



**CARIBBEAN**  
**RADO** REGIONAL ANTI-DOPING  
ORGANIZATION

In  
partnership  
with



**WADA**

With the  
Support of



OLYMPIC  
SOLIDARITY



Raise The Bar  
**SAY NO!**  
**TO DOPING**

**2016**

## What is WADA?

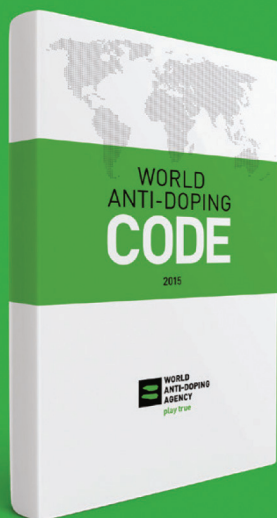
The World Anti-Doping Agency (WADA) is the international independent organization created in 1999 to promote, coordinate and monitor the fight against (WADA) is the international independent doping in sport in all its forms.

## What is the Caribbean RADO?

The Caribbean Regional Anti-Doping Organization (RADO) is the regional secretariat for anti-doping in the Caribbean, with a vision to value and foster doping free sport in the Caribbean.

## What is The Code?

The Code is the document that works to ensure that anti-doping regulations are the same across all sports and all countries. It's purpose is to protect the rights of the clean athlete.



## What is Doping?

Doping is defined as the occurrence of one or more of the following anti-doping rule violations:

- 1 Presence** of a prohibited substance or its Metabolites or Markers in an athlete's sample. Article 2.1
- 2 Use** or attempted use of a prohibited substance or method. Article 2.2
- 3 Refusing** evading or failing to submit to sample collection after being notified. Article 2.3
- 4 Failure** to file athlete whereabouts information & missed tests. Article 2.4
- 5 Tampering** or attempted tampering with any part of the doping control process. Article 2.5
- 6 Possession** of a prohibited substance or method. Article 2.6
- 7 Trafficking** or attempted trafficking of a prohibited substance or method. Article 2.7
- 8 Administering** or attempted administering of a prohibited substance or method to an athlete. Article 2.8
- 9 Complicity** in an anti-doping rule violation (ADRV). Article 2.9
- 10 Prohibited** association with sanctioned athlete support personnel. Article 2.10

# Therapeutic Use Exemption

## What?

As an athlete, you may have an illness or condition that requires a particular medication. If this medication appears on the Prohibited List, you may be granted a **Therapeutic Use Exemption (TUE)** which gives you permission to take it.



## Why?

TUEs ensure that you are able to obtain treatment for a legitimate medical condition—even if that treatment requires a prohibited substance or method.

The TUE process avoids the risk of sanctions due to a positive test and ensures that your health is protected during anti-doping efforts. .

## Who?

Any athlete who may be subject to doping control must request a TUE **before** taking a prohibited medication. All information in this request remains strictly confidential.



## When?

An application must be made at least 30 days **before** taking part in an event. In exceptional cases or true emergencies, a TUE may be approved retroactively.

**30 days before  
your event**

Article 4.3 (ISTUE)

# The TUE Process

See over for  
TUE tips

1

Request a **TUE form** from your relevant anti-doping organization (ADO) or through ADAMS.\*

2

Your **physician** fills out the TUE form and you send it back to your ADO.

3

Once a TUE is requested, a panel of experts selected by the **ADO reviews** your request and will grant 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.

There are no alternative treatments available.

4

The **ADO advises** if you can take the requested medication or not. In the case of a denied request, you will be informed of the reasons. You have the right to appeal the decision.



\* Who do I contact / where do I return my form?

National-level athletes:  
National Anti-Doping Organization (NADO)  
Regional Anti-Doping Organization (RADO)  
International-level athletes:  
International Federation (IF)

# The List of Prohibited Substances and Methods

The List applies to athletes both in- and out-of-competition. WADA updates the List annually and the most current version is posted on our website.

The updated list normally applies from 1 January each year and is available a few months before on the WADA website.

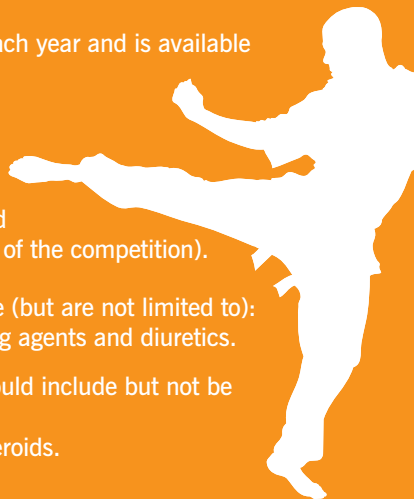
The list is divided into substances that are:

1. banned at all times and
2. those prohibited during the in-competition period (as defined by each sport but often within 24 hours of the competition).

Those substances banned at all times would include (but are not limited to): hormones, anabolics, EPO, beta-2 agonists, masking agents and diuretics.

Those substances prohibited only in-competition would include but not be limited to: stimulants, marijuana, narcotics and glucocorticosteroids.

Also banned at all times: methods such as blood transfusion or manipulation, or intravenous injections in some situations.



## Testing (Doping Control)

See over for an illustrated guide to  
**The 11 Stages of Doping Control**

If you compete at the international and/or national level, you can have your urine and/or blood tested anytime, anywhere by your IF, NADO, RADO or a Major Event Organizing Committee. Specially trained and accredited doping control personnel carry out all tests.

Testing can be conducted in-competition and out-of-competition.

### But why me?

- In-competition you can be chosen by random selection, finishing position or by being targeted for a particular reason.
- Out-of-competition you may be tested anytime, anywhere and with no advance notice.
- If you are a minor or an athlete with a specific disability, you may require slight modifications to the sample collection procedure. You can discuss these modifications with the Doping Control Officer at the time of testing.



ADAMS (Anti-Doping Administration & Management System) is WADA's secure web-based anti-doping database management system. ADAMS stores laboratory results, TUEs and information on Anti-Doping Rule Violations (ADRVs).

This database facilitates the sharing of information among relevant organizations and aims to promote efficiency, effectiveness and transparency.

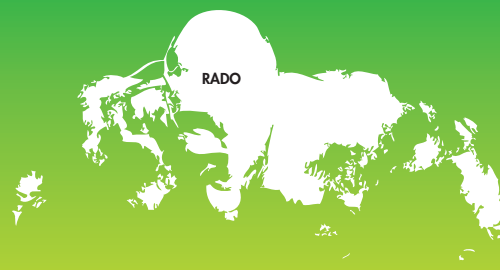
Most International Federations, National Anti-Doping Organizations, Regional Anti-Doping Organizations use ADAMS as a central information base for athlete whereabouts information, TUEs and test results. ADAMS has been developed to make your life easier.

You have access to your own information in ADAMS. International Federations, National Anti-Doping Organizations, Regional Anti-Doping Organizations are responsible for giving you access to ADAMS. Only restricted personnel within Anti-Doping Organizations have access to your data. ADAMS' multi-level access system protects data security and confidentiality.

## Results Management

Sanctions for violating anti-doping regulations may range from a reprimand to a lifetime ban. The period of ineligibility may vary depending on the type of anti-doping violation, the circumstances of an individual case, the substance, and the possible repetition of an anti-doping rule violation.

As an athlete, you have the right to request a B sample analysis. You are entitled to a fair hearing and to appeal any decision regarding a positive test or sanction imposed on you following an anti-doping rule violation.



# Testing:

## The 11 Stages of Doping Control





# Some quick facts on updating your Whereabouts



- You may be able to update your whereabouts details simply by sending an SMS to your relevant ADO or using the WADA mobile App.
- There may be consequences if you are not present without a valid reason. If you cannot be located for testing, you have the opportunity to explain why.
- You can choose to have your agent or other representative submit your whereabouts for you, but keep in mind you are still responsible for that information.
- If you are part of a team, your whereabouts information may be submitted by a coach or team official as part of your team's collective filing.

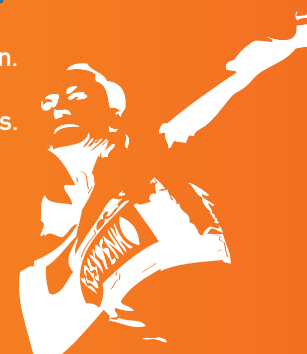
## Don't Forget!

Athlete whereabouts are a **crucial step** in ensuring that your sport and your competitors stay on a level playing field.

- **YOU**, and you alone, are responsible for your whereabouts.
- **YOU CAN'T BLAME** your representative or agent for inaccurately filing or forgetting to update your whereabouts.
- If you are included in a RTP, you must provide your whereabouts **EVERY THREE MONTHS** so that you can be located for testing.

If you are included in an RTP, **REMEMBER**, there may be consequences for failing to provide accurate whereabouts information. Your IF or NADO will provide you more detailed information on their requirements.

**WHEREABOUTS** information is a crucial element in supporting your right to clean sport.



**Why?** Providing whereabouts is about protecting your right to clean sport. Whereabouts information gives the Anti-Doping Organization (ADO) the ability to locate athletes with no notice, which is vital to testing athletes who choose to cheat themselves by doping.

Knowing where athletes can be found for testing is crucial for ensuring effective anti-doping programs.

**Who?** Very few athletes are in the Registered Testing Pool (RTP) and need to provide accurate and current whereabouts information.

International Federations and National Anti-Doping Organizations are responsible for determining if you are required to provide whereabouts information or not.

## What do I Need to Provide?

If you are asked to provide whereabouts information by your ADO, you may be required to provide information such as:

- home address
- training information and locations
- competition schedules
- regular personal activities such as work or school
- For those few athletes included in a RTP, one 60-minute time period a day, where you'll be available for testing, must also be provided.

Remember that all athletes can still be tested anytime and anywhere. However, for RTP athletes, a missed test may be recorded if you are unavailable during your declared 60-minute window.



Athletes are ambassadors and role models. They have an important responsibility in protecting the integrity of their sport.



Antigua & Barbuda



Aruba



The Bahamas



Barbados



British Virgin Islands



Cayman Islands



Curacao



Dominica



Grenada



Guyana



St. Kitts & Nevis



St. Lucia



St. Vincent &  
the Grenadines



Suriname



Trinidad & Tobago



Turks & Caicos Is.



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