

MODULE FOUR NOTES**1. ANTI-DOPING PROGRAM OVERVIEW****Introduction**

The fight against doping in sport commenced by the creation of the International Olympic Committee (IOC) Medical Commission in 1961 following the death of a Danish cyclist during the Rome Olympic Games in 1960.

In the early 1970s, the fight got under way under the leadership of the IOC and International Association of Athletics Federations (IAAF now World Athletics). Despite lack of understanding and weak support, measures were taken during the 1970s and 1980s which still form cornerstones of today's anti-doping strategy. The measures included:

- ❖ Information and education campaigns
- ❖ Introduction of procedural rules for doping controls
- ❖ The establishment and follow-up of a list of Prohibited Substances and Methods
- ❖ The accreditation of doping control laboratories
- ❖ The introduction of in- and out-of-competition testing
- ❖ The rules for Therapeutic Use Exemption
- ❖ The introduction of blood sampling.

During the 1990s, the anti-doping fight gained increasing support both inside and outside the sport community. In order to harmonize the wide variety of rules that had developed both in sport organizations and at the domestic level and to promote anti-doping activities, the World Anti-Doping Agency (WADA) was jointly created by the Olympic movement and the public authorities in 1999.

WADA is today carrying on the fight supported by the universally accepted World Anti-Doping Code (Code), International Standards and an International Anti-Doping Convention under UNESCO.

Kenya ratified the UNESCO International Convention on the fight against doping in August 2009. As a follow up Kenya established Kenya Anti-Doping Agency (KADA) in 2011 with the aim of ensuring that Kenya participates in the 2012 London Olympics. KADA did not have a legal backing to enable it to deliver its mandate.

In 2015, the Kenyan government initiated the process of forming a legal entity tasked with the fight against doping in sport. Subsequently, in 2016, through an Act of Parliament (Anti-Doping Act No. 5 of 2016), the Anti-Doping Agency of Kenya (ADAK) was established.

The Guiding Documents**a) World Anti-Doping Code ([Code](#))**

The Copenhagen Declaration on Anti-Doping in Sport (2003) was a document through which governments signaled their intention to formally recognize and implement the Code. This is the fundamental and universal document that guides the anti-doping programs. It ensures harmony in anti-doping programs globally.

There are over 600 countries that are signatories to the Code. The first edition was implemented in 2004 and has been reviewed in 2009, 2015 and 2021. In November 2017, WADA Foundation Board adopted a limited number of amendments specifically related to compliance. These amendments supported the International Standard for Code Compliance by Signatories (ISCCS) which took effect on 1st April 2018.

b) International Standards

There are eight International Standards that operationalize the implementation of the Code. These are:

1. [Prohibited List](#)
2. [International Standard for Testing and Investigations \(ISTI\)](#)
3. [International Standard for Therapeutic Use Exemption \(ISTUE\)](#)
4. [International Standard for Laboratories \(ISL\)](#)
5. [International Standard for the Protection of Privacy and Personal Information \(ISPPPI\)](#)
6. [International Standard for Code Compliance by Signatories \(ISCCS\)](#)
7. [International Standard for Education \(ISE\)](#)
8. [International Standard for Results Management \(ISRM\)](#)

c) UNESCO Charter on International Convention against Doping in Sport

All governments are guided by the UNESCO Charter on International Convention against Doping in Sport. The document, once ratified by individual states, becomes a binding document requiring the government to establish measures to combat doping in Sport. On 26th August 2009, Kenya ratified the International Convention against Doping in Sport.

d) The Anti-Doping Act No. 5 of 2016

This is an Act of Parliament passed and assented to in 2016 that enabled the implementation of the UNESCO Convention against Doping in Sport. The Act also provided for the establishment and management of ADAK whose mandate is to protect athletes' fundamental rights to participate in a free and fair sporting environment.

Bodies Mandated to coordinate the Fight against Doping in Sport

a) [The World Anti-Doping Agency \(WADA\)](#)

The fight against doping is coordinated by WADA which was established in 1999 pursuant to the Lausanne Declaration on Doping in sport. It is funded by national governments and the IOC on equal terms.

WADA headquarters are in Montreal, Canada. WADA is governed by a 38-member foundation board and 12-member executive committee. The membership of the foundation board and executive committee is drawn equally from both Olympic movement and Governments. The Foundation Board is the topmost decision-making organ of WADA.

WADA's mandate is to:

- i. protect athletes fundamental right to participate in doping-free sport
- ii. ensure harmonized and effective global anti-doping program
- iii. promote health, fairness and equality for athletes

b) International Federations as Anti-Doping Organizations (ADOs)

International Federations (IFs) are recognized as ADOs and signatories to the Code. They are required to carry out anti-doping activities which include conducting in- and out-of-competition testing, providing anti-doping education programs and sanctioning those who commit Anti-Doping Rule Violations (ADRVs).

c) [Anti-Doping Agency of Kenya](#)

The Agency through its two technical departments (Education and Research and Standards and Compliance) and the Legal Services Section is mandated to coordinate and implement anti-doping programs.

The Agency realizes its mandate by:

- Carrying out effective doping tests
- Carrying out anti-doping intelligence gathering and investigations
- Carrying out anti-doping information sharing and values-based education
- Carrying out results management on ADRVs



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MODULE THREE NOTES

1. Anti Doping Rule Violations.

Doping was initially defined as the presence of a Prohibited Substance in the body of an athlete. With time, this definition has widened to cover Anti Doping Rule Violations (ADRVs) which may result from the actions of an athlete and/or Athlete Support Personnel (ASP). Therefore, doping is currently defined as the occurrence of one or more of the eleven (11) ADRV.

ADRVs are not only applicable to athletes but also to ASP. If sanctioned, the athlete or ASP cannot participate in their sport in any capacity, or any other sport which is a signatory to the World Anti-Doping Code (Code)

It is the responsibility of both the athlete and ASP to know what constitutes an ADRV.

The Eleven ADRV: The Code Article 2

1. Presence of a Prohibited Substance, its Metabolite(s) or Marker(s) -

This happens when a sample (urine or blood), after analysis, is found to contain a Prohibited Substance(s), its Metabolite(s) and/or Marker(s).

Sufficient proof is established by:

- a. The presence of a Prohibited Substance, its Metabolite(s) and/or Marker(s) in sample A where the athlete waives analysis of sample B.
- b. The analysis of sample B confirms the presence of the Prohibited Substance, its Metabolite(s) and/or Marker(s) found in sample A.
- c. Sample B is split into two bottles and the analysis of the second bottle confirms the presence of a Prohibited Substance, its Metabolite(s) and/or Marker(s) found in the first bottle.

NOTE: It is not necessary that intent, Fault, Negligence or knowing Use on the Athlete's part be demonstrated in order to establish an ADRV

2. Use or Attempted Use of a Prohibited Substance or Method

For this ADRV to be proven, the athlete does not need to be tested. It may be established by any reliable means such as;

- admission by the athlete,
- witness statements,
- documentary evidence and
- longitudinal profiling including data collected for the Athlete Biological Passport (ABP).

This requires proof of intent on the athlete's part. But even when there is no proof of intent, the 'Principle of Strict Liability' will still apply.

3. Evading, Refusing or Failing to Submit to Sample Collection

Evading to submit to sample collection is avoiding a Doping Control Official in order to avoid notification or Testing.

Refusing means intentionally not submitting to sample collection without a compelling justification(s) after notification.

Failing to submit to sample collection means not providing a sample. This may be based on either intentional or negligent conduct of the Athlete.

4. Whereabouts Failures.

This applies to Athletes in a Registered Testing Pool (RTP).

A missed test is recorded against the athlete if the Doping Control officials come to the indicated location and fail to get the athlete.

Filing failure is recorded when an athlete fails to provide or update whereabouts information.

A combination of three (3) missed tests/ or filing failures in a period of twelve (12) months leads to an ADRV on *Whereabouts Failures*.

5. Tampering or Attempted Tampering with any part of Doping Control

This is intentional conduct which subverts the Doping Control process but which would not otherwise be included in the definition of Prohibited Methods.

Tampering shall include, but not limited to:

- a. offering or accepting a bribe to perform or fail to perform an act,
- b. preventing the collection of a Sample,
- c. affecting or making impossible the analysis of a Sample,
- d. falsifying documents submitted to an Anti-Doping Organization or TUE committee or hearing panel,

- e. procuring false testimony from witnesses,
- f. committing any other fraudulent act upon the Anti-Doping Organization or hearing body to affect Results Management or the imposition of Consequences, and,
- g. any other similar intentional interference or Attempted interference with any aspect of Doping Control

6. Possession of a Prohibited Substance or Method by an athlete or ASP

This is the possession of a Prohibited Substance and/or Method by an athlete or ASP without a valid reason. Valid possession would include an athlete with a TUE, medication for a sick person but with a prescription from a qualified medical doctor or a team doctor who has justified reasons, especially a sick person in the team.

7. Trafficking or Attempted Trafficking of Prohibited Substance or Methods by an Athlete or Other Person

This is selling, giving, transporting, sending, delivering or distributing a Prohibited Substance or Method by an Athlete, Athlete Support Person or any other Person subject to the authority of an Anti-Doping Organization to any third party provided.

In Kenya, trafficking of Prohibited Substances and Methods is criminal and can attract a fine, jail term or both in addition to a sanction.

8. Administration or Attempted Administration by an Athlete or Other Person of any Prohibited Substance or Method

This is providing, supplying, supervising, facilitating, or otherwise participating in the Use or Attempted Use by another Person of a Prohibited Substance or Method.

However, this definition shall not include the actions of bona fide medical personnel involving a Prohibited Substance or Method Used for genuine and legal therapeutic purposes or other acceptable justification.

This is mostly carried out by ASP such as coaches, agents, managers, trainers etc. This violation is also criminal in Kenya and can attract a fine, jail term or both in addition to a sanction.

9. Complicity or Attempted Complicity by an athlete or Other Person

This is assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional collusion or attempted complicity involving an ADRV, attempted ADRV or violation of a Period of Ineligibility or Provisional Suspension by another person

10. *Prohibited Association by an athlete or Other Person*

This is association of professional nature or sports related capacity with an ASP under a sanction. Athletes and Other Persons must not work with coaches, trainers, physicians or other ASP who are sanctioned because of an ADRV or who have been criminally convicted or professionally disciplined in relation to doping.

Some of the prohibited associations include: obtaining training, strategy, technique, nutrition, or medical advice; obtaining therapy, treatment or prescriptions; providing any bodily product for analysis or allowing the ASP to serve as an agent or representative.

Any professional association with an ASP under sanction, with or without compensation, amounts to Prohibited Association.

11. *Acts by an Athlete or Other Person to Discourage or Retaliate Against Reporting to Authorities*

Any act which threatens or seeks to intimidate another Person with the intent of discouraging the Person from the good-faith reporting of information that relates to an alleged ADRV or alleged non-compliance with the Code.

Retaliation against a Person who, in good faith, has provided evidence or information that relates to an alleged ADRV or alleged non-compliance with the Code.

NOTE:

Attempt is defined as purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an ADRV. Provided, however, there shall be no ADRV based solely on an Attempt to commit a violation if the Person renounces the Attempt prior to it being discovered by a third party not involved in the Attempt

SANCTIONS

S.No	ADRV	SANCTION	EXPLANATION
1.	Presence	4 years	NOTE 1
2.	Use or Attempted Use	4 years	NOTE 1
3.	Evading, Refusing and Failing to Submit	4 years	NOTE 2
4.	Whereabouts Failures	1-2 years	NOTE 3
5.	Tampering or Attempted Tampering	4 years	NOTE 2
6.	Possession	4 years (Jail term, fine or both)	NOTE 1
7.	Trafficking or Attempted Trafficking	4 years to a lifetime ban (Jail term, fine or both)	NOTE 4
8.	Administration and Attempted Administration	4 years to a lifetime ban (Jail term, fine or both)	NOTE 4
9.	Complicity or Attempted Complicity	4 years to a lifetime ban	NOTE 5
10.	Prohibited Association	2 years	NOTE 6
11.	Discouraging or Retaliating	2 years to a lifetime ban	NOTE 7

****For explanation, read the respective NOTES below***

NOTES ON SANCTIONS:

NOTE 1: Presence, Use or Attempted Use and Possession of a prohibited substance or method.

Any of the above three ADRVs will attract a sanction of 4 years. However, the sanction may be reduced to 2 years if:

(a) Athlete tests positive for (or uses/possesses) Non-Specified Substance but shows ADRV was not 'intentional'. (Non-Specified Substances and methods are those that if found in an athlete's sample are less likely to have a credible non-doping explanation.)

(b) Athlete tests positive for (or uses/possesses) Specified Substance but ADO cannot show use was 'intentional'. (Specified Substances are those that are more susceptible to a credible non-doping explanation for instance beta-2-agonists)

NOTE 2: Evading, Refusing or Failing to submit to sample collection and Tampering or Attempted Tampering

Any of the above ADRVs will attract a sanction of 4 years. However, the sanction may be reduced to 2 years if the athlete shows ADRV was not 'intentional'.

Tampering or Attempted Tampering attracts a double sanction for an athlete already serving a Period of Ineligibility

NOTE 3: Failure to file athlete whereabouts information and missed test

Committing this ADRV will lead to a sanction of 2 years subject to a reduction to a minimum of 1 year depending on the athlete's degree of fault.

NOTE 4: Trafficking and Administration of prohibited substance or methods

Any of the above t ADRVs will attract a sanction of a minimum of 4 years to a life time depending on the seriousness of the violation.

NOTE 5: Complicity

The sanction for this shall be a minimum of 2 years up to 4 years depending on the seriousness of the violation.

NOTE 6: Prohibited Association

The sanction for this shall be 2 years, subject to reduction down to a minimum of 1 year depending on the degree of fault or other circumstances of the case.

NOTE 7: Discouraging or Retaliating

The sanction depends on the seriousness of the violation committed

Elimination of Sanction

A sanction can be eliminated if an athlete or Other Persons establishes that they bear no fault or negligence

Possible Reduction of Sanction

A sanction can be reduced based on no Significant fault or negligence under the following:

- Specified Substances
- Contaminated Products
- Substantial Assistance
- Admission
- Protected Persons or Recreational Athletes

VIDEO

<https://youtu.be/Hxq6xCa8Dm8>



**ANTI-DOPING
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1.ATHLETE’S ANTI-DOPING RIGHTS, THEIR ROLES AND RESPONSIBILITIES

A. Athletes’ Anti-Doping Rights

The purpose of the athletes’ anti-doping rights act is to ensure that athlete rights within anti-doping programs are clearly set out, accessible, implementable and universally applicable.

One of the purposes of the World Anti-Doping Code (*Code*) and the World Anti-Doping Program is to protect the *Athletes’* fundamental right to participate in doping-free sport and thus promote and protect health, fairness and equal opportunity for *Athletes* worldwide.

Making sure that *Athletes* have rights, that *Athletes* are aware of those rights, and can exercise those rights is vital to the success of clean sport. *Athlete* rights exist throughout the *Code* and *International Standards*.

The rights are made up of two parts:

- Part 1 - rights that are found in the *Code* and *International Standards*.
- Part 2 - rights that *Athletes* recommend that *Anti-Doping Organizations (ADOs)* adopt for best practice (These are not found in the *Code* and *International Standards*).

PART 1: Rights in the Code and International Standards.

a) Equality of opportunity

Athletes have the right to equal opportunity in their pursuit of sport to perform at the highest level in both training and *Competition*, free of participation by other *Athletes* who dope, or *Athlete Support Personnel (ASP)*, or other *Persons* or *ADOs* that otherwise violate anti-doping rules and requirements

b) Equitable and fair Testing programs

Athletes have the right to equitable and fair *Testing* programs implemented in a manner that ensures that all *Athletes* in all countries are tested in compliance with the *Code* and *International Standards*.

c) Medical treatment and protection of health rights

Athletes have the right to be free from any pressure that jeopardizes their health, be that physical or emotional, through doping.

Athletes have the right to obtain a *Therapeutic Use Exemption (TUE)*

d) Right to justice

Athletes have the right to justice, including the right to be heard, the right to a fair hearing within a reasonable time by a fair, impartial and *operationally independent* hearing panel, with a timely reasoned decision specifically including an explanation of the reasons of the decision.

On appeal, an *Athlete* has a right to a fair, impartial, *operationally* and institutionally independent hearing panel, the right to be represented by counsel at the *Athlete's* own expense and a timely, written, reasoned decision.

e) Right to accountability

Athletes have the right that any *ADO* that has jurisdiction over them will be accountable for its actions or omissions through the applicable compliance systems.

Athletes shall have the ability to report any compliance issue that they believe exists to relevant personnel or to an *ADO*.

f) Whistleblower rights

Athletes have the right to access an anonymous or confidential mechanism to report any potential doping behavior by *Athletes*, *ASPs*, and other *Persons*, or any non-compliance by *ADOs*.

Athletes have the right to report potential Anti-Doping Rule Violations (ADRVs) or non-compliance through a whistleblower mechanism and not be subjected to threats or intimidation designed to discourage them from reporting in good faith.

They also have the right not to be retaliated against for providing such evidence or information in good faith.

g) Right to Education

Athletes have the right to receive anti-doping *Education* and information from *ADOs*.

h) Right to data protection

Athletes have the right to the fair, lawful, and secure handling of their personal information by *ADOs* that collect, use and share it. This includes the right to be kept informed about its processing, to access a copy of it and to request its deletion once it no longer serves an anti-doping purpose.

i) Rights to compensation

An *Athlete* has the right to pursue damages from another *Athlete* or other *Person* whose actions have damaged that *Athlete* by the commission of an ADRV. The pursuit of damages shall be in accordance with any laws or regulations in their country outside of the *Code*.

Any prize money that has been recovered by an *ADO* from a sanctioned *Athlete* shall, subject to the reasonable efforts of the *ADO*, be redistributed to *Athletes* who would have been entitled to it had the forfeiting *Athlete* not competed.

j) Protected Persons Rights

Athletes that are defined as *Protected Persons* under the *Code* shall have further protections because of their age or lack of legal capacity, including in the assessment of their *Fault*, and mandatory *Public Disclosure* shall not be required.

k) Rights during a Sample Collection Session

When subject to a *Sample Collection Session*, an *Athlete* has the right to;

- ✓ see the identification of the *Doping Control Officer* (DCO),
- ✓ ask for additional information about the *Sample* collection process,
- ✓ be informed of the authority under which the *Sample* collection is to be conducted, the type of *Sample* to be collected and any conditions that need to be adhered to prior to the *Sample* collection,
- ✓ hydrate (unless they have provided a *Sample* that does not meet the requirement for Suitable Specific Gravity for Analysis),
- ✓ be accompanied by a representative,
- ✓ delay reporting to the *Doping Control Station* (DCS) for valid reasons,
- ✓ be informed of their rights and responsibilities,
- ✓ document any concerns about the process and;
- ✓ receive a copy of the records of the *Sample Collection Session*.

l) Right to Sample B analysis

When analysis of their Sample A results in an *Adverse Analytical Finding (AAF)*, an *Athlete* has the right to request analysis of their Sample B as provided in the *Code* and *International Standards*.

Where the Sample B analysis does not confirm the Sample A finding, the *Athlete* who was *Provisionally Suspended* is allowed, where circumstances permit, to participate in subsequent *Competitions* during the *Event*, and depending upon the relevant rules of the International Federation (IF) in a *Team Sport*. In addition, if the team is still in *Competition*, the *Athlete* may be able to take part in future *Competitions*.

m) Other rights and freedoms not affected

An existing right or freedom shall not be held to be nullified or restricted by reason only that the right or freedom is not included or is included only in part.

n) Application and standing

Nothing in the Athlete's Anti-Doping Rights Act shall change in any way the application of the *Code* or *International Standards*, or the standing of *Athletes* under those documents.

PART 2 –Rights Recommended by Athletes

a) Right to an anti-doping system free from corruption

Athletes should have the right to participate in training and *Competitions* that are free from doping-related corruption or any other form of doping-related manipulation that could affect the outcome on the field of play or in training.

b) Right to participate in governance and decision-making

Athletes should be consulted in the creation and modification of the anti-doping rules to which they must comply, and it is fair and right that *Athletes* shall also have a voice and the right to participate in the governance of any *ADO* that they are subject to.

c) Right to legal aid

Athletes should have the right to access legal aid for hearings and appeal process in doping cases.

B. Roles and Responsibilities of Athletes

- a) To be knowledgeable of and comply with all applicable anti-doping policies and rules adopted pursuant to the Code.
- b) To be available for Sample collection at all times.
- c) To take responsibility, in the context of anti-doping, for what they inject, ingest and apply (Principle of Strict Liability).
- d) To inform medical personnel of their obligation not to use Prohibited Substances and Methods and to take responsibility to make sure that any medical treatment received does not violate anti-doping policies and rules adopted pursuant to the Code.
- e) To disclose to their National Anti-Doping Organization (NADO) and International Federation (IF) any decision by a non-signatory finding that the Athlete committed an ADRV within the previous ten (10) years.
- f) To cooperate with ADOs investigating ADRVs.
- g) To disclose the identity of their ASP upon request by any ADO with authority over the Athlete.



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MODULE THREE NOTES

3. CONSEQUENCES OF DOPING

Introduction

Consequences of doping are classified into:

- i. Health
- ii. Social
- iii. Economic

A. HEALTH CONSEQUENCES

It is very hard to determine the exact health consequences that a substance or a method or a combination thereof may have on an athlete who is doping. This is partly because:

- a) In many cases, the substances and methods used for doping have not been tested or proved in humans;
- b) the substances or methods used by doping athletes are usually developed for patients with well-defined medical conditions and are not intended for use by healthy people;
- c) volunteers in a therapeutic study are unlikely to be put through the same conditions of administration and dosage of a substance and/or a method as those used by doping athletes;
- d) most athletes who use the prohibited substances and/or methods, do so over and above the recommended dosage for therapeutic purposes and additionally use them in combination with other substances and;
- e) risk of contamination to the substances is high since most of them that are sold to athletes are manufactured illegally.

The actual adverse effects and side effects of using drug combinations and large doses are likely to be much more severe. Using combinations of several drugs complexes the risks.

Hormones play multiple roles in the human organisms' regulatory functions, the nontherapeutic use of any type of hormones risks creating an imbalance not only to the function that is directly concerned to the given hormones but also several other physiological functions in the body.

Additional health risks are present when the use of substances or methods involve injections.

Non-sterile injection techniques, including sharing possibly contaminated needles can increase the risk of transmission of infectious diseases such as Hepatitis and HIV/AIDS.

The use of any substance may lead to addiction, whether physiological or psychological.

The health consequences outlined here are the very least of those that may be expected

S1. Anabolic Androgenic Steroids (AAS)

AAS are either natural or artificial versions of the hormone testosterone which is responsible for stimulating the development of the male reproductive characteristics.

Use of AAS can lead to adverse effects on health such as:

- Increased risk of liver diseases such as cyst formation and liver tumours
- increased risk of cardiovascular diseases such as myocardial infarctions (heart attack) and hypertension;
- increased risk of contracting infectious diseases such as hepatitis and HIV/AIDS.
- psychological and physiological dependence.
- Increased heart rate,
- Irregular rhythm of the heart beat;
- sudden death from cardiac arrest;
- muscle tremor and cramps;
- headache;
- nervousness;
- insomnia

Other side effects include;

In males

- Acne
- Shrinking of testicles
- Impaired sperm production
- Infertility
- Impotence
- Enlargement of prostate gland
- Breast enlargement
- Premature baldness
- Libido disorders

In females

- Acne
- Decreased breast size
- Inhibition of ovulation
- Infertility
- Shrinking of the uterus
- Menstrual irregularities

- Deepening of the voice
- Baldness
- Growth of facial and chest hairs
- Libido disorders
- Increased aggression and mood swings

In adolescents

- Severe acne
- Premature puberty
- Stunted growth

S2: Peptide Hormones, growth factors, related substances and mimetics

The following hormones and their releasing factors as well as substances with similar chemical structure or biological effects are prohibited.

- Erythropoietin;
- human growth hormone (hGH);
- the gonadotropins;
- corticotrophins and their releasing factors

Erythropoietin

- Thickening of blood
- Cerebral Embolism leading to a stroke
- Pulmonary Embolism leading to a heart attack

Human growth hormone

- Risk of diabetes in those already at risk;
- worsening of cardiovascular diseases
- muscle, joint and bone pain
- abnormal growth of organs
- accelerated osteoarthritis

Corticotrophins

- Stomach irritation
- Irritability
- Ulcers
- Infections
- Softening of the connective tissue
- Osteoporosis
- High blood sugar

- Cataracts
- Reduced resistance to infections
- Water retention
- Weakening of an injured area in muscles, bones, tendons or ligaments

Chorionic gonadotrophins

- Loss of appetite
- Allergic reaction and rashes
- Depression
- Nausea and dizziness
- Tiredness
- Headaches
- Irritability
- Bone and joint pain
- Gastrointestinal problems
- Hot flushes
- Irregular heart beats
- Decrease in libido
- Shortness of breath
- Hypertension
- Fluid retention
- Diabetes in individuals who may already be prone to the disease
- Gigantism in young people - excessive skeletal growth

S3. Beta- 2 Agonists

Anti-asthmatic treatment with inhaled beta-2 agonists is necessary for asthmatics but should not be used by non-asthmatic athletes due to their possible systemic side effects.

- Fine tremor of the hands
- Restlessness
- Palpitations
- Nervousness
- Headache
- Abnormal heart rhythms
- Sleep and behaviour disturbance
- Muscle cramps
- Allergic reactions

S4. Hormone and Metabolic Modulators

Use of compounds with anti-estrogenic activity may lead to the following side effects

- Hot flushes
- Weight gain
- Fluid retention
- Excess fat in the blood
- Osteoporosis
- Cardiovascular disorders

- Eye disorders
- Liver toxicity

S5. Diuretics and Masking Agents

Diuretics are agents that help to eliminate fluid and minerals from the body by increasing the production or affecting the composition of urine.

Diuretics

- Dizziness
- Dehydration
- Muscle cramps
- Drop in blood pressure
- Loss of co-ordination and balance
- Confusion, mental changes or moodiness
- Cardiac disorders

Masking agents

- Headache
- Nausea
- Dizziness
- Hot flushes (Fever or chills)
- Kidney stones
- Allergic reactions e.g. skin rashes
- Acute gout
- Hair loss

M1. Manipulation of Blood and Blood Components

Blood doping is the administration of blood or blood related products to increase the number of red blood cells in the body, thereby increasing the delivery of oxygen to the muscles.

Artificial oxygen carriers are chemicals used to increase the ability of blood to carry extra oxygen.

Blood Doping

- Jaundice
- Circulatory overload
- Allergic reactions
- Blood poisoning
- Blood clots, stroke or heart failure
- Metabolic shock
- Increased risk of contracting infectious diseases such as hepatitis and HIV/AIDS.

Side effects of artificial oxygen carriers

- A transient fever
- Reduction in platelet count
- Blood infection
- Pulmonary embolism
- Irritability
- Diarrhea
- Potential white blood cells overload.

S6. Stimulants

The use of certain stimulants can cause serious cardiovascular and psychological problems, as well as other side effects such as.

- Overheating of the body
- Dry mouth
- Increased and irregular heart rate
- Hypertension
- Increased risk of stroke, cardiac arrhythmia and heart attack
- Insomnia
- Anxiety and aggression
- Weight loss
- Problems with co-ordination and balance
- Tremors
- Possible dependence
- Addiction

S7 Narcotics

Narcotics act on the central nervous system to suppress feelings of pain. The use of narcotics to reduce or eliminate pain can be dangerous as the substance is merely hiding the pain. With the false sense of security caused by narcotics, the user may ignore a potentially serious injury and continue with activity, risking further damage or causing permanent damage.

Apart from the risk of further or permanent damage, narcotics can have others dangerous side effects such as:

- Slowed breathing rate
- Decreased heart rate
- Sleepiness
- Loss of balance, co-ordination and concentration
- Suppression of the respiratory system and death
- Intense happiness
- Nausea and vomiting
- Constipation
- Physical and psychological dependence

S8 Cannabinoids

Cannabinoids can be found in the form of different preparations from different parts of the cannabis plant, and bear different names such as marijuana, pot, hashish, etc.

Short term effects

- Loss of perception of time and space
- Drowsiness and hallucinations
- Reduced vigilance, balance and co-ordination
- Loss of concentration
- Reduced ability to perform complex tasks
- Increased heart rate
- Increased appetite
- Mood instability - rapid changes from intense happiness to depression

Long term effects

- Loss of attention and motivation
- Impaired memory and learning abilities
- Weakening of the immune system
- Respiratory diseases such as lung and throat cancer and chronic bronchitis
- Psychological dependence and addiction

S9 Glucocorticoids

Glucocorticosteroids are the most powerful anti-inflammatory agents available in medicine. When administered into the bloodstream, they have numerous side effects involving different body systems. Possible side effects of large doses of glucocorticoids include:

- Fluid retention
- Increased susceptibility to infections
- Osteoporosis
- Weakening of injured areas in muscle, bone, tendon or ligament
- Disorders of the nervous system such as convulsions
- Muscular atrophy
- Heartburn, regurgitation and gastric ulcers
- Softening of connective tissues i.e. tendons and ligaments
- Cessation or decrease in growth in young people
- Blood clots
- Psychiatric disorders such as changes in mood and insomnia

P1. Beta blockers

Beta blockers are substances that decrease the output of blood from the heart.

Side effects of using beta blockers include:

- Lowered blood pressure and slow heart rate
- Narrowing of blood vessels in the arms and legs
- Sexual dysfunction
- Feeling of tiredness and decreased performance capacity in endurance activities
- Spasm of the airways
- Heart failure
- Sleep disorders

B. Social

- Damaged relationships with friends and family;
- Isolation from peers and sport;
- Effects on emotional and psychological well-being.

C. Economic consequences

- Loss of sponsorship deals;
- Loss of income;
- Damage to future career prospects and;
- Wiping out of previous achievements;

VIDEO

<https://youtu.be/Hxq6xCa8Dm8>



**ANTI-DOPING
AGENCY
OF KENYA**

MODULE FOUR NOTES

3. ETHICAL BEHAVIOUR AND INTEGRITY IN SPORTS

Sports Ethics is a very key asset in sports as well as life and often gets overlooked in today's sports world. From a societal general perspective, ethical behaviour is defined as acting in a manner that is in tandem with what society considers to be good morals. This provides guidance on people's day to day actions. Competitive sports have played a tremendous role on our culture influencing the values of many spectators and participants around the world.

Ethics is defined as the simple concept of good and bad, right from wrong as the basis of respecting the concept of doing the right thing. Observation of ethical behaviours in sports does not only create a better athlete, it ensures a much safer and positive atmosphere for the athletes to perform.

Relation between gamesmanship and sportsmanship on an ethical perspective

To understand the role ethics play in sport and competition, it is important to make a distinction between gamesmanship and sportsmanship.

Gamesmanship is built on the principle that winning is everything. Athletes and coaches bend the rules wherever possible in order to gain a competitive advantage over an opponent and pay less attention to the safety and welfare of the competition.

Some of the key tenets of gamesmanship are:

- Winning is everything
- It's only cheating if you get caught
- It is the referee's job to catch those who do wrong while the athletes and coaches have no inherent responsibility to follow the rules
- The end always justifies the means

Some examples of gamesmanship are:

- Using a performance enhancing substance
- Faking a foul or injury
- Attempting to get a head start in a race
- Tampering with equipment, such as adding multiple tiny air-capsules stitched into the swimwear's straps, waistline and neckline to keep a body afloat.
- Covert personal fouls, such as pulling down a player's shorts during a football match
- Inflicting pain on an opponent with the intention of knocking him or her out

- of the game.
- Taunting or intimidating an opponent
- A coach lying about an athlete's grades/age to keep him or her eligible to play

All these examples place greater emphasis on the outcome of the game than on the way it is played.

Sportsmanship

A more ethical approach to an athlete is sportsmanship. Under a sportsmanship model, healthy competition is seen as a means of cultivating personal honour, virtue and character. It contributes to a community of respect and trust between competitors and the society.

The goal in sportsmanship is not simply to win, but to pursue victory with honour by giving one's best effort. Athletes and their support personnel are therefore encouraged to follow the principle of sportsmanship in observing proper ethical behaviours in order to avoid violation of the anti-doping rules while in play.

The sportsmanship model is built on the idea that sport both demonstrates and encourages character development, which then influences the moral character of the broader community. How individuals compete in sports can influence their moral and ethical behaviours outside of the competition.

Some argue for a "bracketed morality" within sports meaning that sport and competition are set apart from real life and occupy a realm where ethics and moral codes do not apply. Instead, some argue, sports serve as an outlet for our primal aggression and a selfish need for recognition and respect gained through the conquering of an opponent.

In this view, aggression and victory are the only virtues. For example, a football player may be described as mean and nasty on the field, but kind and gentle in everyday life. His violent disposition on the field is not wrong because when he is playing the game he is part of amoral reality that is dictated only by the principle of winning.

An ethical approach to sport rejects this "bracketed morality" and honours the game and one's opponent through tough but fair play. This means understanding the rules and their importance in encouraging respect for your opponent, which pushes you to be your best.

Principles of Sportsmanship

Ethics in sport require four key virtues: fairness, integrity, responsibility and respect.

a) Integrity

The quality of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values

Some examples of integrity demonstrated in sports include

- A tennis player correcting an umpire's (referee's) wrong call leading to a loss of own points and a gain to the opponent

When players fake being injured or fouled in soccer, they are not acting in a sportsmanlike manner because the game of soccer is not designed to measure an athlete's ability to act. Faking is a way of intentionally deceiving an official into making a bad call, which only hurts the credibility of officiating and ultimately undermines the integrity of the game.

b) Respect

Respect is having a regard for other people and their lives; it is showing those around us compassion and empathy

- All athletes should show respect for teammates, opponents, coaches, and officials.
- All coaches should show respect for their players, opponents, and officials.
- All fans should show respect for other fans, as well as both teams and officials.

Some examples of respect demonstrated in sports include

- Listening to what others have to say
- Affirming someone
- Serving others
- Being kind and polite
- Being thankful
- Treat others with respect and follow the Golden Rule
- Be tolerant and accepting of differences
- Use good manners, not bad language
- Be considerate of the feelings of others
- Don't threaten, hit or hurt anyone
- Deal peacefully with anger, insults, and disagreements

c) Responsibility

Responsibility is the state of having control over someone or something

To be sportsmanlike requires players and coaches to take responsibility for their performance, as well as their actions on the field. This includes their emotions.

Many times, athletes and coaches will make excuses as to why they lost the game. The most popular excuse is to blame the officiating. The honourable thing to do instead is to focus only on the aspects of the game that you can control, that is, your performance and to question yourself about where you could have done better.

Some examples of responsibility demonstrated in sports include

- Players and coaches being up to date on the rules and regulations governing their sport.
- Players and coaches conducting themselves in an honourable way off the field, as well as on it.
- Doing what you are supposed to do
- Planning ahead
- Being diligent
- Persevering
- Doing your best
- Using self-control
- Being self-disciplined
- Thinking before you act
- Being accountable for your words, actions and attitudes
- Setting a good example for others
- Choosing a positive attitude
- Making healthy choices

d) Fairness

Fairness is the quality of treating people equally or in a way that is right and reasonable as explained below

- All athletes and coaches must follow established rules and guidelines of their respective sport.
- Teams that seek an unfair competitive advantage over their opponent create an uneven playing field which violates the integrity of the sport.
- Athletes and coaches are not discriminated against or excluded from participating in a sport based on their race, gender or sexual orientation.
- Referees must apply the rules equally to both teams and cannot show bias or personal interest in the outcome.
- Athletes are encouraged to take turns and share

Some examples of fairness demonstrated in sports include

- Teammates: encouraging a teammate who has scored an own goal
- Opponents: helping an injured or exhausted athlete cross the finish line
- Fans: applauding an opponent player for a game well played

e) Caring

Caring is the act of showing kindness and concern for others.

Some examples of care demonstrated in sports include

- Be kind and compassionate to teammates and opponents
- Showing sympathy to an opponent that has lost a game
- Showing empathy to an opponent that has set a new record
- Coach and spectators can express gratitude to a substituted player by applauding them as they come off the field
- Forgive others and show mercy when they wrong you
- Help an opponent player in need of water
- An athlete being charitable and generous by donating sport equipment to needy talented athletes

f) Patriotism

The quality of having devotion and vigorous support for one's country by feeling a strong sense of belonging and attachment to their country because of one's appreciation for its values

Athletes and athlete support personnel can demonstrate patriotism by:

- Doing their share to make their team, home, school, community and greater world better
- Cooperating with the government, sports federations etc.
- Staying informed and participating in electoral processes
- Being good neighbors
- Obeying laws and rules
- Respecting authority
- Protecting the environment
- Volunteering

g) Trustworthiness

Ability to be relied on as honest and truthful

Athletes and athlete support personnel can demonstrate trustworthiness

by:

- Being honest in communications and actions
- Not deceiving, cheating or stealing
- Being reliable — doing what they say they will do
- Having the courage to do the right thing
- Building a good reputation
- Being loyal — standing by with their family, friends, and country
- Keeping their promises

Doping in relation to ethical behaviour

Doping incidents have become an integral part of modern sports. These threaten the Spirit of Sport which conflicts with the goal of 'winning at all costs'. The definition of the Spirit of Sport is in tandem with ethical behaviour being the celebration of the human spirit, body and mind characterized by values such as:

1. Health
2. Ethics, fair play and honesty,
3. Athletes' rights as set forth in the Code
4. Excellence in performance,
5. Character and education,
6. Fun and joy,
7. Teamwork,
8. Dedication and commitment,
9. Respect for rules and laws,
10. Respect for self and other participants,
11. Courage
12. Community and solidarity

Doping is fundamentally contrary to the Spirit of Sport.

The Spirit of Sport embodies an ideal perhaps, a moral principle which especially athletes should be encouraged to seek. But this pursuit of a moral standard involves more people than just athletes themselves. Certain factors, such as the pressure to win, create a challenging situation of sportsmanship so that winning alone becomes the highest value for young athletes. This in itself is not ethical. On the contrary, it is

important to note that other personal values should be taken into consideration besides the central goal of just winning.

The definition of doping not only touches on the use of performance enhancing substances and methods but also on behaviour relations. The simultaneous existence of individual dispositions and situational opportunities increases the probability that the wrong behaviour occurs. But it is a fact that individual's predisposition for such behaviour already exists, therefore, it is partial to define doping solely as an exhibited behaviour hence a relationship on ethical decision making.

The contradiction that although most athletes and their support personnel condemn doping but at the same time accept this behaviour under certain circumstances clearly shows the inner conflict that athletes experience. Therefore, the individual perspective of this decision-making process on whether to dope or not should receive more attention. Integrating ethical awareness into decision-making processes can prevent doping and we therefore discuss ethical behaviours in sports having a direct proportionate relation on doping practices.



ANTI-DOPING AGENCY OF KENYA

MODULE TWO NOTES

3. FOOD SUPPLEMENTS

Supplement products can pose a significant risk to athletes in terms of inadvertent doping. Athletes and athlete support personnel should be fully aware of what supplements are, what the risks associated with them are and how they can reduce those risks.

According to Kenya Bureau of Standards (KEBS) and Pharmacy and Poisons Board of Kenya (PPB), Food/Dietary/Nutritional Supplement is a product other than tobacco, intended to supplement the diet and shall include all of the following characteristics:

- a) Contains concentrated source of one or more of the following:
 - i. Vitamins,
 - ii. Minerals,
 - iii. Amino acids,
 - iv. Essential oils,
 - v. Natural substances of plants or animal origin
 - vi. Enzymes,
 - vii. Substances with nutritional or physiological functions or contains any combination of these.
- b) is intended to be taken orally in the form of tablet, capsule, powder, soft gel, granules or liquids;
- c) is not presented for use as a conventional food or as a sole item of a meal of the diet and;
- d) is labelled as a food supplement and has no medical claims on it.

Prevalence of supplements use by athletes

In a study by Tscholl., et al. in 2010, data of 3,887 questionnaires were collected during the World Championships of the IAAF. This study showed a consumption of 6,523 supplements (1.7 per athlete). Compared with middle-distance and long-distance runners, athletes in power and sprint disciplines reported using more non-steroidal anti-inflammation drugs, creatine, and amino acids and fewer antimicrobial agents. However, nutritional supplements are used more than twice as often as they are in soccer and other multisport events; this inadvertently increases the risk of positive results of doping tests.

A study of 3,168 British Royal Army soldiers in 2014 showed a rate of supplements use of 38% at the time of the study reaching 54% when the use of supplements referred to the 12 months prior to the study. In order of prevalence, the most used supplements were:

- i. Protein powders/bars (66%)
- ii. Isotonic sports drinks (49%)
- iii. Creatine (38%)

- iv. Recovery drinks (35%)
- v. Multivitamins (31%)
- vi. Vitamin C (25%)

Athletes misuse supplements with the aim of:

- i. promoting adaptations to training;
- ii. increasing energy supply;
- iii. allowing more intense training by promoting recovery;
- iv. maintaining good health and reducing interruptions to training due to chronic fatigue, illness or injury and;
- v. enhancing competitiveness.

Where there is a demonstrated deficiency of an essential vitamin or mineral and an increased intake from food is not possible, a supplement may be helpful as a short-term solution. The use of supplements, however, does not compensate for poor food choices and an inadequate diet. Many athletes ignore the need for caution in supplement use and take supplements in doses that are not necessary and that may even be harmful.

Types of food supplements

a) Protein supplements

Protein supplements, high protein bars and amino acid preparations are among the biggest selling sports nutrition products. Although an adequate intake of protein is essential for muscle growth and repair, this can easily be achieved from everyday foods, and extra protein is not required.

Protein supplements may have a role as part of a post-exercise recovery plan, but the whole proteins that are found in foods have advantages over individual amino acids.

b) Fat reduction and muscle building supplements

A huge array of supplements in the market claim that they can reduce body fat levels and build bigger and stronger muscles. These claims appeal to both athletes and non-athletes alike. The reality is that many of the products that are effective in doing this either contain ingredients that are on the Prohibited List and will lead to a positive drugs test or are associated with serious health risks (or both).

Compounds in the muscle building category include chromium, boron, hydroxymethylbutyrate (HMB), colostrum and others. Based on current research, none of these provides a substantial benefit to the athlete. Additionally, compounds in the fat reduction category that do not offer substantial reduction in body fats include hydroxycut, caffeine, meratrim and green tea extracts.

Some of these supplements have been reported to have serious side effects related to body health. Further, some supplements have very limited data on their safe use.

c) Supplements for Increasing energy supply

Supplements in this category include carnitine, pyruvate and ribose as well as some more exotic herbal preparations. None of these is likely to improve performance and, despite advertising claims, there is very limited good independent evidence.

d) Supplements for the immune system

There is some evidence that athletes who are training hard or travelling and competing frequently may be at increased risk of minor illnesses and infections. These are generally trivial, but they can interrupt training or cause the athlete to miss important competitions. Hard training may compromise the body's immune system and high levels of stress hormones reduce its ability to fight these infections.

Many nutrition supplements, including glutamine, zinc, Echinacea, colostrum and others, are on sale with claims that they can boost the immune system, but there is no strong evidence that any of these is effective.

The best evidence supports the use of a high carbohydrate diet (which lowers stress hormone levels) and appropriate rest periods.

e) Supplements for bone and joint health

Hard training puts extra wear and tear on the bones, joints and associated structures, and numerous supplements are claimed to look after these tissues.

Healthy bones need a good supply of calcium and Vitamin D. Calcium can be provided by a well-chosen diet, while Vitamin D comes from well-managed exposure to sunlight.

Athletes who suffer from problems related to sub-optimal bone density should seek professional advice and supervised treatment from a sports physician.

NOTE:

The following generic types of supplements are some examples of products that have been identified in the past as potentially containing substances in the Prohibited List:

- a) testosterone boosters;
- b) weight loss products;
- c) muscle building products (including Creatine) and;
- d) vitamins and minerals

Risks associated with supplements

a. Contamination with prohibited substances

In a study performed by Geyer et al., in 2010 in Germany, 634 non-hormonal supplements were analyzed in the search of testosterone, nandrolone and boldenone. The results showed that 15% of the samples contained prohibited substances that were not declared on the label.

There are two main factors that cause contamination:

➤ **Cross contamination (Unintentional)**

Cross contamination occurs along the production line. This is because manufacturers of food supplements also make other prohibited substances. The consumption of supplements affected by low concentrations of contaminants, can lead to a case of unintentional doping.

➤ **Intentional contamination**

Intentional contamination occurs when high concentration of prohibited substances is added to the food supplements by the manufacturer with the aim of enhancing its effects.

b. Poor labelling

Manufacturers are not required to display the entire ingredient list on packaging.

A study was conducted by Kamber et al., in 2001 with the aim of detecting anabolic steroids or stimulants not indicated or poorly described on the label. The study analyzed 75 products, of which 17 were prohormonal supplements, and all contained substances not described in the labelling.

Ephedrine is a very common constituent of food supplements and is found in many products that are aggressively marketed to athletes. It is derived from ephedra-containing plant sources, and thus is labelled as a “natural” product. It is frequently identified as Ma Huang and, in this guise, or others may go unnoticed by consumers.

Ephedrine is prohibited when the concentration in urine is greater than 10 micrograms per milliliter.

c. Health risks

A study of 24 different types of protein supplements, carried out in 2010 by Consumer Lab, 31% of the products did not pass the proposed safety test, leaving in question the supposed safety that these food supplements offer to consumers.

A medical case report by E. Kamau and E.M. Nturibi published in the East African Medical Journal Vol. 94 Vol.6 June 2017 tells of a healthy Kenya male who was admitted in a private hospital in Nairobi with a serious liver condition while using a body building supplement. The report shows that the patient responded well to withdrawal of the supplement.

d. Other risks associated with supplements

The supplements industry can also suffer from counterfeit products being advertised and sold, particularly over the Internet.

Some products may list ingredients under other names than those that appear on the Prohibited List. For example, some supplements list geranium or geranium oil but in fact these are other names for methylhexanamine and 1, 3-dimethylbutylamine (a substances in the Prohibited List)

ADAK's Statement on Supplements.

Assess the Risk

ADAK does not encourage the use of **ANY** food supplements by athletes

If an athlete makes the decision to use supplements, he/she should assess the associated risks and make informed decisions about the products they opt to use. Supplements may claim to be drug-free or safe for drug-tested athletes; however, it is not possible to guarantee that supplements are free of substances in the Prohibited List.

The risk of doping through the use of supplements is real. Prior to using any supplement, an athlete should ask themselves:

Is it legal?

Is it safe?

If in doubt, **DO NOT USE!!**

Is it effective in improving performance?

THEN IT IS PROHIBITED!!

Is it necessary?

NO! EAT NATURAL

The Principle of Strict Liability

This means that each athlete is strictly responsible for the substances found in his or her sample, and that an Anti-Doping Rule Violation (ADRV) occurs whenever a prohibited substance is found in the sample, whether the athlete intentionally or unintentionally used a substance in the Prohibited List or was negligent or otherwise.

In the case of contaminated food supplements, it is the athlete (not the manufacturer or the seller) who will be sanctioned.

The use of food supplements without a specific need, illness or deficiency is unnecessary when the athlete is following a balanced diet.

ADAK is not involved in any certification process regarding food supplements and therefore does not certify or endorse manufacturers or their products.

ADAK does not control the quality or the claims of the food supplements industry which may, from time to time, claim that their products have been approved or certified by ADAK.



**ANTI-DOPING
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2. PRINCIPLES AND VALUES ASSOCIATED WITH CLEAN SPORT

What are Principles and Values?

Values are both the basis of who we are and the aspiration of who we want to be when we are at our best. They are the aspects and qualities that one holds to be most important. We all have values, but sometimes we disconnect from being that person.

Values are what we have, things we do, practice and live by. Additionally, values guide our behavior and actions.

Values are part of the internal system that guides behavior, whereas principles are external. Values are subjective, personal, emotional, and arguable, while principles are objective, factual, impersonal, and self-evident because they are indisputable.

“An army of principles will penetrate where an army of soldiers cannot; it will succeed where diplomatic management would fall: it is neither the Rhine, the Channel, nor the ocean that can arrest its progress: it will march on the horizon of the world, and it will conquer.” Thomas Paine

Principles are universal truths based on natural laws. While values govern behaviors, principles govern the consequences of those behaviors. While values may vary from person to person, principles will always remain constant in the universe. In other words, even though values may differ, they are governed by the same principles.

The degree to which we recognize and live in harmony with principles determines if we're moving toward living a principle-centered life or away from it. Because we know that principles always work, it only makes sense to have values that are based on principles. Over time, actions/behaviors become habits, which in turn become values.

Athletes and Athlete Support Personnel (ASP) should start by finding out their values which should not be an end in and of itself. They need to remember to always value the correct principles. If their values are not based on principles then they need to course-correct.

For instance, athletes should take some time to reflect on the values they can't stand when they see them in others or themselves. The opposite of these values is a reflection of what the athlete stands for.

Athletes and ASP should have values that guide their decisions, things that are important and acceptable and those that are not. If they know what drives them, then they can understand others better. Although this may not be enough, the end goal is to have and practice values based on principles.

The Spirit of Sport Values

Anti-doping programs are founded on the intrinsic value of sport. This intrinsic value is often referred to as “the spirit of sport”: the ethical pursuit of human excellence through the dedicated perfection of each Athlete’s natural talents.

The spirit of sport is the celebration of the human spirit, body and mind. It is the essence of Olympism and is reflected in the values we find in and through sport.

The following are the spirit of sport values:

1. Health
2. Ethics, fair play and honesty
3. Athletes’ rights as set forth in the Code
4. Excellence in performance
5. Character and Education
6. Fun and joy
7. Teamwork
8. Dedication and commitment
9. Respect for rules and laws
10. Respect for self and other Participants
11. Courage
12. Community and solidarity

Doping is fundamentally contrary to the spirit of sport.

Why clean sport?

Doping is both a health and an ethic issue. Performance enhancing substances and methods may be extremely dangerous and can lead to death. In addition to endangering their own health, athletes who dope seek to gain an unfair advantage over their competitors, thereby undermining their competitors’ hard work and threatening the credibility of their sport. This win at all cost attitude violates the underlying values that make sport meaningful to the society. In sport and life, what matters most is taking part and striving for improvement, not just winning.

Clean sport means athletes;

- i. Compete on a level playing field,
- ii. are rewarded for their hard-work, talent and skills,
- iii. value the spirit of sport,
- iv. respect and look after their bodies and their health,

- v. follow the anti-doping rules and
- vi. understand the importance of a doping testing regime to catch cheats and protect clean athletes.

Principles Associated with Clean Sport

a) Integrity

The quality of being honest and showing a consistent and uncompromising adherence to strong moral and ethical principles and values

Some examples of integrity demonstrated in sports include

- A tennis player correcting an umpire's (referee's) wrong call leading to a loss of own points and a gain to the opponent

When players fake being injured or fouled in soccer, they are not acting in a sportsmanlike manner because the game of soccer is not designed to measure an athlete's ability to act. Faking is a way of intentionally deceiving an official into making a bad call, which only hurts the credibility of officiating and ultimately undermines the integrity of the game.

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Some examples of responsibility demonstrated in sports include

- Players and coaches being up to date on the rules and regulations governing their sport.
- Players and coaches conducting themselves in an honourable way off the field, as well as on it.
- Doing what you are supposed to do
- Planning ahead
- Being diligent
- Persevering
- Doing your best
- Using self-control
- Being self-disciplined
- Thinking before you act
- Being accountable for your words, actions and attitudes
- Setting a good example for others
- Choosing a positive attitude
- Making healthy choices

d) Fairness

Fairness is the quality of treating people equally or in a way that is right and reasonable as explained below

- All athletes and coaches must follow established rules and guidelines of their respective sport.
- Teams that seek an unfair competitive advantage over their opponent create an uneven playing field which violates the integrity of the sport.
- Athletes and coaches are not discriminated against or excluded from participating in a sport based on their race, gender or sexual orientation.

- Referees must apply the rules equally to both teams and cannot show bias or personal interest in the outcome.
- Athletes are encouraged to take turns and share

Some examples of fairness demonstrated in sports include

- Teammates: encouraging a teammate who has scored an own goal
- Opponents: helping an injured or exhausted athlete cross the finish line
- Fans: applauding an opponent player for a game well played

e) Care

Caring is the act of showing kindness and concern for others.

Some examples of care demonstrated in sports include

- Be kind and compassionate to teammates and opponents
- Showing sympathy to an opponent that has lost a game
- Showing empathy to an opponent that has set a new record
- Coach and spectators can express gratitude to a substituted player by applauding them as they come off the field
- Forgive others and show mercy when they wrong you
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- An athlete being charitable and generous by donating sport equipment to needy talented athletes

f) Patriotism

The quality of having devotion and vigorous support for one's country by feeling a strong sense of belonging and attachment to their country because of one's appreciation for its values

Athletes and athlete support personnel can demonstrate patriotism by:

- Doing their share to make their team, home, school, community and greater world better
- Cooperating with the government, sports federations etc.
- Staying informed and participating in electoral processes
- Being good neighbors
- Obeying laws and rules
- Respecting authority
- Protecting the environment
- Volunteering

g) Trustworthiness

Ability to be relied on as honest and truthful

Athletes and athlete support personnel can demonstrate trustworthiness

by:

- Being honest in communications and actions
- Not deceiving, cheating or stealing
- Being reliable — doing what they say they will do
- Having the courage to do the right thing
- Building a good reputation
- Being loyal — standing by with their family, friends, and country
- Keeping their promises

It is extremely important for athletes to always Stay Clean and Win Right



Stay Clean, Win Right

ANTI-DOPING AGENCY OF KENYA

MODULE THREE NOTES

2. RESULTS MANAGEMENT

This refers to the process designed to resolve Anti-Doping Rule Violation (ADRV) matters in a fair, expeditious and efficient manner.

The process of Results Management (RM) encompasses the timeframe between notification, or in certain cases (e.g Atypical Finding, Athlete Biological Passport (ABP), Whereabouts Failure) such pre-notification steps through the charge until the final resolution of the matter, including the end of the hearing process at first instance or on appeal.

Results Management shall be the responsibility of, and shall be governed by the procedural rules of, the Anti-Doping Organization (ADO) that initiated and directed Sample collection. If no Sample collection is involved, the ADO which first provides notice to an Athlete or other Person of a potential ADRV has the responsibility to diligently pursue that ADRV.

General Principles of Results Management

i. Confidentiality

All processes and procedures related to RM are confidential, except for disclosures that are required or permitted under the Code and the International Standard on Results Management (ISRM).

ii. Timeliness

In the interest of fair and effective sport justice, Anti-Doping Rule Violations (ADRVs) are to be prosecuted in a timely manner.

Irrespective of the type of ADRV involved, ADOs should be able to conclude Results Management (including the Hearing Process at first instance) within six (6) months from the notification, except for cases involving complex issues or delays not in the control of the ADOs.

Results Management Phases

1. Initial Review

Upon receiving an Adverse Analytical Finding (AAF), the Results Management Authority (RMA) shall conduct a review to determine whether:

(a) an applicable Therapeutic Use Exemption (TUE) has been granted or will be granted as provided in the International Standard for Therapeutic Use Exemptions (ISTUE)

(b) there is any apparent departure from the International Standard for Testing and Investigations (ISTI) or International Standard for Laboratories (ISL) that caused the Adverse Analytical Finding

The review checks the documentation, laboratory analysis and the sample collection process.

Examples of apparent departures that might require further investigation include:

- 1) The absence of any signature by the Athlete or an Athlete Representative on the Doping Control form;
- 2) indication in the documentation that a partial Sample appeared to have been left unsupervised and unsealed or
- 3) any other departures that may be noticed.

(c) it is apparent that the *Adverse Analytical Finding* was caused by an ingestion of the relevant *Prohibited Substance* through a permitted route.

2. Notification

If there is no applicable TUE, no major departures that may have caused the AAF or the route of ingestion was not permitted, the RMA writes to notify the athlete of the following:

- a) The Adverse Analytical Finding.
- b) The fact that the AAF may result in an ADRV (*Presence* and/or *Use or Attempted Use*) and the applicable Consequences.
- c) The Athlete's right to request the analysis of the "B" Sample or, failing such request, that the "B" Sample analysis may be deemed irrevocably waived.
- d) The opportunity for the Athlete and/or the athlete's representative to attend the "B" Sample opening and analysis
- e) The Athlete's right to request copies of the "A" Sample Laboratory Documentation Package.
- f) The opportunity for the Athlete to provide an explanation within a short deadline.
- g) The opportunity for the Athlete to provide substantial assistance i.e. admit the ADRV and potentially benefit from a one-year reduction in the period of Ineligibility
- h) Any matters relating to Provisional Suspension

Notification for specific cases and non-analytical findings Anti-Doping Rule Violations

At such time as the *Results Management Authority* considers that the *Athlete* or other *Person* may have committed (an) ADRV(s), the *Results Management Authority* shall promptly notify the *Athlete or Other Person* of:

- a) The relevant ADRV(s) and the applicable *Consequences*.
- b) The relevant factual circumstances upon which the allegations are based.
- c) The relevant evidence demonstrating that the *Athlete* or other *Person* may have committed (an) ADRV(s);
- d) The *Athlete* or other *Person's* right to provide an explanation within a reasonable deadline.
- e) The opportunity for the *Athlete* or other *Person* to provide *Substantial Assistance* i.e to admit the ADRV and potentially benefit from a one-year

reduction in the period of *Ineligibility* or seek to enter into a case resolution agreement

- f) Any matters relating to *Provisional Suspension* (including the possibility for the *Athlete* or other *Person* to accept a voluntary *Provisional Suspension*).

Imposition of a *Provisional Suspension*

Mandatory *Provisional Suspension*

A mandatory provisional suspension is imposed promptly when an Adverse Analytical Finding or Adverse Passport Finding is received for a Prohibited Substance or a Prohibited Method other than a Specified Substance or Specified Method after the review and notification required by Code.

A *Provisional Suspension* starts on the date on which it is notified (or deemed to be notified) by the *RMA* to the *Athlete* or other *Person* and ends with the final decision of the hearing panel.

3. Letter of Charge

If, after receiving the *Athlete* or other *Person*'s explanation or expiry of the deadline to provide such explanation, the *Results Management Authority* is still satisfied that the *Athlete* or other *Person* has committed (an) ADRV(s), the *Results Management Authority* shall promptly charge the *Athlete* or other *Person* with the ADRV(s) they are asserted to have breached. In this letter of charge, the *RMA* shall set out:

- a) The anti-doping rules asserted to have been violated by the *Athlete* or other *Person*;
- b) a detailed summary of the relevant facts upon which the assertion is based, enclosing any additional underlying evidence not already provided in the notification;
- c) the specific *Consequences* being sought in the event that the asserted ADRV(s) is/are upheld and that such *Consequences* shall have binding effect on all *Signatories* in all sports and countries;
- d) a deadline of not more than twenty (20) days from receipt of the letter of charge (which may be extended only in exceptional cases) to the *Athlete* or other *Person* to admit the ADRV asserted and to accept the proposed *Consequences* by signing, dating and returning an acceptance of *Consequences* form, which shall be enclosed to the letter;
- e) shall already grant to the *Athlete* or other *Person* a deadline provided for in the *Results Management Authority*'s anti-doping rules to challenge in writing, the *Results Management Authority*'s assertion of an ADRV and/or proposed *Consequences*, and/or make a written request for a hearing before the relevant hearing panel;
- f) if the *Athlete* or other *Person* does not challenge the *Results Management Authority*'s assertion of an ADRV or proposed *Consequences* nor request a hearing within the prescribed deadline, the *RMA* shall be entitled to deem that the *Athlete* or other *Person* has waived their right to a hearing and admitted the ADRV as well as accepted the *Consequences* set out by the *Results Management Authority* in the letter of charge;

g) the *Athlete* or other *Person*, by admitting the ADRV may:

- be able to obtain a suspension of *Consequences* if they provide *Substantial Assistance*,
- potentially benefit from a one-year reduction in the period of *Ineligibility* (if admitted within 20 days upon receipt of the Letter of Charge) and/or,
- seek to enter into a case resolution agreement.

4. The Hearing Process

The hearings and subsequent appeals take place before relevant Sports Dispute Resolution Panels which determine if the charges have been committed and what consequences should be imposed.

One cannot be charged with an ADRV if more than ten (10) years have elapsed after that ADRV occurred.

The hearing process shall respect, at a minimum, all of the following principles:

- a. The hearing panel must remain fair, impartial and operationally independent at all times;
- b. The Hearing Process shall be accessible and affordable;
- c. The Hearing Process shall be conducted within a reasonable time which should not exceed two (2) months, except in complex matters.
- d. The right to:
 - 1. be informed in a fair and timely manner of the asserted ADRV(s),
 - 2. be represented by counsel at the Athlete or other Person's own expense,
 - 3. access to and to present relevant evidence,
 - 4. submit written and oral submissions,
 - 5. call and examine witnesses,
 - 6. an interpreter at the hearing at the Athlete or other Person's own expense
- e. The right for the Athlete or the other Person to request a public hearing. The RMA may also request a public hearing provided that the Athlete or the other Person has provided his/her written consent to the same.

5. The decision

Results Management decisions or adjudications by Major Event Organizers (MEOs) and ADOs, must not purport to be limited to a particular geographic area or sport and shall address and determine the following issues without limitation:

- (i) whether an ADRV was committed or a provisional Suspension should be imposed, the factual basis for such determination, and the specific Code Articles violated;
- (ii) all consequences flowing from the ADRV(s), including applicable disqualifications, any forfeiture of medals or prizes, any period of ineligibility and any financial consequences, except that Major Event Organizations shall not be required to determine ineligibility or financial consequences beyond the scope of their Event;
- (iii) jurisdictional basis and applicable rules;
- (iv) detailed factual background;

- (v) ADRV(s) committed;
- (vi) applicable Consequences;
- (vii) appeal routes and deadline to appeal for the Athlete or other Person.

The decision is rendered shortly after the hearing and proper notification to all parties with a right to appeal shall be made.

6. Appeals

Decisions made may be appealed, however, such decisions shall remain in effect while under appeal unless the appellate body orders otherwise.

Any party to the appeal may submit evidence, legal arguments and claims that were not raised in the first instance hearing.

In cases arising from participation in an international event or in cases involving international-level athletes, the decision may be appealed exclusively to Court of Arbitration for Sport (CAS).

Appeals Involving Other Athletes or Other Persons may be appealed to relevant Sports Dispute Resolution Panels.

Appeal shall respect the following principles:

- a) a timely hearing.
- b) a fair, impartial, and operationally and institutionally independent hearing panel.
- c) the right to be represented by counsel at the person's own expense; and
- d) a timely, written and reasoned decision.

7. Violation of the Prohibition Against Participation During Ineligibility

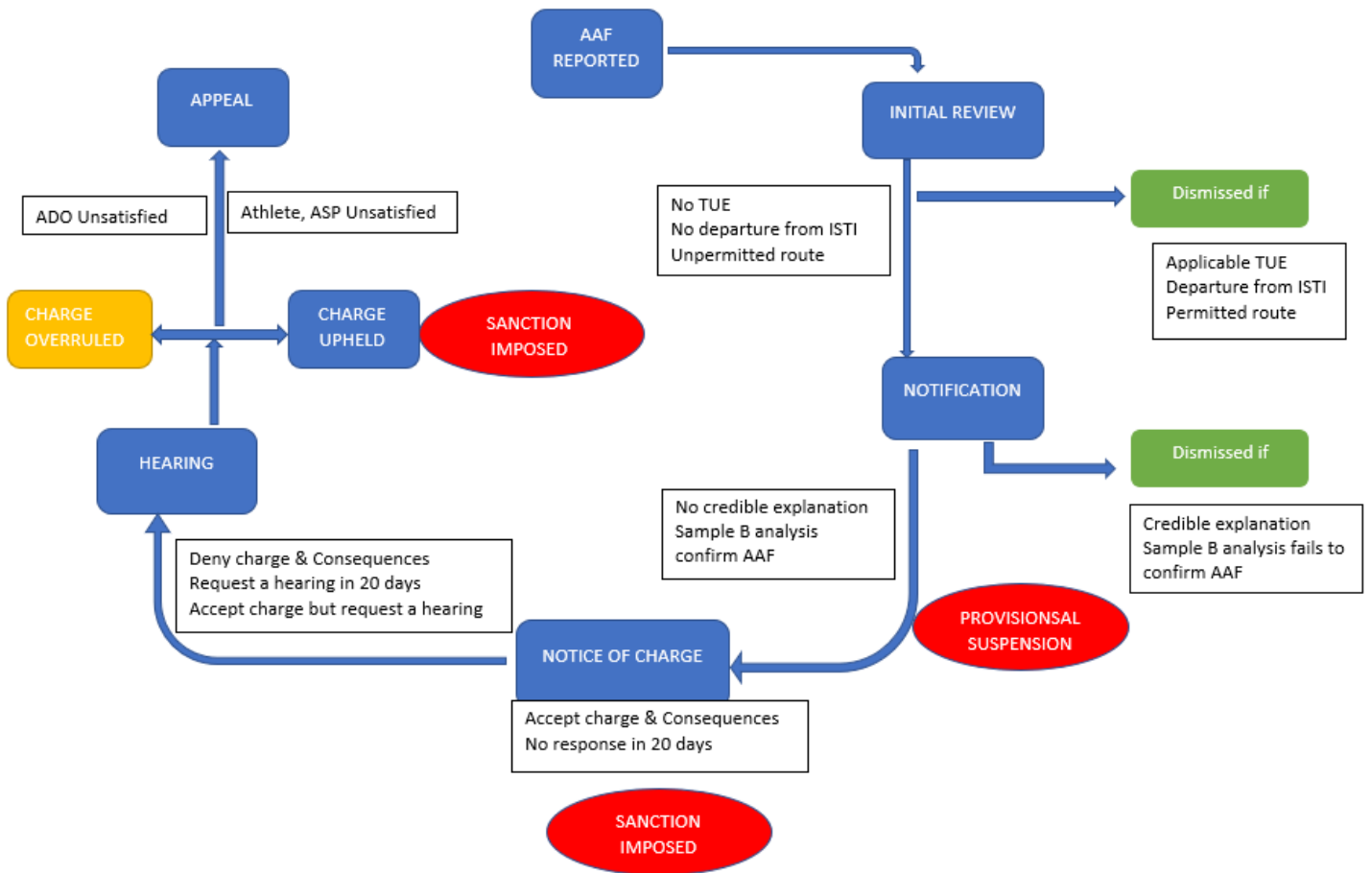
In the event that an *athlete* or other *person* is suspected to have violated the prohibition against participation during *ineligibility*, the *Results Management* relating to this potential violation shall comply with the principles of the *International Standard for Results Management*.

Where an Athlete or other Person who has been declared Ineligible violates the prohibition against participation during Ineligibility, the results of such participation shall be disqualified. In addition, a new period of Ineligibility equal in length to the original period of Ineligibility shall be added to the end of the original period of Ineligibility.

The new period of Ineligibility, including a reprimand and no period of Ineligibility, may be adjusted based on the Athlete or other Person's degree of Fault and other circumstances of the case.

Where an Athlete Support Person (ASP) or other Person assists a Person in violating the prohibition against participation during Ineligibility or a Provisional Suspension, an ADO with authority over such ASP or other Person shall impose sanctions for *Complicity*.

AAF RESULT MANAGEMENT FLOW CHART





Stay Clean, Win Right

ANTI-DOPING AGENCY OF KENYA

MODULE FIVE NOTES

2. ROLES AND RESPONSIBILITIES OF ATHLETE SUPPORT PERSONNEL

This term refers to any coach, trainer, teacher, manager, agent, medical personnel, parent, or any other person working with, treating or assisting an athlete preparing, training and participating in sports competition.

Roles of athlete support personnel in the fight against doping in sport

1. To be knowledgeable of and comply with all anti-doping policies and rules which are applicable to them or the athletes whom they support. This can be achieved by:
 - Inviting ADAK to provide more information to them and their athletes
 - Enrolling in ADAK's e-learning program to further develop and test the understanding of anti-doping information. This will enhance the knowledge on key Anti-Doping topics.
 - Attending and participating in ADAK's anti-doping education programs
2. To use their influence on Athletes' values and behavior to foster anti-doping attitudes by:
 - Being role models.
 - Building a doping free sporting environment.
 - Identifying and assisting athletes that may be vulnerable to doping, among others.
3. To cooperate with the Athletes' Testing Program.
Athlete support personnel can cooperate in any of the following ways:
 - Sensitizing athletes on the importance of testing.
 - Offering to be an athlete representative during sample collection process
 - Encouraging athletes to complete the sample collection process in a timely and cooperative manner.

Note: Although it is not the athlete support personnel's responsibility, they can help athletes file and update their Whereabouts accurately and on time.

4. To cooperate with anti-doping organizations investigating Anti-Doping Rule Violations (ADRVs).
Athlete support personnel can cooperate in any of the following ways:
 - Reporting doping (acting as a whistleblower)
 - Offering substantial assistance
5. Disclose to ADAK and their International Federations (IFs) any decision by a non-signatory finding that they committed an ADRV within the previous 10 years.

6. Athletes Support Personnel shall not use or possess any prohibited substances or method without a valid justification

Roles and Responsibilities of Other Persons Subject to the Code

Other Persons include board members, directors, officers, and specified employees of NADOs and Delegated Third Parties and their employees.

1. To be knowledgeable of and comply with all anti-doping policies and rules adopted pursuant to the Code and which are applicable to them.
2. To disclose to NADOs and IFs any decision by a non-Signatory finding that they committed an anti-doping rule violation within the previous ten (10) years.
3. To cooperate with Anti-Doping Organizations investigating anti-doping rule violations.

3.SPEAKING ABOUT DOPING IN SPORT

Introduction

This is a process whereby someone steps forward with information on doping and gives that information to Anti-Doping Agency of Kenya (ADAK). It is important to note that intelligence is crucial in keeping sports clean. Therefore ADAK values each and every stakeholder as an important partner with potential to share concerns in order to protect the integrity of sport.

An informant is any person reporting misconduct to ADAK. They may decide not to pursue further cooperation with ADAK once they have provided information.

However, an informant can become a whistle-blower if both parties agree future cooperation is beneficial. In such cases, an agreement is signed between ADAK and the informant.

There is no obligation for the informant to become a whistle-blower. However, this status offers additional rights and ensures a higher level of cooperation with ADAK Investigation and Intelligence Team. Regardless, both statuses provide complete confidentiality.

WHAT CAN BE REPORTED?

- Alleged Anti-Doping Rule Violations
- Any act or omission that could undermine the fight against doping
- Any alleged Code non-compliance

HOW CAN A DISCLOSURE BE MADE?

A disclosure of an alleged misconduct can be made through any of ADAK's reporting channels if the informant so wishes. However, the ADAK whistleblowing Program offers the possibility for the informant to make a disclosure to ADAK through the following channels

1. Twitter
2. Facebook
3. Instagram
4. Phone call
5. Website

6. Walk-in
7. Writing an anonymous letter

Prior to making a disclosure, an informant is advised to understand their rights and responsibilities. Should they wish to seek further advice prior to making a formal disclosure of an alleged misconduct, they are welcome to contact ADAK for proper information.

THE WHISTLEBLOWER STATUS

While there is no obligation for an informant to become a whistle-blower, whistle-blower status offers additional rights to the informant who wishes to further cooperate with ADAK's Investigation and Intelligence Team.

Upon receipt of a disclosure of an alleged misconduct and initial assessment of the information provided by and/or evidence received from the informant, the ADAK Investigation and Intelligence Team makes a decision on whether or not to grant whistle-blower Status. The decision is based on, but not limited to an assessment along the lines of the following aspects:

- a) If the nature of the alleged misconduct is within the Code or related to the Code,
- b) If the alleged misconduct is or within the Code's statute of limitations,
- c) If the information provided is relevant or assists in the fight against doping in sport,
- d) If the disclosure is made in good faith and on reasonable grounds,
- e) If it is feasible to gather sufficient evidence during an investigation to conclude whether the misconduct is substantiated or if there is a reasonable chance of a resulting Code or Anti-Doping Rule Violation (ADRV),
- f) If the information provided is precise enough,
- g) If the risk of the safety threat to the informant or their family is greater than the significance of the information,
- h) If there is a risk that the confidentiality cannot be maintained, and the investigations will entail revelation of the identity of the informant/whistle-blower.

WHISTLEBLOWER PROTECTION MEASURES

1. Confidentiality and Protection of Identity

The whistle-blower will be given access to a secure and safe way of communicating with the ADAK Investigation and Intelligence Team in confidence. Their identity will not be revealed to anyone beyond the dedicated ADAK Investigation and Intelligence Team unless they specifically gives express and written consent to do so, or in the unlikely event that it is required by law.

Evidence and information is safely stored with limited access.

2. Protection against Retaliation

ADAK will not tolerate any retaliation against a whistle-blower, whether directly or indirectly, including dismissal, suspension and demotion, loss of opportunities, boycotts, punitive transfers, reductions in or deductions of wages, harassment or other punitive or discriminatory treatment.

Should a respondent find out or guess the identity of the whistle-blower and should ADAK reasonably believe that Respondent has engaged in an act of retaliation, ADAK will pursue legal opportunities to sanction the act of retaliation and to halt and prevent further acts of retaliation where appropriate.

3. Physical Protection

ADAK cannot provide physical protection to a whistle-blower and their family. However, if circumstances reveal that a whistle-blower is in danger, ADAK will assist, where appropriate, in raising and addressing this matter with the support of reliable stakeholders, and/or relevant law enforcement authorities.

WHISTLEBLOWER REWARDS

1. Substantial Assistance Benefits

When a whistle-blower is facing an ADRV, they might be eligible for substantial assistance benefits, as described in Article 10.6.1 of the Code.

2. Financial Assistance

ADAK will, where appropriate and at its sole discretion, provide material and financial assistance as compensation for expenses, harm or loss as a direct result of the act of disclosing an alleged misconduct. In such cases, ADAK has the discretion to assess evidence available and decide on the level of appropriate financial assistance accordingly.

3. Financial Reward

Upon their specific request, ADAK may decide to grant a financial reward to a whistle-blower in appreciation of their support in aiding the fight against doping in sport. Such a request will only be considered upon conclusion of any investigation or disciplinary, criminal, professional or other proceedings in relation to an alleged misconduct.

When considering a financial reward, ADAK will assess if the information provided by the whistle-blower is sufficient for an Anti-Doping Organization (ADO), a professional body, or a criminal authority to instigate proceedings against the respondent or if it constitutes an extraordinary assistance to the fight against doping in sport.

RIGHTS AND RESPONSIBILITIES

Informant Rights

The informant has the right to:

1. Seek advice from ADAK's Investigation and Intelligence Team before deciding on whether to make a formal disclosure of an alleged misconduct or not, in confidence that their identity will not be revealed to anyone beyond the ADAK Investigation and Intelligence Team and the Chief Executive Officer, unless they specifically gives express and written consent to do so or in the unlikely event that it is required by law.
2. Make a formal disclosure of an alleged misconduct through the channels provided by ADAK.
3. Receive an acknowledgement of receipt, if possible.
4. Receive prompt notification of the decision on whether or not whistle-blower status has been granted by ADAK, including justification for the decision,

appreciating that proper assessment of the information provided may take time in special cases.

5. In certain cases, participate in the in-person interview with the Investigation and Intelligence Team at no cost to them.

Informant Responsibilities

It is the responsibility of the informant to:

1. Make a disclosure of an alleged misconduct in good faith and on reasonable grounds.
2. Refrain from taking any action or providing any information that they deem could put them and their family, or any third party, in danger and immediately inform ADAK Investigation and Intelligence Team in case they or their family is in danger.
3. Give accurate information to ADAK's Investigation and Intelligence Team and, upon its request, consider providing any additional clarification or other information that may be needed.

Whistle-blower Rights

The Whistle-blower has the right to:

1. Enjoy the same rights as the ones granted to an informant.
2. Be offered whistle-blower protection measures and rewards provided
3. Seek advice from a designated ADAK investigation officer on any concerns during the investigation process.
4. Receive updates on how the investigation is progressing on a case by case basis, if appropriate.
5. Be notified of the findings related to the disclosure on an alleged misconduct, when the ADAK Investigation and Intelligence Team considers it appropriate, but not before the conclusion of the investigation.
6. Be notified in due time of how ADAK intends to publicly account for the nature and handling of the disclosure of the alleged misconduct upon conclusion of investigation and potential sanctioning of the respondent.

Whistle-blower Responsibilities

It is the responsibility of the whistle-blower to:

1. Assume the same responsibilities as the ones applying to an informant.
2. Refrain from committing any ADRV or any act or omission that could undermine or prejudice the ongoing investigation.
3. Seek approval from ADAK Investigation and Intelligence Team prior to undertaking any action related to or intervening in any way with the ongoing investigation.
4. Cooperate with ADAK in accordance with the whistle-blower agreement, including giving interviews and testimony upon request.
5. Maintain strict confidentiality at all times of the investigation in accordance with the whistle-blower Agreement signed with ADAK

PROCEDURE OF HANDLING INFORMATION

1. Assessment Process

1.1 ADAK Investigation and Intelligence Team's Confirmation Receipt

All information shall be received by the ADAK Investigation and Intelligence Team through any of ADAK's reporting channels. This team has the sole and exclusive access to any detailed and identifiable information filed or received by an informant.

After having filed disclosure, the informant shall receive an acknowledgement of receipt where possible.

1.2 Assessment Process of Evidence Provided by Informants

1.2.1 Initial Assessment and Investigation

All information and/or evidence(s) provided by the informant(s) will be assessed by the investigation and intelligence team to determine its degree of reliability and whether or not it falls within the scope of application of the Code.

Depending on the allegation, the Investigation and Intelligence Team will initially use internal and external intelligence platforms to assess the case such as ADAMS, Athlete Biological Passport (ABP), open source and intelligence already possessed by ADAK.

The Investigation and Intelligence Team shall ensure that the confidentiality of the informant is safeguarded at all times. However, this confidentiality will not be safeguarded if;

- release of the confidentiality is authorized in writing by the informant,
- the informant breaches that confidentiality or,
- in the unlikely event it is required by law.

The Investigation and Intelligence Team has full discretion as to how the investigation is conducted or when the investigation is to be terminated. The Investigation and Intelligence Team may also engage in its own fact-finding process, in addition to its communications with the informant.

The investigation will require developing a trustful relationship with the Informant (first contact via the platform, then further contact(s) via phone or encrypted video conference, etc. before an in-person meeting).

1.2.2 Interview

In order to retrieve more information and evidence, the Investigation and Intelligence Team may request a secure interview with the informant at no cost to the informant. Preferably, this interview shall take place, if feasible, in a safe and neutral place. The Investigation and Intelligence Team will make interpreters available where required.

Interviews will be audio recorded and transcribed. The audio recording may be made available to the informant upon written request.

The informant will be advised:

- a) Of their right not to incriminate themselves.
- b) That they are not obliged to answer any question, or to provide any information or document.
- c) That they are entitled to end the interview at any time.

Nevertheless, the informant shall not be eligible to benefits referred to Code Articles 10.7.1. (Substantial Assistance) and 10.7.2 (Admission of an ADRV in the absence of other evidence) if they decide to use their rights to not self-incriminate, to not answer questions, or to not provide information or documents.

1.2.3 Additional Communications and Information Gathering

After the initial contact, the Investigation and Intelligence Team may engage in further secure communications with the informant to clarify the information submitted and obtain additional information.

Any additional communications with the Informant may be recorded and transcribed. The assessment may require time and until it is achieved, the informant who provided information and/or evidence cannot be considered as a whistle-blower.

1.2.4 Whistle-blower status

The informant shall receive a message from the Investigation and Intelligence Team, informing them of the outcome of the assessment process.

If whistle-blower status is not granted, the informant will be notified accordingly and be advised that:

- The information provided by the informant will be stored in a secure database and be analyzed for evidence of misconduct, and/or may be shared with the applicable Anti-Doping Organization or law enforcement authority with the express and written consent of the informant.
- They have a right to access all information initially provided and provide additional information.

In complex cases, the ADAK Investigation and Intelligence Team can refer the decision of granting the status of whistle-blower to the ADAK Chief Executive Officer (CEO).

2. Investigation

The ADAK Investigation and Intelligence Team will conduct its investigation in cooperation with the whistle-blower when necessary and provide a final investigation report to the ADAK CEO

Evidence, Storage of Evidence

Reliable and strong evidence is the cornerstone of the entire whistleblowing system.

- Physical evidence (documents, photos, video, products and/or related packaging, discarded medical equipment, etc.),
- Audio,
- Testimony, etc.

3. Post-Investigation

The CEO will be informed of the decision of the Investigation and Intelligence Team at the end of the investigation. A report, including recommendations and references, will be written, signed and recorded.

Information will be utilized by ADAK in pursuing an alleged ADRV.



ANTI-DOPING AGENCY OF KENYA

MODULE TWO NOTES

2. SPORTS NUTRITION

ENERGY BALANCE

The foods we eat provide the fuel for the immediate energy needs of the body as well as influencing body energy stores. Energy stores play several important roles related to exercise performance, since they contribute to: size and physique (e.g. body fat and muscle mass), function (e.g. muscle mass) and fuel for exercise.

Energy balance is the difference between the energy input (calories in) and the energy output (calories out). It relates to the link between the amounts of energy going in to the amount of energy going out. Manipulation of energy intake can be used to achieve specific goals such as increasing muscle mass or reducing body fat levels.

Energy balance equation: Calories in (energy input) = Calories out (energy output)

Energy balance is important because during exercise a lot of energy is released from the body therefore equal amounts of energy need to be put into the body to be able to maintain sports performance and not feel exhausted because of a lack of energy supply. An athlete must take in to account the number of calories used during exercise so that he/she knows how much to consume and not gain weight at the same time. Energy balance is not always used for gaining or reducing weight. For sports performance it is important to maintain weight in order to maintain your performance levels whilst getting the correct amount of energy in to the body.

Negative Energy Balance

Negative energy balance is when more energy is spent by the body than energy taken from food. Severe negative energy balance can lead to decreased bone mass, reduced thyroid hormones, low metabolism, reduced testosterone level, inability to concentrate and a reduction on physical performance.

Negative energy balance is used for practical weight loss. When energy intake is lowered, the body uses the fat reserved due to lack of energy. Severe negative energy balance can lead to the body shutting down because of insufficient energy for the body to survive.

Chronic negative energy balance can affect sports performance in the following ways:

- a) inability to adapt to training;
- b) reduced performance level;
- c) joints soreness;
- d) a lack of energy or enthusiasm;

- e) chronic fatigue;
- f) respiratory infection and;
- g) reduced lean tissue mass

Positive Energy Balance

Positive energy balance is when more energy goes into the body than which goes out. Too much energy going into the body can lead to blocking of the arteries, high blood pressure, high cholesterol, diabetes as well as risk of certain cancers. Positive energy balance affects sports performance in the following ways:

- a. increase of fat,
- b. hypertension,
- c. poor self perception,
- d. heart problems and,
- e. elevated resting heart rate.

CARBOHYDRATES

Carbohydrates, when compared to protein and dietary fat, are the most efficiently broken down and metabolized form of energy for the body.

It is well documented that endurance athletes need to replenish carbohydrates stores in the body, especially during periods of intense training because glycogen stores are easily depleted. Consuming carbohydrates during workouts lasting over one hour can also benefit performance and delay onset of fatigue. Athletes who participate in stop-and-go sports, such as basketball and soccer, may also need to focus on consuming more carbohydrates during training and competition.

Depending on their training program, athletes should consume at least 50%, but ideally 60-70% of their total calories from carbohydrates. Everyday eating and drinking plans for athletes need to provide enough carbohydrate to fuel their training programmes and to optimise the recovery of muscle glycogen stores. General targets for carbohydrate needs can be provided based on individual's body size and the intensity of their training program.

General carbohydrate Intake Guidelines

1. Immediate recovery after fuel draining exercise (0-4hours): about 1 g per kg of Body Weight (BW) per hour consumed at frequent intervals.
2. Daily recovery for a low volume training program: 3-5 g per kg of BW per day.
3. Daily recovery from a moderate training load: 5-7g per kg of BW per day
4. Recovery from moderate-heavy endurance training: 6-10g per kg of BW per day
5. Maximized fueling up for a competition (carbohydrate loading): 10-12g per kg of BW

Pre-event meals

While allowing for personal preference and psychological factors, the pre-event meal should be high in carbohydrates, non-greasy and readily digestible. Fatty foods should be limited as they take longer to digest and have a delayed stomach emptying time. Carbohydrate intake before exercise can help restore sub-optimal glycogen stores.

The following are guidelines for the pre-event meal.

1. The meal should be eaten 3-4 hours before event.
2. It should provide 150-350 grams of carbohydrates.
3. To avoid stomach upset, the carbohydrate content of meals should be reduced the closer the meals are to the event.
4. Adding small amounts of protein can aid in regulating energy levels by slowing down carbohydrates absorption, delivering the carbohydrates to the working muscles at a more consistent rate over time.
5. If competing in hot/humid climates, make sure to replace electrolytes with sports drinks with added sodium.

During Training/Competition

Consuming carbohydrates during training/competition lasting longer than 60 minutes ensures that the muscles receive adequate amounts of energy, especially during the later stages of the competition, has been found to improve performance.

Athletes can use the following guidelines when consuming isotonic drinks with carbohydrates.

1. Consume 110-350 milliliters of isotonic drinks with 6-8% carbohydrate concentration every 15-30 minutes during training/competition.
2. Water is needed to aid in absorption of carbohydrates. Drinks with a concentration greater than 10% are often associated with abdominal cramps, nausea and diarrhea.
3. For high intensity activities, isotonic drinks containing multiple forms of sugar can increase absorption and delivery of carbohydrates.

Note:

Isotonic drinks should not be confused with “energy” drinks. “Energy” drinks typically contain one or more stimulants and their carbohydrate concentration is usually greater than 10%.

Carbohydrates intake for optimising glycogen recovery after training/competition.

When the gap between training sessions is less than 8 hours (as when training twice daily), carbohydrate intake should start as soon as practicable after the first session to maximise the effective recovery time. There may be some advantages in meeting carbohydrate targets through a series of snacks during the early recovery phase. Solid and liquid forms of carbohydrate are both suitable for recovery eating, but some choices may be more practical than others because of appetite, convenience or personal preferences.

During longer recovery periods (24 hours), the pattern and timing of carbohydrate-rich meals and snacks do not appear to be critical and can be organised according to what is practical and comfortable for each athlete. Given the amount of carbohydrate to be consumed, high carbohydrates foods will need to be spread out over the full 24 hours.

It is valuable to choose nutrient-rich carbohydrates and to add other foods to recovery meals and snacks to provide a good source of protein and other nutrients. These nutrients may assist in other recovery processes, and in the case of protein, may promote additional glycogen recovery when carbohydrate intake is below targets or when frequent snacking is not possible.

Adequate energy intake is also important for optimal glycogen recovery; the restrained eating practices of some athletes, particularly females, make it difficult to meet carbohydrate intake targets and to optimise glycogen storage from this intake.

PROTEINS

Proteins have been considered a key nutrient for sporting success by athletes of all eras and in all sports. This is because of its role in building and maintaining muscles. Protein plays an important role in the response to exercise. Amino acids from proteins form building blocks for the manufacture of new tissue including muscle, and the repair of old tissue. They are also the building blocks for hormones and enzymes that regulate metabolism and other body functions. Protein provides a small source of fuel for the exercising muscle.

While protein is necessary, it is not the primary fuel for working muscles. Consuming more protein than what the body needs does not give the athlete larger and stronger muscles. Research shows that protein requirements are higher for athletes to aid in muscle growth and repair. Most athletes are already consuming more protein than the body can use.

Athletes should rely on protein from food sources first, instead of supplements. This ensures that diets are balanced for health and performance. In addition to meat sources, dairy products, nuts and seeds are all rich sources of protein.

Protein and Recovery

Recent studies have focused on the acute response to workouts of both endurance and resistance exercise. Enhanced protein balance is a desirable goal of the recovery phase – to overturn the increased rates of protein breakdown that occur during exercise, and to promote muscle growth, repair and adaptation following the exercise stimulus. These studies have found that eating high-quality protein after a training session enhances protein synthesis.

A worthwhile effect is achieved with as little as 10g of protein, while the maximal effect occurs with intake of 20-25g of protein. Protein derived from animal sources such as dairy, eggs, meats, fish and poultry is all high quality. A well-chosen vegetarian diet can provide adequate total protein intake over the day, with the full complement of essential amino acids being provided by mixing and matching plant protein sources. However, some studies have shown that although recovery eating based on vegetable protein foods such as soy milk can promote protein synthesis after exercise, it is not as effective as an animal source like dairy milk.

VITAMINS AND MINERALS

Strenuous sessions of prolonged exercise and heavy training, particularly aerobic exercise, stress the body. Adequate intakes of energy, protein, vitamins, and minerals are all important to health and performance.

These nutrients, as well as others, are best when obtained from a varied diet based largely on nutrient-rich foods such as vegetables, fruits, legumes, grains, lean meats, fish, dairy products and unsaturated oils.

Dietary surveys show that most athletes can meet the recommended intakes for vitamins and minerals by eating everyday foods.

An athlete should consult with his/her doctor to determine whether vitamins and mineral supplementation is needed to maintain optimal health. Athletes should always choose food over supplements.

Ideas for promoting dietary variety and nutrient-rich eating

- a) Be open to trying new foods and new recipes
- b) Make the most of foods in season
- c) Explore all the varieties of different foods
- d) Mix and match foods at meals
- e) Think carefully before banishing a food or group of foods from your eating plans
- f) Include fruits and vegetables at every meal.

HYDRATION (FLUID INTAKE)

A good hydration is an essential part of every athlete's preparation for competition. As athletes train or compete, fluids are lost through sweating and breathing. If this lost fluid is not replaced at regular intervals, it can lead to dehydration. A dehydrated athlete has a decreased volume of blood circulating through the body.

This dehydration may lead to:

- a) Reduction in the amount of blood pumped with each heartbeat
- b) Exercising muscles not receiving enough oxygen
- c) Exhaustion setting in and the athlete's performance deteriorating
- d) By-products of exercise not getting flushed out of the body as regularly as they should be

Principles for proper Hydration

- a) Limit dehydration during training and competition by drinking water or an isotonic drink.
- b) Since the negative effects of dehydration on high intensity performance are greater in warm environments, individual athletes should upgrade drinking practices in these conditions to minimise the overall fluid deficit.
- c) Do not drink at rates that are greater than sweat losses that can lead to weight gain during the competition periods.
- d) In events lasting longer than approximately one-hour, consuming carbohydrate can enhance performance by providing additional fuel to the brain and muscles.

- e) Intake of a carbohydrate-containing drink may help to maintain skills and judgments during events lasting longer than 1-2 hours or by individuals who are “sweaty sweaters”.
- f) Sodium should be included in fluids consumed during events lasting longer than 1-2 hours or by individuals during any event that stimulates heavy sodium loss (i.e., more than 3-4 grams of sodium).

Rehydration after exercise

Recovery after exercise is part of the preparation for the next exercise session, and replacement of sweat losses is an essential part of this process. Both water and salts lost in sweat must be replaced.

Aim to drink about 1.2-1.5 litres of fluid for each kg of weight lost in training or competition. Drinks should contain sodium (the main salt lost in sweat) if no food is eaten at this time.

Isotonic drinks that contain electrolytes are helpful, but many foods can also supply the salt that is needed.

A little extra salt may be added to meals when sweat losses are high.

Preventing dehydration

The best way to prevent dehydration is to maintain body fluid levels by consuming plenty of fluids before, during and after exercises or training. Athletes can use these two techniques to determine how much fluid to take:

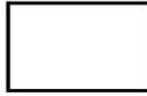
- a) Weighing themselves before and after practice session
- b) Checking the urine color

Thirst is not an accurate indicator of how much fluid an athlete has lost. Athletes who wait to replenish body fluids until feeling thirsty are already dehydrated.

Urine color chart

NO COLOR. TRANSPARENT

You're drinking a lot of water



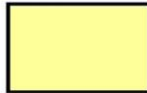
PALE STRAW COLOR

You're normal & well hydrated



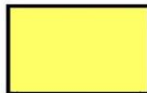
TRANSPARENT YELLOW

Normal



DARK YELLOW

You need to drink some water soon



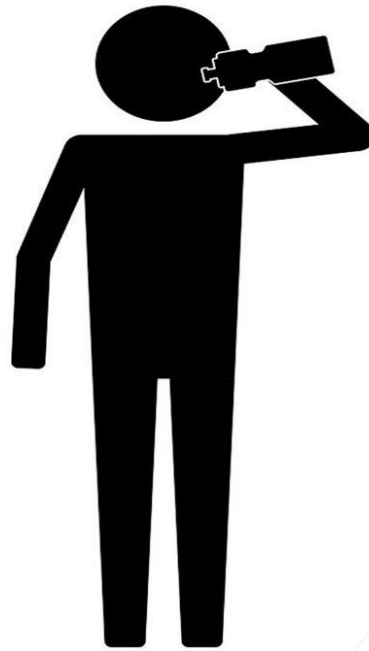
AMBER OR HONEY

Your body isn't getting enough water.



SYRUP OR BROWN ALE

You need to drink water.
NOW & A LOT!





ANTI-DOPING AGENCY OF KENYA

MODULE TWO NOTES

1.THE PROHIBITED LIST

Introduction

The Prohibited List is an International Standard that is published by WADA. The List identifies Prohibited substances and methods that are prohibited at all times (both In- and Out-of-Competition) because of their potential to enhance performance in future competitions or their masking potential and those substances and methods which are prohibited In-Competition only. Prohibited substances and methods may be included in the Prohibited List by general category (e.g. anabolic agents) or by specific reference to a particular substance (e.g. EPO) or Method (e.g. Blood Manipulation).

The List is revised annually by WADA and published three months before it becomes effective on the 1st January each year.

Current list.

<https://www.adak.or.ke/wada-prohibited-list/#> (Change LINK to 2021 Brian)

<https://www.wada-ama.org/en/prohibited-list>

Understanding the terms in the Prohibited List

a. In-Competition

This is the period commencing at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.

b. Out-of-Competition

Any period which is not In-Competition

c. Specified Substances

Specified substances are those that are more likely to have a credible, non-doping explanation. Examples include beta-2- agonists, some stimulants and narcotics. They are simply substances which are more likely to be consumed by an athlete for a purpose other than the enhancement of sport performance.

In accordance with article 4.2.2 of the Code, all Prohibited Substances shall be considered as 'Specified Substances' with exception of substances in classes S1, S2, S4.4, S4.5 and S6.A and Prohibited Methods (M1, M2.1, M3). No Prohibited Method shall be a Specified Method unless it is specifically identified as a Specified Method on the Prohibited List

d. Non-Specified Substances and Methods

Non-Specified Substances and Methods are those that if found in an athlete's sample are less likely to have a credible, non-doping explanation. Examples include steroids and human growth hormone.

e. Substances Prohibited at all times

These are substances which are not permitted to be taken at all times whether In- or Out-Of Competition.

f. Similar Chemical Structure or Similar Biological Effects

At the end of some of the categories on the Prohibited List you will find the statement "and other substances with a similar chemical structure or similar biological effect(s)". This means that substances do not have to be specifically named to be included on the Prohibited List.

If a substance has a similar chemical structure or similar biological effect to a named prohibited substance, then it is also considered prohibited.

g. Substances of Abuse

Substances of Abuse shall include those Prohibited Substances which are specifically identified as Substances of Abuse on the Prohibited List because they are frequently abused in society outside of the context of sport. They are: Cocaine, heroin, ecstasy and tetrahydrocannabinol (THC)

Criteria for inclusion of Substances and Methods on the Prohibited List

A substance or method shall be considered for inclusion on the Prohibited List if WADA, in its sole discretion, determines that the substance or method meets any **two** of the following criteria:

- a) The substance or method, alone or in combination with other substances, has the potential to enhance sport performance;
- b) the substance or method used represents an actual or potential health risk to the athlete or;
- c) the use of the substance or method violates the Spirit of Sport.

A substance or method shall also be included on the Prohibited List if WADA determines that the substance or method has the potential to mask the use of other Prohibited Substances or Methods.

Substances and Methods Prohibited at all times

A. Prohibited substances

i. Non-Approved Substances (So)

Any pharmacological substance which is not addressed by any of the subsequent sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

ii. Anabolic Agents (S1)

a. Anabolic Androgenic Steroids (AAS)

Anabolic Androgenic Steroids (AAS) are synthetic, or human-made, variations of the male sex hormone testosterone. "Anabolic" refers to muscle building, and "androgenic" refers to increased male sex characteristics. Testosterone is naturally found in large quantities in males and in lower quantities in females.

b. Other anabolic agents

They include but are not limited to Clenbuterol, Selective Androgen Receptor Modulators (SARMs), Enobosarm, Tibolone, Zeranol, and Zilpaterol.

Anabolic Agents can only be used when prescribed for medical purposes once an athlete has been granted a TUE.

Reasons for abuse of Anabolic Agents:

- a) to increase Muscle size;
- b) to improve muscular strength;
- c) to promote recovery after exercise in a shorter period
- d) to train harder and for a longer period.

An athlete will test positive for an endogenous substance where the concentration in the sample is greater than the normal amount found in humans.

iii. Peptide Hormones, Growth factors, Related Substances and Mimetics (S2)

Peptide Hormones are produced in the body causing effect on other organs and tissues to change body functions e.g. Erythropoietin (EPO).

Growth factors are naturally occurring substances stimulating cell growth and division, and wound healing. They are important for regulating a variety of cellular process e.g. Platelet-Derived Growth Factor (PDGF).

Related Substances and Mimetics may have a similar chemical structure and biological effect as peptide hormones and growth factors though they may not bear the same name

NOTE:

1. Erythropoietin (EPO) is a hormone produced by the body that stimulates the production of red blood cells. The ultimate effect is an increase in exercise endurance and a reduction of recovery time.
2. Peptide Hormones serve as messengers between different organs that stimulate various bodily functions such as growth, behaviour and sensitivity to pain.
3. Human Growth Hormone (hGH) is a peptide hormone produced by the body that stimulates cell division and cell growth and therefore has an anabolic (muscle-building) effect.

Synthetic hGH is abused to stimulate increased:

- a) Production of naturally occurring hormones; ·
- b) Muscle growth
- c) Production of red blood cells, hence increased oxygen-carrying capacity.

When the sample contains a high concentration of peptide hormones that exceed the amounts normally found in humans, then the sample will be considered positive.

iv. Beta-2 Agonists (S3)

These are substances found in drugs commonly used to treat asthma. They relax the muscles that surround the airway and open the air passage.

Beta-2 Agonists improve breathing by widening the bronchi in the lungs and can be administered orally or by inhalation. They can as well act as a stimulant or have anabolic effects when injected.

Beta-2 agonists are abused:

- a) To increase skeletal muscle mass; -
- b) To reduce body fat.
- c) To open airways

v. Hormone and Metabolic Modulators (S4)

Substances classified as 'hormone and metabolic modulators' modify the effects of hormones and accelerate or slow down specific enzyme reactions. For example, they impair the estrogen effect/uptake at tissue level. They also oppose the negative feedback to the hypothalamus by estrogen, hence increasing the release of Gonadotropin-Release Hormone (GnRH).

Hormone and Metabolic Modulators are abused:

- a) To mask the use of anabolic steroids;
- b) To lessen the side effects of anabolic steroids and;
- c) To increase the endogenous production of testosterone.

vi. Diuretics and other Masking Agents (S5)

Diuretics are substances used to increase loss of water by the body. They are products that can potentially conceal the presence of a Prohibited Substance in a sample.

Diuretics and other Masking Agents are abused:

- a) To conceal use of a Prohibited Substance
- b) To lose weight.

B. Prohibited Methods

i. Manipulation of blood and blood components (M1)

It includes:

- a) The administration or reintroduction of any quantity of blood or red blood cell products of any origin into the circulatory system;
- b) Artificial enhancement of uptake, transport, or delivery of oxygen and;
- c) Any form of intravascular manipulation of the blood or blood components by physical or chemical means.

Blood transfusion is only acceptable in cases of emergency. In these cases, the athlete should apply for a retroactive TUE.

Athletes abuse it to improve performance in endurance events.

ii. Chemical and Physical Manipulation (M2)

It includes:

- 1. Tampering or attempting to tamper, to alter the integrity of the sample during sample collection such as:
 - a) Urine substitution
 - b) Urine adulteration
- 1. Intravenous infusions and/or injections of more than 100ml per 12-hour period except those legitimately received during hospital admissions, surgical procedures or clinical investigations. This is a Specified Method

iii. Gene and Cell Doping (M3)

The following, with the potential to enhance sport performance, are prohibited:

- a) The use of nucleic acids or nucleic acids analogs that may alter genome sequences and/or alter gene expression by any mechanism. This includes but not limited to gene editing, gene silencing and gene transfer technologies.
- b) the use of normal or genetically modified cells

Substances Prohibited In-Competition

In addition to all Substances and Methods Prohibited at All Times, the following are prohibited In-Competition:

i. Stimulants (S6)

This is a group of drugs that boost alertness and physical activity by increasing brain function, heart and breathing rates

They act on the central nervous system and stimulate the body both mentally and physically

Stimulants can either be under non-specified or specified categories.

Stimulants are abused to:

- a) increase ability to exercise at optimal level;
- b) combat tiredness and;
- c) control appetite

ii. Narcotics (S7)

They usually take the form of painkillers that act on the brain and spinal cord to relieve/suppress pain.

They include:

- a) Buprenorphine;
- b) Diamorphine (heroin);
- c) Hydromorphone;
- d) Methadone;
- e) Morphine;
- f) Oxycodone;
- g) Pethidine etc.

Narcotics *are* abused to:

- a) reduce or eliminate pain from injury or illness;
- b) help an athlete train harder and longer and;
- c) reduce anxiety.

This can aggravate injury because of masking the pain and may lead to health problems.

iii. Cannabinoids (S8)

They are psychoactive chemicals derived from the cannabis plant. The use causes a feeling of relaxation.

The following are prohibited:

- a) Natural cannabinoids e.g. Cannabis (Hashish and Marijuana) and other cannabis products.
- b) Natural and synthetic tetrahydrocannabinols (THCs).
- c) Synthetic cannabinoids that mimic the effects of THC

Except Cannabidiol

Marijuana is generally not considered as performance enhancing, but its use is damaging to the image of sports. It could also weaken the athletes' ability to perform as well as compromise the safety of the athlete and other competitors.

iv. *Glucocorticoids (S9)*

Glucocorticoids belong to the group of corticosteroids, a class of steroid hormones produced in the adrenal cortex. All glucocorticoids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

In conventional medicine, they are used as anti-inflammatory drugs and to relieve pain. When administered systematically into the blood, they can produce a feeling of euphoria, potentially giving athletes an unfair advantage.

Examples include

- a) Betamethasone;
- b) Cortisone;
- c) Dexamethasone;
- d) Hydrocortisone;
- e) Methylprednisolone;
- f) Prednisolone;
- g) Prednisone;

Glucocorticoids are abused by athletes:

- a) to mask pain felt from an injury or illness;
- b) to open airways

Substances Prohibited in Particular Sports

These are substances prohibited in specific sports

i. *Beta – Blockers (P1)*

Beta-blockers inhibit the effect of the body's stress hormones, adrenaline and noradrenaline. As a result, they have a relaxing effect on the heart and blood circulation and prevent anxiety and muscle trembling.

Beta-blockers are prohibited In-Competition only, in the following sports, and also prohibited Out-of-Competition where indicated. :

- Archery (WA)*

- Automobile (FIA)
- Billiards (all disciplines) (WCBS)
- Darts (WDF)
- Golf (IGF)
- Shooting (ISSF, IPC)*
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aerials/halfpipe and snowboard halfpipe/big air
- Underwater sports (CMAS) in constant-weight apnoea with or without fins, dynamic apnoea with and without fins, free immersion apnoea, Jump Blue apnoea, spearfishing, static apnoea, target shooting, and variable weight apnoea.

***Also prohibited Out-of-Competition**

Use of Beta – Blockers has a potential to aggravate pre-existing asthma and impaired cardiac function.

Beta – Blockers give athletes unfair advantage in precision events.

Examples include but are not limited to

- a) Acebutolol
- b) Labetalol
- c) Metipranolol
- d) Betaxolol
- e) Nadolol
- f) Bisoprolol
- g) Oxprenolol
- h) Pindolol
- i) Sotalol
- j) Celiprolol
- k) Timolol.
- l) Esmolol
- m) Nebivolol

Beta – Blockers are abused to:

- a) reduce anxiety and its manifestations;
- b) reduce hand tremor.

Monitoring Program

WADA, in consultation with Signatories and governments have a monitoring program regarding substances which are not on the Prohibited List, but which WADA wishes to monitor in order to detect potential patterns of misuse in sport.

Substances on WADA's Monitoring Program include:

S.NO	CATEGORY	SUBSTANCE	CONDITIONS
1	Anabolic agents:	ecdysterone	In- and Out-of-Competition
2	Beta-2-agonists:	Salmeterol, Vilanterol below Minimum Reporting Level	In- and Out-of-Competition:
3	<i>Unclassified</i>	2-ethylsulfanyl-1H- benzimidazole (bemitil):	In- and Out-of-Competition
4	Stimulants	bupropion, caffeine, nicotine, phenylephrine, phenylpropanolamine, pipradrol and synephrine	In-Competition only
5	Narcotics:	codeine, hydrocodone and tramadol	In-Competition only:
6	Glucocorticoids	Glucocorticoids	In-Competition (by routes of administration other than oral, intravenous, intramuscular or rectal) and Out-of-Competition (all routes of administration)

The reported Use or detected presence of a monitored substance shall not constitute an Anti-Doping Rule Violation (ADRV).



ANTI-DOPING AGENCY OF KENYA

MODULE ONE NOTES

1. THE SAMPLE COLLECTION PROCESS

Definition and scope of testing

This process involves athlete selection, notification, sample collection, sample shipment and analysis, and results management.

Any athlete may be required to provide a sample at any time and at any place by any ADO with testing authority over them with no advance notification

Testing authorities

- i. **National Anti-Doping Organizations (NADOs)** - have 'In- and Out-of-Competition' testing authority over all athletes who are nationals, residents, license-holders or members of their national sports organizations or athletes who are present in the country. A good example of a NADO is the Anti-Doping Agency of Kenya (ADAK).
- ii. **International Sports Federations** - have 'In- and Out-of-Competition' testing authority over all athletes who are subject to their rules including:
 - ✓ those who participate in their international sports events,
 - ✓ events governed by the rules of those Sports Federations,
 - ✓ are members or license-holders of that International Sports Federation,
 - ✓ its member National Federations, or
 - ✓ their members.
- iii. **Major Event Organisers** – include:
 - ✓ International Olympic Committee (IOC)
 - ✓ International Paralympic Committee (IPC)
 - ✓ Organizers of recognized international events such as Commonwealth Games Organizers and All-African Games Organizers
 - ✓ All these have 'In- and Out-of-Competition' testing authority over all athletes entered in any of their events.

Types of testing

There are two types of testing:

i. In-Competition testing

This is where the sample collection is conducted during Competition
In-Competition is the period commencing at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.

ii. **Out-of-Competition testing**

This is sample collection process carried out at any time that the athlete is not scheduled for competition, or any time before the beginning of In-Competition period.

Types of samples

There are two types of samples that can be collected from an athlete, depending on what the testing authority are looking for.

They are:

- ✓ Urine sample
- ✓ Blood sample

Testing Selection Criteria

i. *Random testing*

- ✓ An athlete can be selected for testing without any pre-determined plans or consideration. This means athletes are chosen arbitrary from a list or a pool of athletes' names.
- ✓ Selection can also be weighted where athletes are ranked using pre-determined criteria in order to increase or decrease chances of selection.

ii. *Target testing*

Target testing is carried out on purpose for either an athlete or a team.

Target testing can be considered on the following grounds:

a) For International Federations, Athletes who compete regularly at the highest level of international Competition, as determined by rankings or other suitable criteria.

b) For National Anti-Doping Organizations, the following Athletes from its priority sports:

(i) Athletes who are part of national teams in major Events (e.g., Olympic Paralympic, World Championship and other multi-sport Events) or other sports of high national priority (or who might be selected for such teams;

(ii) Athletes who train independently but perform at major Events and may be selected for such major Events;

(iii) Athletes in receipt of public funding;

(iv) High-level Athletes who reside, train or compete abroad;

(v) High-level Athletes who are nationals of other countries but who are present (whether residing, training, competing or otherwise) within the National Anti-Doping Organization's country; and

(vi) In collaboration with International Federations, International-Level Athletes.

c) For all Anti-Doping Organizations with Testing Authority:

- (i) Athletes serving a period of Ineligibility or a Provisional Suspension;
 - (ii) Athletes who were high priority for Testing before they retired from the sport and who now wish to return from retirement to active participation in sport.
- d) Other individual factors
- i) Prior anti-doping rule violations (ADRV) , Test history, including any abnormal biological parameters (blood parameters, steroid profiles;
 - ii) Sport performance history, performance pattern, and/or high performance without a commensurate Test record;
 - iii) Repeated failure to meet whereabouts requirements;
 - iv) Suspicious Whereabouts Filing patterns (e.g., last-minute updates of Whereabouts Filings);
 - v) Moving to or training in a remote location;
 - vi) Withdrawal or absence from expected Competition(s);
 - vii) Association with a third party (such as a team-mate, coach or doctor) with a history of involvement in doping;
 - viii) Injury;
 - ix) Age/stage of career (e.g., move from junior to senior level, nearing end of contract, approaching retirement);
 - x) Financial incentives for improved performance, such as prize money or sponsorship opportunities; and/or
 - xi) Reliable information from a third party, or intelligence developed by or shared with the Anti-Doping Organization

iii. *Positional Finish*

Positional finish takes place during competition. The athlete that finishes at the position which has been pre-determined for testing, he or she is picked for doping control.

Athletes' rights during the Doping Control Process.

Athletes have rights to:

- a. Be accompanied by a representative;
- b. Request for an interpreter;
- c. Ask for additional information about the sample collection process;
- d. Request for delay in reporting to the doping control station for valid reasons and;
- e. Request for modifications where necessary.

Athletes' responsibilities during the Doping Control Process

Athletes responsibilities are as follows:

- a. Remain within direct observation of the DCO/Chaperone always from the point of notification by the DCO/Chaperone until the completion of the sample collection procedure;
- b. Produce required photo identification;
- c. Comply with sample collection procedures

- d. Report immediately for sample collection, unless there are valid reasons for a delay;
- e. Maintain control of their sample

Notification of Athletes

Once the DCO/Chaperone has properly identified the athlete selected for doping control under different selection criteria, the DCO/Chaperone shall inform the athlete of the following:

- a. That they have been selected to undergo a sample collection;
- b. The authority conducting the sample collection;
- c. The type of sample to be collected and any other conditions to be adhered to;
- d. The athlete's rights;
- e. The athlete's responsibilities;
- f. The location of the Doping Control Station;
- g. That should the athlete choose to consume food or fluids prior to providing a sample, he/she does it at his/her own risk;
- h. Not to take excess fluids;
- i. That any urine sample provided should be the first urine passed by the athlete subsequent to the notification;
- j. the need to report to the Doping Control Station immediately and;
- k. any other conditions that need to be adhered to prior to the sample collection.

Once notified, the Chaperone/DCO shall have the athlete sign an appropriate form to acknowledge and accept the notification.

Though the athlete is expected to report to the Doping Control Station immediately, delay may be permitted for the following reasons:

For In-Competition Testing:

- a. Participation in a presentation ceremony;
- b. fulfilment of media commitments;
- c. competing in further competitions;
- d. performing a warm down;
- e. obtaining necessary medical treatment;
- f. locating a representative and/or interpreter;
- g. obtaining photo identification or;
- h. any other reasonable circumstances, as determined by the DCO, considering any instructions of the testing authority.

For Out-of-Competition Testing:

- a. Locating a representative;
- b. completing a training session;
- c. receiving necessary medical treatment;
- d. obtaining photo identification or;
- e. any other reasonable circumstances, as determined by the DCO.

Stages of Urine sample collection process

- a) Selection for doping control by the Testing Authority
- b) Notification of the selected athlete
- c) Athlete reporting to the Doping Control Station (any space/ area set aside by the Doping Control Officer for purposes of the sample collection process)
- d) Athlete selecting sample collection vessel from a pool of at least three vessels and confirm that the packaging and/or the vessel has not been tampered with.
- e) Athlete providing the sample under direct observation by the Chaperone or DCO of the same gender.
- f) Athlete selecting the sample collection kit from a set of not less than three kits provided and confirms that the code numbers on the selected bottles and packaging are identical
- g) Athlete splitting the required sample volumes into bottle B first, then Bottle A
- h) Athlete sealing the two bottles and confirming that the code numbers are identical
- i) The DCO tests for specific gravity of the residual sample remaining in the collection vessel (if the collected sample does not meet the required Specific Gravity, the athlete will be required to provide an additional sample).
- j) Athlete packs the two bottles into the coded box and ensures that documentation is included even if the collected sample does not meet the required specific gravity
- k) In case of additional sample(s), all the sealed kits containing the collected sample(s) will be packaged and sent to the laboratory for analysis

N/B: Athletes should do all the above as guided/instructed by the chaperone and/or the DCO

The DCO/Chaperone will ensure an unobstructed view of the passing of the urine from the athlete's body.

The DCO/Chaperone must continue to observe the sample after provision until the sample is securely sealed.

In order to ensure a clear and unobstructed view of the passing of the sample, the DCO/Chaperone shall instruct the athlete to remove or adjust any clothing which restricts the DCO's/Chaperone's clear view of sample provision.

Athletes who are minors may have their representative present during the process of passing the sample but are not permitted to view

Differently-abled athletes may have their representative present during the process of passing the sample.

Testing for the specific gravity of the sample

The DCO will measure the specific gravity of the sample to ensure it is not dilute for analysis. If it is too dilute, the athlete will be required to provide an additional sample.

(For Samples with a minimum volume of 90mL and less than 150mL, specific gravity measured at less than 1.005 with a refractometer, or less than 1.010 with lab sticks is considered dilute. For Samples with a volume of 150mL and above, specific gravity measured at less than 1.003 with a refractometer only is considered dilute)

Completing the Doping Control Form

The information entered into the Doping Control Form includes but not limited to:

- a. Personal information of the athlete;
- b. Means by which the Athlete's identity is validated (e.g., passport, driver's license or Athlete accreditation) including by a third party (who is so identified);
- c. The Sample code number
- d. Partial Sample information
- e. Medications and supplements taken within the previous seven (7) days and (where the Sample collected is a blood Sample) blood transfusions within the previous three (3) months, as declared by the Athlete;
- f. Any irregularities in procedures, for example, if advance notice was provided;
- g. Athlete comments or concerns regarding the conduct of the Sample Collection Session, as declared by the Athlete;
- h. Athlete consent or otherwise for the use of the Sample(s) for research purposes;
- i. Athlete's, BCO's (where applicable) and DCO's signatures.
- j. The name of the Testing Authority;
- k. The name of the Sample Collection Authority;
- l. The name of the Results Management Authority; and

The Doping Control Form (DCF) is filled in quadruplicate (4 copies) where the original is retained by the Testing Authority, the athlete retains the second while the third and fourth copies are part of the documentation that accompany the sample to a WADA accredited/approved laboratory in strict confidentiality.

NB: Only the first and second copies of the DCF bear the athlete's personal information, thus the athlete's personal information will not be sent to the laboratory.

Sample A is analysed while Sample B is securely stored for up to 10 years for further testing if required. The laboratory sends the results to the responsible testing authority and WADA.

Partial Urine Sample(s)

- I. If the Sample collected is of insufficient volume, the DCO shall inform the Athlete that a further Sample shall be collected to meet the Suitable Volume of Urine for Analysis requirements.

- II. The DCO shall instruct the Athlete to select partial Sample Collection Equipment
- III. The DCO shall then instruct the Athlete to open the relevant equipment, pour the
- IV. insufficient Sample into the new container (unless the Sample Collection Authority's
- V. procedures permit retention of the insufficient Sample in the original collection vessel).
- VI. The DCO shall instruct the athlete to seal it using a partial Sample sealing system.
- VII. The DCO shall check, in full view of the Athlete, that the container (or original collection vessel, if applicable) has been properly sealed.
- VIII. The DCO shall record the partial Sample number and the volume of the insufficient Sample on the Doping Control form and confirm its accuracy with the Athlete.
- IX. The DCO shall retain control of the sealed partial Sample.
- X. While waiting to provide an additional Sample, the Athlete shall remain under continuous observation and be given the opportunity to take appropriate fluids
- XI. When the Athlete is able to provide an additional Sample, the procedures for collection of the Sample shall be repeated until a sufficient volume of urine will be provided by combining the initial and additional Sample(s).

- XII. Following each Sample provided, the DCO and Athlete shall check the integrity of the
- XIII. seal(s) on the container(s) containing the previously provided partial Sample(s). Any
- XIV. irregularity with the integrity of the seal(s) will be recorded by the DCO and investigated. If the seals are tampered with, the DCO may request that an additional Sample is collected from the Athlete. A refusal to provide a further Sample if requested, where the minimum requirements for Sample collection volume are not met, shall be recorded by the DCO and dealt with as a potential Failure to Comply in accordance with the International Standard for Results Management.

- XV. The DCO shall then direct the Athlete to break the seal(s) and combine the Samples, ensuring that additional Samples are added in the order they were collected to the original partial Sample until, as a minimum, the requirement for Suitable Volume of Urine for Analysis is met.
- XVI. Urine should only be discarded when both the A and B bottles have been filled to capacity and the specific gravity has been checked. The Suitable Volume of Urine for Analysis shall be viewed as an absolute minimum.

<https://youtu.be/sWhudwnE3Fg>

Blood Sample Collection Process

Blood Sample Collection Equipment shall consist of:

- a) Sample collection kits
- b) Unique labels for collection tubes with a Sample code number
- c) Such other types of equipment to be used in connection with the collection of blood

The DCO shall ensure that the Athlete is properly notified of the requirements of the Sample collection, including any modifications for differently abled Athletes.

Steps for Blood Sample Collection

- I. The DCO/Chaperone and Athlete shall proceed to the area where the Sample will be
- II. provided.
- III. The DCO/BCO shall ensure the Athlete is offered comfortable conditions and shall instruct the Athlete to remain in a normal seated position with feet on the floor for at least 10 minutes prior to providing a Sample.
- IV. The DCO/BCO shall instruct the Athlete to select the Sample collection kit(s) and check that they have not been tampered with and that the seals are intact.

If the Athlete is not satisfied with a selected kit, they may select another.

If the Athlete is not satisfied with any kits and no others are available, this shall be recorded by the DCO.

If the DCO does not agree with the Athlete that all of the available kits are unsatisfactory, the DCO shall instruct the Athlete to proceed with the Sample Collection Session.

If the DCO agrees with the Athlete that all available kits are unsatisfactory, the DCO shall terminate the Sample Collection Session and this shall be recorded by the DCO.

- V. When a Sample collection kit has been selected, the DCO and the Athlete shall check that all Sample code numbers match and that this Sample code number is recorded accurately by the DCO on the Doping Control Form (DCF). If the Athlete or DCO finds that the numbers are not the same, the DCO shall instruct the Athlete to choose another kit and the DCO will record the matter.
- VI. The BCO shall assess the most suitable location for venipuncture that is unlikely to adversely affect the Athlete or their performance. This should be the non-dominant arm, unless the BCO assesses the other arm to be more suitable.
- VII. The BCO shall clean the skin with a sterile disinfectant wipe or swab and, if required apply a tourniquet. The BCO shall take the blood Sample from a superficial vein into the tube. The tourniquet, if applied, shall be immediately removed after the venipuncture has been made

VIII. The amount of blood required:

Analysis matrix	Test	Number of Samples	Volume Required	Timelines
Serum	GH/HBOC /ESAs	2 (A Sample and B Sample).	2 x 5mL	Tests to analyse for the presence of exogenous Growth Hormone (GH or its Markers) should be scheduled at least 30 minutes after physical exertion (training or Competition).
Whole Blood or Plasma	BT/HBOC /ESAs	2 (A Sample and B Sample).	2 x 3mL	The Athlete to remain in a normal seated position with feet on the floor for at least 10 minutes prior to providing a Sample

If the amount of blood that can be removed from the Athlete at the first attempt is insufficient, the BCO shall repeat the procedure up to a maximum of three (3) attempts in total.

- IX. Should all three (3) attempts fail to produce a sufficient amount of blood, then the BCO shall inform the DCO and the DCO shall terminate the blood Sample collection and record the reasons for terminating.
- X. The BCO shall apply a dressing to the puncture site(s).
- XI. The BCO shall dispose of used blood sampling equipment not required to complete the Sample Collection Session in accordance with the required local standards for handling blood.
- XII. If the Sample requires further on-site processing, such as centrifugation or separation of serum (for example, in the case of a Sample intended for use in connection with the Athlete Biological Passport program), after the blood flow into the tube ceases, the BCO shall remove the tube from the holder and homogenize the blood in the tube manually by inverting the tube gently at least three (3) times).
- XIII. The Athlete shall remain in the blood collection area and observe their Sample until it is sealed in a Tamper Evident kit.
- XIV. The Athlete shall seal their Sample into a Tamper Evident kit as directed by the DCO. In full view of the Athlete, the DCO shall check that the sealing is satisfactory.
- XV. The Athlete and the BCO/DCO shall sign the Doping Control form.
- XVI. The sealed Sample shall be stored in a manner that protects its integrity, identity, and security prior to transport from the Doping Control Station to the Laboratory that will be analyzing the Sample.
- XVII. Blood Samples shall be transported in accordance with WADA's Sample Collection Guidelines. The transport procedure is the responsibility of the DCO.
- XVIII. Blood Samples shall be transported in a device that maintains the integrity of Samples over time, in a cool and constant environment, measured by a temperature data logger notwithstanding changes in external temperature.

- XIX. The transport device shall be transported by secure means using a method authorized by the Testing Authority or Sample Collection Authority.

Steps for Athlete Biological Passport Sample Collection

1. *Sample* collection should not occur within two (2) hours of the *Athlete's* training, participation in *Competition* or other similar physical activity.

If the *Athlete* has trained or competed less than two (2) hours before the time the *Athlete* has been notified of their selection, the DCO/Chaperone shall stay with the *Athlete* until this two-hour period has elapsed.

2. If the *Sample* was collected within two (2) hours of training or *Competition*, the nature, duration and intensity of the physical activity shall be recorded by the DCO.
3. The DCO/BCO shall ask the *Athlete* to remain **still**, in a normal seated position, with feet on the floor for at least ten (10) minutes prior to providing a blood *Sample*.
4. The DCO/BCO shall collect and record required additional information on an *Athlete Biological Passport* supplementary form to be signed by the *Athlete* and the DCO/BCO
5. The DCO/BCO instructs the *Athlete* to select the *Sample Collection Equipment*. If the collection tube(s) are not pre-labelled, the DCO/BCO shall label them with a unique *Sample* code number prior to the blood being drawn and the *Athlete* shall check that the code numbers match.

Analysis matrix	Test	Number of Samples	Volume Required	Timelines
ABP	RBCs profiles/HBOC /ESAs	1 (no B Sample required).	1 x 3mL	Athlete should not have participated in training or Competition in the last 2 hours before the Sample collection. Sit still for 10 minutes before collection of the blood sample.

DOPING CONTROL PROCESS VIDEO

<https://www.wada-ama.org/en/resources/education-and-prevention/doping-control-process-for-athletes>
[dopingcontrolform_o.pdf](#)



Stay Clean, Win Right

**ANTI-DOPING
AGENCY
OF KENYA**

MODULE ONE NOTES

2.THERAPEUTIC USE EXEMPTION

Definition

Therapeutic Use Exemption (TUE) is the authorization given to an athlete to use a prescribed Prohibited Substance or Method for the treatment of a legitimate medical condition as stipulated in the Code and Standard for Therapeutic Use Exemption (ISTUE).

It is the obligation of an athlete to inform their medical doctor of their obligation to abide by the Anti-Doping rules and that any medical treatment received must not violate these rules.

An athlete with a genuine medical condition must apply for a TUE before use of a prohibited substance or method for treatment.

If an athlete has a valid TUE granted in accordance with the International Standard for Therapeutic Use Exemption (ISTUE), the following shall not be considered as Anti-Doping Rule Violations (ADRVs):

- ✓ Presence of a Prohibited Substance or its Metabolites or Markers,
- ✓ Use or Attempted Use,
- ✓ Possession,
- ✓ Administration or Attempted Administration of a Prohibited Substance or Method

Applying for a TUE

An Athlete who needs to Use a Prohibited Substance or Method for Therapeutic reasons must obtain a TUE prior to Using or Possessing the substance or method in question.

For substances prohibited In-Competition only, the athlete should apply for a TUE at least 30 days before his/her next competition, unless it is an emergency or exceptional situation where they should apply for a retroactive TUE.

Once an athlete applies for a TUE, a decision will be made within 21 days upon receipt of a TUE application form and all requested supporting documents.

TUE APPLICATION PROCESS

An athlete wishing to apply for TUE, should obtain the TUE application form from <https://www.adak.or.ke/tue-forms/> or from the relevant Testing Authority and forward the duly filled form back to the Testing Authority.

The form must be accompanied by:

- a. a statement by a qualified physician, attesting to the need for the athlete to Use the Prohibited Substance or Method in question for Therapeutic reasons;
- b. a comprehensive medical history, including documentation from the original diagnosing physician(s) (where possible) and the results of all examinations, laboratory investigations and imaging studies relevant to the application.

The Athlete should keep a complete copy of the TUE application form and of all materials and information submitted in support of that application.

TUE application will only be considered by the Therapeutic Use Exemption Committee (TUEC) following the receipt of a properly completed application form, accompanied by all relevant documents.

Incomplete applications will be returned to the athlete for completion and re-submission. The TUEC may request from the athlete or his/her physician any additional information, examinations or imaging studies, or other information that it deems necessary in order to consider the athlete's application and/or it may seek the assistance of such other medical or scientific experts as it deems appropriate.

Any cost incurred by the athlete in making the TUE application and in supplementing it as required by the TUEC is the responsibility of the athlete.

Where to apply for TUE

The Athlete should apply to his/her National Anti-Doping Organization (NADO), International Federation (IF) and/or a Major Event Organizer (MEO) using the TUE application form provided.

- a. An athlete who is not an international level athlete should apply to NADO
- b. An athlete who is an international level athlete should apply to IF.
- c. A Major Event Organizer may require athletes to apply for a TUE with them if they need to use a Prohibited Substance or Method in connection with the event.

NOTE

International Level Athletes are athletes who compete in sport at the international level, as defined by each International Federation.

National and Other Level Athletes are athletes who compete in sport at the national and other levels.

Granting of a TUE

An Athlete may be granted a TUE if (and only if) each of the following conditions are met:

- a. The Prohibited Substance or Prohibited Method in question is needed to treat a diagnosed medical condition supported by relevant clinical evidence.
- b. The Therapeutic Use of the Prohibited Substance or Prohibited Method will not produce any additional enhancement of performance beyond what might be anticipated by a return to the Athlete's normal state of health following the treatment of the medical condition.
- c. The Prohibited Substance or Prohibited Method is an indicated treatment for the medical condition, and there is no reasonable permitted Therapeutic alternative.
- d. The necessity for the Use of the Prohibited Substance or Prohibited Method is not a consequence, wholly or in part, of the prior Use (without a TUE) of a substance or method which was prohibited at the time of such Use.

Retroactive TUE

An Athlete may only be granted retroactive approval for their Therapeutic Use of a Prohibited Substance or Method if:

- a) Emergency or urgent treatment of a medical condition was necessary;
- b) There was insufficient time, opportunity or other exceptional circumstances that prevented the *Athlete* from submitting (or the TUEC to consider) an application for the *TUE* prior to *Sample* collection;
- c) Due to national level prioritization of certain sports, the *Athlete's National Anti-Doping Organization* did not permit or require the *Athlete* to apply for a prospective *TUE*
- d) If an *Anti-Doping Organization* chooses to collect a *Sample* from an *Athlete* who is not an *International-Level Athlete* or *National-Level Athlete*, and that *Athlete* is *Using a Prohibited Substance or Prohibited Method* for Therapeutic reasons, the *Anti-Doping Organization* must permit the *Athlete* to apply for a retroactive *TUE*; or
- e) The *Athlete Used Out-of-Competition*, for Therapeutic reasons, a *Prohibited Substance* that is only prohibited *In-Competition*.

* <https://www.wada-ama.org/en/resources/the-code/2021-international-standard-for-therapeutic-use-exemptions>

* <https://www.wada-ama.org/en/resources/the-code/2021-world-anti-doping-code>

TUE Responsibilities of ADOs

The ADO should inform the Athlete to keep a complete copy of the TUE application form and of all materials and information submitted in support of that application.

The TUEC's decision must be communicated in writing to the Athlete and must be made available to WADA and to other Anti-Doping Organizations via ADAMS.

When a National Anti-Doping Organization grants a TUE to an Athlete, it must inform him/her in writing that:

- (a) the TUE is valid at national level only, and
- (b) if the Athlete becomes an International-Level Athlete or competes in an International Event, that TUE will not be valid for those purposes unless it is recognized by the relevant International Federation or Major Event Organization.

Each TUE will have a specified duration, as decided by the TUEC, at the end of which the TUE will expire automatically. If the Athlete needs to continue to Use the Prohibited Substance or Prohibited Method after the expiry date, he/she must submit an application for a new TUE well in advance of that expiry date, so that there is sufficient time for a decision to be made on the application before the expiry date.

A TUE will be withdrawn prior to expiry if the Athlete does not promptly comply with any requirements or conditions imposed by the Anti-Doping Organization granting the TUE. Alternatively a TUE may be reversed upon review by WADA or on appeal.

When granted a TUE, the athlete will be informed of the following:

- approved substance or method,
- the dosage(s),
- frequency,
- route of Administration permitted,
- the duration of the TUE (and, if different, the duration of prescribed treatment), and any conditions imposed in connection with the TUE.

In the event that, after their TUE is granted, the Athlete requires a materially different dosage, frequency, route or duration of Administration of the Prohibited Substance or Prohibited Method to that specified in the TUE, he/she must contact the relevant Anti-Doping Organization, who will then determine whether the Athlete needs to apply for a new TUE. If the presence, Use, Possession or Administration of the Prohibited Substance or Prohibited Method is not consistent with the terms of the TUE granted, the fact that the Athlete has the TUE will not prevent the finding of an anti-doping rule violation.

TUE Recognition Process

ADOs are required to recognize TUEs granted by other ADOs if all conditions for the granting of the TUE are met

An athlete subject to the TUE requirements of an IF or MEO, but already has a TUE from an ADO, should not submit an application for a new TUE to the IF or MEO

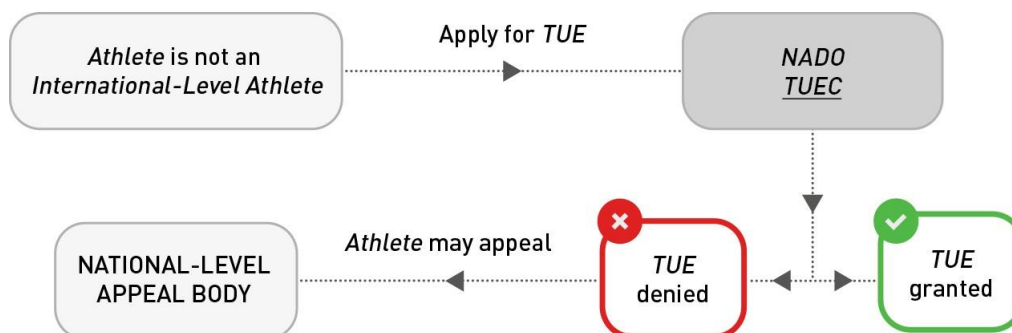
The IF or MEO may publish notice that it will automatically recognize TUE decisions made pursuant to the Code Article 4.4.2.

In the absence of such automatic recognition, the Athlete shall submit a request for recognition of the TUE to the IF or MEO in question.

The request should be accompanied by:

- ✓ a copy of the TUE
- ✓ the original TUE application form and
- ✓ supporting material.

Any costs incurred by the athlete in making the request for recognition of the TUE and in supplementing it as required by the TUEC are the responsibility of the athlete.



MORE INFORMATION

<https://www.adak.or.ke/tue/>



ANTI-DOPING AGENCY OF KENYA

MODULE ONE NOTES

3.WHEREABOUTS INFORMATION

Providing whereabouts information is a requirement set out in the Code Article 5.5. <https://www.wada-ama.org/en/resources/the-code/2021-world-anti-doping-code>

It applies specifically to athletes who are included in the Registered Testing Pool of an International Federation or a National Anti-Doping Organization. This information can be provided by an Athlete or Athlete's Support Personnel on behalf of the Athlete.

Inclusion into and exit from a Registered Testing Pool

The International Federation or National Anti-Doping Organization notifies each athlete designated for inclusion in its Registered Testing Pool. The notification informs the athlete of the following:

- The specified date when their inclusion shall come into effect.
- The whereabouts requirements with which they shall provide.
- The Consequences if they fail to comply with the whereabouts requirements.
- That they may also be tested by other Anti-Doping Organizations with testing authority over them.

An Athlete who has been included in a Registered Testing Pool shall continue to be subject to Whereabouts Requirements unless and until:

- They have been given written notice by an Anti-Doping Organization that put them in its Registered Testing Pool informing them that they are no longer designated for inclusion in its Registered Testing Pool; or
- They retire from Competition in the sport in question in accordance with the applicable rules and give written notice to that effect to an Anti-Doping Organization that put them in its Registered Testing Pool.
- Athletes who no longer meet the criteria should be removed from the RTP

Criteria for inclusion into the RTP

- a) Athletes identified for target testing by ADOs
- b) Athletes whom the International Federation or National Anti-Doping Organization plans to Test at least three (3) times per year Out-of-Competition
- c) Athletes that are part of the Anti-Doping Organization's Athlete Biological Passport haematological module program
- d) Athletes in a Testing pool who fail to comply with the applicable whereabouts requirements of that pool;
- e) Athletes for whom there is insufficient whereabouts information available for an International Federation or National Anti-Doping Organization to locate them for that Testing from other sources;
- f) Athletes in a Team Sport who are not part of Team Activities for a period of time (e.g., during the off-season); and
- g) Athletes who are serving a period of Ineligibility.

The rationale of providing whereabouts information

The whereabouts information the athlete provides is used to ensure that testing is planned in the most secure, timely, effective, coordinated, and efficient manner. In order to be most effective in detecting and deterring doping, anti-doping organizations must conduct Out-of-Competition testing without advance notice. By providing whereabouts information, the athlete is protecting the integrity of their sport and their right to clean and fair competition.

Quarterly filing timelines

Once Athletes are selected by any ADO to be part of RTP, they are required to submit quarterly whereabouts and provide whereabouts updates on an ongoing basis to ensure that they can be located for testing.

The timelines for filing whereabouts information are as follows:

- 1st quarter – January – March (filed by 15th December of the previous year)
- 2nd quarter – April – June (filed by 15th March)
- 3rd quarter – July – September (filed by 15th June)
- 4th quarter - October – December (filed by 15th September)

Whereabouts Information to be provided

An Athlete who is in any RTP is expected to provide the following information quarterly:

a) A 60-minute time slot

The athlete shall provide, for each day in the forthcoming quarter, one specific 60-minute time slot between 5 a.m. to 11.00 p.m. where they will be available at a specific location for testing. The Physical address should be as accurate as possible to enable a Doping Control Officer (DCO) locate the athlete.

Directions can be given in terms of streets/roads, house/plot number and any form of landmark that may be applicable.

The athlete can also indicate at what point the DCO should consult members of the community for further directions to the location (e.g. a shopping centre where the family name is well known).

Directions can also be indicated by drawing a map that will lead the DCO to the home.

WRONG	CORRECT
Baringo County, Saimo Ward, Kwa Mzee Omwenga	Baringo County, Kabartonjo Sub-County, Saimo Ward, Kapchepkor Village, 500m along Kapchepkor-Kapchepkulei Rd, on the right Mabati Gate, Kwa Mzee Omwenga, 3 homes after St. Mary's Catholic Church.

b) Mailing address

A complete mailing address and personal e-mail address where correspondence may be sent to the Athlete for formal notice purposes. It may or may not be the same as the home address, but the athlete should provide an address where they are certain that any mail will be brought to their attention immediately.

Any notice or other item mailed to that address will be deemed to have been received by the *Athlete* seven (7) days after it was deposited in the mail and immediately when notification of a sent e-mail receipt is generated/obtained

c) Place of overnight stay

For each day during the following quarter, the athlete should provide the full address of the place where they will be staying overnight (e.g., home, temporary lodgings, hotel, etc.). This will give the Anti-Doping Organizations a good idea of where the athlete will be at the end of that day and beginning of the next.

d) Training location or regular activity

The athlete is also supposed to provide for each day during the coming quarter, the name and address of each location where they will be training, working or conducting any other regular activity as well as the usual time frames for such regular activities. For example,

“Mondays: 0900hrs-1100hrs gym, 1300hrs-1700hrs gym;
Tuesdays: 0900hrs-1100hrs gym, 1600hrs-1800hrs gym;
Wednesdays: 0900hrs-1100hrs track, 1500hrs-1700hrs physio;
Thursdays: 0900hrs-1200hrs gym, 1600hrs-1800hrs track,
Fridays: 0900hrs-1100hrs swimming pool, 1500hrs-1700hrs physio;
Saturdays: 0900hrs-1200hrs track, 1300hrs-1500hrs swimming pool;
Sundays: 0900hrs-1100hrs track, 1300hrs-1500hrs swimming pool”.

If the Athlete is not currently training, they should specify that in their Whereabouts Filing and detail any other routine that they will be following in the forthcoming quarter, e.g., their work routine, or school schedule, or other routine, and identify the name and address of each location where that routine is conducted and the time frame during which it is conducted.

e) Competition/Event schedule

The athletes should provide competition/event schedule for the following quarter. This should include the name and address of each location where they are scheduled to compete during the quarter and the date(s) and time(s) at which they are scheduled to compete at such location(s). Providing details of the competition schedule helps ADOs plan effectively Out-of-Competition tests and allows for better coordination of their testing programs, reducing unnecessary duplication in testing.

Platform for Filing Whereabouts

Athletes shall file their whereabouts information through the [Anti-Doping Administration and Management System \(ADAMS\)](#). As a result, such information shall be automatically available through ADAMS to WADA and other relevant ADOs. This information shall:

- a) Be maintained in strict confidence at all times;
- b) Be used for purposes of planning, coordinating or conducting Doping Control;
- c) Be relevant to the Athlete Biological Passport or other analytical results;
- d) Support an investigation into a potential ADRV; and/or
- e) Support proceedings alleging an ADRV

Consequences of not adhering to the requirements of the whereabouts

a) Missed Tests

A missed test is recorded against the athlete if the DCO comes for testing at the declared location, but the athlete is nowhere to be found. Three (3) consecutive missed tests within a 12-month period leads to an Anti-Doping Rule Violation (ADRV) which will lead to a sanction. The 12-month period starts counting from the date of the 1st missed test.

b) Filing Failures

A filing failure is recorded when an athlete fails to file their whereabouts for the coming quarter. Three consecutive filing failures within a 12- month period lead to an Anti-Doping Rule Violation (ADRV).

Please Note:

A combination of the two (2 missed tests and 1 filing failure or vice versa) amounts to an Anti-Doping Rule Violation. An ADRV on whereabouts (Missed tests, filing failures or a combination the two) attracts a two-year sanction which can be reduced to one year depending on the athlete's degree of fault.