

# CLEAN SPORT INFORMATION FOR ATHLETES

The International Testing Agency (ITA) is an independent organisation that manages anti-doping programs for International Federations (IFs), Major Event Organisers (MEOs) and any other Anti-Doping Organisation requesting support.

It leads its activities in compliance with the World Anti-Doping Code, without any real or perceived conflict of interest, following its main objective to protect the integrity of sport and athletes all over the world.



## CHECK YOUR MEDICATIONS

Some medications are prohibited in sport, you must check all medications before use.

1. Ask your National Anti-Doping Organisation
2. Use Global DRO
3. Ask a sports doctor or pharmacist

**IMPORTANT!** In-competition period commences at 11:59 pm on the day prior to the competition in which the athlete is scheduled to compete, until the end of the competition and the sample collection process related to such competition. Make sure anything prohibited in-competition has left your system by this time.

The World Anti-doping Agency (WADA) may approve an alternative definition if an International Federation (IF) can justify this is necessary in their sport. Athletes should always check their IF rules to understand the definition applicable to them.

Click [here](#) to learn more about checking medications.

## TUES

If you need to use a prohibited substance or method for health reasons you may be granted a Therapeutic Use Exemption (TUE) if strict conditions are met. This gives you permission to use it in the context of sport regulations.

Click [here](#) to find out more about TUEs.

## CONSEQUENCES

- A ban from all sport
- Disqualification of results
- Loss of prize money and sponsorship
- Physical and mental health consequences
- Social consequences

## BE AWARE OF SUPPLEMENT RISKS

There is no guarantee that any supplement is free from prohibited substances due to contamination or mislabelling. They can also be a risk for health. Therefore, a food-first approach is recommended. If an athlete is considering using supplements, they must only use those that have been batch-tested.

Click [here](#) to find out more about the risks, what batch testing is and how to make informed decisions.

## DOPING CONTROL

Athletes can be tested anywhere at any time!

Click [here](#) to find out more about the process, including your rights and responsibilities.

## REPORTING

REVEAL is the ITA's anti-doping platform where you can report any suspicious behaviour confidentially, and anonymously if you wish.

Click [here](#) to go to REVEAL.

## STRICT LIABILITY

An athlete is **solely responsible** for everything they use and that is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault.

## 11 ADRVs ANTI-DOPING RULE VIOLATIONS

APPLY TO ATHLETES ONLY	<ol style="list-style-type: none"> <li>1. Presence of a prohibited substance in an athlete's sample</li> <li>2. Use or attempted use of a prohibited substance or method</li> <li>3. Evading, refusing or failing to submit to sample collection</li> <li>4. Whereabouts Failures by an athlete in a Registered Testing Pool</li> </ol>
APPLY TO ATHLETES AND ATHLETE SUPPORT PERSONNEL	<ol style="list-style-type: none"> <li>5. Tampering or attempted tampering with any part of doping control</li> <li>6. Possession of a prohibited substance or method</li> <li>7. Trafficking or attempted trafficking of a prohibited substance or method</li> <li>8. Administration or attempted administration of a prohibited substance or method</li> <li>9. Complicity or attempted complicity in an ADRV</li> <li>10. Prohibited Association by an athlete or other person</li> <li>11. Acts by an athlete or other person to discourage or retaliate against reporting doping</li> </ol>

## WANT TO KNOW MORE?

- [Contact your National Anti-Doping Organisation.](#)
- [Take a WADA ADEL e-learning course.](#)
- [Visit the ITA Athlete Hub.](#)
- Email: [education@ita.sport](mailto:education@ita.sport)