

# An introduction to the anti-doping system

Our aim is to guide you through the main parts of the anti-doping system such as:

- The World Anti-Doping Code (Code)
- The role of WADA and other organizations that are part of the anti-doping system
- How the anti-doping system protects you, your health and clean sport

## Lesson 1

### What to expect from this module

By the end of this module you should be able to:

1. Explain what the Code is and how it protects you, your health and clean sport.
2. Identify the roles and responsibilities of the World Anti-Doping Agency (WADA) and the different types of Anti-Doping Organizations (ADOs).
3. List the anti-doping activities under the Code.
4. Explain how anti-doping practices and requirements are values-based.

The anti-doping system is truly global.  
It exists to protect the health of athletes and the values of clean sport

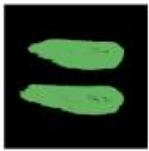
The efforts of the clean sport community include implementing anti-doping programs and activities to help keep sport clean

And those anti-doping programs are harmonized through one World Anti-Doping Code (Code). This sets out the rules and regulations that everyone worldwide needs to follow

## Lesson 2

# The World Anti-Doping Agency

The World Anti-Doping Agency (WADA) is the global regulator for anti-doping.



WORLD  
ANTI-DOPING  
AGENCY

So, what does WADA stand for and why do we exist?

WADA's vision is “a world where all athletes can participate in a doping-free sporting environment” .

WADA's mission is “to lead a collaborative worldwide movement for doping-free sport.”

Our values are important to us – here's what they are.

- Integrity
- Openness
- Excellence

Here's a bit more about WADA.

### **Funding**

WADA is jointly funded by the sports movement and Governments from around the world and its annual budget is about \$28 million dollars.

### **Location**

WADA's headquarters are based in Montreal, Canada and it has 4 regional offices located in; Latin America, Africa, Asia and Europe.

### **WADA staff**

WADA has over 140 employees

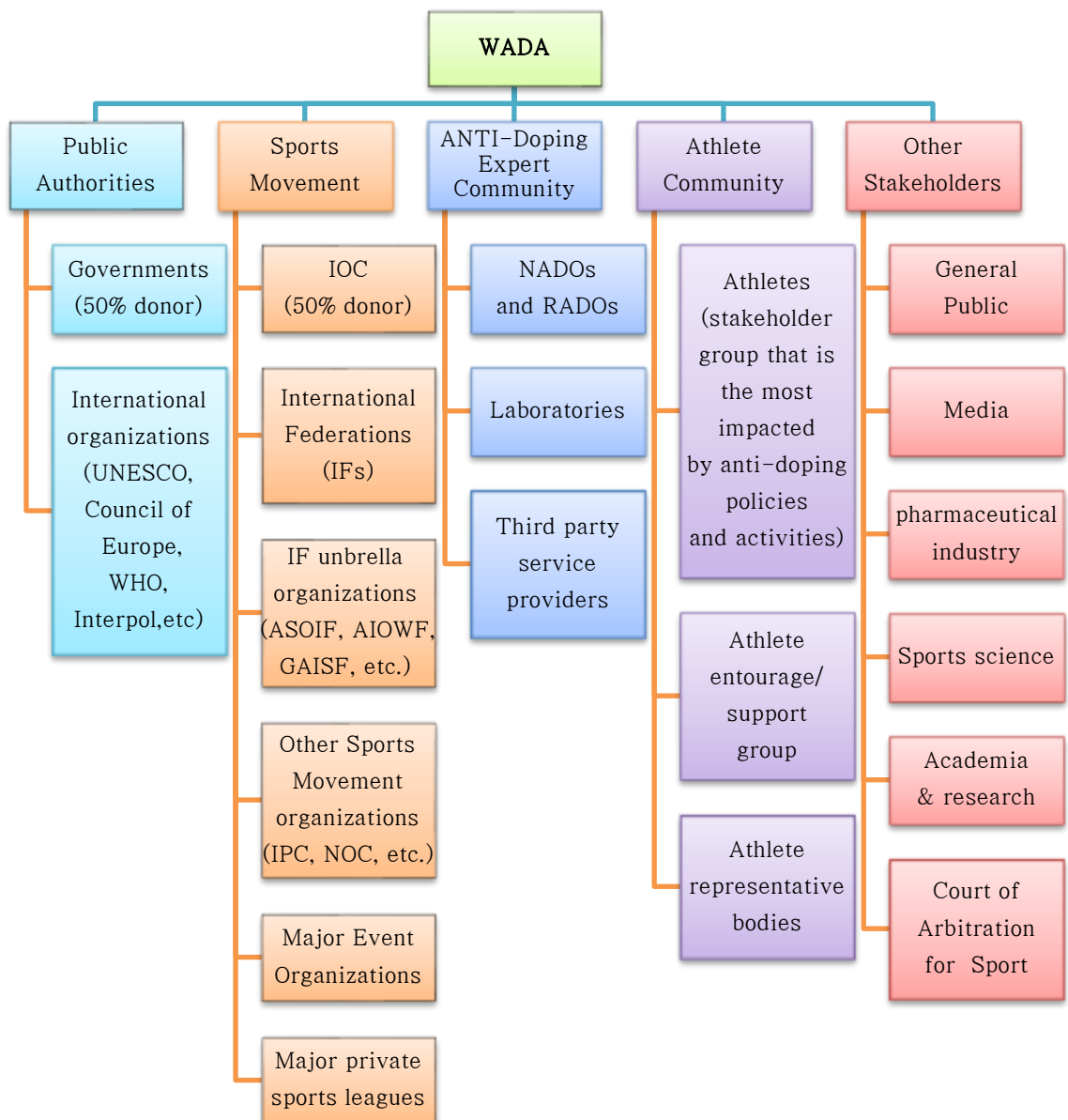
### **Governance**

WADA is governed by an Executive Committee and a Foundation Board

### **Standing Committees**

WADA has special Committees that help support the anti-doping system, this includes an Athlete Committee

WADA is dedicated to protecting clean sport and athletes worldwide. We do this together with the clean sport community.



WADA has two core roles:

1. To regulate Anti-Doping Organizations (ADOs)
2. To enable the development of the anti-doping system and programs

And WADA's focus for 2020 to 2024 is shared in its strategic plan through 6 core aims.



### LEAD

Lead by example by taking bold steps to proactively tackle emerging issues with agility and innovative solutions across all facets of anti-doping



### GROW IMPACT

Expand the reach and impact of anti-doping programs by enhancing capacity building and knowledge sharing between ADOs and empowering local program delivery



### BE ATHLETE-CENTERED

Engage and empower athletes to contribute to the development of anti-doping policies; and, increase the contribution that our programs deliver for athletes and their entourage/support group so that they can build a healthy and sustainable career in sports



### COLLABORATE & UNITE

Engage and collaborate with everyone involved in anti-doping, in particular with the Sports Movement and public authorities, to increase support, unity and coherence in everyone's efforts



### BE VISIBLE

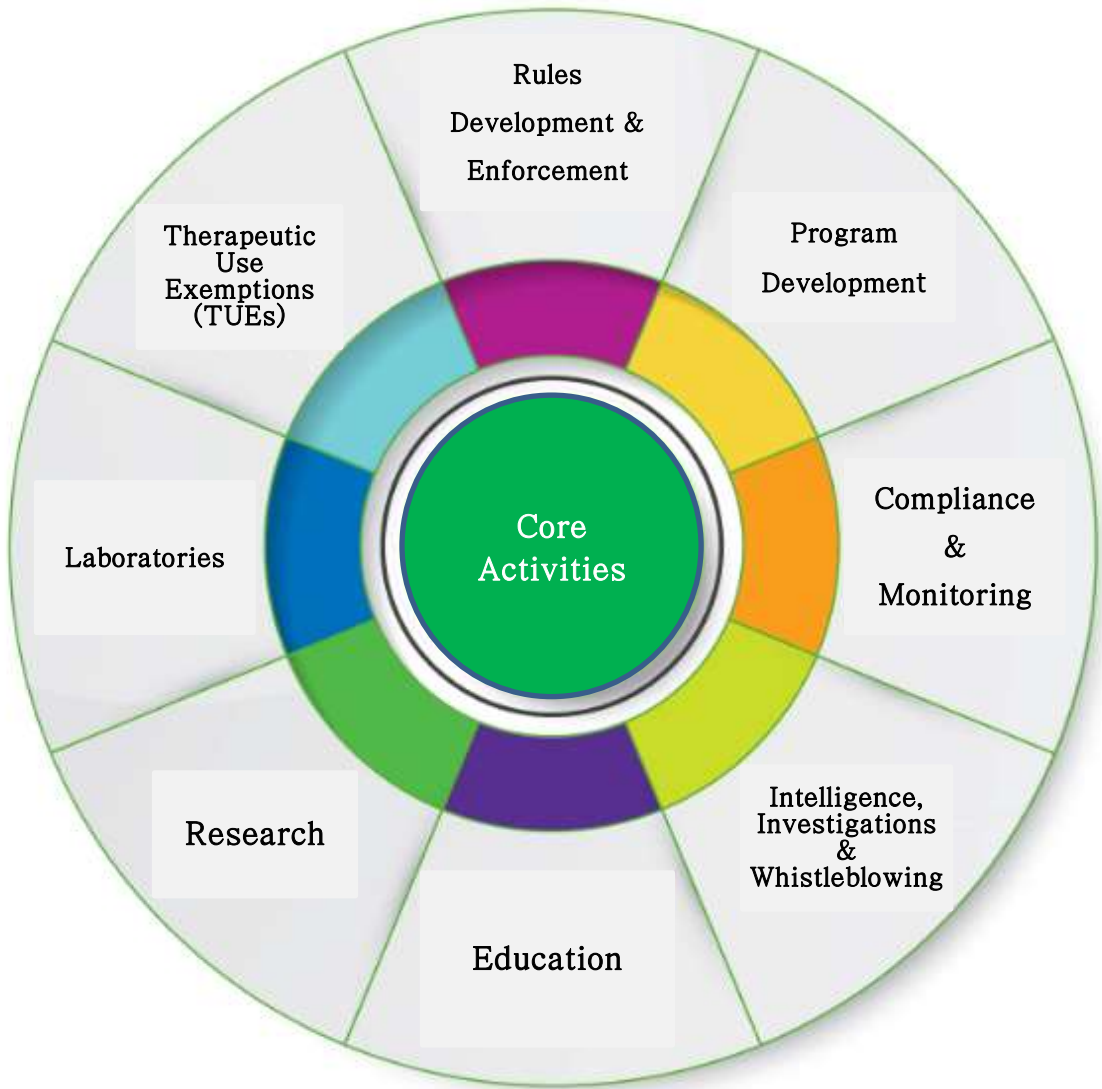
Raise awareness and shape a proactive narrative that will demonstrate the positive impact of doping-free sport WADA's role



### PERFORM

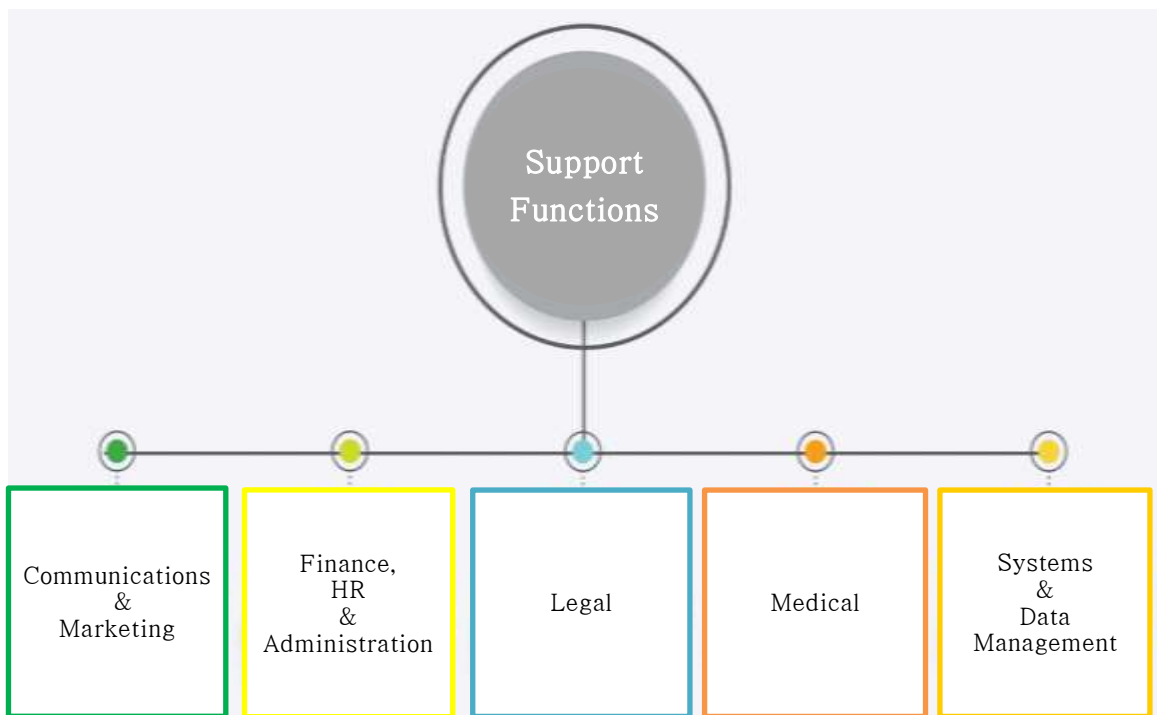
Provide greater value to our beneficiaries, stakeholders and donors by reducing operational complexities and maximizing impact and cost-effectiveness

To achieve these aims, WADA does lots of things to support the anti-doping system. Have a look below.



And we' re supported by a team of people who help us do our work.





One of WADA's core responsibilities is to monitor compliance with the [World Anti-Doping Code \(Code\)](#).

## Lesson 3

# The World Anti-Doping Code

## The Code



The Code is the core regulatory document that governs the anti-doping system. It is globally recognized and ensures that anti-doping rules and programs are implemented consistently across the world. The fundamental rationale for the Code is to protect an athlete's health.

Here are some key points about the Code:

Who created the code?

- It was created in collaboration with the sport community, Governments of the world and Anti-Doping Organizations (ADOs) to protect you, your health and clean sport.

Who accepts the code?

- The Code is accepted by the entire Olympic Movement as well as by various sport bodies such as National Olympic Committees (NOCs) and National Anti-Doping Organizations (NADOs) across the world.

Who recognizes the code?

- The Code is recognized by more than 185 governments from around the world. Governments cannot sign up to the Code, but they demonstrate their commitment to anti-doping and the Code through the UNESCO Anti-Doping Convention (The international Convention against Doping in Sport).

So, both **governments** and **sport bodies** are committed to protecting clean sport!

### What is a Code Signatory?

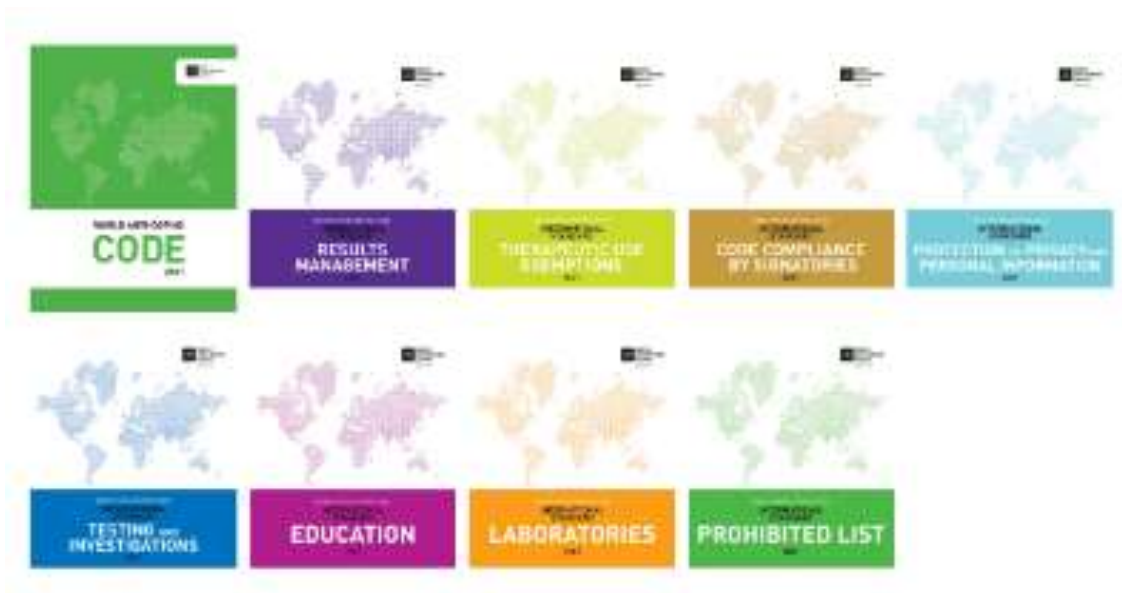
Anti-Doping Organizations (ADOs) that have signed up to the Code are called Signatories.

When a Signatory accepts the Code, its anti-doping programs and rules need to align with the Code-WADA checks that they do

And, those **anti-doping rules** matter. It is important that you are aware of the ones that **apply to you**.

The anti-doping rules of each Signatory must be approved by WADA to ensure they align with the Code.

Lastly, it is not just the Code.

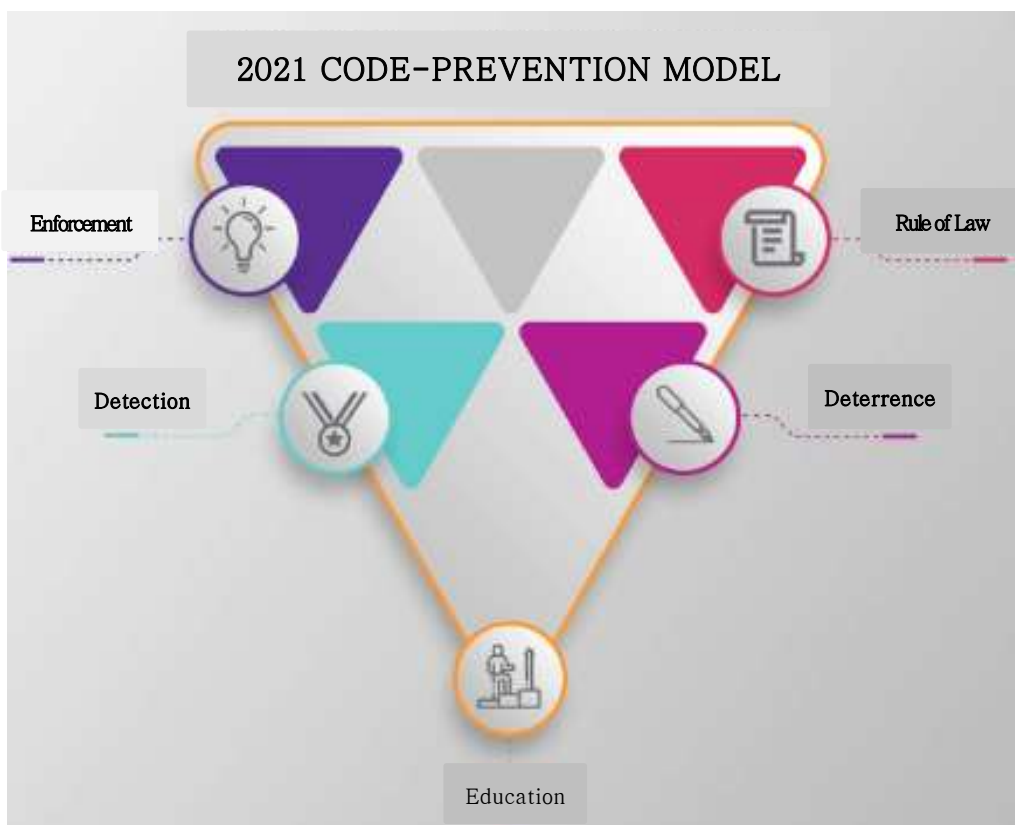


The Code is supported by 8 International Standards – these set out the technical procedures that need to be followed by Anti-Doping Organizations (ADOs), so they are consistent worldwide.

## Why is the Code important?

The Code is important because it harmonizes all the anti-doping rules, across all sports and all countries.

It is also important as it reinforces the principle of prevention through the following core activities:



- Education
- Deterrence
- Detection
- Prosecution and the rule of law

The Code is important for you as athlete because it...

- Protects your fundamental right to participate in clean sport.
- Promotes and protects the health, fairness and equal opportunity for you and athletes worldwide.

It is important that you are aware of the main elements within the Code as all of the anti-doping activities that you are part of, such as taking this course (education), testing, and providing Whereabouts information, come from what is written in the Code.

What does the Code say?



The Code sets out the anti-doping rules and regulations that must be followed. It is organized in Articles (a bit like chapters in a book) and they cover topics such as Anti-Doping Rule Violations (ADRVs), Sanctions, Roles and Responsibilities as examples.

The Code also defines who it applies to. As an overview "athletes", "Athlete Support Personnel (ASP)" (like your coach, or sport physician) and other "persons" (such as those who work in sport) can be under the jurisdiction of the Code.

There are different levels or types of athletes highlighted in the Code. These are:

- ❶ International-level athletes
- ❷ National-level athletes
- ❸ Recreational athletes

### Which one do you think you are?

Your National Anti-Doping Organization (NADO) and International Federation (IF) will have specific definitions for each of these types of athletes, so check with them if you are unsure.

You need to know which type of athlete you are because the anti-doping responsibilities you have, as well as how the rules and procedures are applied, may be different. For example:

- Who should provide your anti-doping education?
- Which anti-doping rules are you bound by?
- Which ADO do you need to apply to for a Therapeutic Use Exemption (TUE)?
- Are there required modifications to the testing process because you are a minor?
- Do you need to submit Whereabouts and if you do, to which organization?

For now, just **remember** that you need to **check** with your NADO and/or IF which **type of athlete** you are.

## Anti-doping activities under the Code

The Code also defines the anti-doping activities that ADOs are required to implement to protect clean sport.

Providing education

The Code says that ADOs must deliver education, such as workshops on anti-doping, online courses, etc.

Testing

The Code says that ADOs need to test athletes in- and out-of-competition.

Administer a  
Registered Testing  
Pool (RTP)

The Code says that ADOs need to pick a group of high priority athletes to focus their testing on.

Gathering  
intelligence and  
conducting  
investigations

The Code says ADOs need to collect information and investigate cases that could possibly lead to Anti-Doping Rule Violations(ADRVs)

Handing TUE  
applications

The Code says ADOs need to manage a TUE process, receiving applications and deciding whether to approve them or not.

Conducting results  
management

The Code says ADOs need to deal with cases and conduct results management (prosecuting a case) when an Anti-Doping Rule Violation (ADRV) occurs.

Monitoring and  
enforcing  
compliance with the

The Code says ADOs need to make sure they are following the requirements set in the Code.



## Values and the Code

Remember these values from your "Welcome to clean sport!" module?



All these **values** are supported by the anti-doping activities and requirements listed in the Code. For example, education supports the value of **character and education**, TUE applications support the value of health and testing supports the value of **fair play** and **honesty**.

These anti-doping activities are part of the role of ADOs, which are also outlined in the Code.

## Organizations within the anti-doping system and their roles

The anti-doping system is made up of many different organizations. Here are a few:

|             |  |
|-------------|--|
| WADA        | <ul style="list-style-type: none"><li>•Responsible for monitoring anti-doping activities worldwide to ensure compliance with the Code and the International Standards.</li><li>•In charge of publishing the List, which identifies the substances and methods prohibited in sport.</li><li>•Responsible of promoting anti-doping education and research.</li></ul>   |
| IFs         | <ul style="list-style-type: none"><li>•Responsible for anti-doping in their sport.</li><li>•They determine the anti-doping rules for their sport and develop anti-doping programs(education, testing, TUE processes, investigations and results management, etc).</li><li>•IFs manage an RTP for international-level athletes within their sport.</li><li>•Some IFs delegate their anti-doping programs to an organization called the International Testing Agency(ITA).</li></ul> |
| NADOs       | <ul style="list-style-type: none"><li>•Responsible for anti-doping at the national level.</li><li>•They determine the anti-doping rules for sports and athletes in their country and develop anti-doping programs(education, testing, TUE processes, investigations and results management, etc)at the national level.</li><li>•Responsible for conducting results management for anti-doping rule violations at a national level.</li></ul>                                       |
| IOC and IPC | <ul style="list-style-type: none"><li>•The IOC and IPC are in charge of anti-doping during the Olympic and Paralympic Games respectively.</li><li>•They are in charge of implementing Games-time anti-doping rules, education, managing TUEs during the Games, testing, and also results management.</li></ul>   |

## NOCs and NPCs

- In countries where there is no established NADO, the NOCs are responsible for anti-doping activities in their country.

## RADOs

- RADOs support NADOs and NOCs acting as NACOs within a given region (like the Caribbean or South-East Asia) with funding, training and ongoing technical anti-doping assistance.
- Some RADOs manage the education and testing programs for the applicable countries from the region too.

## MEOs

- MEOs are responsible for anti-doping during Major Events.
- Examples of these organizations are: Commonwealth Games Federation, European Olympic Committee, and the Olympic Council of Asia.

## Governments

- Governments support anti-doping by signing the UNESCO Anti-Doping convention.
- They have the responsibility to have an independent NADO and to promote information sharing between public authorities and the NADO, amongst other things.

## WADA- accredited laboratories

- WADA-accredited labs are responsible for analyzing urine and blood samples after testing. So, WADA does not analyze samples themselves, instead they accredit and monitor certain labs around the world to do it.

## CAS

- Is an independent institution that provides services to facilitate the settlement of sports related disputes.
- CAS is the final court of appeal for international-level athletes. Athlete Support Personnel (ASP) and ADO declared to have committed an ADRV. WADA can also appeal cases to CAS, for any level of athlete involve.

## ITA

- International organization that offers anti-doping services to IFs, Major Event Organizers(MEOs) and other ADOs requesting services.
- ADOs may delegate to the ITA some of its activities such as planning education, testing(in and out of competition), and managing Therapeutic Use Exemptions(TUEs).
- The ITA is a third-party service provider.

Many other organizations support global clean sport efforts through their work, such as, by conducting research, helping to educate athletes or supporting the funding or governance of ADOs.

## How do ADOs connect to you?

That depends...

If you are a national-level athlete

- You will have a NADO or an NOC who is in charge of educating and testing you. They also manage the TUE process for national-level athletes and conduct investigations.

If you are an international-level athlete

- Your IF is in charge of educating and testing you. Some IFs have delegated their anti-doping activities to the International Testing Agency(ITA).

If you get selected to represent your country at the Olympic or Paralympic Games

- The IOC and IPC will be in charge of education, testing, TUEs and results management during the Games. The IOC sets the anti-doping program and activities to the ITA too!

If you compete in a Major Event

- The MEO will be in charge of education, testing, TUEs and results management during the Major Event.

## Lesson 4

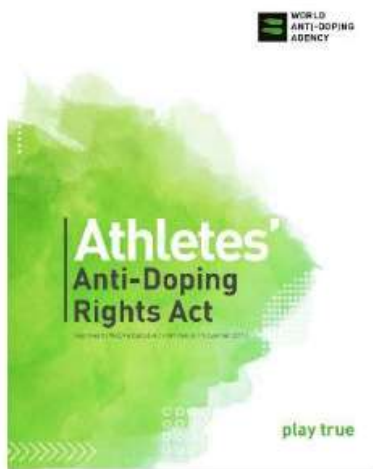
# Athlete's rights and responsibilities under the Code

As an athlete, you have **roles and responsibilities** that are outlined in the Code.

The Code defines your function in the anti-doping system. That is, the part you need to play in the protection of clean sport.

**As well as your roles and responsibilities you also have **rights** within the anti-doping system.**

Your rights have been summarized in the "[Athletes' Anti-Doping Rights Act.](#)"



The Athletes' Anti-Doping Rights Act (Act) was developed by WADA's Athlete Committee in consultation with thousands of athletes and stakeholders worldwide.

The Act aims to ensure that the rights of all athletes worldwide to participate in doping-free sport are clearly set out, accessible and universally applicable.

You will learn more about your rights as you work through your education program.