



Anti-Doping effects all of us



At every international IWF Masters championship doping control will be conducted!!!

How can you spare yourself from an unnecessary positive Doping result??

1) BE FAIR!

Be part of the example that believes clean sport is one of the fairest and most powerful tools for positive change and growth on that embraces fair play and respect.

2) You are entitled to be sick, but don't get caught!

Other prohibited substances are often found in medications you can buy at the pharmacy without prescription so if you have a cold etc. **YOU** must check first before taking any medication. Even in your country your usual medication can change anytime with added substances. You need to read and/or ask your physician each time you open a new package, whether no changes have been made to your usual medication.

3) What should you do if you get sick while travelling in a foreign country?

Medications are usually commercialized under different names in different countries, and even if they have the same brand names, they may have a different composition in order to respect each country's laws on availability of certain substances.

You need to make a little research or consulting your physician.

Check yourself at the WADA website: www.wada-ama.org and IWF website under Anti Doping section: <http://www.iwf.net/anti-doping/rules>

4) TUE APPLICATION PROCESS HAS CHANGED!

Any TUE application shall be made by your National Anti Doping Agency. From December 2015 there are no IWF Masters TUE forms available anymore. Only if a National Anti Doping Agency, for its own reason, does not handle TUE application for a Master athlete, the IWF Masters Anti Doping Panel will handle the application accordingly.

Only Retroactive TUE forms will be handled by the IWF Masters TUE/Anti Doping Panel.

More information regarding a Retroactive TUE you can find further below.



IWF-Masters Anti-Doping Panel

A) An *Athlete* who needs a *TUE* should apply as soon as possible. For substances prohibited *In-Competition* only, the *Athlete* should apply for a *TUE* **at least 30 days** before his/her next *Competition*, unless it is an emergency or exceptional situation. The *Athlete* should apply to his/her *National Anti-Doping Organization* under his National Federation using the *TUE* application form provided.

Standard TUE

For all other substances and methods, a standard TUE form is required.

The following medical evidence is required:

- History of medical condition
- Evidence of diagnosis (such as hospital review letters, test results, examinations and investigations)
- Evidence of using alternative permitted medications

A granted TUE is recognized until for four (4) years by the IWF Masters Anti Doping committee. If an athlete has a TUE granted for life, he will be asked to provide an updated medical report every 4 years until otherwise noted.

B)

Medical conditions and TUEs

Certain medical conditions are more likely to require medications that will be on the Prohibited List, or have special conditions on their use. You HAVE TO APPLY FOR A TUE.

Asthma and asthma medications (Beta-2 agonists)

ADHD

Hypertension



RETROACTIVE TUE APPLICATION PROCESS SHORTLY BEFORE OR DURING COMPETITION:

- C)** An Athlete may only be granted retroactive approval for his/her Therapeutic Use of a Prohibited Substance or Prohibited Method (i.e., a retroactive TUE) if:
- a. Emergency treatment or treatment of an acute medical condition was necessary;
 - b. Due to other exceptional circumstances, there was insufficient time or opportunity for the Athlete to submit, or for the TUEC to consider, an application for the TUE prior to Sample collection.

THE RETROACTIVE TUE APPLICATION, IF GRANTED, IS ONLY VALID FOR THE CURRENT COMPETITION!
MEANING IT WILL EXPIRE IMMEDIATELY AFTER THE LAST DAY OF THE NEAREST DATED COMPETITION!

The IWF Masters Anti Doping Panel expects all participants selected for drug testing, who are using therapeutic medicine to submit an WADA TUE Form **and** a medical report signed and stamped by their doctor to the Doping Control Officer at the time of the test. A TUE form and the medical report from the athletes physician will be checked through only by a positive result.

CAUTION:

The IWF Masters Anti-Doping Panel may at its discretion seek the advice and assistance of the appointed qualified medical practitioner to enable a decision to be reached in the hearing. Where therapeutic/inadvertent use of a banned substance or substances is proven, the IWF Masters Anti-Doping Panel may:

1. take no further action,
2. provide counseling and take no additional action, or
3. impose a suitable sanction.



Incomplete Applications will be returned and will need to be totally resubmitted.

The IWF Masters TUE Form and your physician's report is to hand over only to the Doping officer if you have been selected for doping control.

The 2 documents are invalid after 4 years from the date and year of the TUE form and the doctor's report which must be identical.

Please note that only a physician can fill out a TUE Form!!

The IWF Masters Anti Doping Panel accepts the 2 documents only if they are filled out, stamped and signed by the same physician.

At every International Masters Championship you must bring a copy of your TUE Form and report in case you will be selected for dope testing.

Note: The refusal by a participant to provide a sample will make any medical certificate inadmissible. Any refusal to provide a sample will be an automatic positive result and will be punished with a 4 year ban from your sport.

BEWARE OF SUPPLEMENTS! EDUCATE YOURSELF!

From 1 January 2015 the risks associated with supplement use increase as bans could get longer.

- There is no guarantee that any supplement product is free from banned substances
- You are strongly advised to be very cautious if you choose to use any supplement product
- You must undertake thorough internet research of any supplement products before use, including the name of the product and the ingredients/substances listed. Information revealed as a result should be further investigated and we advise athletes to keep evidence of their research

What are the risks?

- Supplements can contain banned substances
- Contamination (where banned substances are accidentally mixed in with the supplement) can occur during the manufacturing process
- Ingredients on the label may be listed differently to how they are shown on the Prohibited List
- Supplements may be sold as counterfeit products. The risk of fake supplement products is greatest when buying over the internet
- A label saying 'Safe for Sports People', or 'Approved by WADA' is meaningless. WADA do not approve any supplement products



Our advice

Before you take a supplement you should:

- assess the need - all athletes should seek advice from a medical professional or nutritionist on their need to use supplement products
- assess the risk - undertake thorough research of all supplement products you are considering taking
- assess the consequences - you could receive a four-year ban

You can reduce the risks by:

- undertaking thorough internet research
- only using batch-tested products
- checking on the [Informed-Sport risk minimisation programme](#) that a supplement has been batch-tested [or contact your National Anti Doping Organization](#)

All athletes are advised to be vigilant in using any supplement. No guarantee can be given that any particular supplement is free from prohibited substances.

An important principle of the Code is that of strict liability, which states that athletes are solely responsible for any prohibited substances they use, attempt to use or is found in their system regardless of how it got there and if there was an intention to cheat. Before taking supplements, athletes must therefore assess the need, risk and consequences to their careers.

Diet, lifestyle and training should all be optimised before athletes consider supplements and they should always consult a medical professional or nutritionist and seek advice.

Supplements may claim to be drug-free or safe for drug-tested athletes. It is not possible to guarantee that specific supplements will be free of prohibited substances and athletes can only reduce the risk of inadvertent doping by making informed decisions.

There is an array of supplements available for athletes to purchase that have no prohibited substances listed as ingredients. Despite this, there have been several cases whereby supplement products have been contaminated with prohibited substances as defined by the World Anti-Doping Code (the Code) Prohibited List.

In the UK, LGC has taken the initiative to create a scheme to support athletes in assessing the risk. The Informed-Sport programme is designed to evaluate supplement manufacturers for their process integrity and screening of supplements and raw ingredients for the presence of substances that are on the WADA Prohibited List.

For further information, visit the [Informed-Sport website](#).

The IWF Masters believes this risk minimisation service to be a positive step and welcomes the approach being taken by industry and the LGC [Informed-Sport programme](#).

However, we wish to remind athletes that strict liability will still apply and the appropriate sanctions imposed on any athlete returning an adverse analytical finding from any supplement product, as with all other cases of doping.

THE 2015 IWF ANTI DOPING CODE STATES THAT YOU are responsible for what is in your system and the Punishment for a positive RESULT, ESPECIALLY ANABOLIC SUBSTANCES are a 4 year ban from your sport.

**IWF MASTERS Anti Doping Secretariat: Denise Offermann:
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DECLARATION: I hereby declare that I read and understand all the above and acknowledge with my signature:

NATION: _____

FULL NAME: _____

DATE: _____

SIGNATURE: _____

