

# **WELCOME!**

# **OUT-OF-COMPETITION TESTING**

**WEBINAR 5**  
IF SERIES JULY-AUGUST 2023



Off

✓ ☒ EN English

☐ 中 Chinese

☐ FR French

☐ RU Russian

☐ ES Spanish

☐ AR Arabic

Mute Original Audio

Manage Language Interpretation...



Security



Participants



Chat



Share Screen



Record



Reactions



Interpretation

# FAIRNESS RESPECT INTEGRITY



CHAT

Q&A

QUESTIONS AND ANSWERS







# WEBINAR SERIES

from 14:00  
to 15:00 CEST

#KEEPINGSPORTREAL

**6 July**

**INTRODUCTION TO ANTI-DOPING**

**13 July**

**THE DOPING CONTROL PROCESS**

**20 July**

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

**27 July**

**PRINCIPLES AND VALUES  
OF CLEAN SPORT**

**3 Aug**

**OUT-OF-COMPETITION TESTING**

العربية | ENGLISH | ESPAÑOL | FRANÇAIS | РУССКИЙ | 普通话

# AGENDA

**01.**  
TESTING  
POOLS

**02.**  
INTRODUCTION  
TO WHEREABOUTS

**03.**  
ADAMS &  
ATHLETE  
CENTRAL

**04.**  
SUBMITTING  
WHEREABOUTS:  
CASE STUDIES

**05.**  
MISSED TESTS &  
FILING FAILURES

**06.**  
Q&A  
AND SERIES  
SUMMARY

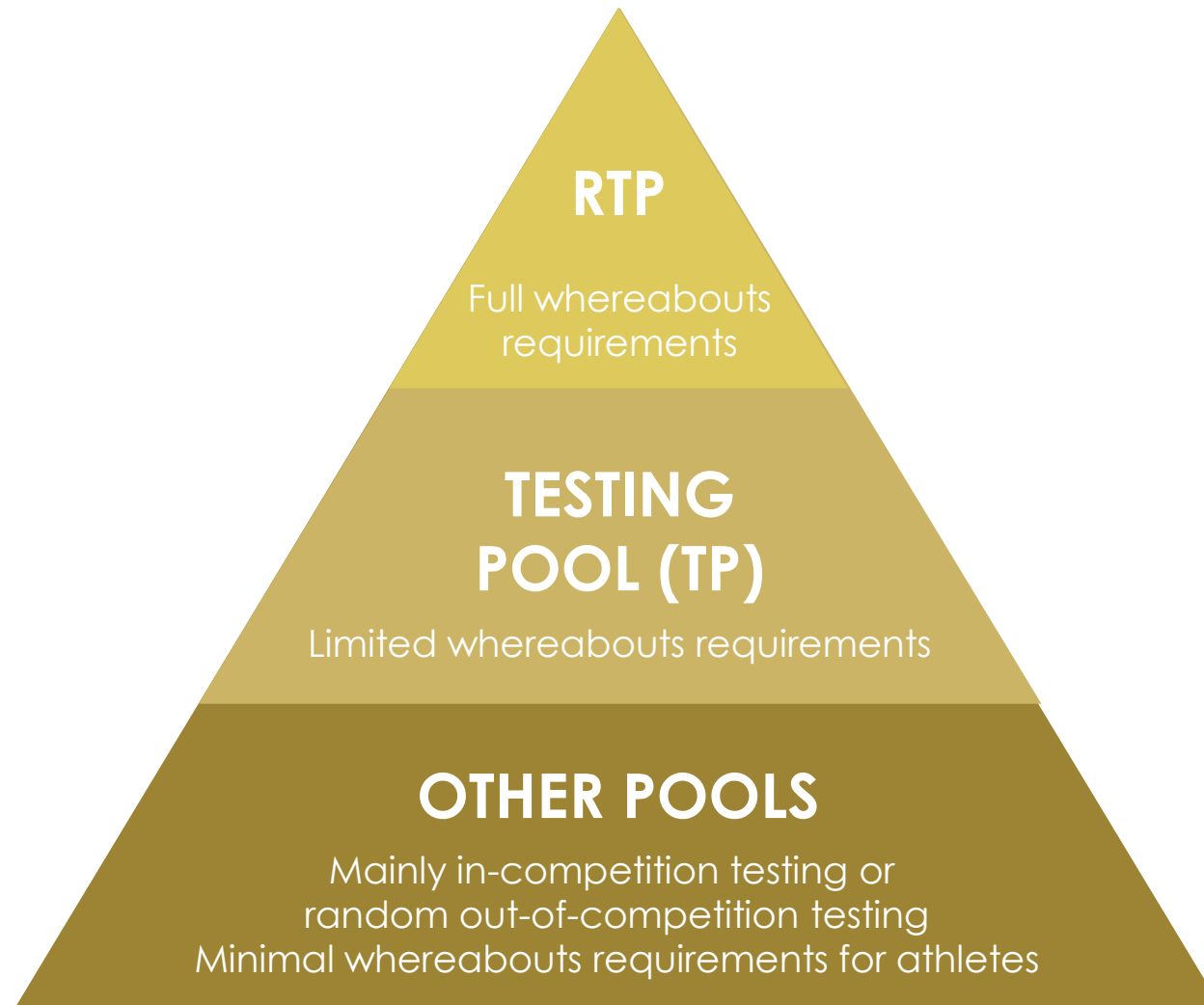
# BY THE END OF TODAY'S SESSION, YOU SHOULD....

- ☒ Understand the different types of testing pools
- ☒ Understand the contents of the Letter of Inclusion
- ☒ Understand the Whereabouts requirements
- ☒ Know how to use ADAMS and Athlete Central
- ☒ Be aware of the consequences of not complying with Whereabouts requirements
- ☒ Know where to go or who to ask if you have any questions

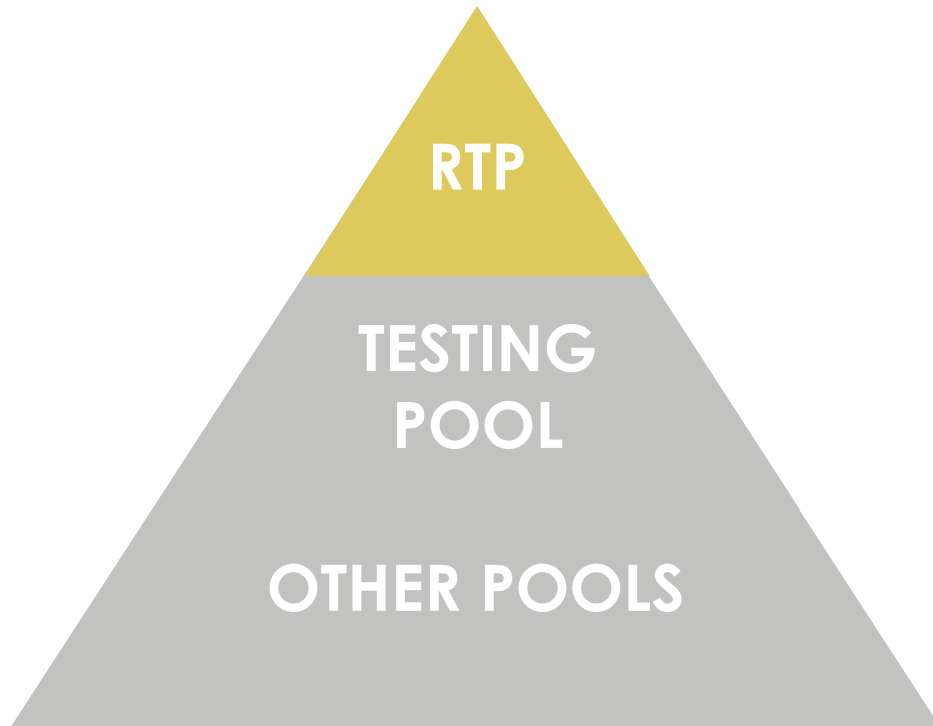
# **REGISTERED TESTING POOL & TESTING POOL**



# TESTING POOLS



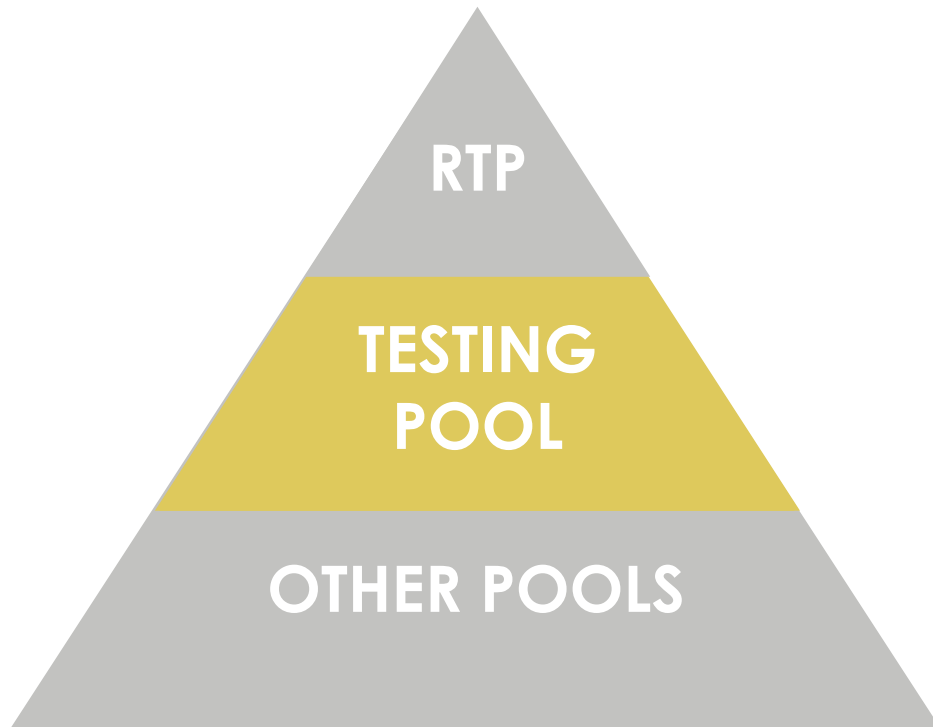
# REGISTERED TESTING POOL (RTP)



A pool of **top-performance athletes** selected by International Federations, National Federations and National Anti-Doping Organisations based on various criteria.

These athletes are **subject to strict Whereabouts requirements** with clear consequences and sanctions in case of non-compliance.

# TESTING POOL (TP)



Athletes included in a Testing Pool are also **required to provide Whereabouts information** to their Anti-Doping Organisation.

However, the list of the TP whereabouts requirements is shorter and the consequences for non-compliance are less severe.

# OTHER POOLS



Whereabouts requirements applied to athletes **included in other pools are minimal** and depend on the amount of information an Anti-Doping Organisation needs to occasionally locate the athletes included in this pool.

Often, such whereabouts information is provided by the third parties like the National Federation or Team Managers.

# INTRODUCTION TO WHEREABOUTS



# 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 Out-of-Competition Testing.

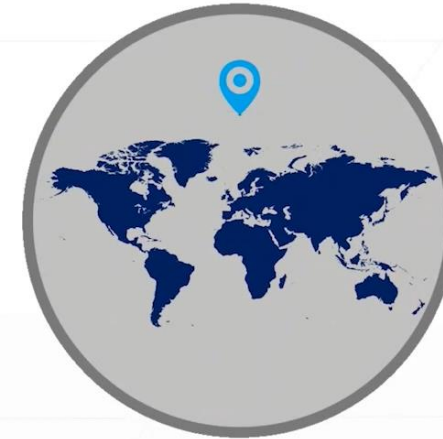


# VIDEO: WHAT ARE WHEREABOUTS?

## WHAT ARE WHEREABOUTS?



- ✓ Whereabouts information is a key tool which enables Anti-Doping Organisations to locate Athletes without advance notice
- ✓ Whereabouts are information provided by a limited number of top elite athletes about their location



# VIDEO: RTP WHEREABOUTS REQUIREMENTS

## REGISTERED TESTING POOL (RTP)



The pool of highest-priority athletes who are subject to focused in-competition and out-of-competition testing as part of an International Federation's or National Anti-Doping Organisation's test distribution plan.




# INCLUSION IN A TESTING POOL

## Letter of Inclusion

- ✓ The letter includes an overview of the essential aspects of RTP/TP athlete obligations as set out by the IF/NADO Anti-Doping Rules and the World Anti-Doping Code.
- ✓ Each athlete is required to acknowledge their inclusion by returning an Acknowledgement Form via email to the ADO.

# INCLUSION IN A TESTING POOL

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



## INCLUSION IN THE REGISTERED TESTING POOL «DocumentId»

### UPDATING YOUR WHEREABOUTS INFORMATION - WHEN AND HOW

You have the obligation to provide updated and accurate whereabouts filings. Therefore, you must update your Whereabouts as soon as you become aware of a change in your schedule or location.

Changes should be filed directly in ADAMS, either online or via the ADAMS mobile phone App.

The SMS function (that you need to activate in your ADAMS profile) may only be used for exceptional circumstances to indicate an unforeseen last-minute change when you cannot use the ADAMS platform.

### SANCTIONS FOR NON-COMPLIANCE

Please note that the following consequences may apply in case of non-compliance of your RTP obligations:

**Filing Failure:** A failure by the Athlete (or by a third party to whom the Athlete has delegated the task) to make an accurate and complete Whereabouts Filing that enables the Athlete to be located for testing at the times and locations set out in the Whereabouts Filing or to update that Whereabouts Filing where necessary to ensure that it remains accurate and complete all in accordance with the «IFCode» ADR and the International Standard for Results Management (ISRM).

**Missed Test:** A failure by the Athlete to be available for testing at the location and time specified in the 60-minute time slot identified in his/her Whereabouts Filing for the day in question, in accordance with the «IFCode» ADR and the ISRM.

Should a potential Filing Failure or Missed Test occur, you will be informed and have the opportunity to provide explanations.

If you commit three Filing Failure(s) and/or Missed Test(s) in a 12-month period, this amounts to an Anti-Doping Rule Violation (ADRV) under the «IFCode» ADR, for which the sanction is a period of ineligibility between 12 to 24 months (first offence) or more (in a case of a second and subsequent ADRV).

In addition, depending on the facts, a single Whereabouts Failure could amount to an Anti-Doping Rule Violation under Article 2.3 (Evasion, Refusing or Failing to Submit to Sample Collection) and/or Article 2.5 (Tampering or Attempted Tampering with any part of Doping Control) of the «IFCode» ADR. Likewise, patterns of last-minute whereabouts updates may be investigated and potentially be pursued as an Anti-Doping Rule Violation under Article 2.3 and/or Article 2.5 of the «IFCode» ADR.

### DELEGATION TO A THIRD PARTY

You may wish to delegate the submission and update of your Whereabouts information to a third party, such as your coach or your agent. Should you wish to do so, please provide us with the Athlete Agent Form (see Appendix III), duly completed and signed by email at «IFEmail».

Please note that you remain PERSONALLY RESPONSIBLE AT ALL TIMES for any failure to comply with the requirements of the «IFCode» ADR. A Hearing Panel will not accept a defence according to which you delegated the task to someone else and should not be blamed for his/her failure.

### RETIREMENT AND RETURN TO COMPETITION

If you no longer wish to participate in competition at international level or national, you must give written notice to the ITA.

### INFORMATION ABOUT THE «IFCODE» ANTI-DOPING RULES AND OTHER RELEVANT REGULATIONS

You can find the «IFCode» [Anti-Doping Rules](#) on the «IFCode»'s website.

We invite you to carefully review the content of the «IFCode» ADR and in particular, the following sections which cover important aspects of the «IFCode» ADR and your corresponding rights and obligations.

### THE PROHIBITED LIST

The List of Prohibited Substances and Methods is updated by WADA and adopted by «IFCode». It is reviewed yearly. The list is effective as of 1st January of each year.

It is your duty to know the content of the Prohibited List. It is essential that you advise any medical personnel of your obligation to abide by the «IFCode» ADR and that any medical treatment received does not violate these rules.

Whilst your medical staff should assist you to ensure your medications and supplements are not included on the Prohibited List, you remain responsible at all times for what goes into your body. Therefore, you must always check at least the Prohibited List and take all steps to ensure that the products you intend on taking are free of banned substances.

If you are using dietary supplements, you have to accept the inherent risk associated to the use of such products. It is nowadays common knowledge that such product may be contaminated with banned substances or mislabeled. Utmost awareness, caution, education and common sense must be exercised when considering their use.

You can find the Prohibited Lists on WADA's website [here](#).

Please note that your retirement is effective only once the ITA has received your written notice.

As per the «IFCode» ADR, should you wish to resume international or national competition after having given notice of your retirement, you must give «IFCode»/ITA a six (6)-month prior written notice before returning to competition and make yourself available for Testing during those 6 months, including (if requested by the ITA) complying with the whereabouts requirements.

### MANDATORY EDUCATION REQUIREMENTS

Education, as a prevention strategy, seeks to help prevent Athletes and others from doping, and to promote behaviour in line with the values of clean sport.

Considering the above, and in line with IWF Anti-Doping Rules article 17.2.1, **you have the obligation to complete an anti-doping education course and provide the corresponding certificate by the 2nd of July 2023.**

**Each Athlete shall be personally responsible for complying with this obligation. Any Athlete who has not sent the certificate by the set deadline shall be automatically ineligible from competing at any IWF Event.**

IWF's preferred education course is WADA's eLearning course "ADEL for International-Level Athletes". It is available in many languages on the [ADEL platform](#). NADO equivalent courses will be considered on a case-by-case basis.

To successfully complete the ADEL course, you must take the final test at the end of the course and obtain a final score of at least 80%. For the avoidance of doubt, you will not be limited in the number of attempts to successfully complete the course. This means you can take the final test again if you fail to obtain 80%. It can be taken anywhere with an internet connection, at any time, and over a series of sessions, with each session being saved until the next visit. The ADEL eLearning platform can be accessed [here](#).

Here are the steps to follow to meet your obligation:

- Step 1 |** Access and register on the ADEL eLearning platform with your full name, as it is written on your ADAMS registration.
- Step 2 |** Go to ADEL Academy and select the **International-Level Athletes Education Program** in your preferred language.
- Step 3 |** Complete the course **ADEL for International-Level Athletes** and take the final test at the end of the course.
- Step 4 |** Go to the "Achievements" section and make sure you have passed the course and received your certificate of completion.
- Step 5 |** Download the certificate of completion, save it, and send it by email to [weightlifting.education@ita.sport](mailto:weightlifting.education@ita.sport).

If you have completed the course **ADEL for International-Level Athletes** in the last 2 years prior to the receipt of this letter, please send the certificate to [weightlifting.education@ita.sport](mailto:weightlifting.education@ita.sport).

Please do not hesitate to contact us by email ([weightlifting.education@ita.sport](mailto:weightlifting.education@ita.sport)) if you need any assistance to complete the ADEL course.

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Whilst your medical staff should assist you to ensure your medications and supplements are not included on the Prohibited List, you remain responsible at all times for what goes into your body. Therefore, you must always check at least the Prohibited List and take all steps to ensure that the products you intend on taking are free of banned substances.

If you are using dietary supplements, you have to accept the inherent risk associated to the use of such products. It is nowadays common knowledge that such product may be contaminated with banned substances or mislabeled. Utmost awareness, caution, education and common sense must be exercised when considering their use.

You can find the Prohibited Lists on WADA's website [here](#).



# EXCLUSION FROM A TESTING POOL

- ✓ Athletes remain in the RTP until they are informed by the ADO of their removal from the pool.
- ✓ Athletes excluded from the Testing Pool will receive a Letter of Exclusion from their ADO.
- ✓ Athletes can remain included in another ADO Testing Pool (i.e., that of a NADO) and should continue to comply with the requirements of that organisation.

# RETIREMENT FROM SPORT

If an athlete would like to retire from competition, they must inform the ADO by email.

# RETURN TO COMPETITION

Athletes who wish to return to competition must inform their anti-doping organisation with a six-month written notice and make themselves available for testing.

# WHEREABOUTS SUBMISSIONS

# WHEREABOUTS SUBMISSION DEADLINES

Athletes are required to file a three-month schedule before the start of each quarter. More precisely, the deadline to submit whereabouts filings is the 15th of the month prior to the start of the new quarter.

YEARLY QUARTERS	SUBMISSION DEADLINES
Q1: 1 <sup>st</sup> January – 31 <sup>st</sup> March	15 <sup>th</sup> December
Q2: 1 <sup>st</sup> April – 31 <sup>st</sup> June	15 <sup>th</sup> March
Q3: 1 <sup>st</sup> July – 31 <sup>st</sup> September	15 <sup>th</sup> June
Q4: 1 <sup>st</sup> October – 31 <sup>st</sup> December	15 <sup>th</sup> September



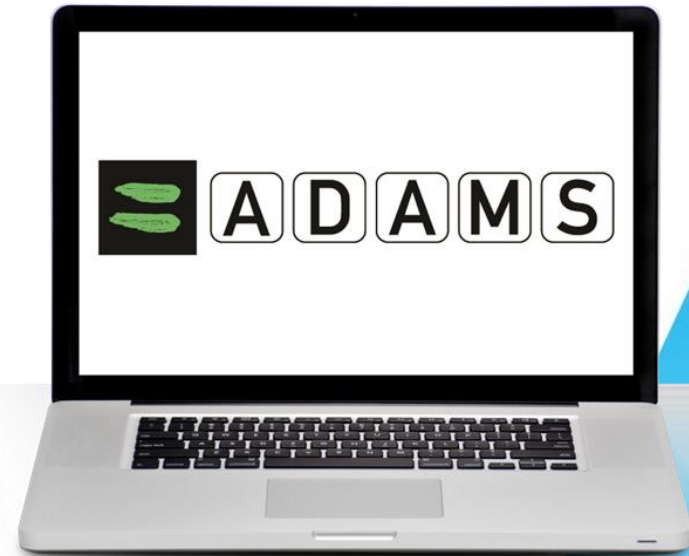
Remember that the submission deadlines of ADOs can be different – please always refer to the deadlines communicated in your letter of inclusion so you are confident about what dates are applicable to you.

# **ADAMS & ATHLETE CENTRAL**



# ADAMS

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.

# **SUBMITTING WHEREABOUTS: CASE SCENARIOS**

# CASE SCENARIO 1

 **NEW ADDRESS** 

**\* REQUIRED INFORMATION**

Label \*

Training Camp

Address Line 1 \*

Pierre-de-Coubertin stadium

Phone Number 1

+41 21 612 12 12

Address Line 2

Phone Number 2

City \*

Lausanne

Additional Information

Country \*

SWITZERLAI ▾

Region



Vaud (fr) ▾

Postal code/Zip

1007

Save

Cancel

 **NEW ADDRESS** 

**\* REQUIRED INFORMATION**

Label \*

Training Camp

Address Line 1 \*

Pierre-de-Coubertin stadium

Phone Number 1

+41 21 612 12 12

Address Line 2

Promenade de Vidy 1

Phone Number 2

City \*

Lausanne

Additional Information

Training Hall A

Country \*

SWITZERLAI ▾

Region

Vaud (fr) ▾

Postal code/Zip

1007

Save

Cancel

# CASE SCENARIO 2

## New Travel Entry



Transportation Type

Carrier

Routing No.

Departure Location

Date / Time

Arrival Location

Date / Time

Additional Information

Save

Cancel

## New Travel Entry



Transportation Type

Carrier

Routing No.

Departure Location

Date / Time

Arrival Location

Date / Time

Additional Information

Save

Cancel





# CASE SCENARIO 4

Day Week Month ▶

New Clear Dates... Print

S	M	T	W	T	F	S
27	28	29	30	1	2	3
				Walking my dog	Walking my dog	Walking my dog
				Training	Training	Training
				Massage/physio	Get haircut	Massage/physio
				Eat dinner	Eat dinner	Eat dinner
				Home 06:00	Home 06:00	Home 06:00
4	5	6	7	8	9	10
Walking my dog	Walking my dog	Walking my dog	Walking my dog	Walking my dog	Walking my dog	Walking my dog
Grocery shopping	Training	Training	Training	Training	Training	Training
Visit my mom	Massage/physio	Massage/physio	Eat dinner	Massage/physio	Eat dinner	Massage/physio
Eat dinner	Eat dinner	Eat dinner		Eat dinner		Eat dinner
Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00
11	12	13	14	15	16	17
Walking my dog	Walking my dog	Car to airport	World Cup	World Cup	World Cup	air
Grocery shopping	Training	air				Car from airport
Visit my mom	Massage/physio					
Eat dinner	Eat dinner					
Home 06:00	Home 06:00	Home 05:00	World Cup hotel - Marriott 06:00	World Cup hotel - Marriott 06:00	World Cup hotel - Marriott 06:00	Home 22:00
18	19	20	21	22	23	24
Walking my dog	Walking my dog	Walking my dog	Walking my dog	Walking my dog	Walking my dog	Walking my dog
Grocery shopping	Training	Training	Training	Training	Training	Training
Visit my mom	Massage/physio	Massage/physio	Eat dinner	Massage/physio	Eat dinner	Massage/physio
Eat dinner	Eat dinner	Eat dinner		Eat dinner		Eat dinner
Home 10:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00
25	26	27	28	29	30	31
Walking my dog	Walking my dog	Walking my dog	Walking my dog	Walking my dog	Walking my dog	Walking my dog
Grocery shopping	Training	Training 09:00	Training 09:00	Training	Training	Training
Visit my mom	Massage/physio	Massage/physio	Eat dinner	Massage/physio	Eat dinner	Massage/physio
Eat dinner	Eat dinner	Eat dinner		Eat dinner		Eat dinner
Home 06:00	Home 06:00	Home	Home	Home 06:00	Home 06:00	Home 06:00

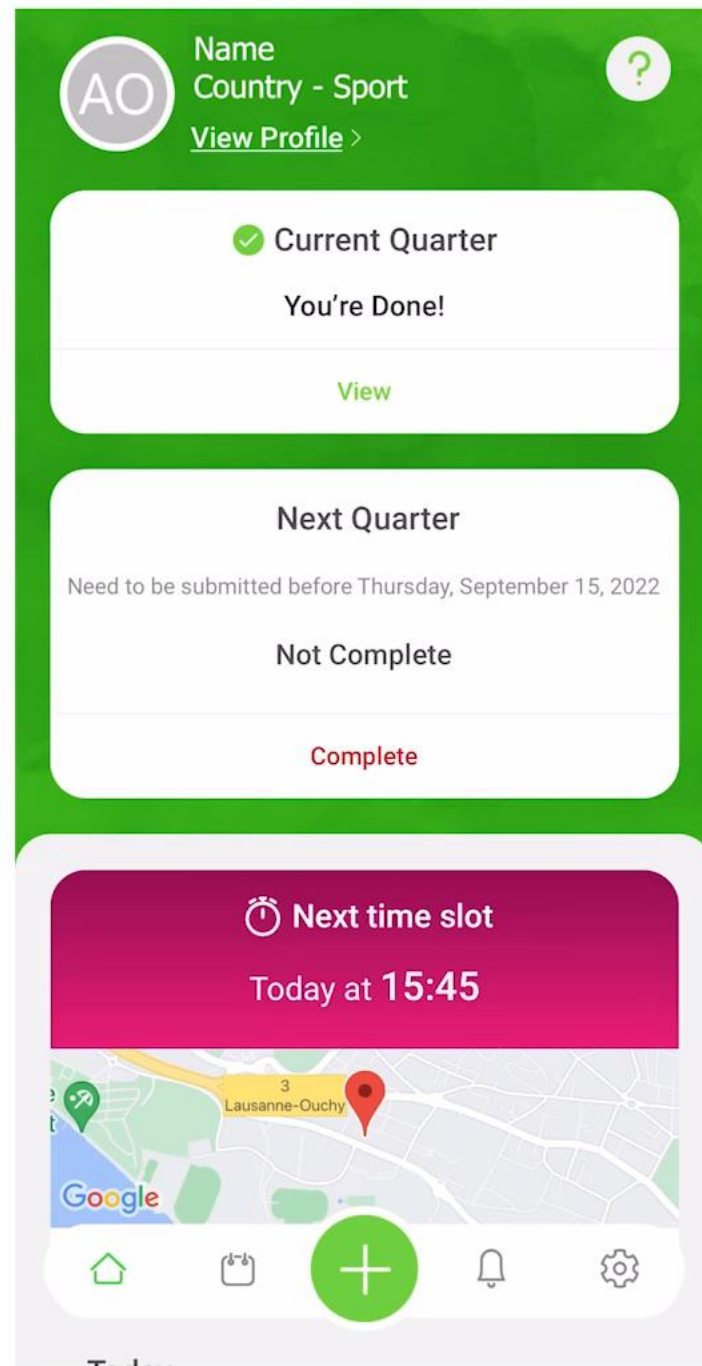
# BEST PRACTICE SCENARIO

Day Week Month ▶

New Clear Dates... Print

S	M	T	W	T	F	S
27	28	29	30	1	2	3
				Training Massage/physio	Training Massage/physio	Training Massage/physio
				Home 06:00	Home 06:00	Home 06:00
4	5	6	7	8	9	10
	Training Massage/physio	Training Massage/physio	Training	Training Massage/physio	Training	Training Massage/physio
Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00
11	12	13	14	15	16	17
	Training Massage/physio	air	World Cup	World Cup	World Cup	air
Home 06:00	Home 06:00	Home 05:00	World Cup hotel - Marriott 06:00	World Cup hotel - Marriott 06:00	World Cup hotel - Marriott 06:00	Home 22:00
18	19	20	21	22	23	24
	Training Massage/physio	Training Massage/physio	Training	Training Massage/physio	Training	Training Massage/physio
Home 10:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00	Home 06:00
25	26	27	28	29	30	31
	Training Massage/physio	Training 09:00 Massage/physio	Training 09:00	Training Massage/physio	Training	Training Massage/physio
Home 06:00	Home 06:00	Home	Home	Home 06:00	Home 06:00	Home 06:00

# VIDEO: USING ATHLETE CENTRAL



# **MISSED TESTS AND FILING FAILURES**

# CONSEQUENCES

- ✓ Submitting late, inaccurate or incomplete whereabouts information that leads to an athlete being unavailable for testing may result in a **Filing Failure**
- ✓ An athlete may receive a **Missed Test** if he/she is not available for testing during a 60-minute timeslot
- ✓ 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
- ✓ In case a member of the athlete's support team is helping the athlete submit their Whereabouts information, the **athlete remains responsible** for the information submitted!



# ANTI-DOPING RULE VIOLATIONS

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. **Failure** to file athlete whereabouts information & missed tests
5. **Tampering** with any part of the doping control process or during Results Management
6. **Possession** of a prohibited substance or method
7. **Trafficking** a prohibited substance or method
8. **Administering or attempting to administer** a prohibited substance or method
9. **Complicity or attempted complicity** in an ADRV
10. **Prohibited association** with sanctioned Athlete Support Personnel
11. **Acts by an athlete** or other person to **discourage or retaliate** against reporting to authorities

# CONSEQUENCES

## REGISTERED TESTING POOL:

- ✓ Filing Failure
- ✓ Missed Test

Any combination of 3 whereabouts failures (filing failure and missed test) can lead to ADRV 2.4:

### **Whereabouts failure by an athlete**

## TESTING POOL & OTHER POOLS:

- ✓ Athlete may be moved to the Registered Testing Pool
- ✓ Other consequences may apply

# USEFUL TIPS

- ☒ Enable Athlete Central notifications
- ☒ Set a reminder in your calendar/agenda of the key dates/deadlines to submit your quarterly Whereabouts information
- ☒ Set an alarm for the start of your 60-minute time slot so you can make sure you are where you say you are
- ☒ Be specific and detailed when submitting your Whereabouts information
- ☒ Regularly check and update your contact information
- ☒ When in doubt, ask for help!

# WHOM TO CONTACT WHEN

## Contact the ITA, your IF or your NADO if:

- ✓ You forget your ADAMS username
- ✓ Your account is under "permanent lock" because you entered an incorrect username and password combination at least 9 times in a row

## Contact the ADAMS help desk if:

- ✓ You encounter technical difficulties such as an error on the ADAMS system

[adams@wada-ama.org](mailto:adams@wada-ama.org)

**1(866) 922-3267** (within North America)

**+1 (514) 904-8800** (outside of North America)

Monday – Friday, 9AM – 5pm EST

# USEFUL RESOURCES

## ADAMS & ATHLETE CENTRAL

[ITA Tutorials - How to use ADAMS](#)

[ADAMS Log-in page](#)

[ADAMS General Information](#)

[Athlete Central](#)

[Athlete Central – FAQ](#)

[ADAMS Help Desk](#)

## WHEREABOUTS

[WADA Provide Whereabouts](#)

[WADA At-a-Glance: Athlete Whereabouts](#)

## WADA

[ADEL for RTP athletes International Standard for Results Management](#)

## IF ANTI-DOPING INFORMATION



[FIL anti-doping](#)



[ISMF anti-doping](#)



[WSK anti-doping](#)



[ITTF anti-doping](#)



[UWW anti-doping](#)



[WDSF anti-doping](#)



[IGF anti-doping](#)



[FIAS anti-doping](#)



[IBA anti-doping](#)

# Q&A



# **SERIES SUMMARY**

# EDUCATION AS OUTLINED IN THE CODE

## ARTICLE 18.2:

- ✓ Principles and values associated with clean sport
- ✓ Athletes and Athlete Support Personnel's rights and responsibilities
- ✓ The principle of Strict Liability
- ✓ Consequences of doping, for example, physical and mental health, social and economic effects, and sanctions
- ✓ Anti-Doping Rule Violations
- ✓ Substances and Methods on the Prohibited List
- ✓ Risks of supplement use
- ✓ Therapeutic Use Exemptions and use of medications
- ✓ Testing procedures, including urine, blood and the Athlete Biological Passport
- ✓ Requirements of the Registered Testing Pool, including Whereabouts and the use of ADAMS
- ✓ Speaking up to share concerns about doping

# APPLICATION OF THE CODE

## PRINCIPLES AND VALUES ASSOCIATED WITH CLEAN SPORT

### COURSE #4:

- ✓ Learning Objective 1 - Understand the role of personal values in doping-related decision-making
- ✓ Learning Objective 2 - Be able to identify your personal values

## ATHLETES AND ATHLETE SUPPORT PERSONNEL RIGHTS AND RESPONSIBILITIES

### COURSE #1:

- ✓ Learning Objective 3 - Understand your anti-doping rights and responsibilities

## THE PRINCIPLE OF STRICT LIABILITY

### COURSE #1:

- ✓ Learning Objective 2 - Understand which rules apply to members of your sport's community
- ✓ Learning Objective 4 - Understand the 11 Anti-Doping Rule Violations (ADRVs), why they exist and whom they apply to

# APPLICATION OF THE CODE

## CONSEQUENCES OF DOPING

### COURSE #4:

- ✓ Learning Objective 4 - Understand the consequences of doping

## ANTI-DOPING RULE VIOLATIONS

### COURSE #1:

- ✓ Learning Objective 4 - Understand the 11 Anti-Doping Rule Violations (ADRVs), why they exist and whom they apply to

### COURSE #5:

- ✓ Be aware of the consequences of not complying with Whereabouts requirements

## SUBSTANCES AND METHODS ON THE PROHIBITED LIST

### COURSE #3:

- ✓ Learning Objective 1 - Understand the purpose and structure of the Prohibited List

# APPLICATION OF THE CODE

## RISKS OF SUPPLEMENT USE

### COURSE #3:

- ✓ Learning Objective 2 - Understand the food-first approach and risks associated with supplements
- ✓ Learning Objective 3 - Understand how to make an informed decision about supplements

## THERAPEUTIC USE EXEMPTIONS (TUES) AND USE OF MEDICATIONS

### COURSE #3:

- ✓ Learning Objective 4 - Be able to check your medications
- ✓ Learning Objective 5 - Know what a TUE is and how to apply for it

## TESTING PROCEDURES, INCLUDING URINE, BLOOD AND THE ATHLETE BIOLOGICAL PASSPORT

### COURSE #2:

- ✓ Learning Objective 2 - Understand the key steps of Doping Control
- ✓ Learning Objective 3 - Know athlete rights and responsibilities during sample collection
- ✓ Learning Objective 4 - Have a good overview of urine and blood sample collection process
- ✓ Learning Objective 5 - Be aware of common circumstances i.e., delays, partial and diluted sample

# APPLICATION OF THE CODE

## REQUIREMENTS OF THE REGISTERED TESTING POOL, INCLUDING WHEREABOUTS AND THE USE OF ADAMS

### COURSE #5:

- ✓ Learning Objective 1 - Understand the different types of testing pools
- ✓ Learning Objective 3 - Understand the Whereabouts requirements
- ✓ Learning Objective 4 - Know how to use ADAMS and Athlete Central

## SPEAKING UP TO SHARE CONCERNS ABOUT DOPING

### COURSE #4:

- ✓ Learning Objective 4 - Understand the importance of speaking up
- ✓ Learning Objective 5 - Know where to go if you need to speak to someone or if you have something to report

# ADDITIONAL TOPICS

## COURSE #1:

- ✓ Learning Objective 1 - Be familiar with the key stakeholders of the global anti-doping system

## COURSE #2:

- ✓ Learning Objective 1 - Be familiar with key doping control terms and roles

## COURSE #3:

- ✓ Learning Objective 6 - Be able to protect yourself and your athletes from inadvertent doping

## COURSE #4:

- ✓ Learning Objective 3 - Understand moments of vulnerability and how they relate to decision-making

## ALL COURSES:

- ✓ Resource pack and relevant contacts



# PARTICIPATION CERTIFICATES

## TWO WAYS TO RECEIVE YOUR CERTIFICATE:

1. If you have attended all 5 sessions live, there is NO ACTION REQUIRED. You will receive your certificate electronically by **31 August 2023**.
2. If you missed one or more sessions, you MUST contact us at [education@ita.sport](mailto:education@ita.sport). You will be sent a test which you must complete and pass in order to receive your certificate. The deadline to complete and pass the test is **23 August 2023**.



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**Thank you for participating in this course!**

**Merci pour votre participation!**

**شكراً لمشاركتكم في هذه السلسلة**

**¡Gracias por su participación!**

**Благодарим вас за участие!**

**感谢您参与本次课程**

# MORE QUESTIONS?

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