

Chapter 8.3

FINA Anti-Doping Programmes

The benefits of this chapter

As sport gets more and more demanding, with busier competition schedules and training times, too often an athlete's health can suffer.

This chapter aims at helping you understand why it is important for your federation to develop an anti-doping programme in cooperation with FINA, your national or regional anti-doping agency and be committed to ensuring that our sports stays clean.

Introduction

Anti-doping programmes seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as “the spirit of sport”; it is the essence of Sport; it is how we play true.

The spirit of sport is the celebration of the human spirit, body and mind, and is characterised by the following values:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other Participants
- Courage
- Community and solidarity

Doping is fundamentally contrary to the spirit of sport.

FINA Testing Programme

Each year FINA conducts a large number of doping control tests on competitors from around the world. The process of selection for unannounced doping controls is such that the highest ranking competitors have a much greater chance of selection in out-of-competition programmes; they are also, by virtue of their successes, to be more likely subject to selection during in-competition testing programmes.

The results of all FINA anti-doping activity are publicly displayed, in complete detail, on the FINA website ensuring a transparent understanding of the important aspects of our doping control activities.

In 2009, FINA conducted 2085 tests, 1196 of these were completed out-of-competition and 889 during FINA Competitions all over the world.

Whereabouts

Accurate whereabouts information is crucial to ensure efficiency of the anti-doping programmes, which are designed to protect the integrity of sport and to protect clean athletes. Given that FINA out-of-competition doping controls are conducted without notice to athletes, they are one of the most powerful means of deterrence and detection of doping and are an important step in strengthening athlete and public confidence in doping-free sport.

Who shall submit whereabouts?

An athlete in the FINA Registered Testing Pool (RTP) is required to make a quarterly Whereabouts Filing that provides accurate and complete information about the Athlete's whereabouts during the forthcoming quarter.

FINA is publishing on its website the criteria to be included in the FINA RTP.

How athletes can submit their whereabouts?

WADA has developed a web-based functionality ADAMS that allows athletes to enter their information from anywhere in the world; and those without internet access may designate a representative such as their national federation to enter the information on their behalf.

In some occasion, FINA still accepts the whereabouts under paperwork.

The Prohibited List and Methods

Since 2004, as mandated by the World Anti-Doping Code (Code), the World Anti-Doping Agency (WADA) is responsible for the preparation and publication of the List. It is updated every year.

It is an International Standard identifying substances and methods prohibited in-competition, out-of-competition and in particular sports. Substances and methods are classified by categories (e.g., steroids, stimulants, gene doping).

The use of any prohibited substance by an athlete for medical reasons is possible by virtue of a Therapeutic Use Exemption (TUE).

Chapter 8.3
FINA Anti-doping Programmes

Therapeutic Use Exemption

The anti-doping rules and the 'Prohibited List' are designed to combat doping – they are not intended to prevent the use of otherwise prohibited substances for the treatment of clearly established illness or injury. Clinical members of the FINA TUE Committee regularly review applications for permission to use medications that appear on the Prohibited List; they grant permission for the use of these medications when it is clear that: not to use them would harm the competitor's health, there are no appropriate alternatives, and no enhancement of performance above that associated with a return to health will occur in association with their use.

To whom does this apply?

Athletes who have been identified as included in FINA's Registered Testing Pool and athletes who participate in FINA Competitions may only obtain therapeutic use exemptions in accordance with the rules of FINA. For other athletes, they shall submit their application to their federation, National Anti-Doping Agency or related bodies.

Developments and challenges

Increasingly it is recognised that successful anti-doping programmes place an emphasis on education and prevention. The development of educational initiatives designed to ensure attitudes opposed to doping and emphasising the value of doping-free sport are very much the responsibility of all in the FINA family – but they are most effectively delivered early in a young competitor's career. The appropriate attitudes, messages and examples of coaches and sport leaders are important elements in any such initiatives. It is to be hoped that national federations, in particular, will assist in the development of innovative and imaginative programmes designed to ensure that tomorrow's competitors view doping as 'socially unacceptable' as drinking and driving. On every occasion, all members of the FINA Family should ensure that their opposition to doping is expressed clearly and consistently.

Team physicians have special roles to play in addressing and preventing doping practices. FINA physicians must understand in detail all the pertinent anti-doping regulations and be familiar with the need to ensure that TUE's are obtained when appropriate. They must ensure that medications are used carefully and cautiously, with a commitment to use evidence-based therapies consistent with clinical standards of best practice, and a recognition that one of a physician's fundamental responsibilities is to "persuade people not to take medicine"! Such approaches are essential in ensuring a training and competition environment where use of medications is kept to a minimum and expectations about the need for drugs and medical interventions are realistic. The result can be a significant transformation of the attitudes of competitors and coaches regarding medication and supplement use.

FINA is committed to ensuring that its doping control procedures are of a uniformly high quality, delivered in a manner that is professional and courteous, and minimises intrusions into the schedules of competitors – particularly at the time of competitions and Championships. FINA is equally committed to ensuring that National Federations commit to the implementation of high quality doping control programmes consistent with the Code and WADA Standards.

We must remind ourselves that the most successful anti-doping strategies are those that emerge from competitive and training environments where a commitment to doping-free sport is clearly expressed and continually demonstrated.