

**WIN
CLEAN
SAY NO TO DOPING**

HELP KEEP LONDON 2012 DOPING FREE

The ultimate sporting challenge.
The pinnacle of athletic achievement.
The birthplace of heroes. The Olympic
and Paralympic Games mean too
much to too many people to let drug
cheats win. That's why we want you
to do your bit to make London 2012
the cleanest Games ever.

Be vigilant, stay informed and pledge
your support to our Win Clean campaign
at wincleanuk.com

World Anti-Doping Code

Your first responsibility is to win clean yourself, by following the anti-doping rules of not just your sport but also the Olympic or Paralympic Games. Break those rules and you could be prohibited from competing and have your achievements wiped out. The World Anti-Doping Code (the Code) ensures that all athletes around the world follow the same set of rules and procedures. You can learn more about the Code at the Win Clean website.

Find out more at wincleanuk.com

Strict liability

One thing you should always remember is that athletes are solely responsible for any prohibited substance found in their system, whether there was an intention to cheat or not. It's no excuse to take the wrong cold remedy or say you were following someone else's advice. You need to be sure that no food, drink, medication, supplement or herbal remedy you ingest or use contains a prohibited substance. Make your support staff, family and close friends fully aware of your anti-doping responsibilities – their understanding and support can help you cut the risk of accidental doping.

Find out more at wincleanuk.com

What can't I take or use?

The current World Anti-Doping Agency (WADA) Prohibited List includes drugs like steroids, methods such as blood doping and substances including stimulants found in many cold and flu remedies, beta-2 agonists in some asthma inhalers and narcotics in very strong painkillers. Drugs such as cannabis are also on the List.

You'll find the full Prohibited List on WADA's website. For help understanding the Prohibited List and how it applies to you, download 'The Prohibited List Explained' from the Win Clean website.

Find out more at wincleanuk.com

How can I check my medication?

Before taking any medication, even an everyday one, you should check it doesn't contain any prohibited substances. The easiest way to check medications bought in the UK, USA or Canada is using Global Drug Reference Online at www.globaldro.com (it's definitely worth checking back regularly as a medication's status can change over time). Do not use the site to check medications from other countries, or for supplements or herbal remedies. Visit the Win Clean website to see if your National Anti-Doping Organisation has an equivalent programme for checking medication.

Check online at globaldro.com

**ATHLETES ARE SOLELY RESPONSIBLE
FOR ANY PROHIBITED SUBSTANCE
FOUND IN THEIR SYSTEM**

What if I need to take a medication containing a prohibited substance?

In the first instance, ask your doctor about suitable permitted alternatives. If there are none, you may need to apply for a Therapeutic Use Exemption (TUE). The TUE process allows athletes to apply for approval to use a prohibited substance or method for the prescribed treatment of a legitimate medical condition.

The International Olympic Committee and the International Paralympic Committee will provide specific rules on TUEs for the London 2012 Olympic and Paralympic Games. Visit the Win Clean website for further information.

Find out more at wincleanuk.com

Are supplements risky?

Some athletes use dietary supplements, in a bid to enhance the energy and nutrients they consume through their diet. None of these products are risk-free – even those with labels that do not list a prohibited substance. There is always a chance that a supplement has been labelled incorrectly or contaminated during the manufacturing process.

There are many recent examples of athletes being banned after inadvertently taking steroids and stimulants found in their supplements. Take them and you do so without any guarantees, which is why we strongly urge you to seek advice before considering supplement use.

Find out more at wincleanuk.com

Testing

Testing is central to the fight against doping and we encourage all athletes to view it positively – a chance to celebrate your achievements as a clean performer. We're constantly adding to our range of detection methods to stay one step ahead of the dopers, with a new purpose-built, state-of-the-art laboratory capable of providing results within 24 hours.

You can be tested at any time of the year – during training, in competition, at home or anywhere else. Refusing to be tested could result in a ban, so you must comply if selected.

Athletes can be asked for both urine and blood samples. Be aware that you'll be directly observed at all times, including when providing the sample. That might seem a bit daunting at first, but try not to worry. Think of it as just another part of being an elite athlete and take it in your stride.

Useful testing advice

- Know the sample collection procedures, and your rights and responsibilities
- Always carry photographic identification
- Ask for an interpreter if you feel you need one
- Take a representative with you, especially if it's your first test
- Do not over-hydrate to ensure your urine sample isn't too dilute
- Ask the Doping Control Officer to explain anything about the procedure you don't understand
- Keep a list of medications and supplements you take so they can be accurately recorded on the Doping Control Form
- Keep a copy of the Doping Control Form you're given at the test

Everything else you need to know about preparing for testing, including your rights and responsibilities, can be found on the Win Clean website.

Find out more at wincleanuk.com

Anti-Doping Rule Violations (ADRVs)

There are eight ways in which athletes and support staff can violate the Code:

- 01** Testing positive for a prohibited substance or method
- 02** Using or attempting to use a prohibited substance or method
- 03** Refusing or failing to provide a sample once selected
- 04** Three missed tests or failures to disclose athlete whereabouts in an 18-month period
- 05** Any attempt to tamper with the doping control process
- 06** Possessing a prohibited substance or method
- 07** Trafficking a prohibited substance or method
- 08** Any attempt to administer a prohibited substance or method to an athlete, or to assist, encourage, aid, abet or cover up an ADRV

Report Doping in Sport

Everyone involved in sport has a stake in protecting sport. In the UK we are taking unprecedented measures to get rid of doping, with ever developing detection methods, an intelligence-led approach to testing and strong links with drugs companies, sporting bodies, law enforcement and border agencies. Another vital tool is information supplied by individuals.

Report Doping in Sport is the UK's confidential phone line to support the fight against doping in sport. Athletes, support personnel and concerned family or friends can call anonymously to pass on information to UK Anti-Doping about the use, possession or supply of prohibited substances in sport in the UK.

To help keep London 2012 clean, make the call. Report Doping in Sport on +44 800 032 2332.

Find out more at wincleanuk.com


Key Players

The **International Olympic Committee (IOC)** and the **International Paralympic Committee (IPC)** are responsible for testing athletes during the Olympic and Paralympic Games. They also sanction anyone who commits an ADRV during the Games.

The **World Anti-Doping Agency (WADA)** harmonises anti-doping globally. WADA will deliver outreach to athletes during London 2012 and will monitor the IOC's and IPC's testing programmes.

The **London Organising Committee of the Olympic Games and Paralympic Games (LOCOG)** is staging London 2012 and will deliver the Games-time testing programme.

UK Anti-Doping protects UK athletes' rights to compete in doping-free sport and helps all athletes understand their anti-doping responsibilities whilst in the UK. UK Anti-Doping is providing services to LOCOG.



**IT'S NOT JUST
THE MEDALLISTS
WHO WILL BE TESTED
AT LONDON 2012**



To help make London 2012 the cleanest Games ever, visit wincleanuk.com or scan the QR code below.



To report doping in sport, call **+44 800 032 2332** confidentially.

In partnership with



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