

INADVERTENT DOPING & FOOD CONTAMINATION



WORLD ARCHERY

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WELCOME FROM WORLD ARCHERY

ARCHERY



GAME PLAN

01.

Mariya's Story &
Anti-Doping Rules

03.

Prevention in
Anti-Doping

05.

TUEs

02.

The Prohibited List

04.

Useful tips to
reduce risk of
inadvertent doping

06.

Q&A

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

- ☒ Understand the Anti-Doping Rule Violations, why they exist and whom they apply to.
- ☒ Understand the importance of the Prohibited List, when is updated and how to navigate it.
- ☒ Understand how to reduce your risk of inadvertently ingesting a prohibited substance.
- ☒ Understand what a TUE is and when to apply for one.
- ☒ Know where to go or whom to ask if you have any questions.

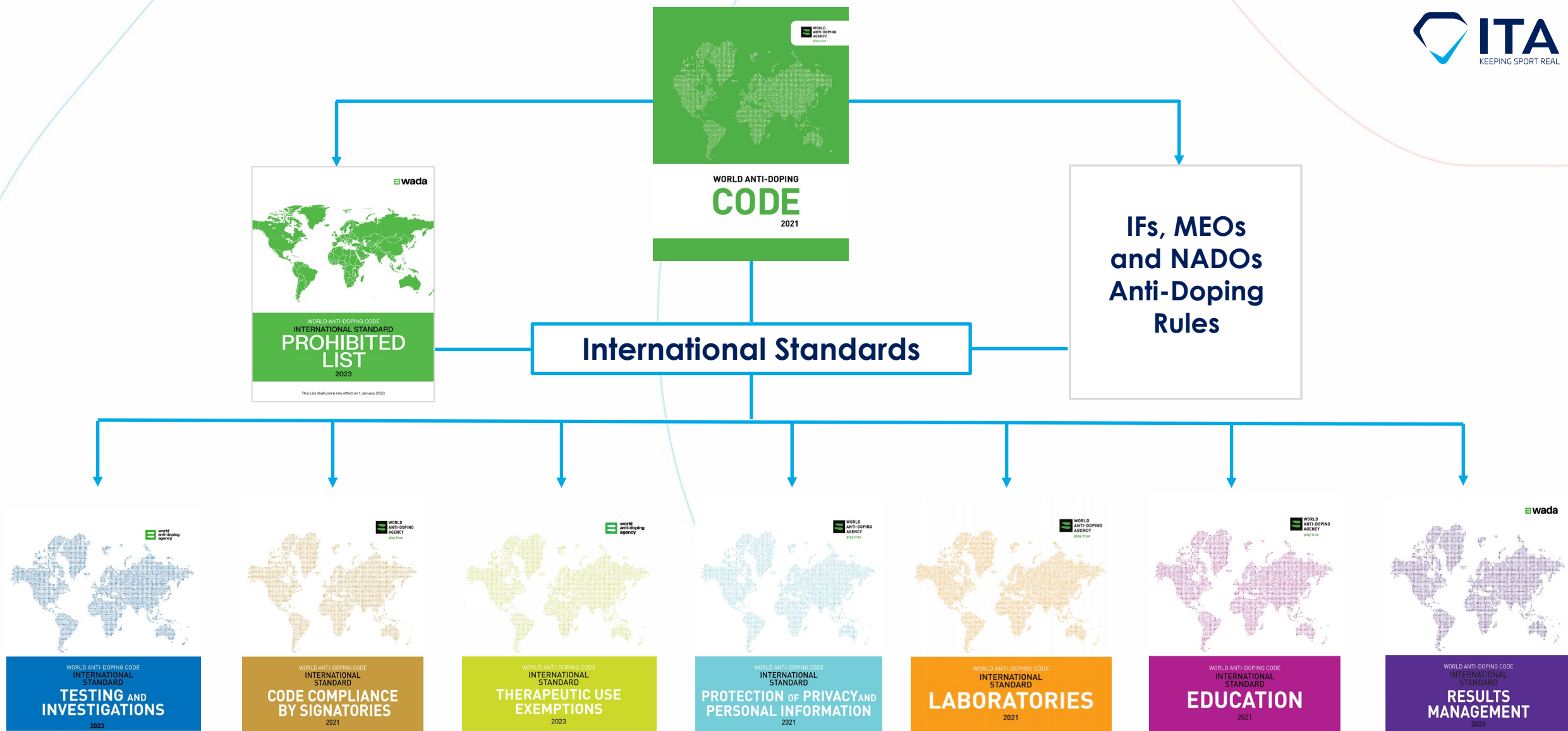


INADVERTENT DOPING & FOOD CONTAMINATION

WORLD ANTI-DOPING CODE

- ✓ The World Anti-Doping **Code sets up the regulatory framework** for Anti-Doping Rule Violations.
- ✓ The Code is adopted by **every Sport International Federation worldwide**.
- ✓ The Anti-Doping Rule Violations **apply worldwide to every athlete**.





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.

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

6. Possession of a prohibited substance or method

7. Trafficking a prohibited substance or method

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

9. Complicity or attempted complicity in an ADRV

10. Prohibited association by an athlete or other person



11 ADRVs

2.1

PRESENCE OF A PROHIBITED SUBSTANCE OR METHOD.

STRICT LIABILITY PRINCIPLE

No matter how the substance got into the athlete's system,
the athlete will be liable for an Anti-Doping Rule Violation

2.2

USE OR ATTEMPTED USE OF A PROHIBITED SUBSTANCE OR METHOD

THE PROHIBITED LIST

THE PROHIBITED LIST

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



Prohibited only in particular sports



IN-COMPETITION VS. OUT-OF-COMPETITION PERIOD

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 the end of such Competition and the Sample collection process related to such Competition.

USEFUL TIPS

✓ 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

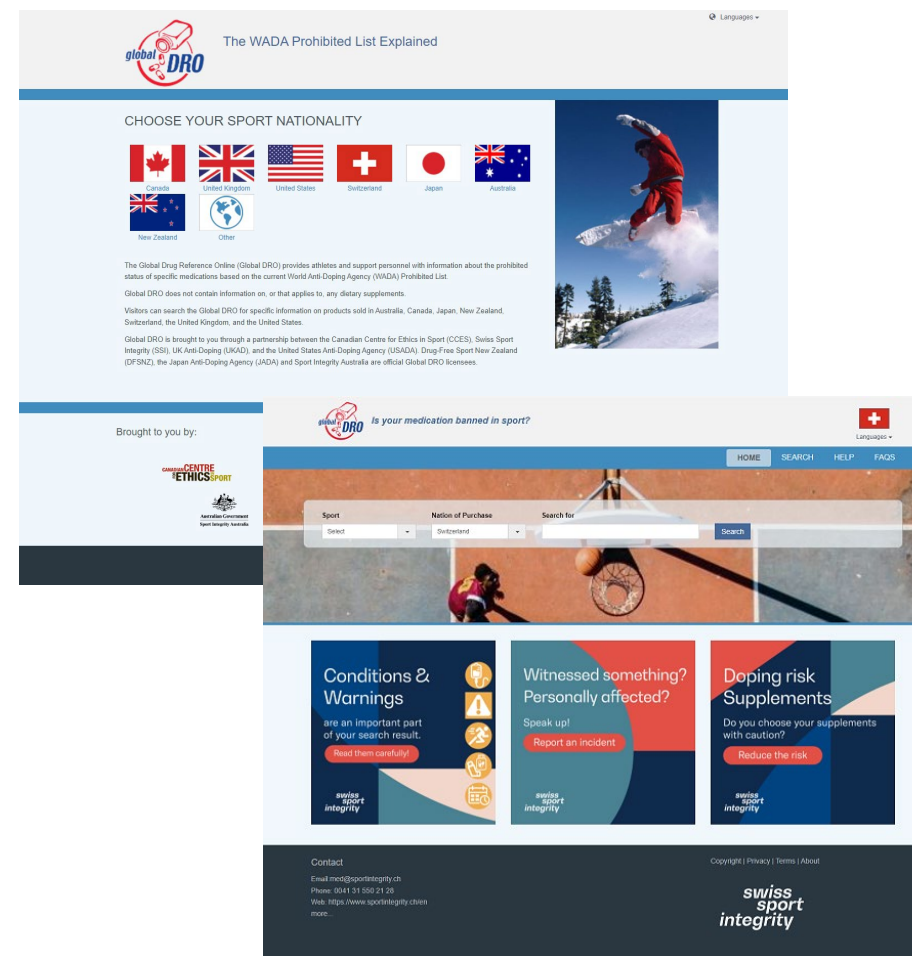
✓ TRAVELLING ABROAD

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

- ✓ Ask your doctor or pharmacist
- ✓ Check with the National Anti-Doping Organisation
- ✓ Use reliable online resources such as GlobalDRO:

WWW.GLOBALDRO.COM



POLL QUESTION

**DO YOU TAKE
SUPPLEMENTS?**

**YES
NO**



ATHLETE VOICES

Abby Raymond
Team USA, Weightlifting



SUPPLEMENTS

WHAT IS A SUPPLEMENT?



IOC consensus statement: dietary supplements and the high-performance athlete

Ronald J Maughan,¹ Louise M Burke,^{2,3} Jiri Dvorak,⁴ D Enette Larson-Meyer,⁵ Peter Peeling,^{6,7} Stuart M Phillips,⁸ Eric S Rawson,⁹ Neil P Walsh,¹⁰ Ina Garthe,¹¹ Hans Geyer,¹² Romain Meeusen,¹³ Lucas J C van Loon,^{3,14} Susan M Shirreffs,¹ Lawrence L Spriet,¹⁵ Mark Stuart,¹⁶ Alan Vernec,¹⁷ Kevin Currell,¹⁸ Vidya M All,¹⁹ Richard GM Budgett,²⁰ Arne Ljungqvist,²¹ Margo Mountjoy,^{22,23} Yannis P Pitsiladis,¹⁹ Torbjørn Soligard,²⁰ Uğur Erdener,¹⁹ Lars Engebretsen²⁰

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ABSTRACT

Nutrition usually makes a small but potentially valuable contribution to successful performance in elite athletes, and dietary supplements can make a minor contribution to this nutrition programme. Nonetheless, supplement use is widespread at all levels of sport. Products described as supplements target different issues, including (1) the management of micronutrient deficiencies, (2) supply of convenient forms of energy and macronutrients, and (3) provision of direct benefits to performance or (4) indirect benefits such as supporting intense training regimens. The appropriate use of some supplements can benefit the athlete, but others may harm the athlete's health, performance, and/or livelihood and reputation (if an antidoping rule violation results). A complete nutritional assessment should be undertaken before decisions regarding supplement use are made. Supplements claiming to directly or indirectly enhance performance are typically the largest group of products marketed to athletes, but only a few (including caffeine, creatine, specific buffering agents and nitrate) have good evidence of benefits. However, responses are affected by the scenario of use and may vary widely between individuals because of factors that include genetics, the microbiome and habitual diet. Supplements intended to enhance performance should be thoroughly trialled in training or simulated competition before being used

good health by contributing to the required intake of specific nutrients, the management of micronutrient deficiencies, and the provision of energy and macronutrient needs that might be difficult to achieve through food intake alone. Other specific uses of supplements reported by athletes include direct performance enhancement or the indirect benefits that arise from the provision of support for hard training, the manipulation of physique, the alleviation of musculoskeletal pain, rapid recovery from injury and enhancement of mood.

Some sporting bodies now support the pragmatic use of supplements that have passed a risk-versus-benefit analysis of being effective, safe and permitted for use, while also being appropriate to the athlete's age and maturation in their sport. This review summarises the issues faced by high-performance athletes and their support team (coach, trainer, nutritionist, physician) when considering the use of supplements, with the goal of providing information to assist them to make informed decisions.

WHAT IS A SUPPLEMENT?

There is no single definition, either legal or within nutritional science, of what constitutes a dietary supplement. The US Food and Drug Administration (FDA) defines a dietary supplement as a product (other than food or a drug) that contains one or more dietary ingredients and is intended to supplement the diet generally or to address specific nutritional deficiencies.

Supplements are products that are intended to supplement the diet. They can be used to provide additional nutrients, such as vitamins, minerals, and amino acids, or to provide specific nutrients that are deficient in the diet. Supplements can also be used to provide energy and other nutrients that are needed for performance.

USE OF SUPPLEMENTS

Supplements are most likely to be beneficial when:

Athlete receives expert advice based on their individual needs

Supplement is taken in the right dosage

Supplement has good evidence of benefits to health and/or performance

Athlete takes a supplement that has been batch-tested

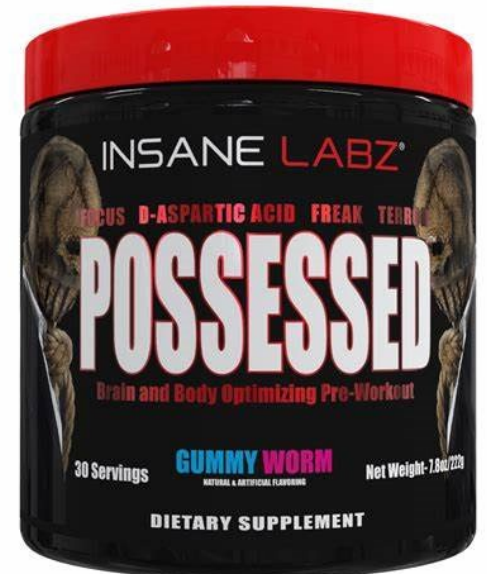
WHAT ARE THE RISKS OF TAKING SUPPLEMENTS?

- ✓ **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!

PROHIBITED SUBSTANCES FOUND IN SUPPLEMENTS

- Stimulants
- Anabolic Androgenic Steroids
- Prohormones
- Diuretics



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 you do not have access to a certified nutritionist, **conduct a self-assessment**
- ✓ If you decide that the benefits of using supplements outweigh the risks, **choose products that have been tested**
- ✓ **Keep the original supplement packaging**, or a photo of it (including name of the supplement, brand name and the batch number). If you received medical advice to take supplement, **keep a record of it.**

FOOD CONTAMINATION

CLENBUTEROL



Clenbuterol is an anabolic agent sometimes used for performance-enhancement by athletes to increase lean muscle mass and reduce body fat.

The use of the clenbuterol is not fully regulated:

- **China**
- **Guatemala**
- **Mexico**

Prohibited both in- and out-of-competition.

RACTOPAMINE, ZERANOL, ZILPATEROL



Zilpaterol is used as a growth promoter in cattle.

Ractopamine is used in growth promoter in pigs.

Zeranol promotes rapid and efficient growth rates in animals used as sources of meat.



Stakeholder Notice regarding potential meat contamination cases¹

This Stakeholder Notice explains how a *Results Management Authority* should manage potential meat contamination cases involving clenbuterol, ractopamine, zeranol, or zilpaterol.

A. New reporting requirements for clenbuterol, ractopamine, zeranol, and zilpaterol

Anabolic agents are prohibited for *Athletes* at all times and at any concentration. However, certain anabolic agents may be used in certain countries as a livestock growth promoter. Depending on the circumstances, the consumption of meat containing residues of such anabolic agents may lead to very low concentrations of those anabolic agents and/or their *Metabolites* in an *Athlete's* urine. Laboratory instrument sensitivity now allows detection of anabolic agents and their *Metabolites* in urine *Samples* at low nanogram per mL (ng/mL) levels and, in some instances, much lower. However, it is not currently possible for anti-doping laboratories to distinguish between (a) low concentrations that reflect the tail-end of excretion of a steroid used for doping purposes; and (b) low concentrations that are due to the consumption of contaminated meat.

The World Anti-Doping Agency (WADA) has taken various steps to address this issue, and the potential unfairness to innocent *Athletes* that may result. In particular:

- On 16 May 2019, the WADA Foundation Board approved the amendment of Article 7.4 of the 2015 World Anti-Doping Code to allow WADA-accredited laboratories to report the presence of *Prohibited Substances* identified by WADA at or below 5 ng/mL as an *Atypical Finding*, triggering an investigation to determine whether that presence may be due to ingestion of contaminated meat. The first *Prohibited Substance* treated in this way was clenbuterol, due to its prevalent use as a growth promoter in certain countries.²
- WADA subsequently convened a working group of scientific and legal experts (the 'Contaminants Working Group') to conduct a thorough assessment of the risk of *Athletes* returning *Adverse Analytical Findings* for prohibited anabolic agents as a result of eating the meat products of livestock that had been administered such anabolic agents to promote their growth prior to slaughter. Contamination of meat is generally below levels that are relevant to human health. However, the potential exists for *Adverse Analytical Findings* to result, depending on the specific growth promoter used, the administration regime and withdrawal period observed, and the timing of collection of the *Sample* from the *Athlete* who consumed the meat products.
- The Contaminants Working Group determined that clenbuterol is used in China, Mexico, and Guatemala as a growth promoter for cattle, lamb, poultry, and swine; that ractopamine is used in certain countries

¹ Unless otherwise indicated, words or phrases in italics and/or underlined have the meaning given to them in the World Anti-Doping Code and/or the International Standards.

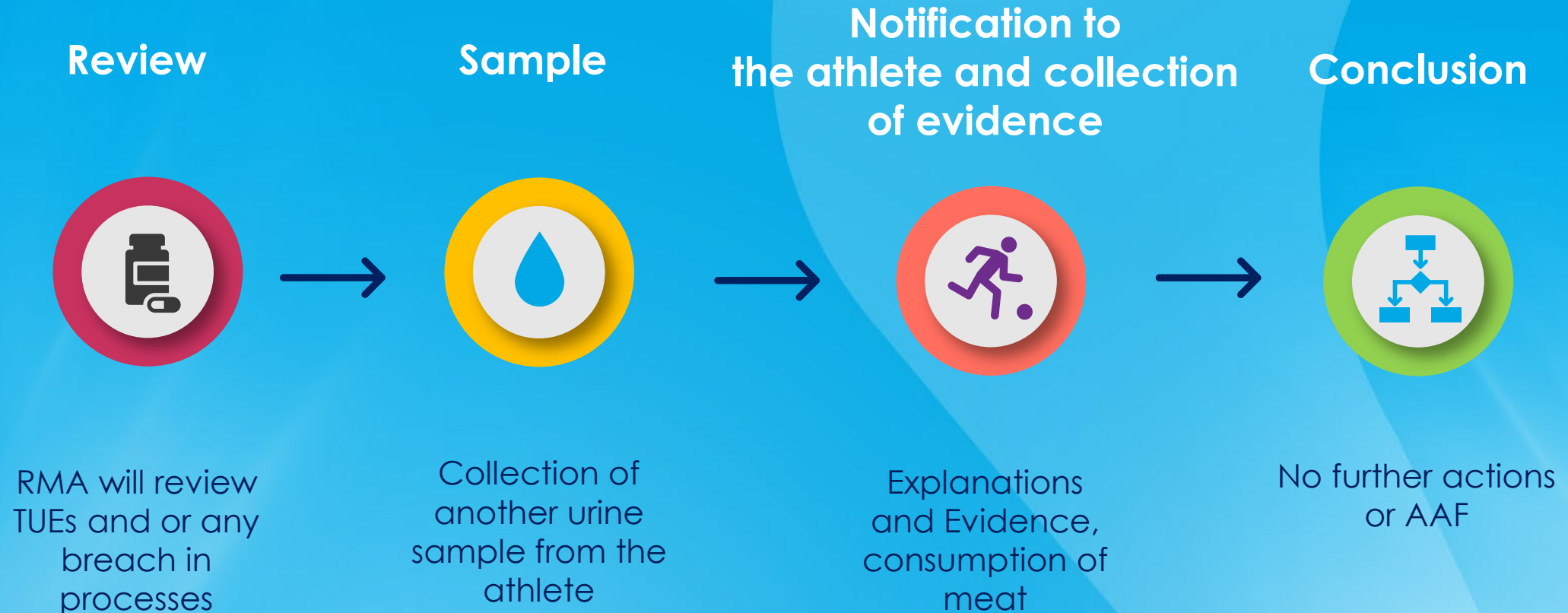
² See WADA Stakeholder Notice regarding meat contamination dated 30 May 2019 ([2019-05-30-meat-contamination-notice-final.pdf](#)), which is replaced by this Notice.

Stakeholder Notice regarding potential meat contamination cases.

Laboratories shall report the presence in a Sample at a **concentration at or below (\leq) 5 ng/mL of clenbuterol or ractopamine or zilpaterol, or of zeranol or its Metabolite(s)**, as an **Atypical Finding**.

The Results Management Authority shall conduct an investigation, in accordance with Article 5.2 of the International Standard for Results Management, to determine whether that finding may be due to ingestion of contaminated meat.

INVESTIGATION OF AN ATYPICAL FINDING



HOW CAN ATHLETES REDUCE THEIR RISK OF CONSUMING CONTAMINATED PRODUCTS?

REDUCING THE RISK OF CONSUMING CONTAMINATED PRODUCTS

- ✓ **Always choose meat from a reputable source**, if you are in an international competition, eat at the competition venue, athlete village, hotel.

Ask if the meat products used are imported or not.
Consider certified-organic meats.

Avoid eating liver or liver-derived products.

Do not eat street foods.

Avoid eating unusual or exotic meat products.

Consider **alternative protein sources**.

Request documentation demonstrating **food safety and quality standards** of the meat source.

**IF MEAT CONSUMPTION IS
UNAVOIDABLE, WHAT INFORMATION
SHOULD ATHLETES COLLECT?**

IF MEAT CONSUMPTION IS UNAVOIDABLE, WHAT INFORMATION SHOULD ATHLETES COLLECT?

Consume meat products from **an athlete village, your hotel, or other reputable restaurants.**

(Do **not eat in street vendors** or untraceable locations)

Dates of travel

Dates eaten at various establishments

IF MEAT CONSUMPTION IS UNAVOIDABLE, WHAT INFORMATION SHOULD ATHLETES COLLECT?

Name and address of establishment

Menu (physical menu or picture of menu)

Food diary, including type and estimated portion size of meat (photo of assembled plate showing foods consumed is also helpful)

Grocery or Restaurant Receipt of purchase, ideally itemized, to show specifically what food was ordered Credit card statements

Dining partners

Social media

POLL QUESTION

WHAT DOES TUE STAND FOR?

**Therapeutic Use Example
Therapeutic Use Exemption
Therapeutic Use Exclusion**

THERAPEUTIC USE EXEMPTIONS

WHAT IS A THERAPEUTIC USE EXEMPTION?

- A **TUE ensures that athletes can be treated for medical conditions** - even if the treatment involves using a Prohibited Substance or Method – while avoiding the risk of being sanctioned.
- It will allow an athlete to use the medication or method as it will not give them a competitive advantage but ensure they can compete in a proper state of health. Therefore, **certain requirements must be met** for a TUE to be granted.

WHAT ARE THE TUE REQUIREMENTS?

YOU WILL BE GRANTED A TUE IF:

- ✓ **Your health will be significantly impaired if you do not take the substance.**

The substance does not enhance your performance beyond what brings you back to normal health.



WHERE TO APPLY FOR A TUE?

In the sport of **Archery** any national level or international level athlete who is subject to the anti-doping rules must request a TUE before using a Prohibited Substance or Method.



NATIONAL LEVEL
ATHLETE



NATIONAL ANTI-
DOPING ORGANISATION



INTERNATIONAL
LEVEL ATHLETE



INTERNATIONAL
TESTING AGENCY

WHEN TO APPLY FOR A TUE?

- ✓ An application must be made at least **30 days before taking part in an event.**
- ✓ Athletes can apply for a **retroactive TUE under certain circumstances**, for example:
 - ✓ An emergency or urgent treatment was required
 - ✓ There was insufficient time, opportunity or other exceptional circumstances that prevented the athlete from submitting a TUE application or having it evaluated

HOW TO APPLY?



International Testing Agency
Therapeutic Use Exemption (TUE) Application Form

Please complete all sections in capital letters or typing. Athlete to complete sections 1, 2, 3 and 7; Physician to complete sections 4, 5 and 6. Illegible or incomplete applications will be returned and will need to be re-submitted in legible and complete form. If you already have an ADAMS account, please upload this application form directly in ADAMS. If you do not have an ADAMS account, please contact us at tue@ita.sport.

1. Athlete Information

Last Name: <input type="text"/>		First Name(s): <input type="text"/>
Female: <input type="checkbox"/>	Male: <input type="checkbox"/>	Date of Birth: <input type="text"/> <small>(dd/mm/yyyy)</small>
Address: <input type="text"/>		
City: <input type="text"/>		Country: <input type="text"/>
Postcode: <input type="text"/>	Telephone: <input type="text"/> <small>(with International code)</small>	
E-mail: <input type="text"/>		
Sport: <input type="text"/>	Discipline: <input type="text"/>	
Competition name: <input type="text"/>	Competition date (dd/mm/yyyy): <input type="text"/>	

2. Previous Applications

Have you submitted any previous TUE application(s) to any Anti-Doping Organization for the same condition?	
Yes <input type="checkbox"/>	No <input type="checkbox"/>
For which substance(s) or method(s)? <input type="text"/>	
To whom? <input type="text"/>	When? <input type="text"/>
Decision: Approved <input type="checkbox"/> Not approved <input type="checkbox"/>	

Page 1 of 7

- All TUE applications must be submitted in **ADAMS**.
- If the athlete does not have an ADAMS account, they should contact **tue@ita.sport**
- Otherwise, they should download the **TUE Application Form from ita.sport** and once duly completed and signed, send it together with the required medical file to **tue@ita.sport**
- ✓ The **athlete and their physician** fill out the TUE form together and submit it via ADAMS
- ✓ Include all medical **details and documentation**

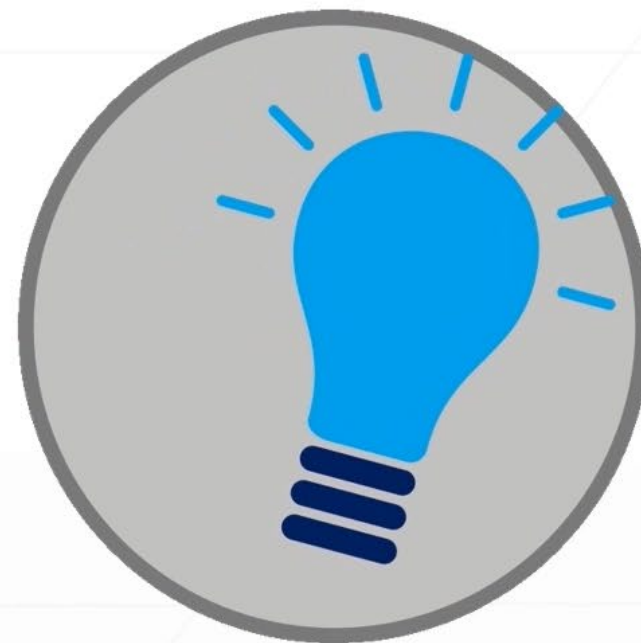
USEFUL TUE TIPS

- ✓ **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.



Q&A

RESOURCES

Relevant cases:

[Clean sport: Guatemala City results updated after Schaff disqualification](#)

[Lessons learned: Oscar Ticas on shattered Olympic dreams and doping suspension](#)

[Brady commits to educate after contaminated medication causes positive drug test](#)

Articles:

[Stakeholder Notice regarding potential meat contamination cases](#)

[Dietary Supplement and Food Contaminations and Their Implications for Doping Controls](#)

[International Standard for Results Management \(ISRM\)](#)

MORE QUESTIONS?

education@ita.sport

WEBSITE

www.ita.sport



International Testing Agency



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