

**1**

**Always take the test**

If an athlete is approached by a Doping Control Officer (DCO) they should always take the test and provide a sample. Refusing to do so could lead to an ADRV for evasion.

If an athlete has a problem with the sample collection process, they should complete the test and then mention any issues on the Doping Control Form (DCF). Refusing to submit a sample because they found that the sample collection process did not go well can still be an ADRV for the athlete.

More information about testing for athletes can be found in the course "Understanding testing" on ADEL.

**2**

**Apply for a TUE if needed**

Before an athlete uses a medication (even if prescribed by a medication professional), they must check its active ingredients against the Prohibited List. If any of those ingredients are on the List, they need to apply for a Therapeutic Use Exemption (TUE) before using it. They can apply for a TUE with their National Anti-Doping Organization (NADO) or with their International Federation (IF). Using a medication that contains a banned substance can lead to an ADRV for use.

**3**

**Be wary of supplements**

There are risks associated with the use of supplements. They can contain ingredients that are banned substances and sometimes even be contaminated with banned substances during the manufacturing process.

If an athlete chooses to use a supplement, they should remember the name of the product, keep a proof of purchase (receipt), and keep a small amount of the supplement in its original container with the labels so that if they test positive it can be examined for contamination.

But, remember the principle of strict liability, even if an athlete did not intend to cheat, they can still receive an ADRV.

More information on supplements can be found in the course "Supplements" on ADEL.

**4**

**Take responsibility**

To avoid inadvertent doping (i.e. doping by accident):

- Know which ADRV's apply to you and how they apply to you,
- Always check medication and methods of administration against the List before using administering anything,
- Remember, there are risks associated with the use of supplements, so always conduct thorough research before using,
- Athletes need to apply for a TUE, if needed, before using a prohibited substance or method,
- Athletes need to take responsibility for their own Whereabouts information and remember that they are responsible for any substance found in their body.

**Doping Rule Violations that apply to coaches. Medical professionals or other anti-doping support personnel:**

1. Tampering
2. Possession
3. Trafficking
4. Administration to an athlete
5. Complicity
6. Prohibited association
7. Discourage or retaliate