

# AIBA Anti-Doping



# Why Do You Need to Care?

- Doping is Cheating, not only a disrespect of your opponents but also a disgrace to the sport of boxing
- Serious consequences once you are found doped

Try to imagine if you lose in a gold-medal bout because your opponent is doped

## What Rules to Follow and Where to find Guidance?

- AIBA Anti-Doping Rules
- WADA Prohibited Substance List
- WADA Athletes Reference Guide to 2015 WADA Code

# What do You Need to Know as an Athlete ?

- In-Competition Testing
  - Urine or Blood sample collection
- RTP & Out-of-Competition Testing
- Therapeutic Use Exemptions (TUEs)



# What do You Need to Know as an Athlete ?

# In-Competition Testing

**This is a quick guide to help you understand what you should and can do during a doping test.**

- You will be notified, and must sign consent, on completion of your competition.
- You must provide photo ID and report immediately to Doping Control.
- Inform the Doping Control Officer (DCO) / Chaperon if you wish to warm down, complete media commitments or attend a medal presentation.
- You must be accompanied by and be in sight of the DCO and/or Chaperon at all times until the test is complete.
- You can have a representative with you.
- You should keep a copy of every form. This is usually the pink copy.
- You should record all medications and supplements taken in the last 7 days.
- You can eat and drink but should choose sealed drinks provided in Doping Control.





# In-Competition Testing-Blood Sample

- If you also need to provide a blood sample you will need to fill in a further blood sampling form.
- You must consent to giving the blood sample. You wait for two hours post exercise and you will have to sit down for 10 minutes prior to having the sample drawn.
- Fully check all sample codes and other details.
- Record any recent altitude trips or hypoxic tent use as well as blood transfusions or significant loss of blood.
- Remember to double check everything before you sign and hand over the form.
- As in the urine test you need to take and conserve your pink copy of the form.

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**DOPING CONTROL FORM  
FORMULAIRE DE CONTRÔLE DU DOPAGE**

1. ATHLETE INFORMATION - INFORMATION CONCERNANT LE SPORTIF

2. ATHLETE INFORMATION - INFORMATION CONCERNANT LE SPORTIF

3. INFORMATION FOR ANALYSIS - INFORMATIONS CONCERNANT L'ANALYSE

TEST	DATE	TIME	AVB	AVB	AVB	AVB

4. CONFIRMATION OF PROCEDURES FOR URINE AND/OR BLOOD TESTING - CONFIRMATION DE LA PROCÉDURE POUR LE CONTRÔLE D'URINE ET/OU DE SANG

REPORT DOPING IN SPORT: <https://sports.wada-ama.org> - FORMULAIRE DE CONTRÔLE DU DOPAGE DANS LE SPORT: <https://sports.wada-ama.org>

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# RTP & Out-of-Competition Testing

- ▶ Athletes at the highest level of their sport are selected for what is known as a Registered Testing Pool, or RTP.

## What is the Registered Testing Pool ?

- The RTP includes all athletes subject to Out of Competition testing.
- Athletes are required to provide full quarterly **whereabouts** details and a 60 minute, no notice, time slot where they can be found without fail.
- AIBA will concentrate it's testing on the RTP but can test any athlete at any time.
- The RTP is reviewed and updated on a regular basis.
- An athlete receives full notification of their addition to, and removal from, the RTP.
- Removal from the AIBA RTP does not mean removal from any national anti-doping organisation RTP.

# Whereabouts & ADAMS

You must submit quarterly whereabouts details to ADAMS, including:

- A 60 minute daily slot where you can always be located & tested. This must be between 05:00 and 23:00 in the time zone of the location.
- An overnight residential address. Your home, temporary accommodation, a hotel etc.
- A mailing address for any formal notices.
- Any regular activity. Training, work etc. with a name, address and helpful explanations of all activities.
- Your competition schedule. Names, addresses and dates.
- Details of any travel longer than 24 hours where the above details cannot be provided. Flight numbers, airport or hotel layovers etc.

# Whereabouts, ADAMS & Tips

- ▶ [whereabouts@aiba.org](mailto:whereabouts@aiba.org) will assist you if you have any questions.
  - It's your ADAMS so take the time to learn how to use it and find your way around the site.
  - Save any regularly used addresses and training locations to help speed up quarterly submissions.
  - If you do put your 60 minute slot at a training location put a copy of your passport in your training bag and, just in case, take a separate copy or a photo on your phone to provide ID easily.

# Know the Risks

## ■ Case 1

One day, you feel weak and dizzy when you get up in the morning. You feel that you might have caught a flu.

You go to see a doctor right away because the World Championships is coming up in 3 weeks and it is your final chance to qualify for the Olympic Games. Of course you don't want your preparation to be interrupted.

After examining you, the doctor prescribes you with some medicines. Almost immediately you feel much better after taking the medicine.

**What are the risks you see in the story?**

- Prohibited Substance List
- TUEs

# What is a TUE?

## ▶ Better to be Safe than Sorry

- A Therapeutic Use Exemption (TUE) is an official medical document giving an athlete permission to take a medication that is ordinarily prohibited, for the treatment of a legitimate condition.
- It is only valid for a given period of time.
- It gives permission for the athlete to take the defined medication while competing without them registering a doping offence.
- Any TUE request to AIBA has to be submitted through the ADAMS system only. In accordance with the AIBA ADR, TUE applications should **be sent at least thirty (30) days before your next competition.**

For more Info

<https://www.aiba.org/therapeutic-use-exemptions-tues/>

## Know Your Risks

- ▶ As an athlete you are solely responsible for whatever that is in your body at all times.

Our advice is simple:

**IF IN DOUBT, DON'T TAKE IT.**

## Q & As

- Who is ADAMS?
- What is a DCO?
- What is a RTP?