



EUROPEAN WEIGHTLIFTING
FEDERATION

ANTI-DOPING
FAIR - PLAY EDUCATION





PRINCIPLES AND VALUES OF CLEAN SPORT!

- *Health*
- *Ethics, Fair-Play and Honesty*
- *Excellence in Performance*
- *Athletes rights as set forth in the Code*
- *Character and Education*
- *Fun and Joy*
- *Teamwork*
- *Dedication and Commitment*
- *Respect for Rules and Laws*
- *Courage*
- *Conscience, Community & Solidarity*





What Athletes & Coaches **NEED TO KNOW!**

The 8 Anti Doping key points:

1. How and when to fill out a complete **three** (3) months WADA WHEREABOUTS?
2. What is **DOPING**?
3. The WADA PROHIBITED LIST.
4. How to be informed about medication intake.
5. What is a WADA THERAPEUTIC USE EXEMPTION FORM?
6. How to protect yourself from contaminated supplements?
7. EDUCATE YOURSELF.
8. Where to find help and support?





How to fill out a complete (3) three month **WADA WHEREABOUTS?**



Where to find the steps and Guidelines:

<http://adams-docs.wada-ama.org/display/EN/ADAMS+User+Guide+for+Athletes>



Technical support

iwf@ita.sport

www.iwf.sport/anti-doping/whereabouts-irtp/

Athlete Central

is now available in:

- Bulgarian
- Chinese
- English
- French
- Italian
- Japanese
- Korean
- Russian
- Serbian
- Suomi
- Turkish





Whereabouts Information

Allows doping control officers to find athletes for out-of-competition testing

Athletes in registered testing pools must submit:

- Usual locations, dates and times
- Travel plans
- One hour a day for which they are accountable
- Regular updates as plans change
- Training information

Each IF or NADO has its own process and requirements for submitting whereabouts information, **JUST ASK!**



THE SUBMISSION DEADLINES for each quarter are as follows:

- **Q1 – 15 December 2022**
- **Q2 – 15 March 2023**
- **Q3 – 15 May 2023**
- **Q4 – 15 September 2023**

-
- **The submission deadlines for all IWF events:**
At least three (3) months before the start of the Championship!!
-





WHAT IS DOPING?

- **Not providing WADA WHEREABOUTS INFORMATION**
- **Interfering with the testing process**
- **Using a prohibited substance**
- **Refusing or failing to submit the sample collection**
- **Failing to be present at the WHEREABOUTS 1(one) hour slot**
- **Trafficking/possessing a prohibited substance**
- **Encouraging or assisting others to dope**
- **Covering up own- or others doping activities**
- **Any type of complicity regarding doping activities**
- **Discourage other Persons to report relevant Anti-Doping matters to the appropriate authorities**
- **Prohibited association with sanctioned Athlete's Support Personnel**



Athlete Whereabouts:

Filing Failures and Missed Tests

Jan 2015	Feb 2015	Apr 2015	May 2015	Sept 2015	Nov 2015	Dec 2015	
Month 1	1	3	4	8	9	10	11

Test completed

Missed Test

Filing Failure

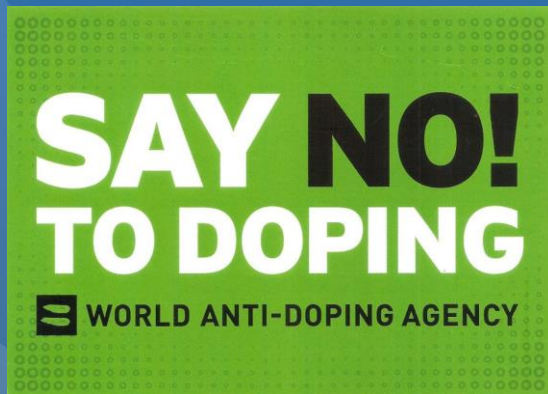
ANTI-DOPING RULE VIOLATION

play true





THE 2023 WADA PROHIBITED LIST



Download
(PDF 2.69 MB)

Other available languages: العربية,
Español, Français, Ελληνικά,
Deutsch, Русский, 日本語,
Български, Eesti, Dansk,
Latviešu, Lietuvių,
Portuguese, International,
Hrvatski, Polski, Português,
Slovenščina, Türkçe, azərbaycan



www.wada-ama.org/en/what-we-do/adams/adams-next-gen/athlete-central



GUIDELINES



NEEDLE POLICY



NEEDLE POLICY - INJECTION DECLARATION FORM

(Please complete legibly in block capital letters & in English)

Email to: tue@iwfnet.net

ATHLETE

ATHLETE	
Name of the Athlete having received the injection:	
National Federation of:	Competition: Click here to enter text.
Date of Birth: Click here to enter text.	Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female
INJECTION	
Substance(s) Injected: Click here to enter text.	
Date and place of injection: Click here to enter text.	
MEDICAL JUSTIFICATION	



STRICT ENFORCEMENT



The **ATHLETE** is ultimately responsible for what is found in his/her body. **ATHLETE Support Personnel** might be under **INVESTIGATION** as well.





Athlete

You have the **right** to:

- ▶ have a representative and, if available, an interpreter
- ▶ ask for additional information about the sample collection process
- ▶ request a delay in reporting to the Doping Control Station for valid reasons (as determined by the DCO)
- ▶ if you are an athlete with a disability, to request modifications to the sample collection procedure

Rights and Responsibilities

You have a **responsibility** to:

- ▶ remain within direct observation of the DCO/chaperone at all times from the point of notification until the completion of the sample collection process
- ▶ produce appropriate identification
- ▶ comply with sample collection procedures (failure to do so may constitute an anti-doping rule violation)
- ▶ report immediately for doping control, unless there are compelling reasons for a delay

DOPING CONTROL VIDEO

For a fun and informative review of the information presented in this flyer, check out WADA's Doping Control Video at:
www.wada-ama.org/en/Education-Awareness/Tools/Doping-Control-Video

In the case of any discrepancy between this information and the World Anti-Doping Code, the Code prevails. This information is subject to change at anytime. Always check with your International Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations.
July 2010

 **WADA** wada-ama.org • info@wada-ama.org
[facebook.com/wada.ama](https://www.facebook.com/wada.ama) • twitter.com/wada_ama

Headquarters 800 Place Victoria, Suite 1700, P.O. Box 120, Montreal, QC, H4Z 1B7, Canada • Tel.: +1.514.904.9232 • Fax: +1.514.904.8650

Africa Protea Assurance Building, 8th Floor, Greenmarket Square, Cape Town, 8001, South Africa • Tel.: +27.21.483.9790 • Fax: +27.21.483.9791

Asia/Oceania C/O Japan Institute of Sports Sciences, 3-15-1 Nishigaoka, Kita-Ku, Tokyo, 115-0056, Japan • Tel.: +81.3.5963.4321 • Fax: +81.3.5963.4320

Europe Maison du Sport International, Avenue de Rhodanie 54, 1007 Lausanne, Switzerland • Tel.: +41.21.343.43.40 • Fax: +41.21.343.43.41

Latin America World Trade Center Montevideo, Tower II, Unit 712, Calle Luis A De Herrera 1248, Montevideo, Uruguay • Tel.: +598.2.623.5206 • Fax: +598.2.623.5207

 Find out more at wada-ama.org 

In case of a possible returned positive Doping result, the Athlete has **RIGHTS** and **RESPONSIBILITIES**





HOW TO BE INFORMED ABOUT MEDICATION INTAKE



The WADA Prohibited List Explained

CHOOSE YOUR SPORT NATIONALITY



Canada



United Kingdom



United States



Switzerland



Japan



Australia



New Zealand



Other

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 World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

Visitors can search the Global DRO for specific information on products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States.

Global DRO is brought to you through a partnership between Anti-Doping Switzerland (ADCH), the Canadian Centre for Ethics in Sport (CCES), UK Anti-Doping (UKAD), and the United States Anti-Doping Agency (USADA). Drug-Free Sport New Zealand (DFSNZ), the Japan Anti-Doping Agency (JADA) and Sport Integrity Australia are official Global DRO licensees.





WHAT IS A **WADA** THERAPEUTIC USE EXEMPTION FORM?



Therapeutic Use Exemptions (TUE)

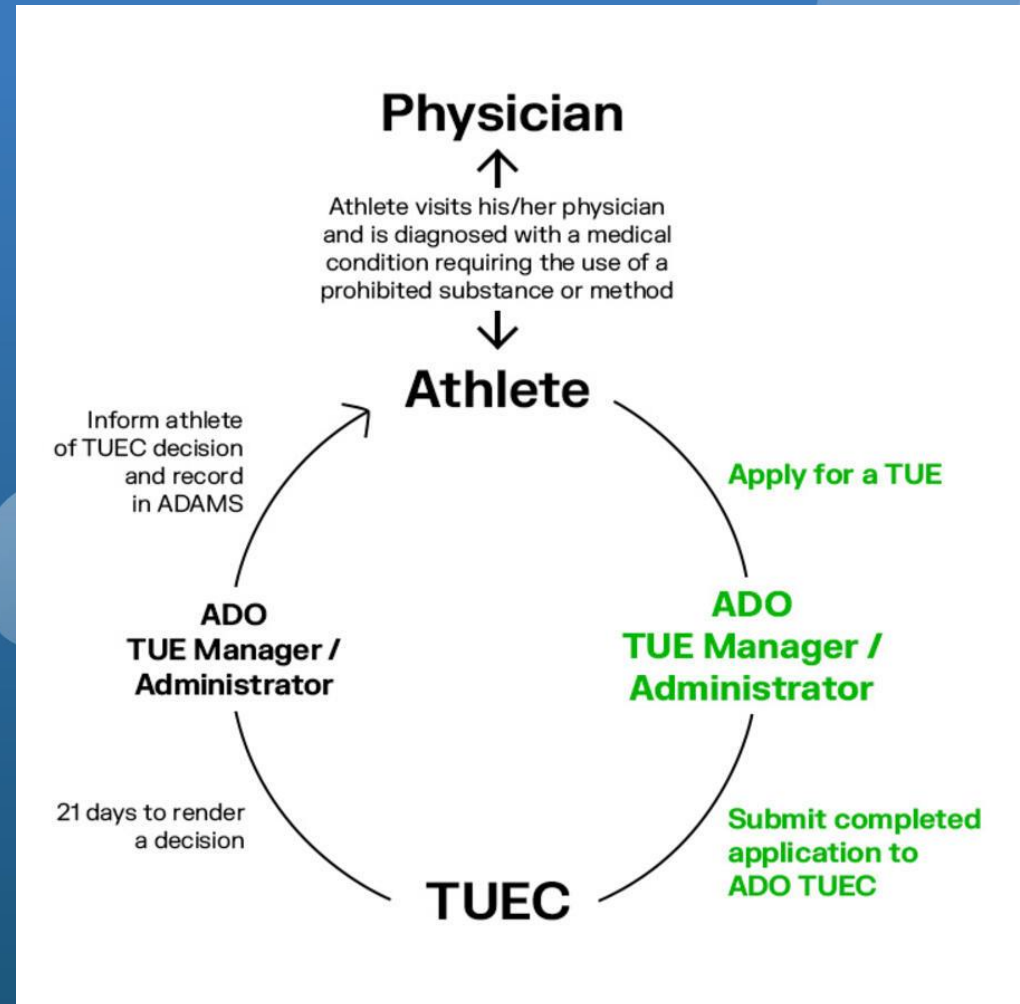
Recognition of an athlete's right to best medical treatment

- Use of prohibited substance or method for a legitimate medical condition
- Managed by NADO or IF
- Doctor fill out application form
- At least 30 days before next competition
- Wait for TUE to be granted

International Standard
International Standard for Therapeutic Use Exemptions (ISTUE)

Download (PDF 709.05 KB)

Other available languages:
Français, Español, Portuguese, International, Русский, Hrvatski





! HOW TO PROTECT YOURSELF FROM ! CONTAMINATED SUPPLEMENTS ! CHECK OUT THE 3 SPECIALIZED WEBSITES





EDUCATE YOURSELF IT IS YOUR RESPONSIBILITY!!



Anti-Doping e-Learning (ADEL)

- e-Learning courses and learning material for athletes, coaches / administrators, medical staff, parents and anyone interested in learning more about anti-doping and protecting the values of clean sport.

WADA's Anti-Doping Education and Learning Platform NOW AVAILABLE IN MANY LANGUAGES!!



Athlete Webinar_Anti-Doping Education: How athletes can contribute to clean sport

ID: E-6027N1

Language: English - ★★★★★5

www.adel.wada-ama.org/learn



WADA EDUCATION OPPORTUNITIES



Various publications

[Play True Quiz Handouts](#)



[Download](#)
(PDF 250.75 KB)

Other available languages:

Français, العربية, azərbaycan, Português, Български, Burmese, Hrvatski, Čeština, Dansk, Nederlands, Eesti, فارسی, Suomi, Georgian, Deutsch, Ελληνικά, Magyar, Íslenska, Bahasa Indonesia, Italiano.



Various publications

[Play True Youth Quiz Handouts](#)



[Download](#)
(PDF 89.08 KB)

Other available languages:

Français, العربية, Português, Български, Burmese, Hrvatski, Čeština, Nederlands, Eesti, فارسی, Suomi, Georgian, Deutsch, Ελληνικά, Magyar, Íslenska, Bahasa Indonesia, Italiano, 日本語, Cambodian, 한국어, Laotian, Latviešu, Lietuvių, Bahasa Melayu, Mongolian, Nynorsk, Polski, Portuguese, International, Română, Русский, Slovenčina, Slovenščina, Español, Tagalog, ภาษาไทย, Türkçe, Tiếng Việt





WHERE TO FIND **HELP AND SUPPORT?** **IWF/ITA** 5 LIVE WEBINARS

AVAILABLE ON 'YOUTUBE' IN DIFFERENT LANGUAGES

1. ITA webinar "The anti-doping landscape and athlete perspective"
2. **ITA webinar "Values, Rights and Responsibilities"**
3. ITA webinar "Medications, supplements, TUEs and the Prohibited List"
4. **ITA webinar: Doping Control - be prepared for any scenario**
5. ITA webinar "The Doping Control Process: Urine & Blood Sample Collection"



CONTACT : education@ita.sport +
YOUR **NATIONAL ANTI DOPING ORGANISATION**



WEBINAR SERIES 1 2 3 4 5

A photograph of a weightlifter's legs and feet, wearing white socks and blue athletic shoes, standing on a blue mat. A barbell with red and yellow weights is visible in the foreground. The background is a solid blue color.

INTRODUCTION TO ANTI-DOPING

**16 SEPTEMBER
14:00-15:00 CET**

English, 普通话, العربية, español, français, русский



**FOR MORE INFORMATION IN YOUR LANGUAGE
PLEASE CONTACT YOUR NATIONAL
ANTI DOPING ORGANIZATION AND/OR :**



**education@ita.sport
iwf@ita.sport**





LISTED WEBSITES AND CONTACTS:

1. www.ita.sport - <https://iwf.sport/anti-doping>

2. WADA ADAMS WHEREABOUTS: www.iwf.sport/anti-doping/whereabouts-irtp/
<http://adams-docs.wada-ama.org/display/EN/ADAMS+User+Guide+for+Athletes>

3. WADA ADEL EDUCATION PLATFORM: www.adel.wada-ama.org/learn

4. WADA PROHIBITES LIST & GENERAL INFORMATION:
www.wada-ama.org/en/what-we-do/adams/adams-next-gen/athlete-central

5. MEDICATION/SUBSTANCE CHECK: www.globaldro.com

6. WADA PROHIBITES LIST & GENERAL INFORMATION:
<https://www.wada-ama.org/en/what-we-do/science-medical/therapeutic-use-exemptions>

7. CHECK FOR CLEAN SUPPLEMENTS AGAINST CONTAMINATION:

www.nsfs.sport.com

<https://sport.wetestyoutrust.com/>

www.koelnerliste.com





CLEAN and FAIR

WEIGHTLIFTING

FOR ALL
WE CAN'T
DO IT



WITHOUT YOU





EUROPEAN WEIGHTLIFTING
FEDERATION

ANTI-DOPING
FAIR - PLAY EDUCATION

THANK YOU
FOR YOUR
ATTENTION