coaches **NEED TO KNOW!**

## **The 7 Anti Doping key points:**

- 1. What is DOPING?**
- 2. The WADA PROHIBITED LIST.**
- 3. How to be informed about medication intake.**
- 4. What is a WADA THERAPEUTIC USE EXEMPTION FORM?**
- 5. How to protect yourself from contaminated supplements?**
- 6. EDUCATE YOURSELF.**
- 7. Where to find help and support?**





# WHAT IS DOPING?

- Encouraging, trafficking or assisting others to dope
  - **Interfering with the testing process**
- Using a prohibited substance
- **Refusing or failing to submit the sample collection**
- Any type of complicity regarding doping activities
- **Possessing a prohibited substance**
  - Covering up doping activities
- **Discouraging others to report doping**





# THE ANNUAL WADA PROHIBITED LIST

**SAY NO!  
TO DOPING**

**WORLD ANTI-DOPING AGENCY**

## WORLD ANTI-DOPING CODE INTERNATIONAL STANDARD PROHIBITED LIST

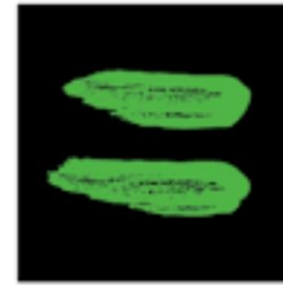
WADA have stated that the 2021 Prohibited list "has been redesigned in order to improve navigation and usability for athletes and their support personnel"



### International Standard Prohibited List Documents

This resource contains the **Prohibited List** as well as the **Summary of Modifications** to the List that goes into effect on

PROHIBITED LIST



**WORLD  
ANTI-DOPING  
AGENCY**

play true



**Download**  
(PDF 2.69 MB)

**Other available languages:** العربية, Español, Français, Ελληνικά, Deutsch, Русский, 日本語, Български, Eesti, Dansk, Latviešu, Lietuvių, Portuguese, International, Hrvatski, Polski, Português, Slovenščina, Türkçe, Azərbaycan



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



# **STRICT** **ENFORCEMENT**

The **ATHLETE** is ultimately responsible for what is found in his/her body.

**ANY ATHLETE Support Personnel** might be under **INVESTIGATION** as well.





# Athlete

## Rights and Responsibilities

You have the **right** to:

- ▶ have a representative and, if available, an interpreter
- ▶ ask for additional information about the sample collection process
- ▶ request a delay in reporting to the Doping Control Station for valid reasons (as determined by the DCO)
- ▶ if you are an athlete with a disability, to request modifications to the sample collection procedure

You have a **responsibility** to:

- ▶ remain within direct observation of the DCO/chaperone at all times from the point of notification until the completion of the sample collection process
- ▶ produce appropriate identification
- ▶ comply with sample collection procedures (failure to do so may constitute an anti-doping rule violation)
- ▶ report immediately for doping control, unless there are compelling reasons for a delay

### DOPING CONTROL VIDEO

For a fun and informative review of the information presented in this flyer, check out WADA's Doping Control Video at: [www.wada-ama.org/en/Education-Awareness/Tools/Doping-Control-Video](http://www.wada-ama.org/en/Education-Awareness/Tools/Doping-Control-Video)

In the case of any discrepancy between this information and the World Anti-Doping Code, the Code prevails. This information is subject to change at anytime. Always check with your International Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations. July 2010

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 Find out more at [wada-ama.org](http://wada-ama.org) 

# In case of a possible positive Doping result, the Athlete has RIGHTS and RESPONSIBILITIES





**ALTHOUGH WADA OPPOSES; IN MANY COUNTRIES DOPING IS DEALT AS A CRIMINAL OFFENCE WHERE THE ATHLETE ENDS UP WITH A NATIONAL CRIMINAL RECORD!!**





# HOW TO BE INFORMED ABOUT MEDICATION INTAKE



The WADA Prohibited List Explained

## CHOOSE YOUR SPORT NATIONALITY



Canada



United Kingdom



United States



Switzerland



Japan



Australia



New Zealand



Other

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

Visitors can search the Global DRO for specific information on products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States.

Global DRO is brought to you through a partnership between Anti-Doping Switzerland (ADCH), the Canadian Centre for Ethics in Sport (CCES), UK Anti-Doping (UKAD), and the United States Anti-Doping Agency (USADA). Drug-Free Sport New Zealand (DFSNZ), the Japan Anti-Doping Agency (JADA) and Sport Integrity Australia are official Global DRO licensees.







# FOR URGENT USE OF INJECTIONS DURING YOUR CHAMPIONSHIP STAY.

## ONLY A PHYSICIAN OR DOCTOR ON DUTY IS ALLOWED TO EVALUATE, DECIDE AND TO INJECT AN ATHLETE, ESPECIALLY ON COMPETITION SITE!!

## THE ATHLETE MUST PROVIDE MEDICAL DOCUMENTATION TO SUPPORT THE NEED FOR AN INJECTION APPLICATION



**IWF**  
NEEDLE POLICY - INJECTION DECLARATION FORM

(Please complete in English or Russian)  
Email to: [iwf@iwfnet.net](mailto:iwf@iwfnet.net)

<b>ATHLETE</b>	
Name of the Athlete having received the injection:	
National Federation of:	Competition:
Date of Birth:	Gender:
<input type="checkbox"/> Male <input type="checkbox"/> Female	
<b>INJECTION</b>	
Injection(s):	
Date and place of injection:	
<b>MEDICAL JUSTIFICATION</b>	
Justification for injection, including clinical history and diagnosis (attach confirmatory evidence when available):	
<b>PERSON HAVING ADMINISTERED THE INJECTION</b>	
Name, mobile number and e-mail address of person having administered the injection:	
Specialty:	Licensed to practice in:
Signature of the person having administered the injection:	
By my signature, I hereby confirm that the information in this form is true and accurate and that the injection was medically justified and necessary, and administered in accordance with the IWF Needle Policy, including safe disposal of needles and associated materials.	
Signature:	Date:



# WHAT IS A **WADA** THERAPEUTIC USE EXEMPTION FORM (TUE) ?



- **WHEN AN ATHLETE BECOMES SICK HE/SHE HAS THE RIGHT FOR CORRECT TREATMENT.**
- AN ATHLETE RECEIVING TREATMENT BY A PHYSICIAN , THE SUBSTANCES OF ANY MEDICATION MUST BE CHECKED. ([www.globaldro.com](http://www.globaldro.com) check website)
- **IF ANY SUBSTANCE IS FORBIDDEN IN COMPETITION THE ATHLETE HAS 3 CHOICES:**
  - *Applies by his/her National Anti-Doping organisation for a TUE and wait to be granted!!*
  - *Does not want to apply for a TUE and stays away from competition.*
  - *Wants to compete but must seek solid advise from the physician for alternative treatment without forbidden substances.*
- **IN CASE THE ATHLETE DECIDES TO APPLY FOR A TUE, THE TUE MUST BE FILLED OUT BY THE PHYSICIAN together with MEDICAL EVIDENCE.**
- A TUE FORM CAN BE FOUND AT ALL WEBSITES OF NATIONAL ANTI-DOPING ORGANISATIONS.
- PLEASE CONTACT YOUR NATIONAL ANTI-DOPING ORGANISATION FOR CORRECT AND ALWAYS UPDATED INFORMATION.
- To find your National Anti-Doping organisation please check on the internet in your language starting with the name of your nation...Anti-Doping organisation.
- **To find more information regarding the Therapeutic Use Exemption procedure please check our website: [www.imwla.com](http://www.imwla.com) under Anti-Doping.**





# ! HOW TO PROTECT YOURSELF FROM ! ! CONTAMINATED SUPPLEMENTS !

3 SUPPLEMENTS LAB TESTING RESULT WEBSITES TO HELP YOU CHOOSE BETTER



**ATTENTION**  
**WADA, ITA + IWF NEVER GUARANTEE OR CERTIFY ANY  
SUPPLEMENTS**  
**WORLD WIDE THE SUPPLEMENT INDUSTRY IS NOT REGULATED!!**



# NO MORE EXCUSES

# KNOWLEDGE IS ONLY UP TO YOU EDUCATE YOURSELF



Anti-Doping e-Learning (ADEL)



- e-Learning courses and learning material for athletes, coaches / administrators, medical staff, parents and anyone interested in learning more about anti-doping and protecting the values of clean sport.

## WADA's Anti-Doping Education and Learning Platform Available in many languages


Check **YOUR** National Anti – Doping agency's website  
for all relevant information in your native language







# WADA EDUCATION FOR ALL OPPORTUNITIES IN MANY LANGUAGES




 Various publications  
[Play True Quiz Handouts](#)

 [Download](#)  
(PDF 250.75 KB)

**Other available languages:**  
Français, العربية, Azərbaycan, Portuguese, Български, Burmese, Hrvatski, Čeština, Dansk, Nederlands, Eesti, فارسی, Suomi, Georgian, Deutsch, Ελληνικά, Magyar, Íslenska, Bahasa Indonesia, Italiano, 日本語, Қазақ, Cambodian, 한국어, Laotian, Latviešu, Lietuvių, Bahasa Melayu, Maldivian, Mongolian, Nynorsk, Polski, Portuguese, International, Română, Русский, Slovenčina, Slovenščina, Español, Tagalog, ภาษาไทย, Türkçe, Tiếng Việt

 Various publications  
[Play True Youth Quiz Handouts](#)

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# WHERE TO FIND HELP AND **SUPPORT**

## **ITA MONTHLY *YOUTUBE* WEBINARS**

1. ITA webinar "The anti-doping landscape and athlete perspective"
2. **ITA webinar "Values, Rights and Responsibilities"**
3. ITA webinar "Medications, supplements, TUEs and the Prohibited List"
4. **ITA webinar: Doping Control - be prepared for any scenario**
5. ITA webinar "The Doping Control Process: Urine & Blood Sample Collection"

**CONTACT : [education@ita.sport](mailto:education@ita.sport) or  
**YOUR NATIONAL ANTI DOPING AGENCY****





# WELCOME!

SUPPLEMENTS &  
INFORMED DECISION-MAKING  
PART 1



**Check out on Youtube in different lanaguages to listen**

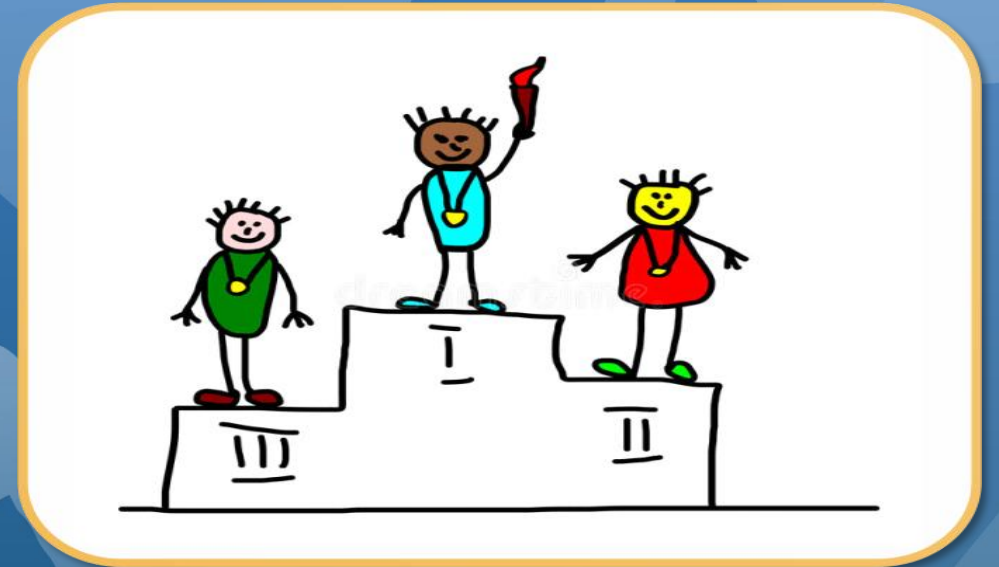




# CLEAN and FAIR

# WEIGHTLIFTING

**FOR ALL**  
**WE CAN'T**  
**DO IT**



# WITHOUT YOU







# IMPORTANT **WEBSITE** LISTS AND **CONTACTS:**

1. WADA ADEL EDUCATION PLATFORM: [www.adel.wada-ama.org/learn](http://www.adel.wada-ama.org/learn)

2. WADA PROHIBITES LIST /2023 MODIFICATIONS & GENERAL INFORMATION:

<https://www.wada-ama.org/en/news/wada-publishes-2023-prohibited-list>

3. MEDICATION/SUBSTANCE CHECK: [www.globaldro.com](http://www.globaldro.com)

4. WADA TUE EXPLANATION & GENERAL INFORMATION:

<https://www.wada-ama.org/en/athletes-support-personnel/therapeutic-use-exemptions>

5. CHECK FOR CLEAN SUPPLEMENTS AGAINST CONTAMINATION:

a) <https://sport.wetestyourtrust.com/>

b) [nsfs.sport.com](http://nsfs.sport.com)

c) [koelnerliste.com](http://koelnerliste.com)



**FOR MORE INFORMATION IN YOUR LANGUAGE  
PLEASE CONTACT YOUR NATIONAL  
ANTI DOPING ORGANIZATION AND/OR :**

**education@ita.sport**



**THANK YOU**  
**FOR YOUR**  
**COOPERATION**

