

IF WEBINAR SERIES HANDBOOK

2025

Welcome to the IF Webinar Series 2025!

The IF Webinar Series consists of three webinars organised by the International Testing Agency (ITA) in collaboration with your International Federation (IF). By participating, you, as an Athlete or Athlete Support Personnel, will receive access to essential anti-doping education information and practical tips, along with the opportunity to ask anti-doping experts your questions. This series is delivered in English, with simultaneous translation into Arabic, French, Mandarin Chinese, Russian and Spanish. It is designed to cover key anti-doping topics, to ensure you understand your rights and responsibilities to confidently navigate your clean sport journey.

This Handbook also contains links to key resources to accompany each webinar.

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The schedule of these webinars is below:

TITLE AND TOPICS	DATE AND CEST TIME
1. Introduction to anti-doping Overview of Athlete Rights and Responsibilities, Anti-Doping Rule Violations, Consequences of Doping, and Proactive Reporting	Wednesday 29 October 14:00-15:00 CET
2. The Prohibited List, Medications, TUEs, and Supplements Includes the principle of Strict Liability	Wednesday 5 November 14:00-15:00 CET
3. Testing Includes the Testing Procedures and the ABP, Testing Pools, and Whereabouts	Wednesday 12 November 14:00-15:00 CET

What is the International Testing Agency (ITA)?

The ITA is an independent international organisation that delivers clean sport programs for International Federations, Major Event Organisers and any other organisation requesting support or collaboration to protect the integrity of international sport and the health of all Athletes.

Find out more about the ITA [here](#).

Webinar 1: Introduction to anti-doping

Date: Wednesday 29 October, 14:00-15:00 CET

[**CLICK HERE**](#) to access the IF Webinar Series Toolkit, which will include the slides and recordings after each live webinar.

Topics:

- Athlete Rights and Responsibilities
- Anti-Doping Rule Violations (ADRVs)
- Consequences of Doping
- Proactive reporting

The goal of this webinar is for participants to:

- Understand Athlete anti-doping rights and responsibilities
- Understand the principle of Strict Liability - Remember that an athlete is solely responsible for everything they use and that is found in their body, regardless of whether there is an intention to cheat or not if the athlete is at fault.
- 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

THE FOLLOWING RESOURCES HAVE BEEN COLLATED ON
THE WEBINAR TOPICS TO FURTHER SUPPORT YOU:

Athletes' Rights and Responsibilities

Athletes' Anti-Doping Rights Act - The Act ensures Athletes' rights are clearly defined, accessible and universally applicable. It directs Athletes to relevant sections in the World Anti-Doping Code and International Standards for more information.

Athletes' Anti-Doping Ombuds - Do you need advice or have questions about an anti-doping issue and are looking for information or guidance? Operating independently of WADA, the Athletes' Anti-Doping Ombuds is a free, neutral, and confidential resource for Athletes with questions or concerns about anti-doping issues.

Anti-Doping Rule Violations

The World Anti-Doping Code - This document harmonises anti-doping policies, rules and regulations within sport organisations and among public authorities around the world.

Consequences of doping

Effects of performance enhancing drugs with Tyler Hamilton - This video discusses Tyler's introduction to performance enhancing drugs and the psychological impact and struggles that he experienced as a result.

Effects of performance enhancing drugs with Yulia Stepanova - In this video, Yulia recounts her introduction to performance enhancing drugs by her former coach and her fallout and adverse health effects from doping.

Courtesy of United States Anti-Doping Agency

Proactive Reporting

ITA Reveal - Report what you have seen, heard or experienced in a completely anonymous and secure manner while actively supporting the investigation of Anti-Doping Rule Violations or criminal behaviour.

ITA Reveal quick guide - Why should you report information about doping? What can you report? Which channels can you use to contact experts? This informative infographic about ITA's REVEAL reporting options answers all of these questions and explains the different steps and aspects of proactive reporting in the context of doping in sport.

ITA Monthly webinar - Ask the Expert: Intelligence & Investigations - Watch the recording, available in five languages!

ITA Monthly webinar - Proactive Reporting: your questions answered - Watch the recording, available in five languages!

WADA Speak Up - Speak Up is a secure digital platform, allowing Athletes, their support personnel and all others who may have information to share regarding a possible Anti-Doping Rule Violation (ADRV) to provide the information to WADA in a confidential manner if they choose.

Webinar 2: The Prohibited List, Medications, TUEs, and Supplements

Date: Wednesday 5 November, 14:00:15:00 CET

CLICK HERE to access the IF Webinar Series Toolkit, which will include the slides and recordings after each live webinar.

Topics:

- The Prohibited List
- Medications
- Therapeutic Use Exemptions (TUEs)
- Supplements
- Recreational Drugs

The goal of this webinar is for participants to:

- Understand the purpose and structure of the Prohibited List
- Know how to check medications before use
- Know what a Therapeutic Use Exemption is and how to apply for one if needed
- Understand the risks associated with supplements and how to make an informed decision about their use
- Understand the risks of recreational drug use
- Be able to protect yourself and your Athletes from unintentional doping

THE FOLLOWING RESOURCES HAVE BEEN COLLATED ON THE WEBINAR TOPICS TO FURTHER SUPPORT YOU:

The Prohibited List

The Prohibited List - The WADA Prohibited List tells you what substances and methods are prohibited in sport and when. The List is updated at least annually. The latest version is published on WADA's website in October and comes into force on 1 January.

Medications

ITA: checking your medication - a guide for Athletes - To help Athletes and Athlete Support Personnel navigate medications, this guide provides brief explanations of key terms, links to resources to check your medications.

GlobalDRO - The Global Drug Reference Online (Global DRO) provides Athletes and support personnel with information about the prohibited status of specific medications based on the current WADA Prohibited List.

Therapeutic Use Exemptions

ITA TUE Page - There are situations in which Athletes need to take a prohibited substance or use a prohibited method, as specified by the Prohibited List, for health reasons. This page provides information to assess if a TUE is needed and how to submit an application.

ITA TUE Assistant - This tool assists Athletes and other individuals in understanding the requirements to apply for and obtain a TUE. Strict conditions must be met for a TUE to be granted. A TUE gives an Athlete permission to use a prohibited substance or method within the context of sports regulations, thereby avoiding the risk of sanctions due to a positive test.

Supplements

ITA: How to check your supplements - a guide for Athletes - Using supplements is risky as no guarantee can be given that a supplement is free from prohibited substances. This guide provides key tips to reduce risk so Athletes can make an informed decision about use.

ITA Monthly webinar - Navigating Supplements: Reducing Your Risk of an Anti-Doping Rule Violation - watch the recording, available in five languages!

Athletes should only consider using supplements that have been batch tested by an independent supplement certification company for substances prohibited in sport:

- [Informed Sport](#)
- [NSF Certified for Sport](#)
- [Kölner Liste](#)
- [BSCG](#)

Remember that no supplement is 100% risk-free for an Athlete, so there must be an expert-informed reason for an Athlete to use them.

Webinar 3: Testing

Date: Wednesday 12 November, 14:00:15:00 CET

[**CLICK HERE**](#) to access the IF Webinar Series Toolkit, which will include the slides and recordings after each live webinar.

Topics:

- Testing Procedures, including the Athlete Biological Passport (ABP)
- Testing Pools
- Whereabouts

The goal of this webinar is for participants to:

- Be familiar with key doping control terms and roles
- Know Athletes' rights and responsibilities during testing
- Have a good overview of testing and the Doping Control Form

- Know the different types of testing pools and the contents of the Letter of Inclusion
- Have an overview of whereabouts and be aware of the consequences of not complying with Whereabouts requirements
- Know where to go or who to ask if you have any questions

THE FOLLOWING RESOURCES HAVE BEEN COLLATED ON
THE WEBINAR TOPICS TO FURTHER SUPPORT YOU:

Testing

[**An Athlete's Guide to Testing**](#) - An Athlete's guide to testing infographic that provides Athletes with core information about the doping control process, including the Athlete's rights and responsibilities. Available in 12 languages!

[**Testing FAQ**](#) - Practical tips and useful how-to-explanations all around the topic of testing.

[**International Paralympic Committee \(IPC\) Doping Control Guide for Testing Athletes in Para Sport**](#)

[**Doping Control Guide for Testing Athletes in Para Sport**](#)

[**ITA Monthly webinar - Testing - What you need to know**](#)

[**ITA Monthly webinar - What happens to my sample?**](#)

[**ITA Monthly webinar - The Athlete Biological Passport**](#)

Watch the recordings,
available in five languages!

Testing Pools and Whereabouts

[**ITA ADAMS & Whereabouts quick reference card**](#) - An ITA guide providing clear, step-by-step instructions on how to navigate the system seamlessly, whether you are a seasoned Athlete or new to the world of anti-doping and whereabouts. ADAMS is short for the Anti-Doping Administration and Management System, an online tool that Athletes can access anytime to submit their whereabouts information.

[**ITA Tutorials - How to use ADAMS for Athletes and Athlete Support Personnel**](#) - New to ADAMS, or just want to get a refresher on how to use it? These tutorials cover the very first steps from setting up Athletes' ADAMS account for the very first time, how to reset your password or how to submit your whereabouts.

[**ITA Monthly webinar - Whereabouts: all your questions answered**](#) - Watch the recording, available in five languages!

[**ITA Monthly webinar - Whereabouts: a practical guide for Athletes**](#) - Watch the recording, available in five languages!

How to get your IF Webinar Series Certificate

- 1. Attend at least one live session or access the recordings in the ITA IF Webinar Series Toolkit, which will be available after each live session.**
- 2. Access the test link:** After the IF Webinar Series ends, if you are eligible because you have completed step 1, the test link will be available on the toolkit. The test will be available in English, Arabic, French, Mandarin Chinese, Russian, and Spanish and you can select your preferred language. A Google translate tool will be also available. Note, however, that we cannot guarantee the accuracy of automatic translation.
- 3. Take the test:** You will need a score of 16/20 to pass. There is no limit to the number of attempts you can make.
- 4. Get your certificate:** Once you pass the test, you will get an email with your personalised certificate attached on the upcoming Monday.

Contact details

If you have questions, please contact the ITA Education team at education@ita.sport.

KEEPING SPORT REAL



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