

# Chapter 13: Anti-doping in sport

by Australian Sports Anti-Doping Authority

The use of substances and methods to enhance sporting performance, known as 'doping', is an issue coaches need to consider as part of their role. Eliminating doping in sport is paramount to protecting the integrity of sport, ensuring a level playing field, and maintaining the health and wellbeing of athletes.

The issue of doping in sport comes into play at both the elite and lower levels of sport. It is important that coaches are informed about the issue, and understand that they have a crucial role to play in shaping athletes' attitudes towards doping in sport at an early stage in their development. Like athletes, coaches are bound by their sporting organisation's anti-doping policy.

## The role of the coach in anti-doping

The impact coaches have on athletes is significant with regard to anti-doping in sport. An effective coach can create an anti-doping culture that may help prevent athlete misuse of prohibited substances and methods, and assist athletes to deal with other issues related to anti-doping in sport.

To minimise doping in sport, there are a number of practical things a coach can do. These include:

- . planning and implementing a training program that develops the athlete in all areas
- . alleviating pressures on athletes where possible and caring for their wellbeing
- . providing information about the health risks and other effects of prohibited substances and methods to athletes
- . ensuring athletes understand the consequences of using prohibited methods and substances
- . educating athletes about the various anti-doping resources that are available, and the procedures for checking medications and gaining approval for their use

- . communicating to athletes the spirit of sport, health and fair play, by reinforcing that the use of prohibited substances and methods is cheating
- . discouraging practices such as smoking, excessive drinking and the use of illicit drugs that are contrary to the idea of sport as a healthy pursuit
- . being a good role model in relation to use of alcohol and illicit drugs, and not smoking around athletes.

### **Coach responsibilities in anti-doping**

Coaches should understand that athlete support personnel are subject to anti-doping rules in the same way that athletes are. Violation of these rules may result in a sanction.

Athlete support personnel include coaches, trainers, managers, agents, team staff, officials, medical or paramedical personnel working with or treating athletes in, or preparing for, sports competition.

Anti-doping rule violations relevant to athlete support personnel include:

- . tampering, or attempting to tamper, with any part of doping control
- . possession of prohibited substances and prohibited methods
- . trafficking in any prohibited substance or prohibited method
- . administration or attempted administration of a prohibited substance or prohibited method to any athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted violation.

According to the World Anti-Doping Code, athlete support personnel, including coaches, have the following roles and responsibilities with regard to anti-doping:

- . to be knowledgeable of, and comply with, all anti-doping policies and rules adopted pursuant to the World Anti-Doping Code and which are applicable to them or the athletes who they support
- . to cooperate with anti-doping organisations, such as the Australian Sports Anti-Doping Authority (ASADA), to conduct athlete testing
- . to use their influence on athlete values and behaviour to foster anti-doping attitudes.

## **World Anti-Doping Agency**

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

Composed and funded equally by the sports movement and governments of the world, WADA coordinated the development and implementation of the World Anti-Doping Code, the document harmonising anti-doping policies in all sports and all countries.

WADA's activities focus on seven areas:

- . World Anti-Doping Code — acceptance, implementation and compliance
- . science and medicine
- . out-of-competition testing
- . anti-doping coordination
- . athlete outreach
- . anti-doping development
- . education.

## **What is Australia doing in regard to anti-doping?**

Australia is a world leader in the fight against doping in sport. The Australian Government established ASADA in 2006, replacing the Australian Sports Drug Agency. ASADA is a holistic anti-doping organisation that is responsible for implementing Australia's anti-doping program. This includes:

- . doping control
- . education
- . investigation
- . presentation of cases at hearings
- . sanction recommendations
- . assisting Australia's national sporting organisations in the development, approval and monitoring of their anti-doping policies.

ASADA has the power to investigate suspected anti-doping rule violations, make recommendations on its findings, and present cases against alleged offenders at the Court of Arbitration for Sport and other sports tribunals.

ASADA's clients include elite and sub-elite athletes, coaches, managers and medical officers who support athletes. ASADA also provides anti-doping services to:

- . major Australian sporting events
- . state, national and international organisations
- . professional leagues

by carrying out doping control and education programs. ASADA's key roles and functions are listed at Appendix 7.

ASADA's anti-doping framework establishes clear and consistent arrangements for the hearing of doping matters and represents a tough response to eradicating doping in sport — a response that ensures Australian athletes are treated fairly and consistently.

## **Anti-doping rules**

Each sporting organisation maintains an anti-doping policy. An anti-doping policy outlines the rules that govern anti-doping within that sport. Australian sporting organisations are required to have anti-doping policies that are set out in the ASADA National Anti-Doping Scheme.

The anti-doping rules for athletes and support persons are:

- 1 an athlete must not fail to comply with request to inform ASADA of his or her location; and
- 2 an athlete must not fail to be able to be located for a sample after being requested to provide his or her location; and
- 3 an athlete must not evade, or attempt to evade, a request by ASADA for a sample; and
- 4 an athlete must not fail to comply with request for a sample; and
- 5 an athlete or support person must not tamper, or attempt to tamper, with a sports drug matter; and
- 6 an athlete must not use, or attempt to use, a drug or doping method mentioned in the prohibited list; and
- 7 an athlete or support person must not traffic in a drug or doping method mentioned in the prohibited list; and
- 8 an athlete or support person must not possess a drug or doping method mentioned in the prohibited list; and
- 9 an athlete or support person must not:
  - a) administer, or attempt to administer, a drug or doping method mentioned in the prohibited list; or
  - b) engage in conduct aiding and abetting any activity involving a violation of the anti-doping rules; and
- 10 an athlete must not have present, in their urine sample or blood sample, a drug or its metabolites or markers or doping method mentioned in the prohibited list.

### **Case study**

Earl, a gymnastics coach, has one of his athletes approach him and allege that one of the girls she competes against from another state has been using prohibited substances.

While Earl has been put in a tough position, he realises how hard it was for his athlete to tell him this. Earl tells his athlete that he will have to phone ASADA's confidential, Stamp Out Doping investigations hotline, 1800 645 700, and tell the organisation what he knows. He explains to his athlete that she needs to tell him as much as she knows, and that he will ensure her safety and reputation are not compromised. Earl also encourages his athlete to call the ASADA Stamp Out Doping phone line.

Earl phones the Stamp Out Doping hotline, and tells the operator everything he knows, and expresses his concerns for his athlete.

The hotline operator assures Earl that his name will be kept confidential and that any information he provides will go directly to the ASADA investigations unit.

## **Prohibited substances and methods**

Sporting organisations with compliant anti-doping policies prohibit the use of substances and methods listed in the World Anti-Doping Code's Prohibited List. Athletes must be aware of the substances and methods that are prohibited in their sport, and check the anti-doping rules of their sporting organisation/s. The World Anti-Doping Code's Prohibited List is subject to regular review and is updated on an annual basis. See the WADA website ([www.wada-ama.org/en/](http://www.wada-ama.org/en/)) or the ASADA website ([www.asada.gov.au](http://www.asada.gov.au)) for details.

A policy of strict liability exists in sport, whereby athletes must take full responsibility for the substances in their body regardless of how that substance came to be there.

The World Anti-Doping Code's Prohibited List includes substances and methods that are prohibited in and out of competition. The following classes of substances and methods are prohibited under the World Anti-Doping Code 2008 Prohibited List.

### **Substances prohibited at all times**

- . Anabolic agents
- . Hormones and related substances
- . Beta-2 agonists

- . Agents with anti-estrogenic activity
- . Diuretics and masking agents

### **Substances prohibited in-competition only**

- . Stimulants
- . Narcotics
- . Cannabinoids
- . Glucocorticosteroids

### **Methods prohibited at all times**

- . Enhancement of oxygen transfer
- . Chemical or physical manipulation (which now includes intravenous infusions)
- . Gene doping

### **How to check the status of medications in sport**

It is important that athletes check the status of any medications they are planning on taking prior to use to ensure they are permitted in sport. Checking of medications can occur through ASADA via the following avenues:

- . The ASADA Anti-Doping Hotline on 1800 020 506 between 8.00am and 8.00pm Australian Eastern Standard Time, seven days a week. The ASADA Hotline provides sport-specific information regarding the status of medications and substances in sport.
- . The ASADA *Anti-Doping Information Handbook* is a useful hardcopy anti-doping reference that includes details regarding the status of medications and substances in sport.

The ASADA On-Line Medications List provides details of medications that are permitted, prohibited and subject to certain conditions. The ASADA On-line Medications List is available on the ASADA website ([www.asada.gov.au](http://www.asada.gov.au)).

### **Case study**

Shane has been coaching the state swimming squad for three years. In that time he has attended an education session delivered by ASADA, and watches the ASADA educational DVD, *Pure Performance in Sport*, annually with his squad.

Sally, one of Shane's athletes, approaches him before a training session, clearly embarrassed and in pain. She tells him she has been suffering from terrible period pain all day. She shows Shane some pain relievers that her mother gave her, and asks if she can take them.

Shane knows that the World Anti-Doping Code's Prohibited List is updated annually. Although he thinks he knows the answer, he reminds Sally that it is easy to find out. He tells her that she can call the ASADA Anti-Doping Hotline on 1800 020 506, and get the right answer from the people who know, and remain anonymous.

Shane uses his mobile to dial the Anti-Doping Hotline, and hands the phone to Sally so she can speak to an operator. After speaking with the operator, Sally tells Shane that her medication is not on the Prohibited List, so she can take it. She received a receipt number from the operator, which Shane advises her to keep on her records for future reference.

Shane reminds Sally she must always check the status of medications before she takes them.

### **The role of doping control in sport**

Doping control (commonly known as drug testing) is designed to maximise the deterrence and detection of athletes engaging in prohibited doping practices. Internationally and in Australia, athletes may be targeted or randomly selected for testing.

Sample collection procedures for testing are listed at Appendix 8, and apply to those athletes who are subject to doping control.

### **Who is eligible/subject to testing**



Sample collection may occur **in competition**, where the athlete is selected for sample collection in connection with a specific competition, or **out of competition**.

In Australia, ASADA maintains a registered testing pool and a domestic testing pool. As a guideline, ASADA's testing pool includes:

- . athletes who are part of senior national teams in Olympic and Paralympic sports and other recognised national sporting organisations (currently defined by ASADA primarily as national federations and programs in receipt of regular high performance Australian Government funding via the Australian Sports Commission)
- . Australian athletes in international federations' testing pools
- . athletes who are serving periods of ineligibility or provisional suspensions as a consequence of anti-doping rules violations
- . other athletes may be included in the national testing pools based on ASADA's doping control requirements.

Each athlete in ASADA's registered testing pool will be notified in writing of their inclusion, and specific athlete whereabouts information, requirements and consequences for non-compliance will be outlined.

An athlete's inclusion in the testing pool is based on a number of factors related to the athlete, level of competition, sport and ASADA's anti-doping program requirements. ASADA's testing pool is constantly reviewed and updated, and athletes can be notified of their inclusion or removal from the testing pool at any time.

Generally, **in-competition** testing is conducted at state, national or international-level events where athletes identified in ASADA's testing pool are competing. However, it should be noted that testing at these events may also involve athletes who are not part of ASADA's testing pool.

The random selection procedures used for in-competition testing may involve athletes being selected through a process involving final placing or through the drawing of competitor numbers.

The selection of athletes for out-of-competition testing can be determined by direct targeting, random draw, or weighted random selection.

## **Athletes under the age of 18**

Athletes who satisfy the definition of 'athlete' under the ASADA National Anti-Doping Scheme and are under 18 years of age are subject to testing. It is strongly recommended athletes under 18 have a representative present during the testing. A representative may include the athlete's parent, guardian, coach, manager, representative of sporting body or an adult requested by the athlete. The representative as well as the athlete should be notified for testing.

If an athlete under 18 years of age is selected to provide a sample, the doping control officer may notify the athlete's representative of the athlete's selection and explain the athlete's rights and responsibilities to this person.

- . During advance notice notifications over the phone, the doping control officer may notify the parent/guardian in the first instance.
- . An athlete who is under 18, or their representative, may request that the representative is present in the provision area, but they will not witness the passing of the sample. The athlete must approve the presence of the representative.
- . The athlete's representative will be requested to sign the doping control form if present at the session. If the athlete or the athlete's representative has any concerns with the testing process, this should be documented on the doping control paperwork.

## **Athletes with a disability**

The needs of an athlete with a disability are taken into account during the sample collection process. Assistance is provided as needed during the sample collection procedure and modification of the sample collection procedures can occur, on request of the athlete, where required.

An athlete with a disability is strongly advised to have a representative present during testing.

## **Therapeutic use of prohibited substances**

The following information applies to athletes who are subject to doping control (drug testing) in their sport.

In some cases, athletes may require the use of a prohibited substance to treat a legitimate medical condition. If an athlete suffers a medical condition that can only be treated with a medication containing a prohibited substance, and there is no permitted alternative, there is a process available to allow for therapeutic use of prohibited substances. This is known as a therapeutic use exemption.

There are two types of therapeutic use exemptions:

- . standard therapeutic use exemption
- . abbreviated therapeutic use exemption.

The standard therapeutic use exemption must include a full clinical history and requires submission to the Australian Sports Drug Medical Advisory Committee for approval. The abbreviated therapeutic use exemption, for the use of inhaled beta-2 agonists (asthma medications) and some non-systemic use of glucocorticosteroids (anti-inflammatories), must be submitted to the athlete's national sporting organisation for approval. Athletes should not use a prohibited medication prior to receiving a therapeutic use exemption, unless it is an emergency medical situation.

More information regarding therapeutic use exemptions can be found on the ASADA website ([www.asada.gov.au](http://www.asada.gov.au)) or the Australian Sports Drug Medical Advisory Committee website ([www.asdmac.org.au](http://www.asdmac.org.au)).

### **Case study**

Amanda is the coach of an equestrian team. One of her paraplegic athletes, John, approaches her to ask about a narcotic medication he takes for pain management. John is concerned he will have to stop riding if he is unable to use the medication.

Amanda advises John to phone the ASADA Anti-Doping Hotline on 1800 020 506 to check if the substance is prohibited or permitted.

Under the Equestrian Federation of Australia's Anti-Doping Policy, the painkiller is a prohibited substance; however, the athlete is advised he can apply for a therapeutic use exemption.

Amanda reminds John to follow the correct processes for a therapeutic use exemption and that he must wait to be advised in writing of his application's approval before he can take the medication. If approval is granted, John can take his required medication and continue in his sport.

## **Prohibited substances in foods or supplements**

Supplements are not comprehensively regulated in Australia. For this reason there can be problems with the use of supplements and sports foods. There is a risk that supplements may contain:

- . ingredients not listed on the label which could cause a positive test
- . impurities introduced at the manufacturing stage which could cause a positive test.

It is impossible to guarantee the safety of these products or that they do not contain substances that may result in a positive test. Under the World Anti-Doping Code's strict liability rule, athletes are responsible for any substance found in their body. It does not matter whether the athlete intentionally or inadvertently consumed or used the product. If an athlete tests positive to a prohibited substance the athlete is likely to receive a sanction.

While some manufacturers may guarantee the ingredients in their product, or that the use of the product will not result in a positive test, the athlete is still responsible if a prohibited substance or method is detected, even with the guarantee. Athletes must take seriously their personal responsibility for what they ingest.

## **Summary**

Anti-doping in sport is an important issue for coaches, and one with which they need to be familiar. Coaches should be aware of the role that they can play in regard to anti-doping, as well as the impact of anti-doping rules on themselves and the athletes they coach.

It is important that coaches know where to go for information on anti-doping issues, and can assist athletes in understanding their responsibilities in regard to anti-doping. Coaches can encourage their athletes to ensure they are meeting their responsibilities by

checking medications and abiding by their sport's anti-doping policy. For those athletes that are subject to doping control, coaches can assist athletes to understand the requirements of the doping control process, and provide support and assistance when required.

Coaches have a vital role to play in shaping the values of athletes towards anti-doping in sport. This is an important responsibility, which coaches should make efforts to act on.

## **References and further reading**

Australian Sports Anti-Doping Authority 2007, *Anti-Doping Handbook*, Australian Sports Anti-Doping Authority, Canberra.

Australian Sports Anti-Doping Authority 2006, *Doping Control Guide*, Australian Sports Anti-Doping Authority, Canberra.

Australian Sports Anti-Doping Authority website ([www.asada.gov.au](http://www.asada.gov.au)).

Australian Sports Drug Medical Advisory Committee website ([www.asdmac.org.au](http://www.asdmac.org.au)).

Australian Sports Commission website ([www.ausport.gov.au/ethics/antidoping.asp](http://www.ausport.gov.au/ethics/antidoping.asp)).

World Anti-Doping Agency website ([www.wada-ama.org/en/](http://www.wada-ama.org/en/)).

World Anti-Doping Code, 2008 Prohibited List.

## **Appendix 7:**

# **Key roles and functions of the Australian Sports Anti-Doping Authority**

The Australian Sports Anti-Doping Authority's (ASADA's) key roles and functions are:

- . to advise the Australian Sports Commission about sports drug and safety matters that should be included in any agreement under which the Commission gives money to a sporting organisation
- . to advise the Australian Sports Commission about recognising a sporting organisation as being responsible for administering the affairs of a sport, or of a substantial part or section of a sport, in Australia
- . to support, encourage, develop and implement initiatives that increase the skills and knowledge of people involved in sporting activities about sports drug and safety matters
- . to support and encourage the sporting community to develop and implement comprehensive programs and education initiatives about sports drug and safety matters
- . to support, encourage and conduct research about sports drug and safety matters
- . to collect, analyse, interpret and disseminate information about sports drug and safety matters
- . to encourage the development of ways for the states and territories, and sporting organisations, to carry out initiatives about sports drug and safety matters
- . to cooperate with the states and territories, and with sporting organisations, to carry out initiatives about sports drug and safety matters
- . to provide the following services under contract on behalf of the Commonwealth:
  - anti-doping testing services
  - safety checking services
  - other services (including information technology services) relating to sports drug and safety matters

- . to make resources and facilities (including secretariat services and clerical assistance) available to the Australian Sports Drug Medical Advisory Committee for the purposes of enabling it to perform its functions
- . such other functions as are conferred on ASADA by *the Australian Sports Anti-Doping Authority Act 2006* or any other law of the Commonwealth
- . to advise the Minister about matters relating to any of the above functions
- . to do anything incidental to, or conducive to, the performance of any of the above functions.

## **Appendix 8:**

# **Australian Sports Anti-Doping Authority sample collection procedures**

## **Notification and athlete response**

Athletes can be notified of their selection for sample collection anywhere, anytime.

The main personnel involved in conducting sample collection sessions are:

- . doping control officer — the person who runs the testing session. They will answer questions that coaches or athletes may have regarding the test
- . chaperone — the person who will notify the athlete that they will be tested. The athlete is to remain with the chaperone from notification until the test is complete. The chaperone will be the same gender as the athlete. The doping control officer may also perform any of the chaperone's tasks
- . blood collection official — if a blood sample is being taken, this is the qualified person who will physically collect the blood.

An Australian Sports Anti-Doping Authority (ASADA) doping control officer or chaperone will notify an athlete of their selection for sample collection. In rare circumstances, an athlete may be notified by telephone or via a third party.

At the time the athlete is notified by an ASADA official, the official will record the relevant details on a Doping Control Notification Form. The athlete is required to sign the form, and will be given a copy for their records.

For no advance notice, out-of-competition and in-competition testing, the athlete is required to report to the Doping Control Station as soon as practical or within 60 minutes, whichever is sooner. Athletes can request a delay in reporting to the Doping Control Station, or leave the Doping Control Station once they have reported, with the consent of a doping control officer and at all times in full view of the chaperone, for valid reasons, including to:

- . attend a victory ceremony
- . compete in further events
- . finish a training session



- . receive necessary medical attention
- . fulfil media commitments
- . cool down
- . undertake other activities considered reasonable and approved by the doping control officer.

The athlete must remain in full view of an ASADA official until the doping control officer is satisfied that the sample collection procedure is complete.

## **Urine sample collection**

The chaperone will notify the athlete they have been selected for doping control. The chaperone will escort the athlete through the doping control process. It is the responsibility of the athlete to remain in sight of the chaperone at all times until the doping control session is complete.

In the Doping Control Station, the athlete must roll their sleeves up to their elbows, have their shirt pulled up to their ribs, and have their pants down to their knees. The chaperone will directly observe the provision of a sample from the athlete's body into the collection vessel. This is to ensure that the sample has not been tampered with in any way, and that the integrity of the sample is maintained.

The World Anti-Doping Code's International Standard for Testing requires that a doping control officer or chaperone witness the sample leaving the athlete's body and record the witnessing of that sample in writing.

## **Athlete rights**

Athletes have the right to:

- . nominate a representative of their choice to accompany them to the Doping Control Station
- . request information regarding the sample collection procedure
- . request a delay in reporting to the Doping Control Station, or leave the Doping Control Station once they have reported, with the consent of a doping control officer and at all times in full view of the chaperone, for valid reasons including to:
  - attend a victory ceremony

- compete in further events
  - finish a training session
  - receive necessary medical attention
  - fulfil media commitments
  - cool down
  - undertake other activities considered reasonable and approved by the doping control officer
- . request modifications to standard sample collection procedures — this will be recorded on the Doping Control Test Form and only applies to athletes with a disability
  - . request an interpreter.

## **Athlete responsibilities**

Athletes have a responsibility to ensure:

- . they are aware of, and comply with, their sport's anti-doping policy (including the provision of accurate whereabouts information)
- . they are available for, and comply with, sample collection procedures\*
- . they remain in sight of the chaperone at all times
- . they control the sample until it is sealed in the sample collection equipment
- . the sealed sample collection kit is secure and identified
- . all appropriate documentation is accurate, complete and signed
- . they take responsibility for what they ingest and use
- . they inform medical personnel they are subject to doping control and of their obligation not to use prohibited substances and prohibited methods
- . any medical treatment does not violate anti-doping rules.

\*The relevant sporting federation may apply sanctions if an athlete does not comply with a request to provide a sample or otherwise interferes with the doping control process.