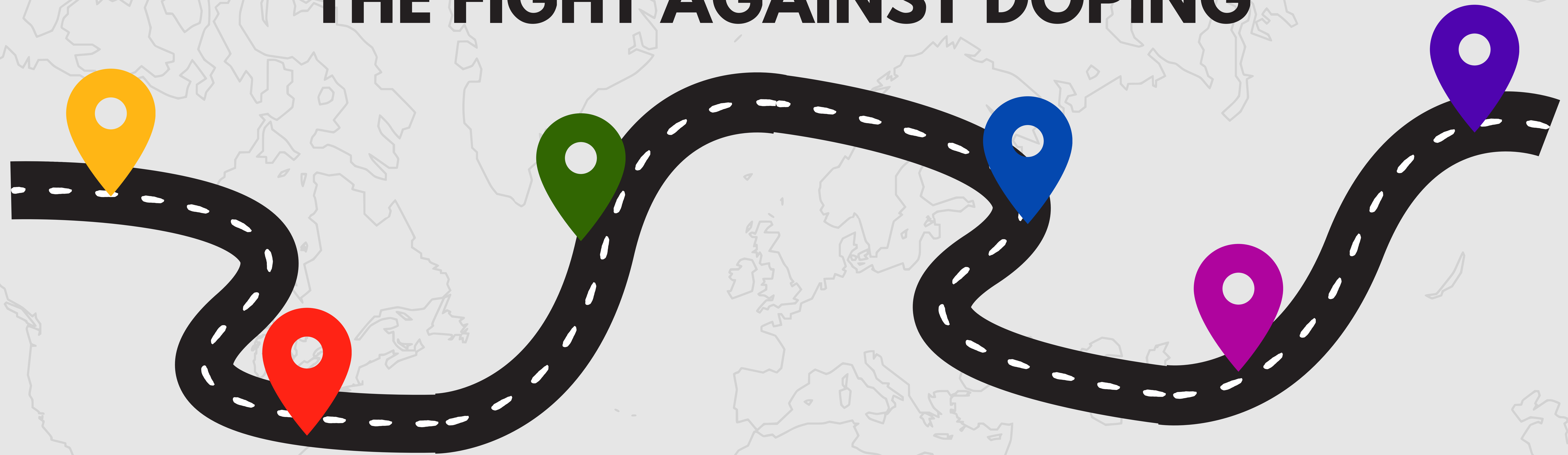


HOW ATHLETES CAN CONTRIBUTE TO THE FIGHT AGAINST DOPING



1

UNDERSTAND THE RULES

Learn the rules, stay informed about banned substances and anti-doping guidelines

2

STAY TRANSPARENT WITH TESTING AUTHORITIES

Provide accurate information and be ready for surprise tests

3

AVOID USING UNVERIFIED SUPPLEMENTS

Only use supplements that are approved by trusted sources

4

REPORT SUSPICIOUS ACTIVITY

Report any suspicious behavior or doping attempts to authorities

5

COMMIT TO CLEAN SPORT

Make a personal pledge to follow the rules and advocate for a drug-free career

6

STAY INFORMED ABOUT NEW DEVELOPMENTS

Stay up-to-date on changes in anti-doping regulations

1. **Educate Yourself About Anti-Doping Rules**

- Familiarize yourself with WADA's prohibited substance list and banned methods.
- Understand the testing procedures for in-competition and out-of-competition testing.
- Learn the rules regarding Therapeutic Use Exemptions (TUEs) for medical treatments.
- Participate in anti-doping education programs to stay updated on new rules.
- Regularly review anti-doping regulations and prohibited substances as they may change annually.
- Understand the consequences of violating anti-doping rules, such as suspensions and bans.
- Be aware of the specific testing requirements for your sport or event.

2. **Stay Transparent with Testing Authorities**

- Provide accurate and up-to-date location information for out-of-competition testing.
- Keep track of your whereabouts and remain accessible for surprise testing.
- Regularly update your contact details with anti-doping agencies.
- Consistently provide all relevant information for a transparent testing process.
- Cooperate with doping control officers during sample collection and testing.
- Notify authorities about any schedule or whereabouts changes to avoid missed tests.
- Understand the consequences of missed or failed tests due to non-compliance.

3. Avoid Using Unverified Supplements

- Use supplements only from trusted and approved sources, preferably independently tested ones.
- Avoid supplements without proper labeling or from unreliable brands.
- Check for certification by anti-doping organizations (e.g., NSF Certified for Sport).
- Research supplement ingredients to ensure they don't contain banned substances.
- Be cautious of online sellers that lack clear product origin information.
- Consult a healthcare provider or nutritionist before starting any new supplement.
- Educate yourself about banned substances commonly found in everyday supplements.

4. Report Suspicious Activity

- Be vigilant and report any suspicious behaviors related to doping.
- Use anti-doping authority channels like WADA's Speak Up program to report concerns.
- Maintain confidentiality to protect your identity when reporting potential doping cases.
- Encourage teammates to report any irregularities they observe.
- Understand the ethical importance of clean sport and the role of reporting in fairness.
- Familiarize yourself with the consequences of doping to highlight the importance of clean sports.
- Stay proactive in promoting a doping-free culture in your sport.

5. Commit to Clean Sport

- Make a personal commitment to avoid doping throughout your athletic career.
- Be a role model for younger athletes by upholding clean sport principles.
- Advocate for a drug-free culture to create a positive sporting environment.
- Promote ethical decision-making among teammates and peers.
- Take pride in achieving success through hard work and dedication, not performance-enhancing drugs.
- Engage in community outreach to educate others on the value of clean sport.
- Support anti-doping initiatives by participating in educational campaigns and movements.

6. Stay Informed About New Developments

- Monitor updates from WADA, national anti-doping agencies, and credible sources.
- Attend workshops or webinars on emerging doping practices and regulations.
- Stay informed about advancements in testing technology and methodologies.
- Read updates on new banned substances, methods, and policy changes.
- Share relevant findings with teammates and peers to keep them informed.
- Encourage others to stay educated about anti-doping news and developments.
- Regularly review changes in the legal status of substances and performance-enhancing methods.