












Key information summarised for athletes



The rules of clean sport

11 Anti-Doping Rule Violations

-  Adverse Analytical Finding
-  Use
-  Refusal to Submit a Sample
-  Whereabouts Failure
-  Tampering
-  Possession
-  Trafficking
-  Administration
-  Complicity
-  Prohibited Association
-  Obstruction of Whistleblowing



The consequences of doping

Legal
Sanction and suspension in sports, fines, penal consequences

Health
Physical and mental changes, serious health problems

Financial
Cessation or repayment of financial support and prize money, difficulties in the employment market

Social
Loss of reputation and respect among family, friends, employers and schools/colleges; social isolation



Athletes bear sole responsibility

According to the principle of „**Strict Liability**“, I am solely responsible at all times for ensuring that nothing that is prohibited enters my body. This concerns, amongst others: medications, foods, supplements and plant-based substances.

Three useful actions:

I **tell** those around me as well as my physician or pharmacist that I am subject to the Swiss Olympic Doping Statute.

I **check** the doping status of all medications beforehand using the Global DRO database at www.antidoping.ch or the mobile app. I am always cautious with food supplements.

I **ask** people I trust for advice. Anti-doping Switzerland can also provide support.



Doping controls

The **procedure** of a doping control is precisely regulated. I am familiar with and exercise my rights and obligations when undergoing testing.

Whereabouts pool athletes must specify their **whereabouts** to ensure that they can be tracked down at any time. Team administrators are obliged to submit the whereabouts information defined for this pool.



Medication

Medication may be prohibited according to the Prohibited List. Before using a medication, I **always check** for myself whether or not it is permitted, as certain **cold and flu medications**, including some that are available over the counter, contain substances prohibited in competition. In the case of prohibited medication, I must check for potential alternative treatments and use these permitted treatments instead.

Asthma medications - depending on the substances contained, the dosage and the route of administration - are prohibited, allowed or only allowed up to a certain dosage limit according to the Prohibited List. Therefore, very careful inquiry and application are necessary.

Intravenous **infusions** and/or injections of more than 100 ml per 12 hour period are prohibited. This rule applies regardless of the substance administered. This means that iron infusions of more than 100 ml are also prohibited.

There are situations for which the required therapy is prohibited according to the Prohibited List and no permitted alternative can be applied. For such situations, a **therapeutic use exemption (TUE)** is necessary. TUE athletes require a prospective TUE. This means that a valid exemption must generally be obtained prior to the start of a therapy.



Supplements

Nutritional supplements should be used only after individual consultation with experts. In many cases, supplements are unnecessary, costly, and a potential risk.

Due to **contaminated** production facilities or by deliberate admixture, supplements may contain prohibited substances or substances that endanger health, without being declared.

Great care must be taken when **choosing products**. First and foremost, independently certified products or alternatively trustworthy Swiss manufacturers related to competitive sports are recommended. Antidoping Switzerland strongly advises to avoid importing or ordering supplements online.



Foreign countries

Medication may have the same name in a number of different countries, but the substances contained may differ. Therefore, I take medication purchased in Switzerland and checked myself on trips. I check any medication purchased abroad with the database of the respective National Anti-Doping Organization.

There have been incidences of prohibited substances in **contaminated meat** originating from China, Guatemala and Mexico, which have resulted in unintentional anti-doping rule violations. Appropriate precautions are therefore necessary.



Cannabis / CBD

Cannabinoids are prohibited in-competition and can remain detectable during doping controls in competition for several days or weeks following consumption. Antidoping Switzerland therefore recommends that athletes generally refrain from using cannabis and CBD products.



For 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.



Contact

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Global DRO drug database

Apple Store



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