

# World Archery Clean Sport Education Webinar for National Federations

**8 February 2024**

**WORLD ARCHERY (WA)**

**SIRET LUIK – DEPUTY GENERAL SECRETARY**

**INTERNATIONAL TESTING AGENCY (ITA)**

**DILHAN KARAÇ – EDUCATION TEAM**



**WELCOME FROM WA**

# INTERNATIONAL TESTING AGENCY (ITA)

- ✓ Independent international organisation that offers anti-doping services to International Federations (IFs), Major Event Organisers (MEOs), and other organisations
- ✓ The ITA implements anti-doping programs for IF, MEO and other organisations requesting support
- ✓ Manages various aspects of the anti-doping program (testing, results management, intelligence and investigations, education etc.)



# WA: DELEGATION OF ACTIVITIES



RESULTS MANAGEMENT



OUT-OF-COMPETITION  
TESTING



INTELLIGENCE &  
INVESTIGATIONS



ATHLETE  
BIOLOGICAL  
PASSPORT



TEST DISTRIBUTION  
PLANNING



EDUCATION



WHEREABOUTS  
FAILURES



THERAPEUTIC USE  
EXEMPTIONS



REVEAL



COMPLIANCE



LONG-TERM STORAGE



RISK ASSESSMENT



IN-COMPETITION  
TESTING

## POLL QUESTION

**DOES YOUR MEMBER ASSOCIATION HAVE A  
PERSON RESPONSIBLE FOR ANTI-DOPING?**

- ☐ Yes
- ☐ No
- ☐ I do not know

# AGENDA

**01.**

Anti-Doping  
landscape

**02.**

National Federation  
anti-doping  
responsibilities

**03.**

What is doping?

**04.**

Doping case  
studies

**05.**

Investment  
and resources

**06.**

Q&A

# ANTI-DOPING LANDSCAPE



# THE ANTI-DOPING LANDSCAPE



## POLL QUESTION

**DO YOU WORK WITH YOUR NADO ON CLEAN  
SPORT EDUCATION?**

- ☐ Yes
- ☐ No
- ☐ I don't know

# THE ANTI-DOPING RULES SYSTEM



# **NATIONAL FEDERATION ANTI-DOPING RESPONSIBILITIES**

# WA ANTI-DOPING RULES



Article 18 Additional Roles and Responsibilities of National Federations



Comply with Code, International Standards and WA Anti-Doping Rules



Incorporate Rules in National Federation governing documents



Cooperate and support WA and National Anti-Doping Organisation (including in Education)

ARTICLE 18.8 OF WA ANTI-DOPING RULES:

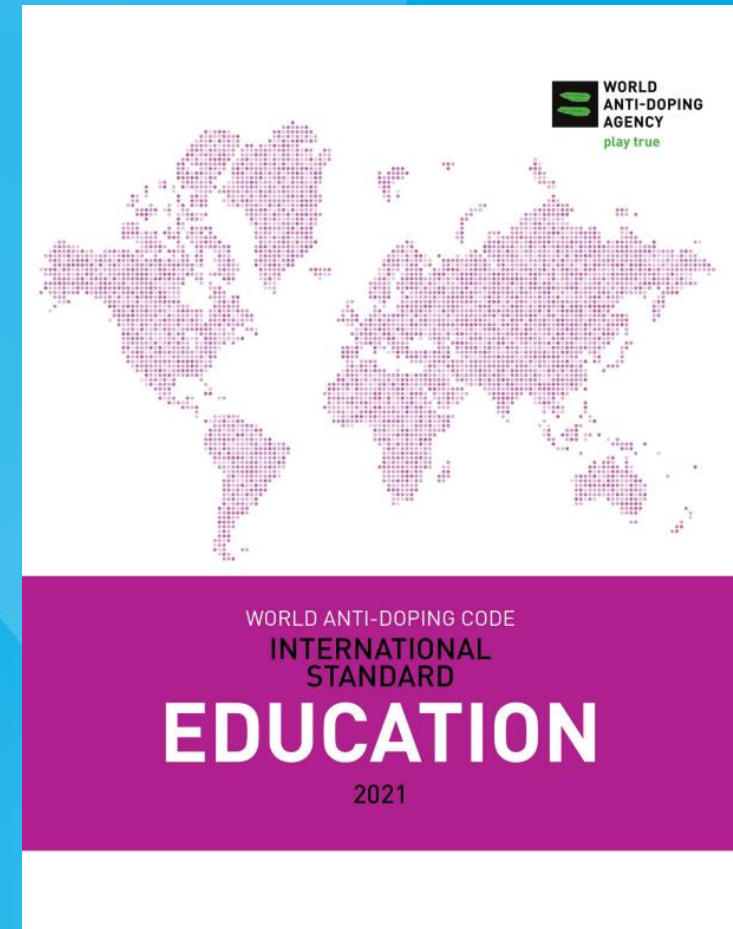
**“NATIONAL FEDERATIONS SHALL CONDUCT ANTI-DOPING EDUCATION IN COOPERATION WITH THEIR NATIONAL ANTI DOPING ORGANISATION”**

# INTERNATIONAL STANDARD FOR EDUCATION



# INTERNATIONAL STANDARD FOR EDUCATION (ISE)

“A key underpinning principle of the ISE is that an Athlete’s first experience with anti-doping should be through Education rather than Doping Control.”



## POLL QUESTION

# HAVE YOU HAD ANY CLEAN SPORT CONVERSATIONS WITH ATHLETES AND/OR ORGANISED CLEAN SPORT EDUCATION?

- ☐ Yes, I organise formal clean sport education activities and regularly check that my athletes' knowledge is up to date.
- ☐ Yes, I have informal conversations on clean sport education with my athletes from time to time.
- ☐ No, but there is someone on our team responsible for this.
- ☐ No, but I want to start doing this.



# HOW NATIONAL FEDERATIONS CAN CONTRIBUTE TO CLEAN SPORT EDUCATION?

WEBINAR SERIES

10 Nov

INTRODUCTION TO ANTI-DOPING

17 Nov

THE DOPING CONTROL PROCESS

24 Nov

MEDICATIONS, SUPPLEMENTS, PROHIBITED LIST AND TUES

1 Dec

PRINCIPLES AND VALUES OF CLEAN SPORT

8 Dec

OUT-OF-COMPETITION TESTING

world archery

ITA

All webinars from 14:00 to 15:00 CET

العربية | ENGLISH | ESPAÑOL | FRANÇAIS | РУССКИЙ | 普通话

NEWS

Shkolna to speak on contamination of food in clean sport webinar

16 February 2023 Lausanne, Switzerland

LUDIVINE MAITRE WICKI



UK Anti-Doping @ukantidoping

Don't forget the next Whereabouts deadline is on Wednesday, 15 March at 23:59.

Remember: athletes can be tested any time, any place. If you are asked to provide Whereabouts information and do not do so, you risk a Whereabouts Failure.

Learn more [ukad.org.uk/athletes/whereabouts](https://ukad.org.uk/athletes/whereabouts)



Clean sport knowledge

ITA

Athlete Hub: How to check your Supplements A guide for athletes





SHARE

ADD TO NEWSLETTERS

# WHAT TO REMEMBER?



National Federations (NFs) play an **important role** in clean sport education.



You should **demonstrate positive behaviours** and support athletes to stay clean.



**NFs must conduct anti-doping Education** in coordination with their National Anti-Doping Organizations [WA Anti-Doping Rules (Article 18.8)].



Remember, you are also **bound by the anti-doping rules**.



The **ITA and WA are here to support you** and guide you with freely available resources.

# WHAT IS DOPING?

## POLL QUESTION

# HOW MANY ANTI-DOPING RULES VIOLATIONS ARE THERE?

- ☐ 1
- ☐ 2-5
- ☐ 6-12
- ☐ 13-18
- ☐ More than 18



# 11 ADRVs

**11.** Acts by an athlete or other person to **discourage or retaliate** against reporting to authorities.

**1. Presence** of a prohibited substance in athlete's sample.

**2. Use or attempted use** of a prohibited substance or method.

**3. Evading, refusing or failing** to submit to sample collection.

**4. Whereabouts Failures** by an athlete in a Registered Testing Pool.

**5. Tampering or attempted tampering** with any part of doping control.

**6. Possession** of a prohibited substance or method.

**7. Trafficking or attempted trafficking of** a prohibited substance or method.

**8. Administration or attempted administration of** a prohibited substance or method.

**9. Complicity or attempted complicity** in an ADRV.

**10. Prohibited association** by an athlete or other person.

## 2.1 PRESENCE OF A PROHIBITED SUBSTANCE IN ATHLETE'S SAMPLE.

## 2.2

# USE OR ATTEMPTED USE OF A PROHIBITED SUBSTANCE OR METHOD



# STRICT LIABILITY PRINCIPLE

The athlete is solely responsible for everything they use and that is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault.



# THE PROHIBITED LIST



The List is updated at least annually



The List is published in October and comes into effect on 1 January of the following year



WADA PROHIBITED LIST

# NAVIGATING THE PROHIBITED LIST



Prohibited at all times



Prohibited only during In-Competition



Prohibited only in particular sports

APPLICABLE TO YOU

Substances can be found in some medications,  
supplements and recreational drugs.

## 2.3

# EVADING, REFUSING OR FAILING TO SUBMIT TO SAMPLE COLLECTION

## 2.4 WHEREABOUTS FAILURES FOR REGISTERED TESTING POOL ATHLETES



# DRUG FREE SPORT NEW ZEALAND

PRESENTS



Drug free sport  
new zealand

Drug Free Sport NZ presents

# IN SUMMARY...

- ✓ **All members of the WA community are subject to the global anti-doping rules** as outlined in the World Anti-Doping Code and the International Standards.
- ✓ **There are 11 Anti-Doping Rule Violations (ADRVs).** All 11 apply to athletes and 7 apply to athletes, athlete support personnel and other members of the WA community.
- ✓ Remember that these rules are in place to protect **athletes' health and their right to clean, fair competition.**
- ✓ **You are in control.** Educate yourself and ask questions so you can support your athletes!

# CASE STUDIES

# CASE STUDY 1

## SUBSTANCES PROHIBITED AT ALL TIMES FOUND IN SAMPLE

- ✓ Substances categorised as S1 in the Prohibited List.
- ✓ Considered a **performance-enhancing drug**.
- ✓ **Increases muscle growth** and promotes male secondary characteristics.
- ✓ **Severe side effects** on athletes' health.
- ✓ **Prohibited** at all times.



# CONSEQUENCES: PHYSICAL HEALTH



VIDEO COURTESY OF US ANTI-DOPING AGENCY

# PROHIBITED AT ALL TIMES

- ✓ Anabolic agents  
e.g. testosterone, clenbuterol
- ✓ Peptide hormones, growth factors  
e.g. EPO, growth hormone
- ✓ Beta-2-agonists  
e.g. asthma medications
- ✓ Hormone and metabolic modulators  
e.g. insulin, meldonium
- ✓ Diuretics and masking agents  
e.g. furosemide
- ✓ Blood transfusion or manipulation of blood
- ✓ Intravenous infusions in certain situations

## **CASE STUDY 2**

### **S5: DIURETICS AND MASKING AGENTS**

### **SIDE EFFECTS AND CONSEQUENCES OF DIURETICS ABUSE**

#### **Cardiovascular system**

- ✓ Acute loss of blood pressure, heart rate irregularities and circulatory.
- ✓ Increase the risk of thrombosis due to thickened blood.

#### **Damage to the gastrointestinal system and kidneys.**

#### **Muscles**

- ✓ Severe muscle cramps can occur because of the dehydrating effect of diuretics and the loss of electrolytes.

## CASE STUDY 2

### S5: DIURETICS AND MASKING AGENTS

### SIDE EFFECTS AND CONSEQUENCES OF DIURETICS ABUSE

- ✓ Anti-Doping Rule Violation for the **presence of a substance of a masking agent class**
- ✓ Disqualification of all prizes, points and medals obtained since date of the positive test
- ✓ A suspension from all sport (average ban for this type of substance is 24 months)

# **SCENARIO**

**Imagine you are an athlete...**

# POLL QUESTION – SCENARIO

You are suffering with allergies.

You go into the pharmacy and pick up a medication.

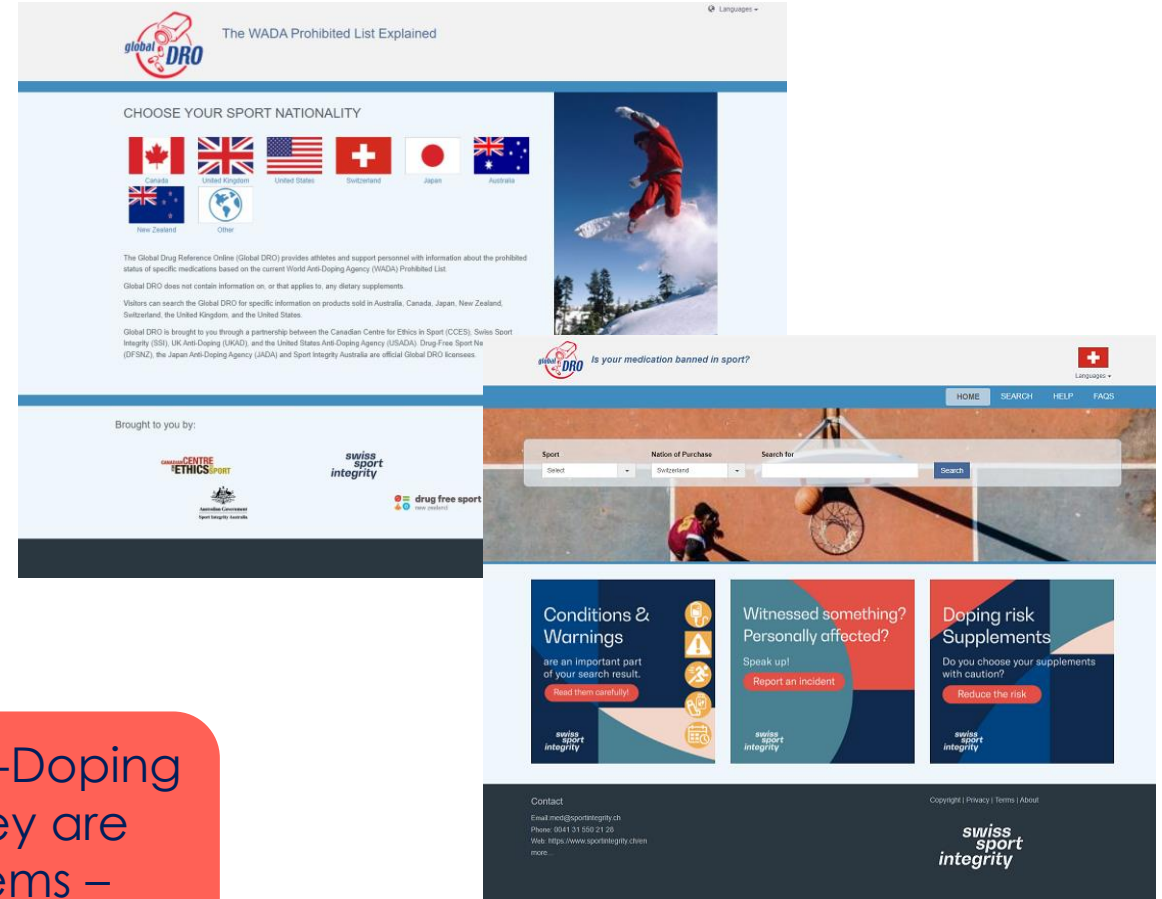
## WHAT IS THE POTENTIAL ANTI-DOPING ISSUE IN THIS SCENARIO?

- ✓ There is no issue, it is just an allergy medication.
- ✓ My allergies are affecting my training.
- ✓ Common medications to relieve allergy symptoms can contain ingredients prohibited in sport.

# CHECKING MEDICATIONS

- ✓ Ask your doctor or pharmacist
- ✓ Check with the National Anti-Doping Organisation
- ✓ Use reliable online resources such as GlobalDRO: [WWW.GLOBALDRO.COM](http://WWW.GLOBALDRO.COM)

It is important to note that under the World Anti-Doping Code, athletes are strictly liable, meaning they are ultimately responsible for what is in their systems – remember the principle of strict liability.





# THERAPEUTIC USE EXEMPTION

Athletes may have a medical issue that requires a medication or treatment that is on the Prohibited List.

If this is the case, they may be granted a

## **Therapeutic Use Exemption (TUE)**

which gives them permission to use it within the context of sports regulations.

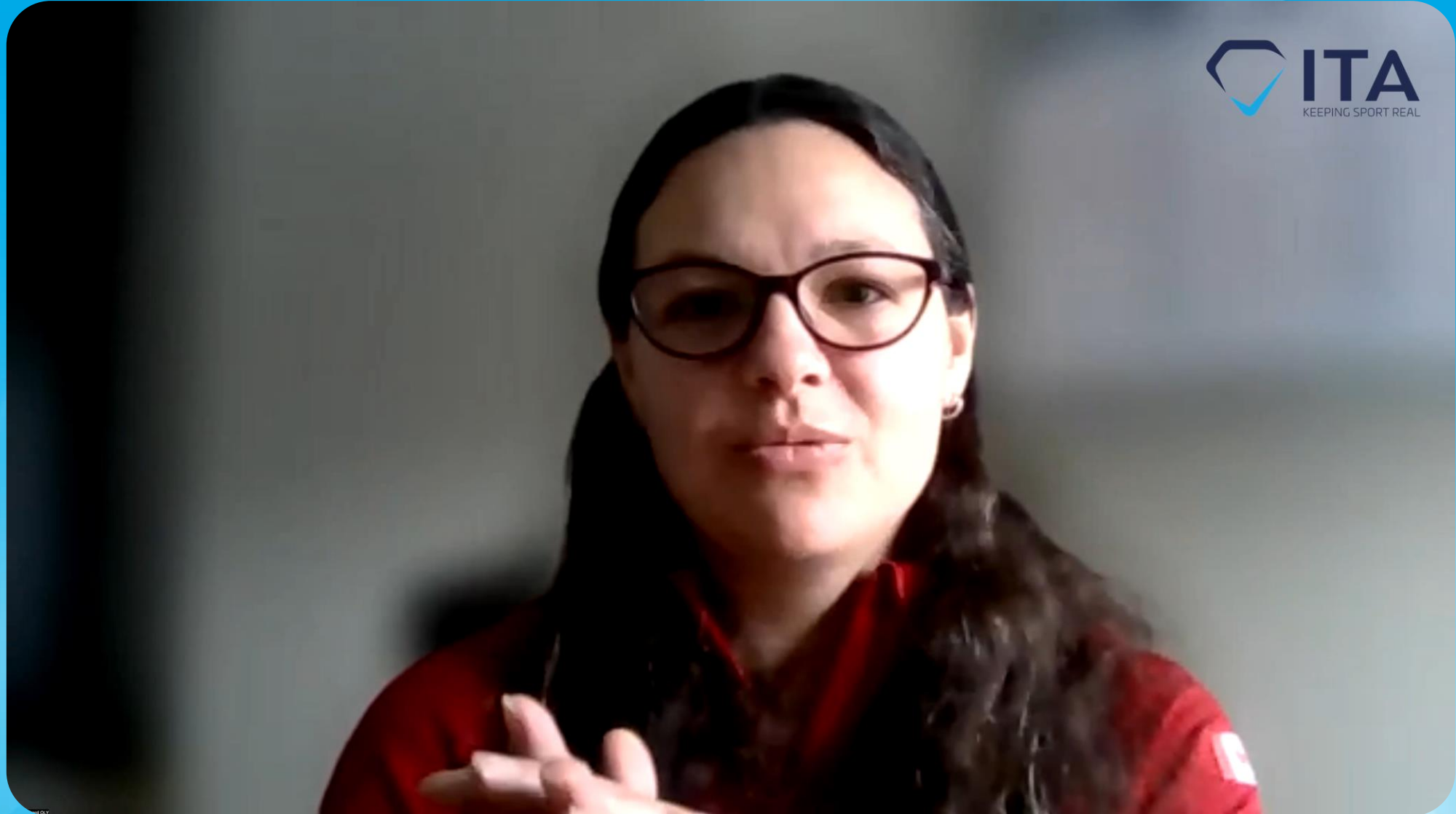
The TUE process **avoids the risk of sanctions** due to a positive test.

# SUMMARY

- ✓ Anti-Doping Rule Violations for the **presence of the prohibited substance**, which resulted in a sanction imposed on the athlete.
- ✓ Side effects of **anabolic agents are risky for athlete's health**.
- ✓ Important for **athletes to know how to check their medications, what a TUE is and how to apply for one if needed**.
- ✓ Important for **athletes to understand and know how to navigate the Prohibited List**.

**PROTECT YOUR ATHLETES,  
PROTECT YOUR SPORT**

# A MESSAGE FROM CHRISTINE GIRARD, OLY

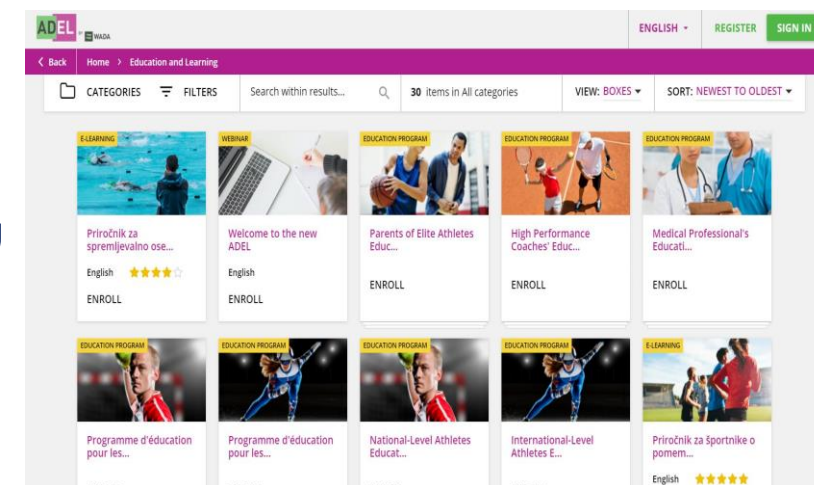


# WORKING WITH YOUR NADO

## LIST OF NADOs



- ✓ **NADOs** have the **responsibility** of **educating national-level athletes**.
- ✓ NADOs are an **important resource** for **National Federations**.
- ✓ **WADA's e-learning course, ADEL** has different athlete courses. If you need a particular language work with your NADO on the translation.



# INVESTMENT AND RESOURCES

# 2024 EDUCATION ACTIVITIES

Event	Location	Date
WA – Clean Sport Education Webinar for National Federations	Online (Zoom)	8 February
IF Webinar Series Edition #1	Online (Zoom)	9 April – 7 May

**SAVE THE DATES IN YOUR CALENDAR!  
IF WEBINAR SERIES EDITION #1**

- ❑ Webinar 1: Tuesday **9 April, 2-3 pm CEST**
- ❑ Webinar 2: Tuesday **16 April, 2-3 pm CEST**
- ❑ Webinar 3: Tuesday **23 April, 2-3 pm CEST**
- ❑ Webinar 4: Tuesday **30 April, 2-3 pm CEST**
- ❑ Webinar 5: Tuesday **7 May, 2-3 pm CEST**



# WA – CLEAN SPORT WEBPAGE



[WA Clean Sport webpage](#)

World Archery is committed to the fight against doping and keeping archery clean.

Although archery is not considered to have a problem with doping, World Archery and its national archery federations are active in educating athletes, campaigning for fair play and protecting the integrity of the sport.

World Archery is a signatory to the [World Anti-Doping Code](#) and its [list of prohibited substances](#) in and out of competition, which is updated by the World Anti-Doping Agency every year. In addition, alcohol remains a banned substance in the sport of archery. International archery's anti-doping rules are found in the *World Archery Rulebook*.

Athletes who take prescribed medications that contain substances on the prohibited list can apply for a **therapeutic use exemption**, which may authorise them to continue taking the medication while competing.

The International Testing Agency runs World Archery's anti-doping programme. The Court for Arbitration for Sport's anti-doping division handles the adjudication of any anti-doping rule violations in archery.

Athletes and officials should stay vigilant and report suspicious activity linked to doping through the International Testing Agency's [Reveal](#) platform.

# SUPPORT FROM THE ITA

## MONTHLY WEBINARS



Monthly webinar: What is doping - the 11 rules explained

International Testing Agency • 438 views • 5 months ago



Monthly webinar - Whereabouts

International Testing Agency • 322 views • 4 months ago



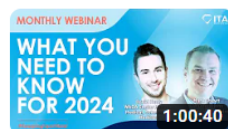
ITA webinar - Proactive reporting Doping in Sport: An athlete centric approach

International Testing Agency • 158 views • 3 months ago



ITA webinar - An Athlete's guide to Supplements: Best practices for informed decisions

International Testing Agency • 295 views • 2 months ago



ITA webinar - What you need to know for 2024

International Testing Agency • 233 views • 1 month ago



ITA webinar - Clean Sport for Youth Athletes

International Testing Agency • 50 views • 4 days ago

**SAVE THE DATE**  
**MAY MONTHLY WEBINAR**  
**Paris 2024 Anti-Doping Program**  
**Thursday 30 May**  
**2-3 pm CEST time**



# SUPPORT FROM THE ITA

## ITA ATHLETE HUB

### Athlete Hub

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#### TRAIN HARD. COMPETE CLEAN.

Being the first to the finish line is just part of what it takes. As an athlete, fair play and integrity are just as important as muscle strength, skills or speed.

We know that your reputation matters as much as your sporting achievements. Competing clean is a priority, and we are here to work alongside you to help you navigate all the complexities related to anti-doping.

The ITA Athlete Hub helps you understand your rights and responsibilities, supports you with important administrative tasks such as submitting a TUE or a retirement form, and gives you access to a comprehensive collection of resources. Check in with our posts and [subscribe to our newsletter](#) to keep up to date with the latest on anti-doping news and developments from our Education Team.

#### RESOURCES AND SUPPORT

Scroll down to find collections of resources that support you throughout your clean sport career – we regularly update them in order to provide you with the best information available.

Can't find what you're looking for? You can use the form at the bottom of this page to send us your questions and we'll get in touch with you as soon as we can.

REVEAL INFORMATION



TUE ASSISTANT



ATHLETE FAQ



CHECK YOUR MEDICATION



CHECK YOUR SUPPLEMENTS



ACCESS ADAMS



ITA TUTORIALS - ADAMS



PROHIBITED LIST









# HOW TO CONTINUE YOUR CLEAN SPORT EDUCATION?

## Anti-Doping Education and Learning (ADEL)







**Athlete's Education / Éducation pour les sportifs / Programas para deportistas**  
Contains all the education programs for athletes of all levels / Contient tous les programmes d'éducation pour les sportifs de tout niveau / Contiene todos los programas educativos...

1/4 < >

 <b>Athlete and Athlete Support Personnel Guide to the List 2023 (English)</b> ★ 5.0 E-Learning	 <b>Guide pour les sportifs et le personnel d'encadrement du sport...</b> ★ 5.0 E-Learning	 <b>Kaj morajo športniki in spremljevalno osebje vedeti o Listi...</b> ★ 5.0 E-Learning	 <b>Guía para los deportistas y el personal de apoyo al deportista sobre la Lista...</b> ★ 5.0 E-Learning	 <b>ADEL for Registered Testing Pool Athletes (English)</b> ★ 5.0 E-Learning	 <b>ADEL pour les sportifs du groupe cible soumis aux contrôles (français)</b> ★ 5.0 E-Learning
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**Athlete Support Personnel's Education / Éducation pour le personnel d'encadrement / Programas para el personal de apoyo a los...**  
Contains education programs targeting Athlete Support Personnel (ASP), including coaches, medical professionals, parents / Contient des programmes de formation ciblant le...

1/4 < >

 <b>Coaches of High Performance Education Program (English)</b> 2 courses Education Program	 <b>Programme d'éducation pour les entraîneurs de haute performance...</b> 2 courses Education Program	 <b>Programa de educación para entrenadores de alto rendimiento (Español)</b> 2 courses Education Program	 <b>Обучителна програма за треньори на елитни състезатели (COA_BUL)</b> 2 courses Education Program	 <b>ADEL za Trenerne Visokih Performansi (HRVATSKI)</b> 2 courses Education Program	 <b>Vzdělávací program pro trenéry (COA_Czech)</b> 2 courses Education Program
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**Major Events Education / Éducation pour les grandes manifestations / Programas de educación para grandes eventos**  
Contains courses relevant to Major Events such as the Olympic Games and Paralympic Games / Contient des cours pertinents pour les grandes manifestations telles que les Jeux...

1/3 < >

 <b>ADEL para los Juegos Olímpicos de París 2024 (Español)</b> ★ 4.0 E-Learning	 <b>ADEL pour les Jeux olympiques de Paris 2024 (français)</b> ★ 5.0 E-Learning	 <b>ADEL for Paris 2024 Olympics (English)</b> ★ 5.0 E-Learning	 <b>Deportistas talentosos compitiendo en grandes eventos (Español)</b> ★ 5.0 E-Learning	 <b>Jeunes talents participant à de grandes manifestations (français)</b> ★ 5.0 E-Learning	 <b>Talented athletes competing at major events</b> ★ 5.0 E-Learning
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**TEST YOUR KNOWLEDGE ON TODAY'S SESSION!**  
**TAKE OUR QUIZ!**





# RESOURCES

## ANTI-DOPING ECOSYSTEM

[WADA](#)

[The Code](#)

[The Prohibited List](#)

[International Standards](#)

[National Anti-Doping Organizations \(NADOs\)](#)

[List of Code Signatories](#)

[Athletes Anti Doping Rights Act](#)

[CAS website](#)

[WADA-accredited laboratories](#)

[IOC - Fight against doping](#)

[IOC - Athlete365](#)

[List of National Olympic Committees](#)

## WA

[WA Clean Sport webpage](#)

## ITA

[Athlete Hub - Anti-doping information for athletes](#)

[YouTube Channel](#)

[Checking your medication - a guide for athletes](#)

[Therapeutic Use Exemptions](#)

[TUE Assistant](#)

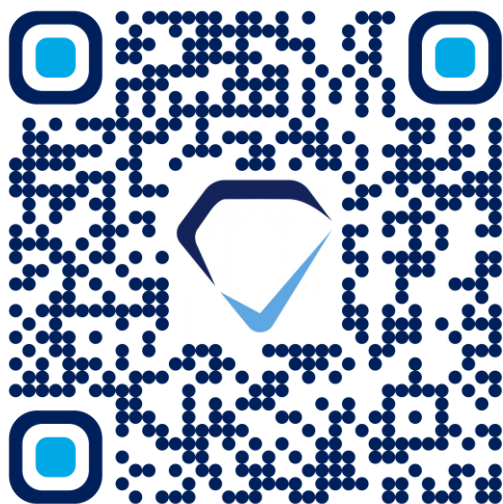
# Q&A



# MORE QUESTIONS?

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Subscribe here to receive information about upcoming webinars and the latest ITA News.



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