

TOGETHER

for clean sport



A guide for:
Athletes, Coaches, Parents

antidoping.ch

WHY ANTI-DOPING?

The basic concept is **to protect clean athletes**. By using prohibited substances and methods, doping athletes not only damage their own health but also gain an unauthorized competitive advantage. In short, they are cheating.

What, exactly, is meant by “doping”?

Among the wider public, doping is often understood to be the use of prohibited substances and methods. For athletes, it is important to understand that the Swiss Olympic Doping Statute also covers a variety of other offenses.

To whom do the anti-doping rules apply?

The anti-doping provisions apply to all athletes who are license-holders or members of an association or federation affiliated with Swiss Olympic. It is important that athletes at all competition levels know their rights and obligations along with behavioral tips. Numerous rules also apply to the support personnel.

Who establishes the anti-doping rules?

The rules governing clean sport are established by the World Anti-Doping Agency (WADA). The Anti-doping Switzerland Foundation, as an independent center of excellence, is responsible for ensuring that the regulations are enforced in Swiss sport.



Do the anti-doping rules apply to you?

Find out here:

www.antidoping.ch/en/rightsandobligations



What are the consequences of doping?



Legal

Any violations of the Swiss Olympic Doping Statute are punished by disqualification, fines, and/or a suspension from sport for two to four years. The Swiss Federal Sports Promotion Act also includes penalty clauses, which can result in prison sentences in the case of certain offenses.



Health

Numerous prohibited substances and methods are hugely harmful and often irrevocably damage health. Severe psychological side-effects are also possible in addition to physical consequences.



Financial

Sanctions against an individual often result in financial problems (cessation or repayment of financial support and prize money) and difficulties in the employment market.



Social

A loss of respect and reputation among family, friends, employers, or school colleagues may also trigger social isolation.

In order to ensure equal opportunities and fair, doping-free sport, there is no way around **doping controls**. Although you may find them unpleasant from time to time, the anti-doping control system is in the best interests of all honest athletes, because doping controls give you the opportunity to show that you are a clean and fair athlete. They also allow you to preserve the credibility of your sport.

Who can be tested?

All athletes who hold a license or membership of a club or federation affiliated with Swiss Olympic may be subject to testing at any time. This also applies to athletes participating in competitions held by such organizations. This means that all of these athletes may be selected for testing at any time.

There is no minimum age for doping controls, meaning that athletes who are still minors may also be tested, albeit subject to special protective measures owing to their age.

When are the doping controls conducted?

There is no limitation in times for conducting doping controls and they may be scheduled early in the morning or at night. Where timing is concerned, a distinction is made between “in-competition” and “out-of-competition”.

Where are the doping controls conducted?

Tests are conducted unannounced and may be conducted anywhere: at the competition venue, at home, at the training venue, at the workplace, or at school. Anything is possible.

What should I not forget during a doping control?



Notification and Identification

- Both doping control officers and athletes must identify themselves.
- Refusal or failure to undergo the doping control procedure is considered a violation.



Waiting and Testing Areas

- You may be accompanied by a person of trust.
- You will be supervised at all times.



Sample Collection

- Urine and blood samples are subject to visual monitoring.
- The doping control officer collecting the urine sample should be of the same gender as you.



Concluding the Testing

- Check all details on the Doping Control Form.
- Report any irregularities in the doping control procedure.



Discover the control procedure in detail.
You can find a video and more information here:
www.antidoping.ch/en/procedure

Clean athletes and sport as a whole should be protected at all times. Certain rules of play are required: the **Anti-Doping Rules**. Swiss Olympic establishes the actions that violate the principles of clean sport in its Doping Statute.

What is “Strict Liability”?

All athletes bear **sole responsibility** for any substances found in their doping samples. This requires athletes to take on a high degree of personal responsibility.

What are prohibited substances and methods?

All substances and methods that are listed on the Prohibited List are prohibited.

They are divided into three categories:

- Substances and methods that are prohibited at all times (in- and out-of-competition), for example, anabolic steroids, hormones, blood doping, or gene doping;
- Substances that are prohibited only in competition, for example, stimulants, cannabis, or narcotics;
- Substances that are prohibited in particular sports, for example, beta-blockers.

Why is the Prohibited List updated?

The Prohibited List is published on an annual basis by the World Anti-Doping Agency (WADA) and enters into force on January 1 of the new year. WADA is constantly reacting to new substances and methods that can be abused in sport.



Are you aware of the current Prohibited List?
Staying informed is your duty:

www.antidoping.ch/en/prohibitedlist

What is considered a violation?



Adverse Analytical Finding



Use



Refusal to Submit a Sample



Whereabouts Failure



Tampering

Possession



Trafficking



Administration



Complicity



Prohibited Association



Obstruction of Whistleblowing



Follow the link to remain up-to-date to ensure that you do not unintentionally breach the Anti-Doping Rules.

www.antidoping.ch/en/statute

Athletes, like all others, may **fall sick or sustain an injury**. Anti-doping rules also apply in such cases. Therefore, take note of the following key points to avoid an unintentional violation of these rules.

What is prohibited?

Medication may be prohibited according to the Prohibited List. Products, which appear at first glance to have no performance-enhancing effect may, in fact, contain prohibited substances or be administered as a prohibited method.

This also includes medications that are available over the counter (without prescription) in pharmacies and drug stores, such as certain cold and flu medications.

How can I check medications?

The medication inquiry service Global DRO is a simple tool for checking the prohibited status of medication. It is the responsibility of each and every athlete to check regularly that the substances and methods they use are not prohibited in sport.

Can a prohibited medication be used in case of sickness?

There are situations in which athletes need to take a prohibited substance or use a prohibited method, as specified by the Prohibited List, for health reasons. The anti-doping rules, therefore, stipulate therapeutic use exemptions (TUE).



Find out here whether a TUE application must be submitted:

www.antidoping.ch/en/tue



Sick or injured –
what do I have to do?



I tell

I must tell my physician or pharmacist that I am subject to the Swiss Olympic Doping Statute.



I check

I must check my medication with the Medication Inquiry Service.
In the case of prohibited medication, I must check for potential alternative treatments and use these permitted treatments instead.



I ask

In the case of any uncertainty, I must contact
med@antidoping.ch.



Before using a medication, always check for yourself whether or not it is permitted.

www.antidoping.ch/en/medications

Nutritional supplements present a doping risk as they may be contaminated with prohibited substances. This risk can never be ruled out completely. Athletes bear full responsibility for samples reporting a positive test due to prohibited substances contained in nutritional supplements they have taken.

What are the risks?

There have been several cases in the past in which athletes were suspended from sport because of supplements such as muscle growth products or fat burners, contaminated with prohibited substances. It can be assumed that 5 to 20% of products worldwide are contaminated with substances prohibited according to the Prohibited List.

How can I avoid the risks?

The only way to avoid the risk of contaminated nutritional supplements completely is to avoid using these products. Unlike medication, Swissmedic does not approve nutritional supplements. Anti-doping Switzerland would therefore never classify any nutritional supplement as risk-free or safe.

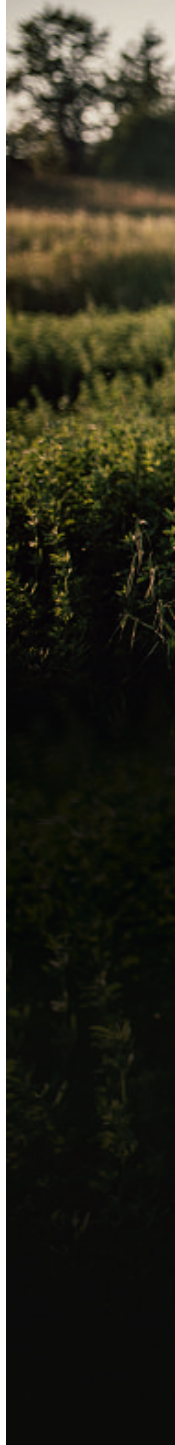
What are the recommendations?

Healthy basic diet

Athletic performance is rooted in a healthy basic diet. It may make sense to adapt calorie levels depending on the sport or to select specific foods to ensure an optimum supply of energy and nutrients.

Identification of need by a specialist

Athletes should only consume nutritional supplements if an individual and personal need has been identified by an independent specialist. If you have any questions concerning sports nutrition, do not hesitate to contact the Swiss Sports Nutrition Society SSNS: www.ssns.ch.



How can I reduce the risks?



I check

- I only consume nutritional supplements if my individual and personal need has been identified by an independent specialist.



I choose carefully

- I favor the use of products of reliable Swiss manufacturers.
- I select products that are intended for competitive sport.
- I do not purchase products from unknown manufacturers or order from abroad.



I verify

- With **Certification Programs**, I can further reduce the doping risk, although it does not eliminate it entirely (e.g. Cologne List – www.koelnerliste.com).



Do you choose your supplements with caution?

Find out more about the precautions:

www.antidoping.ch/en/supplements

As a coach, you will play a key role in preventing doping. In addition to serving as a role model, it is your task to convey the most important rules and tips regarding fairness, equality, and clean sport to athletes.

How can I provide support as a coach?

- Train
- Advise
- Recall

Athletes learn about sport-specific rules and tactics from their coaches. It is the responsibility of the coaches to explain regulations such as the anti-doping provisions. Familiarize yourself with these regulations and communicate the most important rules and tips. Stay informed so that you can provide support and advice in case of any uncertainties. It is often essential to go over the most important details again on a regular basis.

What are the risk situations?



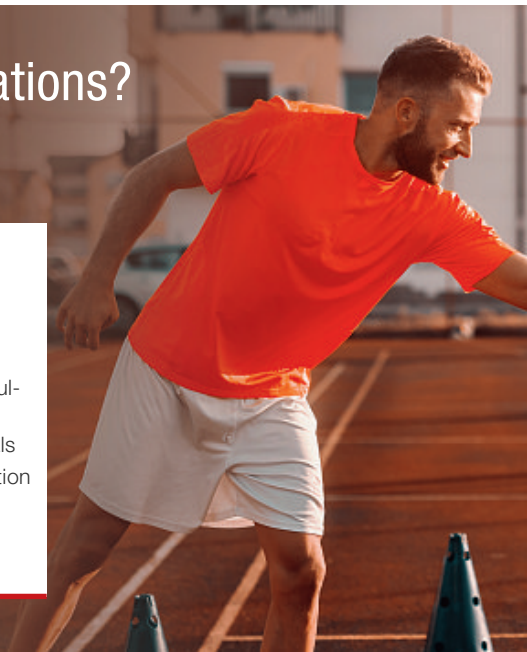
Sporting Crisis

- Injury and sickness
- Failures
- Stagnation of performance



Sporting Environment

- Character and culture of the sport
- Contract renewals
- Upcoming selection processes



As a mother/father, you know your child best. When it comes to making important decisions and tackling sporting and personal crises, your child will need the support of people they trust and with whom they can talk openly. As a mother/father, you can support your child in all kinds of ways and help them develop a strong personality.

How does a doping mentality develop?

A doping mentality means that someone believes that the use of certain substances, miracle cures, or medications can boost their performance or mental strength. If young athletes become accustomed to consuming glucose or energy drinks, for example, they may develop a subconscious psychological dependence.

How can I prevent a doping mentality?

In addition to practicing positive values, a healthy lifestyle compatible with sport also sets a good example. As a point of reference for your child, you can follow and encourage a healthy diet and a measured approach to nutritional supplements, energy drinks, and medication.



Seek a discussion with the athlete concerned and offer your support:

www.antidoping.ch/en/support



Personal Crisis

- Personality traits (low self-esteem, impatience)
- Relationship problems
- Financial difficulties
- Academic or professional problems



Personal Environment

- Doping mentality
- Acceptance of unfair behaviors
- Trivialization of consequences

Want to protect clean sport? We want to support your commitment. The Antidoping Switzerland online platform provides practical recommendations and the latest information concerning anti-doping.

Together with you, we are committed to clean sport.

www.antidoping.ch

Consult the Antidoping Switzerland website for further information, the latest regulations, and lists, as well as practical tips relating to the subject of anti-doping.

E-learning offers

Expand your anti-doping expertise with e-learning platforms, videos, and additional online teaching materials for athletes, coaches, physicians, and anyone seeking to protect clean sport.

Free mobile app

Download the app for iOS and Android and discover the simplest way of independently checking the doping status of your medication.

Education offers

Make use of the Antidoping Switzerland workshops and presentations and benefit from personalized content to leave a lasting impression.



Stay informed and keep up-to-date.

www.antidoping.ch/en/education

How can I protect clean sport?



I have a clear position

I think about how I want to achieve my goals and success and say “No” to shortcuts or cheating. I do not tolerate doping in my environment.



I take a stand

Clean athletes are committed to fairness and take a stand publicly in favor of #cleansport #TogetherForCleanSport.



I pass on insider information

Any kind of indication concerning possible anti-doping rule violations can be of great relevance. Your confidential information may be a decisive contribution to protect clean sport.



Stand up for clean sport!

www.antidoping.ch/en/report-suspicion



#TogetherForCleanSport

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