

International  
Paralympic Committee

# Anti-Doping advice

October 2013



# IPC Anti-Doping advice

This International Paralympic Committee (IPC) leaflet will give you some basic and practical anti-doping information. For more complete anti-doping information, please go to:

web  >>

[www.paralympic.org](http://www.paralympic.org)

## THE PROHIBITED LIST

The World Anti-Doping Agency (WADA) Prohibited List outlines and defines substances and methods banned in competition, as well as those banned at all times. It is updated at least annually, and is effective from 1 January each year.

As an athlete, you should ensure you know what is included on the list, which can be found on the WADA website:

web  >>

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

## ANTI-DOPING RULE VIOLATIONS

The following examples constitute an Anti-Doping Rule Violation (ADRV):

- Presence of a prohibited substance or its metabolites or markers
- Use or attempted use of a prohibited substance or method
- Refusing or failing to submit to sample collection
- Violating requirements relating to availability for out-of-competition testing
- Tampering, or attempted tampering with the doping control process
- Possession of a prohibited substance or method
- Trafficking, or attempted trafficking of a prohibited substance or method
- Administration, or attempted administration of a prohibited substance or method; or encouraging, aiding or covering up involvement in an ADRV

### Did you know?

A significant number of positive tests have been attributed to the misuse of supplements. Taking a poorly labelled dietary supplement is not an adequate defence in a hearing.





## MEDICATIONS AND SUPPLEMENTS

According to the principle of strict liability, as an athlete, you are solely responsible for whatever is in your body at all times. Alongside the list, you must take all steps to verify the ingredients of all medicines and supplements.

- Always check your medication with a doctor and/or with your National Anti-Doping Organisation
- Beware of supplements!
- In many countries the manufacturing and labeling of supplements may not follow strict rules,

which may lead to a supplement containing an undeclared substance that is banned.

- The IPC recommends all athletes avoid supplements to protect themselves from an anti-doping rule violation.

## THERAPEUTIC USE EXEMPTIONS

A Therapeutic Use Exemption (TUE) allows you to use a prohibited substance or method when you can provide genuine, documented medical proof that it is required.

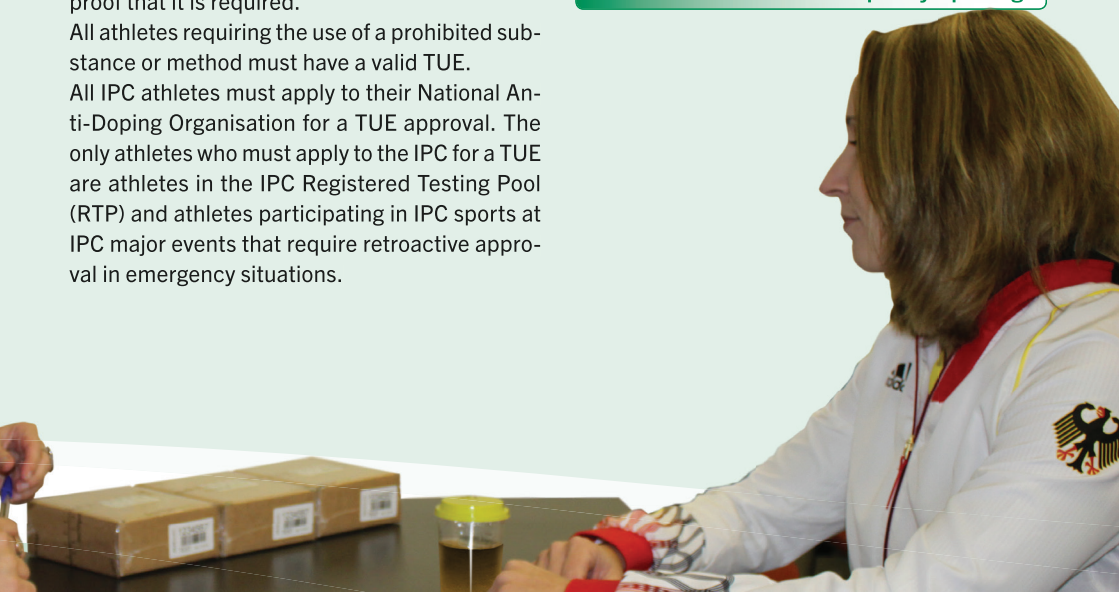
All athletes requiring the use of a prohibited substance or method must have a valid TUE.

All IPC athletes must apply to their National Anti-Doping Organisation for a TUE approval. The only athletes who must apply to the IPC for a TUE are athletes in the IPC Registered Testing Pool (RTP) and athletes participating in IPC sports at IPC major events that require retroactive approval in emergency situations.

You can download a TUE application form directly from the IPC website.

web  >>

[www.paralympic.org](http://www.paralympic.org)



## WHEREABOUTS

The IPC has a Registered Testing Pool (RTP) of athletes. If you are selected as part of the IPC RTP, you are required to provide information of your whereabouts, on a quarterly basis.

The RTP is established from 1 January each year, but is constantly reviewed and updated, and an athlete may be added to it at any time. The IPC RTP is selected based on current IPC resources, assessment of each sport and the ranking of the athletes.

If you are selected as part of the IPC RTP, you will be informed through your National Paralympic Committee.

All IPC RTP athletes are required to submit their whereabouts information directly through ADAMS, which is an online database.

The IPC is fully committed to keeping sport clean. If you see anything suspicious or know of any doping-related activities please contact us in complete confidence.

[antidoping@paralympic.org](mailto:antidoping@paralympic.org)

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## BLOOD SAMPLING

The Blood Sampling procedure follows these basic steps:

- Before the sample is taken, you will need to be seated for at least ten minutes (or, up to two hours if you have been exercising)
- After showing you their ID and qualifications, the Blood Collection Officer (BCO) will select the best vein from your body
- Sufficient blood shall be withdrawn to meet the required analysis, but no more than 25ml will be taken

- The BCO will then remove the needle, and apply a dressing to the area  
Only a small volume of blood will be withdrawn, so you should not suffer any ill-effects afterwards.





# SAMPLE COLLECTION

## 1. Notification & reporting

A chaperone/ Doping Control Officer (DCO) will show you their ID and tell you that you have been selected for testing. You will need to show them your photographic ID, and generally report straight to Doping Control, staying in the sight of the chaperone/ DCO at all times.

You are also permitted to have a representative go with you.

## 2. Sample provision

- When ready to provide a urine sample, you will need to select a collection vessel. Check to make sure it is sealed and clean.
- Athletes with a visual impairment or an intellectual disability may be accompanied by an athlete representative at all times during the sample collection procedure, including in the toilet area. However the representative will not witness the passing of the sample.
- You will need to remove enough clothing to allow the DCO to have a direct view as you provide the sample. Athletes using condom drainage or indwelling catheter drainage should remove the existing collection bag and drain the system so that a fresh sample can be obtained. Athletes who self-catheterise may use their own catheter to provide a sample. The catheter should be produced in sealed wrapping.
- You must provide at least 90ml of urine. If the volume provided is less than that, your partial sample will be temporarily sealed and when you can, you must provide further urine, which will be mixed with the previous sample.
- When you have provided the sample, close the vessel, and return to Doping Control. You

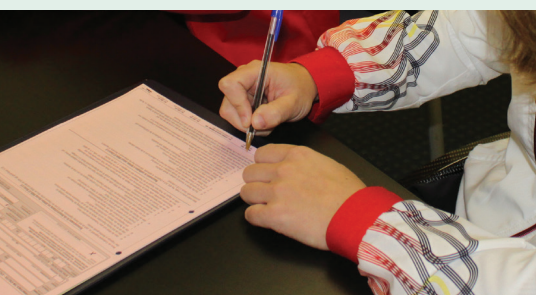


are in control of your sample and no one else should touch it unless assistance is required. You may ask the athlete representative or the DCO to assist you when handling equipment, splitting the sample, or completing paperwork.

- Next, you will need to select a sealed sample kit. Check to make sure that the 'A' and 'B' bottles inside are sealed, clean, and unbroken and that all the ID numbers match.
- As directed by the DCO, you are then required to divide your sample between the 'B' bottle (a minimum of 30ml) and 'A' bottle (a minimum of 60ml), before sealing both bottles, and placing them in the plastic bag, and then into the storage box. The DCO will often assist the athlete with this step which is fine as the bottle is already sealed.
- The DCO will then check the specific gravity of the sample (the ratio of the density of the sample to the reference density). If it is too dilute, the details will be recorded, and you may be asked to provide further samples.

## 3. The Doping Control Form

- The DCO will record all your sample details on the Doping Control Form (DCF) before asking you to check all the information.
- You will then be asked to disclose any medication or supplements that you have taken in the last seven days. You also have the opportunity to write down any comments that you have on the Doping Control procedure, or on any other aspect of testing.
- Finally, you should take the time to once again check all the information on the DCF. Once you are satisfied with it, you are required to sign the form.
- The DCO will also sign the form. You will be provided with a copy of the form.





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**AGITOS**  
Foundation

Developing Sport,  
Changing Lives

IPC Powerlifting Anti-Doping Educational Programme

**Raise The Bar**  
**SAY NO! TO DOPING**

In partnership with  **WADA**