



ITA
KEEPING SPORT REAL

WELCOME!

INTRODUCTION TO ANTI-DOPING

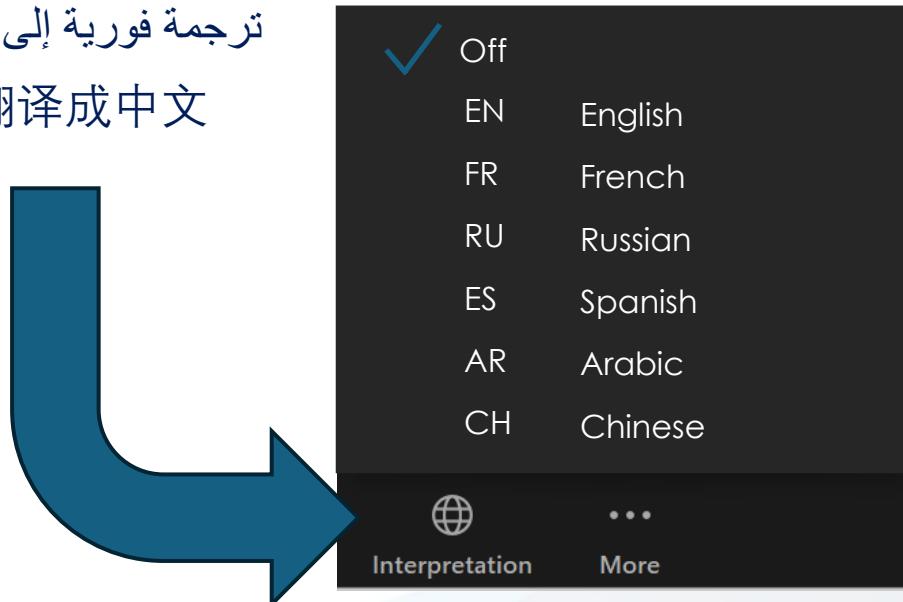
- Athletes' Rights and Responsibilities
- Anti-Doping Rule Violations
- Consequences of Doping
- Proactive Reporting

WEBINAR 1

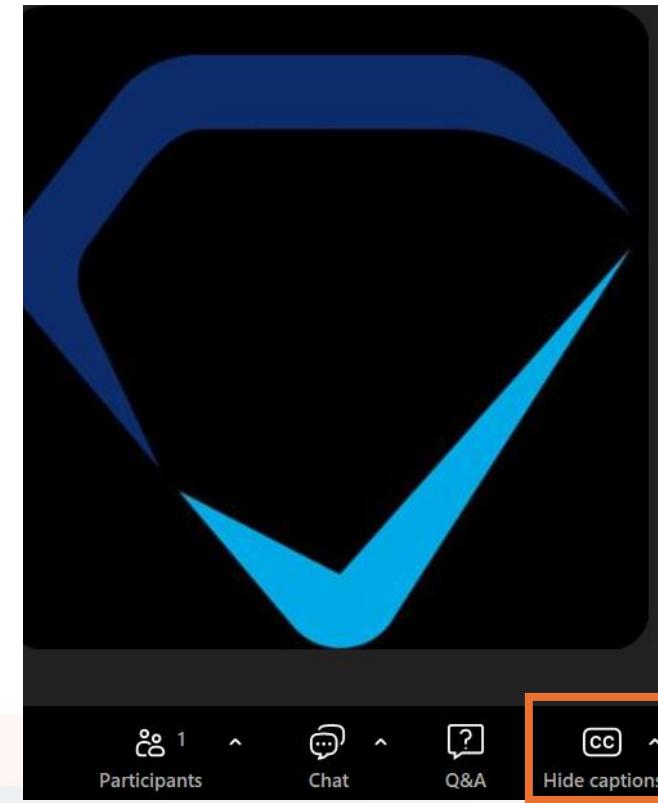
LANGUAGE OPTIONS

Simultaneous interpretation

- Traducción simultánea en español
- Traduction simultanée en français
- Синхронный перевод на русский
- ترجمة فورية إلى العربية
- 同步翻译成中文



Automated translated captions





INTERNATIONAL
WEIGHTLIFTING
FEDERATION



FAIRNESS RESPECT INTEGRITY



CHAT

Q&A

QUESTIONS AND ANSWERS

INTERNATIONAL TESTING AGENCY (ITA)

- ✓ Independent international organisation that offers anti-doping services to International Federations (IFs), Major Event Organisers (MEOs), and other organisations.
- ✓ The ITA implements anti-doping programs for IFs, MEOs and other organisations requesting support.
- ✓ Manages various aspects of the anti-doping program (testing, results management, intelligence and investigations, education, etc.).



CALENDAR

from
14:00 to
15:00
CET

29
Oct

**INTRODUCTION
TO ANTI-DOPING**

5
Nov

**THE PROHIBITED
LIST, MEDICATIONS,
TUES, AND
SUPPLEMENTS**

12
Nov
TESTING

PARTICIPATION CERTIFICATES



BY THE END OF TODAY'S SESSION, YOU SHOULD...

- ✓ Understand athletes' anti-doping rights and responsibilities.
- ✓ Understand the principle of Strict Liability.
- ✓ Understand the 11 anti-doping rule violations (ADRVs), why they exist and whom they apply to.
- ✓ Know the consequences of doping.
- ✓ Understand the role and importance of proactive reporting.
- ✓ Know where to go for more information and who to ask for help.

ATHLETES' ANTI-DOPING RIGHTS AND RESPONSIBILITIES



Need advice? The [Athletes' Anti-Doping Ombuds](#) is a free, neutral, and confidential resource for athletes with questions or concerns about anti-doping issues

ATHLETE RESPONSIBILITIES



STRICT LIABILITY PRINCIPLE

The athlete is solely responsible for everything they use and that is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault.

ANTI-DOPING RULE VIOLATIONS (ADRVs)

POLL QUESTION

HOW MANY ANTI-DOPING RULE VIOLATIONS ARE THERE?

- 1
- 5
- 7
- 11

11. Acts by an athlete or other person to **discourage or retaliate** against reporting to authorities.

10. **Prohibited association** by an athlete or other person.

9. **Complicity or attempted complicity** in an ADRV.

8. **Administration or attempted administration** of a prohibited substance or method.

7. **Trafficking or attempted trafficking** in any prohibited substance or method.

6. **Possession** of a prohibited substance or method.

1. **Presence** of a prohibited substance in athlete's sample.

2. **Use or attempted use** of a prohibited substance or method.

3. **Evading, refusing or failing** to submit to sample collection.

4. **Whereabouts Failures** by an athlete in a Registered Testing Pool.

5. **Tampering or attempted tampering** with any part of doping control.



11
ADRVs

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11
ADRVs

DECISION-MAKING

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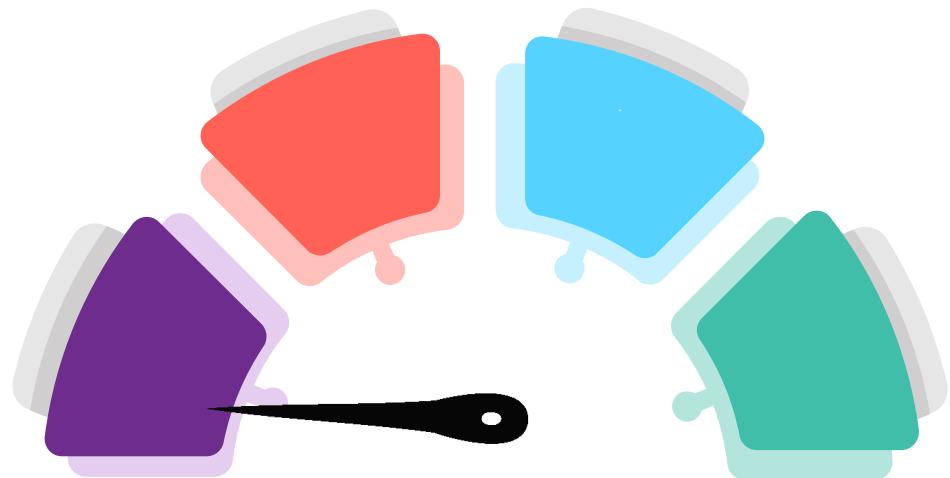
Doping is not straightforward

Rarely is the decision clear and easy for an athlete

Decisions and behaviours are influenced by an athlete's environment

Decision-making scenarios are complex and related to vulnerability moments

Vulnerabilities can lead to justifying doping behaviors





YULIA STEPANOVA

International level runner



TYLER HAMILTON

Former professional cyclist

COURTESY OF THE U.S. ANTI-DOPING AGENCY



VIDEO: DECISION-MAKING





VIDEO: DECISION-MAKING



I was just learning from other athletes and from my coach
and they were talking about doping like it's a normal

CONSEQUENCES

SOCIAL
PUBLIC CONTEMPT
BAN FROM ALL SPORT

PERSONAL

DISQUALIFICATION

LONG-TERM EFFECTS

END OF CAREER
MENTAL HEALTH
FINANCIAL PENALTIES
LOSS OF MEDALS
SANCTIONS

ADRV PUBLICATION
ECONOMIC LOSS

PHYSICAL HEALTH

SANCTIONS FOR AN ADRV

1 DISQUALIFICATION

An athlete's competition results can be disqualified.

If results are disqualified, medals, prizes and points will be returned.

4 FINANCIAL CONSEQUENCES

This may include fines and recovery of costs associated with the ADRV.

2 INELIGIBILITY

The athlete or other person cannot participate in competition, sport-related activity in any capacity or receive funding for the duration of the sanction, which can be up to a lifetime.

5 PUBLIC DISCLOSURE

Information about the ADRV is made public, except for minors (under 18) or in exceptional circumstances.

3 PROVISIONAL SUSPENSION

From notification of an ADRV, the athlete or other person cannot compete or engage in sport-related activities until a final decision on consequences is made.

6 TEAM CONSEQUENCES

Teams may also face consequences as outlined in their sports anti-doping rules.



VIDEO: PHYSICAL HEALTH CONSEQUENCES



It was in 2012 and it was one accident. I was injured and my coach offered for me to do some infusions



VIDEO: MENTAL HEALTH CONSEQUENCES





VIDEO: LONG-TERM EFFECTS

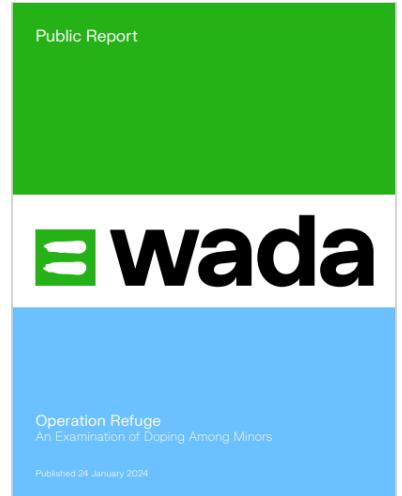


When I was banned, it was like the last straw. After that,
I decided I need to do something right now and I need

EFFECTS ON FAMILY

“My child had just obtained a scholarship to study abroad and [could] lose everything. They were stigmatized by other athletes and other parents who spread rumors about them saying that they must have been doping for years and that I [as the parent] was responsible.”

“My child phoned me to tell me they had tested positive. I was on the street when I heard the news. I started to cry. I [have] lost members of my family but when I compare that experience to this, I can say that the moment I learned the news about my child’s positive doping test [it] was the worst moment of my life.”





VIDEO: FACING THE TRUTH



PROACTIVE REPORTING

WHO CAN REPORT?

WHAT CAN I REPORT?



Anyone within the sport community can report anything they see, hear, know or suspect.



Something from the past, something happening now, or something someone intends to do in the future.



About athletes, coaches, team doctors, physios, or otherwise athlete support persons, administrators or parents of athletes and entourage.



All information is important, no matter how big or small.

HOW CAN I REPORT?

- ✓ ITA's secure reporting platforms can be used to report what you have **seen, heard or experienced** in a secure, confidential and anonymous manner.
- ✓ Option to **open a mailbox** and/or provide contact details for further exchanges.
- ✓ **Every piece of information is important** – no matter how small.
- ✓ Reports can be submitted in **any language**.

WWW.REVEAL.SPORT



The screenshots illustrate the REVEAL platform's user interface. The top screenshot shows the main landing page with a banner encouraging users to help keep sport REAL, followed by sections for reporting, secure mailbox, and various policies. The bottom screenshot provides a detailed look at the reporting process, including reasons for reporting (e.g., protecting oneself, fellow athletes, sport), reporting methods (web-based platform, email, WhatsApp), identity options (Confidential, Anonymous), and contact information (+41 79 807 85 18). The platform emphasizes the importance of every piece of information and the secure, confidential nature of the reporting process.

RE✓EAL

 MAKE YOUR REPORT FOR FAIRNESS IN SPORT

HOW DO YOU REPORT?

Use our **web-based reporting platform**



Send us an anonymous **email**



Send us an anonymous **WhatsApp message**

 +41 79 807 85 18



WHAT HAPPENS WHEN I REPORT?

- ✓ The ITA's priority is **always to protect the identity of any Proactive Reporter.**
- ✓ We would rather sacrifice "making cases" than risk exposing anyone who put their trust in us at the ITA by Proactively Reporting their concerns.
- ✓ The I&I team at the ITA behind REVEAL are **trained and experienced in managing confidential information** and Proactive Reporters.
- ✓ Information obtained is reviewed against other information, assessed for potential impact and actioned accordingly.
- ✓ Actions are taken if concerns and allegations are substantiated.

IN SUMMARY...

- ✓ Athletes have rights and responsibilities in anti-doping.
- ✓ All 11 Anti-Doping Rule Violations (ADRVs) apply to athletes and 7 of them apply to Athlete Support Personnel and other members of the sport community.
- ✓ There are many consequences of doping.
- ✓ Proactive reporting is key for clean sport – you can report anything you see, hear know or suspect confidentially and anonymously, if you wish.

Q&A

RESOURCES

Athletes' Rights and Responsibilities

[Athletes' Anti-Doping Rights Act](#)

[Athletes' Anti-Doping Ombuds](#)

Anti-Doping Rule Violations

[The World Anti-Doping Code](#)

[ITA Monthly webinar - Ask the Expert: The Anti-Doping Rule Violations](#)

Consequences of doping

[Effects of performance enhancing drugs with Tyler Hamilton](#)

[Effects of performance enhancing drugs with Yulia Stepanova](#)

Proactive reporting

[ITA Reveal](#)

[ITA Reveal quick guide](#)

[ITA Monthly webinar - Ask the Expert: Intelligence & Investigations](#)

[ITA Monthly webinar - Proactive Reporting: your questions answered](#)

[WADA Speak Up](#)

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MORE QUESTIONS?

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