

Competitive Sports

Information sheet, effective from: 01.01.2022



The rules of clean sport

11 Anti-Doping Rule Violations:

1. Adverse Analytical Finding
2. Use
3. Refusal to Submit a Sample
4. Whereabouts Failure
5. Tampering
6. Possession
7. Trafficking
8. Administration
9. Complicity
10. Prohibited Association
11. Obstruction of Whistleblowing



The consequences of doping

Legal

Sanction and suspension in sports, fines, penal consequences

Health

Physical and mental changes, serious health problems

Financial

Cessation or repayment of financial support and prize money, difficulties in the employment market

Social

Loss of reputation and respect among family, friends, employers and schools/colleges; social isolation



Athletes bear sole responsibility

According to the principle of „**Strict Liability**“, I am solely responsible at all times for ensuring that nothing that is prohibited enters my body. This concerns, amongst others: medications, foods, supplements and plant-based substances.

Three useful actions:

I **tell** those around me as well as my physician or pharmacist that I am subject to the Swiss Olympic Doping Statute.

I **check** the doping status of all medications beforehand using the Global DRO database at www.sportintegrity.ch or the mobile app. I am always cautious with nutritional supplements.

I **ask** people I trust for advice. Swiss Sport Integrity can also provide support.



Medication

Medication may be prohibited according to the Prohibited List. Before using a medication, I always **check for myself** whether or not it is permitted, as even certain **cold and flu medications**, including some that are available over the counter, contain substances prohibited in competition. In the case of prohibited medication, I must check for potential alternative therapies and use these permitted therapies instead.

Asthma medications - depending on the substances contained, the dosage and the route of administration - are prohibited, permitted or only permitted up to a certain dosage limit according to the Prohibited List. Therefore, very careful check and application are necessary.

Intravenous infusions and/or injections of more than 100 ml per 12 hour period are prohibited. This rule applies regardless of the substance administered. This means that iron infusions of more than 100 ml are also prohibited.

There are situations for which the required therapy is prohibited according to the Prohibited List and no permitted alternative can be applied. For such situations, a **therapeutic use exemption (TUE)** is necessary. TUE pool athletes and international-level athletes require a prospective TUE. This means that a valid TUE must generally be obtained prior to the start of a therapy.

Medication Inquiry Service
Global DRO

Apple Store Google Play Store



Doping controls

The **procedure** of a doping control is precisely regulated. I am familiar with and exercise my rights and obligations when undergoing testing. Athletes must specify their **whereabouts** to ensure that they can be tracked down at any time. Team administrators are obliged to submit the whereabouts information defined for this pool.



Cannabis / CBD

Cannabinoids are prohibited in-competition and can remain detectable during doping controls in competition for several days or weeks following consumption. Swiss Sport Integrity therefore recommends that athletes generally refrain from using cannabis and CBD products.



Foreign countries

Medication may have the same name in a number of different countries, but the substances contained may differ. Therefore, I take medication purchased in Switzerland and checked myself on trips. I check any medication purchased abroad with the database of the respective national organization.

There have been incidences of prohibited substances in **contaminated meat** originating from China, Guatemala and Mexico, which have resulted in unintentional anti-doping rule violations. Appropriate precautions are therefore necessary.



Supplements

Nutritional supplements should be used only after individual consultation with experts. In many cases, supplements are unnecessary, costly, and a potential risk.

Due to **contamination** or by deliberate admixture, supplements may contain prohibited substances or substances that endanger health, without being declared.

Great care must be taken when **choosing products**. First and foremost, independently certified products or alternatively trustworthy Swiss manufacturers related to competitive sports are recommended. Swiss Sport Integrity strongly advises to avoid importing or ordering supplements online.



For clean sport

I have a clear position:

I think about how I want to achieve my goals and success and say "No" to shortcuts or cheating. I do not tolerate doping in my environment.

I take a stand:

Clean athletes are committed to fairness and take a stand publicly in favor of #cleansport. #ProtectingOurSport

I pass on insider information:

Any kind of indication concerning possible anti-doping rule violations can be of great relevance. Your confidential information may be a decisive contribution to protect clean sport.