



اللجنة الوطنية لمكافحة المنشطات
National Anti-Doping Committee

In Cooperation with



هيئة الشارقة الصحية
Sharjah Health Authority



الهيئة العامة لرعاية الشباب والرياضة
General Authority of Youth & Sports Welfare

Anti-Doping

Important Facts and Highlights
from WADA's Athlete Guide



What is UAE NADO?

The UAE National Anti-Doping Committee is a consultative, regulatory and executive body affiliated to the General Authority of Youth and Sports. It is a specialized reference in all matters related to doping control at the National level. It has its legal identity and the authority to represent the UAE in related International events.

The Committee shall prepare and supervise the implementation of the National Anti-doping Program in the UAE.

What is UAE ADR?

The UAE National Anti-Doping Rules are the adopted and implemented rules of the UAE National Anti-doping committee in accordance with its responsibilities under the World Anti-Doping Code and in furtherance of The UAE National Anti-doping Committee's continuing efforts to eradicate doping in sport in UAE.



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 in an athlete's sample
 - 2 Use** or attempted use of a prohibited substance or method
 - 3 Refusing** to submit to sample collection after being notified
 - 4 Failure** to file athlete whereabouts information & missed tests
 - 5 Tampering** with any part of the doping control process
 - 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 to an athlete
 - 9 Complicity** in an ADRV
 - 10 Prohibited Association** with sanctioned Athlete Support Personnel

The List of Prohibited Substances and Methods

The List applies to athletes both in- and out-of-competition. WADA updates the List annually.

- The irresponsible use of any medical, dietary or other substance or method can rob you of your best performance.
- Extreme caution is recommended regarding supplement use. Even an “all-natural” supplement could contain a prohibited substance.
- Before taking medications/supplements you should always consult:
 - the Prohibited List
 - your National Anti-Doping Organization (NADO)/International Federation (IF)
 - a pharmacist or physician



TUES

By applying for and obtaining a Therapeutic Use Exemption (TUE) from your IF (for international level athletes) or NADO (for national-level athletes), you may be allowed to take certain prohibited medications for specific conditions.

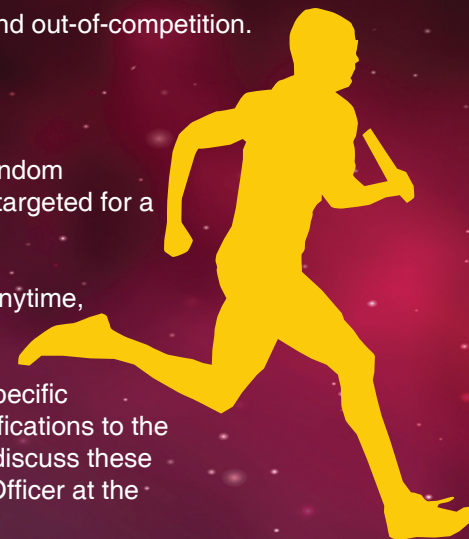
Testing (Doping Control)

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 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 impairment, 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.

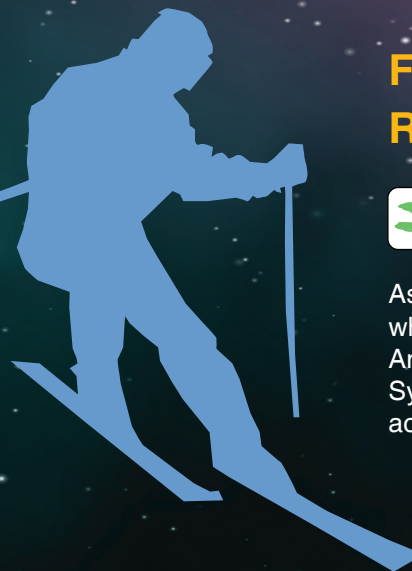


All About Whereabouts

If you are identified in a Registered Testing Pool (RTP), you must provide current and accurate whereabouts information, including your:

- home address
- training schedule and venues
- competition schedule
- regular personal activities such as work or school

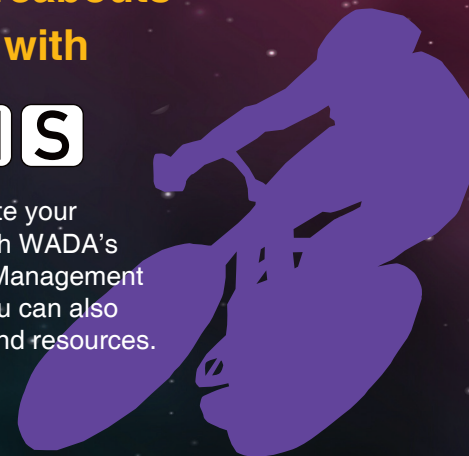
Additionally, you have to specify a location and a 60-minute window each day where you can be sought for testing. Should you not be present at the specified location during the hour this could be declared a missed test. Even if you are not included in an RTP you could be requested to provide similar whereabouts information.



Facilitating Whereabouts Responsibilities with



As an athlete, you can update your whereabouts information with WADA's Anti-Doping Administration Management System (ADAMS), where you can also access helpful information and resources.



Testing:

The 11 Stages of Doping Control

1

Athlete Selection

You can be selected for doping control at any time and any place.

2

Notification

A Doping Control Officer (DCO) or chaperone will notify you of your selection and outline your rights and responsibilities.

3

Reporting to the Doping Control Station

You should report for your test immediately. The DCO may allow you to delay reporting -however only in certain circumstances.

4

Sample Collection Equipment

You are given a choice of individually sealed collection equipment.

5

Your Sample

You will be asked to provide a sample witnessed by a DCO or chaperone. You may additionally be asked to provide a blood sample.

6

Volume of Urine

A minimum 90mL is required for all samples.

7

Splitting the Sample

Your sample will be split into an A and B bottle.

8

Sealing the Samples

You will seal the A and B bottles in accordance with the DCO's instructions.

9

Measuring Specific Gravity

The DCO will measure the specific gravity of the sample to ensure it is not too diluted to analyze.

10

Completing your Doping Control Form

You have the right to provide comments regarding the conduct of your doping control session. Be sure to confirm that all of the information is correct, including the sample code number. You will receive a copy of the doping control form.

11

The Laboratory Process

All samples are sent to WADA accredited laboratories.



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.



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