



## ANTI-DOPING EDUCATION WEBINAR

For Baseball and Softball Teams going to Tokyo 2020

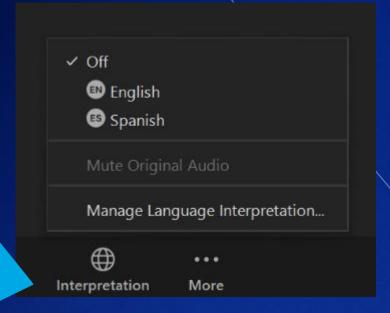






## SIMULTANEOUS TRANSLATION

Traducción en simultáneo en español





## INTRODUCTION FROM THE ITA

**WBSC** 



## CERTIFICATE



**WBSC** 





THIS ACKNOWLEDGES THAT



WORLD BASEBALL SOFTBALL CONFEDERATION

**Recipient Name** 



HAS SUCCESSFULLY COMPLETED THE WEBINAR-COURSE

**ANTI-DOPING FOR TEAMS GOING TO TOKYO 2020** 

6<sup>™</sup> July 2021

Riccardo Fraccari The President

## TEAMS FOR TOKYO 2020 OLYMPIC GAMES



**WBSC** 

#### Baseball









#### Softball

















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



- Know the key anti-doping documents and resources for Tokyo 2020
- Understand the 11 Anti-Doping Rule Violations and who they apply to
- Be familiar with the Prohibited List and know how to check medications
- ✓ Understand the risks of supplements and how athletes/ASP can reduce these risks
- Know what a Therapeutic Use Exemption (TUE) is and understand the Games-time TUE application process
- ✓ Understand the Tokyo 2020 whereabouts requirements
- Be familiar with the Doping Control Process



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01.

Key Documents 02.

Anti-Doping Rule Violations (ADRVs)

Prohibited List, Medications, Supplements and TUEs

04.

Whereabouts

05.

06.

03.

**Doping Control** 

Q&A





## OFFICIAL RULES AND GUIDES





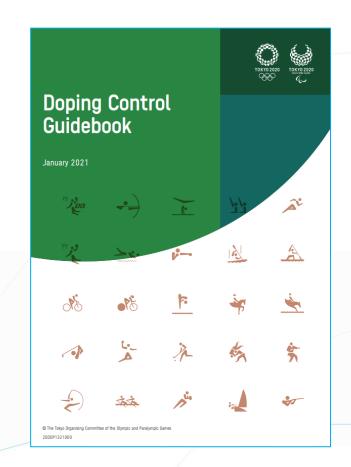


**International Olympic Committee** 

#### **Anti-Doping Rules**

applicable to the Games of the XXXII Olympiad Tokyo 2020 (as of March 2021)

International Olympic Committee Château de Vidy C.P. 356 1007 Lausanne Telephone no: + 41 21 621 61 11 Fax no: + 41 21 62 162 16

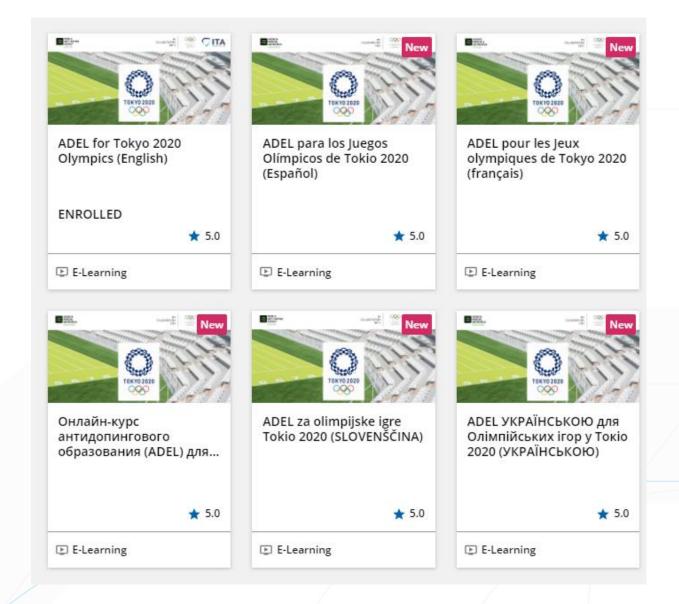




## ADEL FOR TOKYO 2020 OLYMPIC GAMES OITA









## ANTI-DOPING RULE VIOLATIONS

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## PRINCIPLE OF STRICT LIABILITY



The athlete is solely responsible for any substance which is found in their body, regardless of whether there was an intention to cheat or not.





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

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

10. Prohibited association by an athlete or other person

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

9. Complicity or attempted complicity in an ADRV

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

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

4. Failure to file athlete whereabouts information

7. Trafficking a prohibited substance or method

5. Tampering with any part of the doping control process or results management

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

**ADRVs** 





## ANTI-DOPING RULE VIOLATIONS 2.1-2.2

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

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

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 a prohibited

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

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

4. Failure to file athlete whereabouts information

5. Tampering with any part of the doping control process or results management

substance or method

6. Possession of a prohibited substance or method

**ADRVs** 



# ANTI-DOPING RULE VIOLATIONS 2.3-2.4

### ANTI-DOPING RULE VIOLATIONS

**♥ITA** 



- 2.1 Presence of a prohibited substance in athlete's sample
- 2.2 Use or attempted use of a prohibited substance or method
- 2.3 Evading, refusing or failing to submit to sample collection
- 2.4 Failure to file athlete whereabouts information



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

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

10. Prohibited association by an athlete or other person

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

9. Complicity or attempted complicity in an ADRV

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5. Tampering with any part of the doping control process or results management

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

**ADRVs** 





# PROHIBITED LIST, MEDICATIONS, SUPPLEMENTS AND TUES

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## THE PROHIBITED LIST



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The WADA Prohibited List includes substances and methods that satisfy at least two of the following three criteria:

- It has the potential to enhance or enhances sport performance
- It represents an actual or potential health risk to the athlete
- It violates the spirit of sport



## **NAVIGATING THE PROHIBITED LIST**







Prohibited at all times



Prohibited only during In-Competition



Prohibite NOT APPLICABLE TO BASEBALL
OR SOFTBALL
Sports

# IN-COMPETITION VS. OUT OF COMPETITION PERIODS





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

## **MEDICATIONS: USEFUL TIPS**





#### PRESCRIPTION VS. OVER-THE-COUNTER

✓ Both medications that require a prescription and those that can be bought over the counter can appear on the Prohibited List

#### INFORMING YOUR MEDICAL PROFESSIONAL

✓ Athletes should **remind their doctors** that they are an athlete and are subject to antidoping regulations

#### IN-COMPETITION VS. OUT-OF-COMPETITION

Remember that different substances take different amounts of time to leave your system – take that into account when taking substances prohibited in-competition



## **MEDICATIONS: USEFUL TIPS**



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#### **DOSAGE**

Some medications are prohibited in large doses. If the medication you are taking is subject to this limitation, carefully monitor your intake

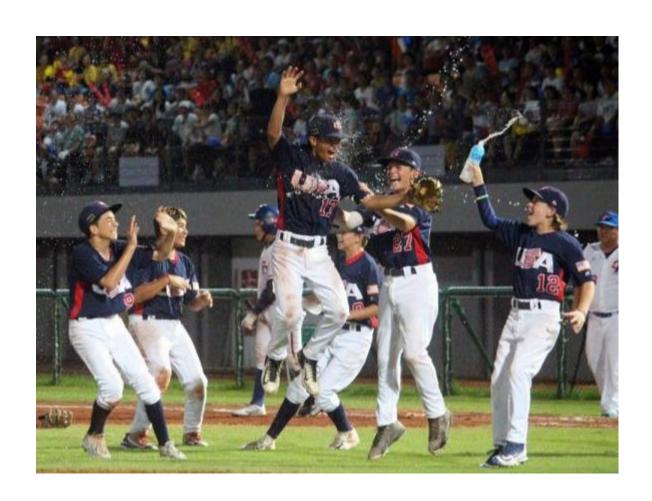
#### **BRAND**

✓ Take exactly what was recommended.

Some brand names offer multiple variations of the same product and there is a real risk that one will contain a prohibited substance while another may not

#### TRAVELLING ABROAD

✓ What is allowed in one country may be prohibited in another. Even medications of the same brand may have different ingredients in another country



### CHECKING YOUR MEDICINE





Global DRO provides information about the prohibited status of specific medications based on the current WADA Prohibited List.

✓ Use it to check all your medications.



WWW.GLOBALDRO.COM

## CHECKING YOUR MEDICINE









## CHECKING YOUR MEDICINE





#### Ingredient Status

#### Levmetamfetamine

Other Names

L-Desoxyephedrine; Levmetamphetamine; Levmethamfetamine



#### **Ingredient Status**

#### Menthol

Other Names
Levomenthol; L-Menthol



#### Status

Route of Administration

Route Independent \*

In Competition



Out of Competition



\* The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. Read More.

#### WADA Classification(s)

Stimulants (S6)

#### Status

Route of Administration
Route Independent \*

In Competition

✓ Not Prohibited

Out of Competition



\* The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. Read More.

#### WADA Classification(s)

No Classification (N/A)

## WHAT ARE THE RISKS OF TAKING **SUPPLEMENTS?**





Mislabeling - absence or low levels of stated ingredients



Contamination - inadvertent ingestion of substances that are prohibited under the World Anti-Doping Code



Health risks - ingestion of toxic substances that are harmful to health

Remember, no supplement is 100% risk-free.

## HOW CAN ATHLETES AND SUPPORT PERSONNEL MANAGE RISKS?





Athletes, and those who care for them, should take precautions: a risk-benefit analysis is essential:

- Use supplements only when a benefit is likely
- Use supplements and doses that are "safe"
- Use products that are "low risk"



# INDEPENDENT SUPPLEMENT CERTIFICATION COMPANIES





sport.wetestyoutrust.com



nsfsport.com



koelnerliste.com



### PRACTICAL ADVICE







Get informed and use reliable information sources.



If an athlete does not have access to a certified nutritionist, help them conduct a self-assessment.



If they decide that the benefits of using supplements outweigh the risks, help the athlete choose products that have been tested.



Remind the athlete to keep the original supplement packaging, or a photo of it (including name of the supplement, brand name and the batch number). If the athlete received medical advice to take a supplement, ask them to keep a record of it.



NUTRITION AND DIETARY SUPPLEMENTS WEBINAR (APRIL 2021)

## WHAT IS A TUE AND WHO NEEDS ONE?



### WHAT IS A TUE?



- Athletes may have an illness or a condition that requires a particular medication.
- If this medication appears on the Prohibited List, they may be granted a

#### Therapeutic Use Exemption (TUE)

which gives permission to use the medication within the context of sports regulations.

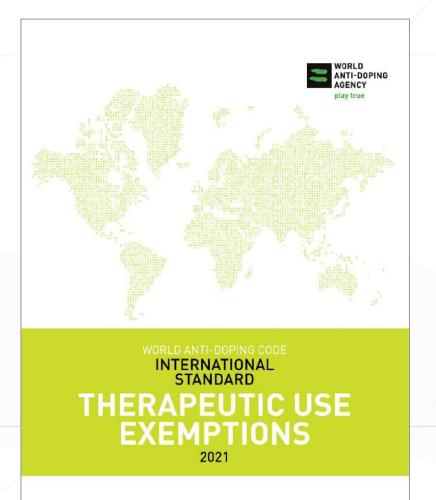


## **HOW IS A TUE GRANTED?**



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- Athlete health will be significantly impaired if they do not take the substance
- The substance does not enhance their performance beyond what brings them back to normal health
- There are **no alternative treatments** available that are not prohibited
- The need for the use of the prohibited substance is not resulting from prior use of a prohibited substance



## TUE PROCESS: 13 JULY - 8 AUGUST





- Complete the <u>TUE form</u>, sign it and have it signed by your physician
- Gather all necessary supporting medical documentation see the WADA Checklist
- Bring form and supporting documentation to the TUE office in Tokyo Olympic Village Polyclinic

OR

Submit form and supporting documentation directly in ADAMS (if familiar with process)



Call **0041 21 612 12 72** should you require support



More info: <u>ita.sport/tue-tokyo-2020</u>

International Testing Agency  Therapeutic Use Exemption (TUE) Application Form  Olympic Games Tokyo 2020		
1. Athlete Inf	ormation	First Name(s):
Female:	Male:	Date of Birth:
Address:		
City:		Country:
Postcode:		Telephone:
E-mail:		
Sport:		Discipline:
2. Previous A	Applications	
Have you submitt condition?	ed any previous TUE	application(s) to any Anti-Doping Organization for the sam
Yes No		

## **USEFUL TUE TIPS**



### **USEFUL TUE TIPS**



- Always check the WADA Prohibited List when you get a prescription.
- Make sure the TUE application is complete & accurately filled out.
- ✓ If you have a change in dose, you have to apply for a new TUE.
- Keep track of when your TUE expiry date.



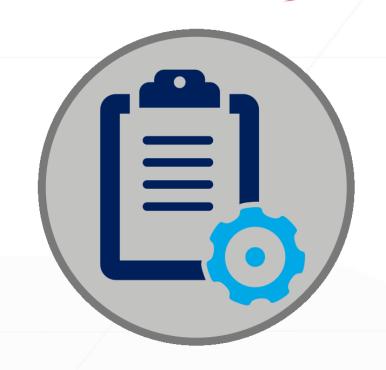


## WHAT ARE WHEREABOUTS?





- ✓ Whereabouts are information provided by a limited number of top elite athletes about their location
- ✓ Information is provided in the form of quarterly filings as per the requirements of the Anti-Doping Organisation requesting the information
- ✓ Whereabouts information is uploaded onto a secure platform and can only be accessed by the authorised person acting on behalf of the Anti-Doping Organisations with authority to conduct the OOC Testing



## **TESTING POOLS**





RTP

Full whereabouts requirements

**TESTING POOL** 

Limited whereabouts requirements

TEAM WHEREABOUTS
TESTING POOL

Minimal whereabouts submitted by National Federations

### INCLUSION IN A TESTING POOL



- ✓ Purpose of the inclusion
- ✓ Whereabouts requirements
- Quarterly deadlines
- ✓ Sanctions for non-compliance
- ✓ How to submit whereabouts



Sent by email

Lausanne, 14

#### Re: Inclusion in the IF Testing Poo

Dear

As you might already know, the Fédération Internationale de forces with the international Testing Agency! ("TfA") by delegating to certain aspects of its anti-doping program to the ITA. The ITA is contact you on behalf of the IF regarding the coming season.

The purpose of this letter is two-fold:

- to notify you of your inclusion in the Testing Pool of the IF an thereof;
- to provide you with an overview of other essential aspects of as an Athlete included in the IF TP as set forth in the IF Anti-ADR") and World Anti-Doping Code ("WADC");



#### IF TESTING POOL

#### UNDERLYING PRINCIPLES

Out-of-Competition Testing constitutes an essential prerequisite to ensure that all Athletes compete on a level playing field and that your right to a clean sport is protected.

Whereabouts information is an indispensable tool which enables Anti-Doping Organisations ("ADO") to locate Athletes without advance notice, which is a key principle of an effective anti-doping program.

All Athletes may be required to provide Samples at any time and place by any ADO with Testing Authority over them.

In addition, a number of Athletes are requested to provide specific information on their location which will be used by Doping Control Officers ("DCO") to locate the Athletes for the purpose of collecting samples Out-of-Competition. Together, these Athletes form the IF Testing Pool.

#### 2. YOUR INCLUSION IN THE IF TESTING POOL

As mentioned above, you are hereby notified that you are from now on included in the IF Testing Pool ("IF TP")

You shall remain in the IF TP until you are expressly informed by the ITA of your removal from the TP or until you give written notice of your retirement (as explained in section a below).

From the date of this notification and until you are removed from the IF TP, you are required to provided whereabouts information as detailed below.

PLEASE COMPLETE THE ACKNOWLEDGMENT OF RECEIPT FORM ATTACHED TO THIS LETTER (APPENDIX I) AND RETURN IT TO US WITHIN THE NEXT 7 DAYS.

### **ADAMS**



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The Anti-Doping Administration and Management System (ADAMS) is a Web-based database management tool for data entry, storage, sharing, and reporting designed to assist stakeholders and WADA in their anti-doping operations in conjunction with data protection legislation.



### ATHLETE CENTRAL





- WADA's mobile application which allows athletes to easily submit and update Whereabouts information using a mobile device
- User-friendly and available in many languages
- Athletes are encouraged to download and use the application regularly

#### WHEREABOUTS REQUIREMENTS AT TOKYO 2020





All athletes need to provide Games-time whereabouts information to their NOC who share this with the IOC/ITA, including:

- Arrival and departure dates
- Accommodation details during the Games such as: location, name of the building and room number in the Athletes' Village hotel name, address and room number (if not staying in the Athletes' Village)
- ✓ Not providing this information may have consequences. Athletes should speak with their NOC for any questions around Games-time whereabouts information.

The Athletes whereabouts information must be provided by NOCs for the duration of the Athletes period of stay in Japan during the period from 13 July – 8 August.

### CONSEQUENCES





#### **REGISTERED TESTING POOL:**

- Filing Failure
- Missed Test
- Whereabouts Failure

Three Whereabouts Failures (any combination of a Filing Failure and a Missed Test) occurring in a 12-month period will lead to an Anti-Doping Rule Violation and a potential two-year ban from sport. A single whereabouts failure may amount to an ADRV for evasion or tampering or attempted tampering, depending on the circumstances.

#### **TESTING POOL & OTHER POOLS:**

- Athlete may be moved to the RTP
- Other consequences may apply



# THE DOPING CONTROL PROCESS

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### KEY STEPS OF THE DOPING CONTROL PROCESS





















ATHLETE NOTIFICATION

SAMPLE COLLECTION

FORM COMPLETION

CHAIN OF CUSTODY

LAB ANALYSIS

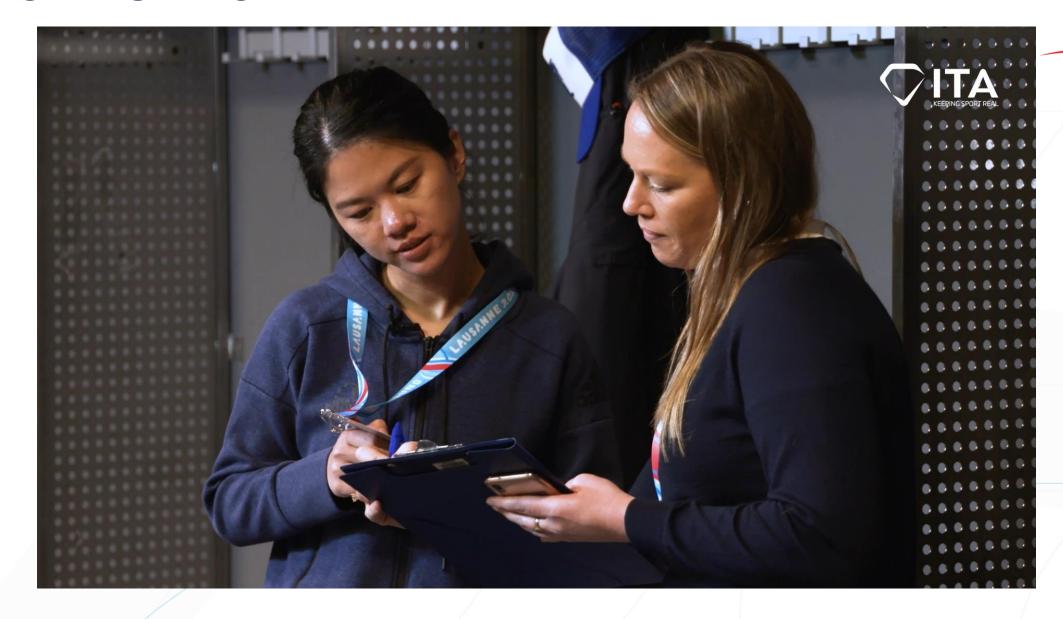
RESULTS MANAGEMENT

Remember – Athletes can be tested any place, any time.

### **NOTIFICATION**



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# ATHLETES' RESPONSIBILITIES DURING DOPING CONTROL



- Report for testing immediately if selected
- Show valid identification
- Remain in direct sight of DCO or Chaperone
- Comply with the sample collection procedure

# ATHLETES' RIGHTS DURING DOPING CONTROL



- Have a representative with you
- Request an interpreter, if available
- Ask for Chaperone's/DCO's identification
- Ask any questions
- Request special assistance or modifications for valid reasons
- Record any comments or concerns on the form
- Request a delay for valid reasons

#### VALID REASONS TO DELAY TESTING





- X Attending a victory ceremony
- Finishing a training session or competing in further events
- Receiving necessary medical attention
- X Fulfilling media commitment
- Warming down

#### URINE SAMPLE COLLECTION

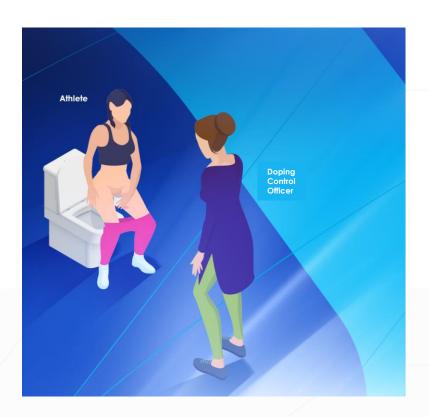


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### SAMPLE COLLECTION FROM A MALE ATHLETE

The Doping Control Officer stands to the side of the athlete.



### SAMPLE COLLECTION FROM A FEMALE ATHLETE

The Doping Control Officer stands in front of the athlete.



### SAMPLE COLLECTION WITH AN ACCOMPANYING PERSON

The Doping Control Officer (DCO) watches the athlete. The witness watches the DCO.

#### URINE SAMPLE COLLECTION







#### **URINE TEST**

A urine sample is collected by a Doping Control Officer



Select your sample collection vessel



Provide sample – at least 90ml



Select your sample collection kit



Seal the A and B bottles



Check numbers on the kit and form carefully

#### **BLOOD SAMPLE COLLECTION**





#### **KEY STEPS:**

- ✓ NOTIFICATION AND IDENTIFICATION

  Same as urine sample collection
- ✓ SELECTION OF TESTING KIT

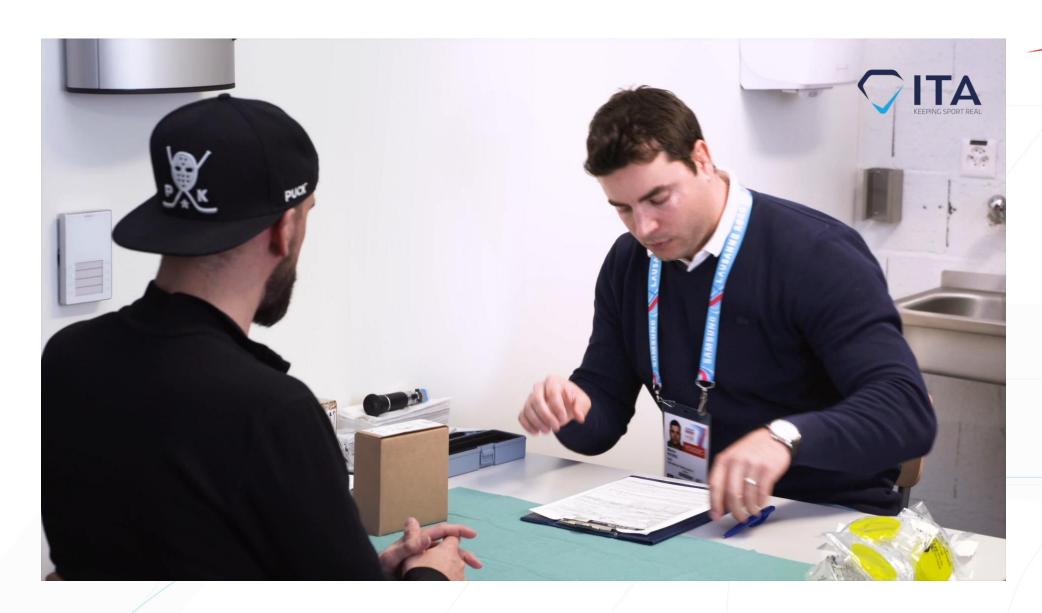
  Same as urine sample collection
- ✓ REMAIN SEATED FOR 10 MINUTES
- ✓ BCO COLLECTS BLOOD SAMPLE Minimum of 3 ml and a maximum of 16 ml
- ✓ SEALING OF THE SAMPLE
- ✓ COMPLETION OF THE DOPING CONTROL FORM & SIGNATURE Same as urine sample collection



### DOPING CONTROL FORM – PAPERLESS FOR TOKYO 2020 TITAL

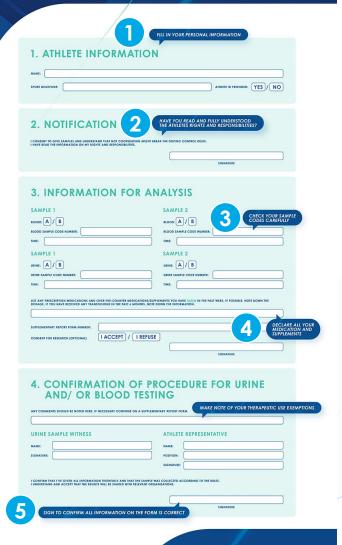


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#### DOPING CONTROL FORM











TAKE THE TIME TO READ THE ATHLETE RIGHTS
AND RESPONSIBILITIES

3 CHECK SAMPLE CODES CAREFULLY

DECLARE ALL MEDICATIONS AND SUPPELEMENTS
AND MAKE NOTE OF ANY THERAPEUTIC USE
EXEMPTIONS

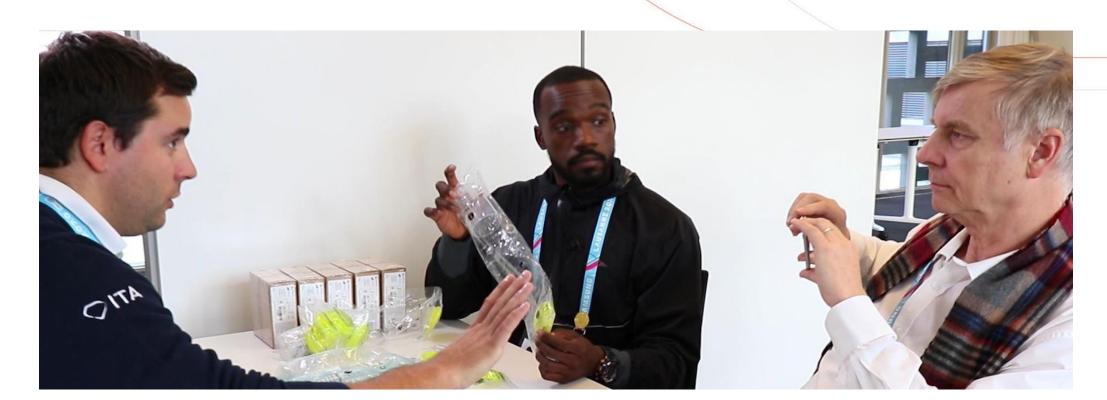
REVIEW THE FORM TO MAKE SURE THAT ALL THE INFORMATION IS CORRECT AND SIGN.
NOTE ANY COMMENTS.

### ADVICE FOR ACCOMPANYING PERSONS



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- Athlete Support Personnel play a key role in creating a supportive environment for the athlete
- Athlete Support Personnel have a right and a responsibility to write comments on the Doping Control Form



### WHAT HAPPENS TO MY SAMPLE?





- Collected samples are securely packaged and sent to WADA-accredited laboratory for analysis
- √ "A" sample is analysed if negative it is the end of the process (subject to re-analysis within the next 10 years)
- ✓ If "A" sample tests positive the ITA will notify the athlete and state time and place for opening of the "B" sample and the IF, NF, NOC will also be informed. The athlete may choose whether or not "B" sample analysed.
- ✓ If the "B" sample confirms the finding of the "A" sample (or if the "B" is not analysed) it is considered an alleged ADRV and the case is referred to the Court of Arbitration for Sport Anti-Doping Division who assess the consequences: If the B does not confirm the A = the process ends there.
- √ The process in a case of a positive during The Games goes very fast.

### **ADRV CONSEQUENCES**





Anyone committing an ADRV faces a ban from sport. Other consequences include:

- ✓ Disqualification of competition results
- Exclusion and loss of accreditation from the Games
- ✓ Loss of all medals, points, prizes
- ✓ Target testing and possible investigations of the team in a team sport.

#### 11.2 Consequences for Team Sports (IOC Anti-Doping Rules applicable to Tokyo 2020)

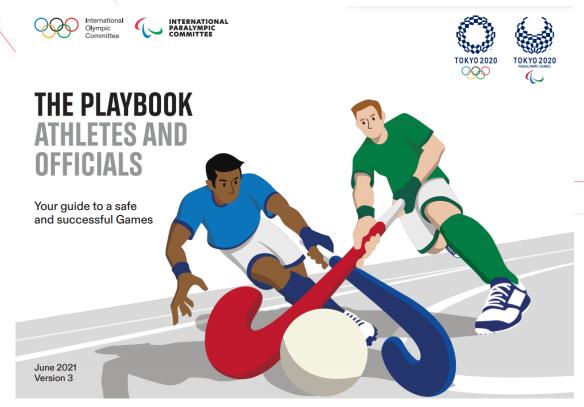
If one or more members of a team in a Team Sport are found to have committed an anti-doping rule violation during the Period of the Olympic Games Tokyo 2020, the CAS Anti-Doping Division shall apply the rules of the relevant International Federation to impose an appropriate sanction on the team (e.g., loss of points, Disqualification from a Competition, Event or the Olympic Games Tokyo 2020, or other sanction), in addition to any Consequences imposed pursuant to these Rules on the individual Athlete(s) found to have committed the anti-doping rule violation. Should the relevant International Federation not have such rules or, if in the CAS Anti-Doping Division's discretion, the rules of the relevant International Federation do not adequately protect the integrity of the Competition, the Panel shall have the authority to determine the Consequences on the team, including the Disqualification of the team's results in any Competition or Event or any other Consequences. The CAS Anti-Doping Division may only take such action in circumstances when one or more members of a team in a Team Sport is found to have committed an anti-doping rule violation and, in the Panel's discretion, the violation may have affected the results of the team in the concerned Competition(s) or Event(s).

#### COVID AWARENESS - TESTING PROGRAM



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"Anti-doping procedures will operate in accordance with international standards, health and safety measures, and WADA guidelines, under the management of the International Testing Agency for the Olympic Games."



Tokyo 2020 Playbooks

### FREQUENTLY ASKED QUESTIONS







#### CAN ATHLETES TEST POSITIVE FOR A PROHIBITED SUBSTANCE AFTER A COVID VACCINE?

"The health of athletes is the primary concern of WADA during this pandemic and they can rest assured that in the highly unlikely event that a vaccine may cause a possible anti-doping rule violation under the World Anti-Doping Code, WADA's oversight of any subsequent results management will ensure that vaccines and the principles of anti-doping do not come into conflict. To be clear, despite the novelty of these vaccines, there is no reason to believe such vaccines would contravene anti-doping rules."

(see full details here)



#### CAN ATHLETES BE TESTED OUTSIDE THE 11PM-5AM TIME SLOT?

Athletes can be tested at anytime, anywhere however doping control activities will be planned to cause the least amount of disturbance as possible.

### FREQUENTLY ASKED QUESTIONS







#### WHY ARE SAMPLES STORED FOR 10 YEARS?

Long-term storage is an impactful way to protect clean athletes and deter doping. Under the World Anti-Doping Code, samples can be stored for up to 10 years. Samples can be re-analysed for previously undetected substances, should scientific breakthroughs enable new technologies and analysis methods.



#### **HOW MANY TIMES CAN AN ATHLETE BE TESTED DURING THE OLYMPIC GAMES?**

Athletes can be tested multiple times during the period of The Olympic Games - there is no maximum nor minimum number. Athletes are tested for multiple reasons – for example as a medallist, at random or targeted.

## WHERE TO GO IF YOU HAVE QUESTIONS





#### **BEFORE GAMES:**

- ✓ ANTIDOPING@WBSC.ORG
- ✓ EDUCATION@ITA.SPORT
- ✓ YOUR NADO

#### **DURING GAMES:**

- ASK QUESTIONS DURING DOPING CONTROL
- CONTACT US VIA YOUR NOC
  I.E. TEAM DOCTOR OR PHYSICIAN





### USEFUL RESOURCES - TOKYO 2020



**WBSC** 

- √ Tokyo 2020 Anti-Doping Program
- √ Tokyo 2020 Anti-Doping Rules
- √ Tokyo 2020 Doping Control Guide
- √ Tokyo 2020 ITA TUE Form
- √ Tokyo 2020 TUE information
- ✓ WADA position on COVID vaccines
- √ <u>Tokyo 2020 Playbooks</u>
- ✓ <u>ITA REVEAL platform</u>
- ✓ WADA ADEL platform



International Olympic Committee

#### **Anti-Doping Rules**

applicable to the Games of the XXXII Olympiad Tokyo 2020 (as of March 2021)

International Olympic Committee Château de Vidy C.P. 356 1007 Lausanne Telephone no: + 41 21 621 61 11 Fax no: + 41 21 621 62 16

### **USEFUL RESOURCES**





#### **WHEREABOUTS**

ADAMS Log-in page

**ADAMS General Information** 

**Athlete Central** 

WADA Whereabouts Q&A

WADA Athlete Whereabouts Leaflet

#### **SUPPLEMENTS**

<u>Informed Sport</u>

NSF Certified for Sport

Kölner Liste

AIS Sports Supplement Framework

**USADA TrueSport supplement Guide** 

#### THE DOPING CONTROL PROCESS



#### **MEDICATIONS**

The Prohibited List
GlobalDRO

### **USEFUL RESOURCES**



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**ASP** 

International Standards WADA List of Code Signatories

The Prohibited List

**LAW** 

**NADOs** 

WADA

The Code

List of NADOs

**INADO** 

**CAS** website **CAS** 

IFs WBSC

WADA-accredited laboratories LABS

ITA ITA website

ITA Athlete Hub

**NFs** 



**MEOs** 

IOC website

Athlete365

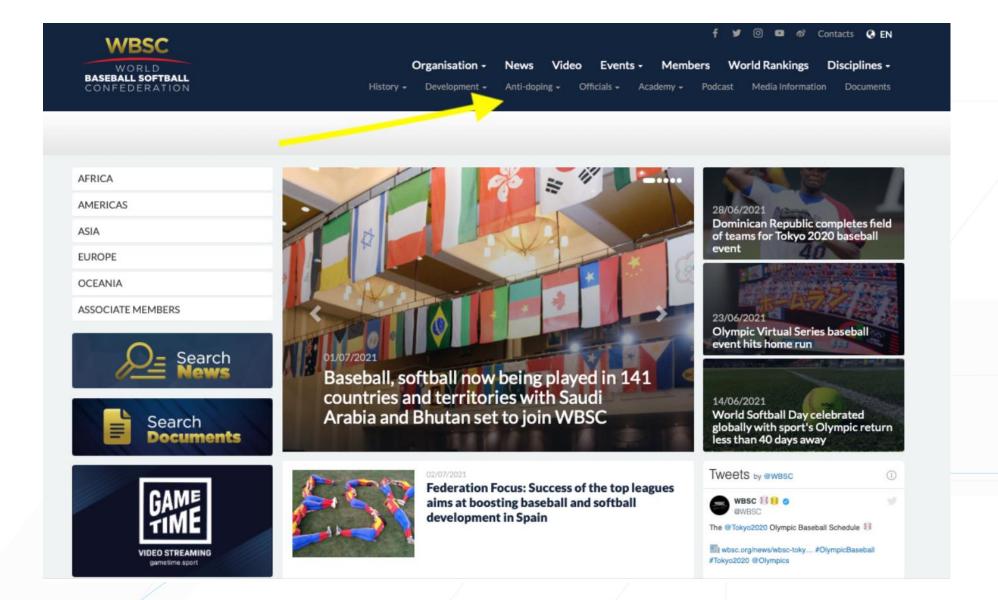
**NOCs** 

List of NOCs

#### WBSC - ANTI-DOPING











# **THANK YOU!**

ANTIDOPING@WBSC.ORG EDUCATION@ITA.SPORT

**WBSC**