

## **Principles and values associated with clean sport**

Anti-doping programs seek to maintain the integrity of sport in terms of respect for rules, other competitors, fair competition, a level playing field, and the value of clean sport to the world.

The spirit of sport is the celebration of the human spirit, body and mind and is reflected in the values we find in and through sport, including:

- Health
- Ethics, fair play and honesty
- Athletes' rights as set forth in the Code
- Excellence in performance
- Character and Education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other Participants
- Courage
- Community and solidarity

The spirit of sport is expressed in how we play true. World Netball embodies these values – and believes in a clean and fair field of play, and doping stands in direct contradiction to what Netball represents.

Our goal is to empower all participants to stay on top of their game – not just Athletes, but coaches, administrators, medical personnel and all other members of the Athlete entourage.

## **Athletes', ASP's and other groups' rights and responsibilities under the Code**

WHAT DO ATHLETES AND ATHLETE SUPPORT PERSONNEL NEED TO KNOW ABOUT ANTI-DOPING?

“Every Athlete has the right to clean sport!” Any Athlete may be tested in- and out-of-competition, anytime, anywhere and with no advance notice. The principle of strict liability applies in anti-doping – if it is in the Athlete's body, the Athlete is responsible for it.

ATHLETES' RESPONSIBILITIES INCLUDE (BUT ARE NOT LIMITED TO):

- Comply with World Netball [Anti-Doping Rules](#) (in line with the [World Anti-Doping Code](#) and its International Standards);
- Produce appropriate identification;
- Be available for sample collection (urine or blood), whether in-competition or out-of-competition;
- Ensure that no prohibited substance enters his body and that no prohibited method is used;
- Make sure that any treatment is not prohibited according to the [Prohibited List](#) in force and check this with the prescribing physicians, or directly with World Netball, if necessary;
- Apply to World Netball (or national anti-doping organization if the Athlete is a national level athlete), if no alternative permitted treatment is possible, for a Therapeutic Use Exemption (TUE) if necessary;
- Report immediately for sample collection after being notified for an anti-doping test;

- Ensure the accuracy of the information entered on the doping control form during sample collection (including stating any medications and supplements taken within the seven days prior to sample collection, and where the sample collected is a blood sample, blood transfusions within the previous three months);
- Comply with sample collection procedures (failure to do so may constitute an anti-doping rule violation);
- Report immediately for doping control unless there are compelling reasons for a delay.
- Cooperate with anti-doping organizations investigating anti-doping rules violations (ADRVs); and
- Do not work with coaches, trainers, physicians or other Athlete support personnel who are ineligible on account of an ADRV or who have been criminally convicted or professionally disciplined in relation to doping (see [WADA's Prohibited Association List](#))

#### ATHLETES' RIGHTS INCLUDE (BUT ARE NOT LIMITED TO):

During the doping control:

- To Bring a representative and, if available, an interpreter;
- Ask for additional information about the sample collection process;
- Request to have at least 3 doping control kits to choose from;
- Request to have at least 3 sample collection sterilized vessels to choose from;
- Request to have a translator, if there are difficulties to understand the language used by the Doping Control Officer;
- Request a delay in reporting to the doping control station for valid reasons ([International Standard for Testing and Investigations](#) Art. 5.4.4); and
- Request modifications for Athletes with impairments (if applicable).
- Request and attend the B sample analysis (in the case of an Adverse Analytical Finding); and

In the case of an Anti-Doping Rule Violation (ADRV) being asserted, the Athlete has the right to a fair hearing and the right to appeal the hearing decision.

**The World Anti-Doping Code states the roles and responsibilities that ASP and others have in relation to anti-doping.**

This means you must:

- Know and comply with the Anti-Doping Rules, policies and practices that apply to you as well as those that apply to the athletes you support
- Co-operate with the testing programme for athletes
- Use your influence on athletes positively to foster clean sport values and behaviours
- Tell UKAD and your International Federation if you have committed an Anti-Doping Rule Violation in the last 10 years
- Co-operate with any doping investigation when asked to do so
- Not use or possess any prohibited substance or prohibited method without a valid and justifiable reason
- Take the opportunity to be educated on anti-doping matters either through UKAD, your National Governing Body, Sports Institution or Professional Association
- Have conversations within your sporting environment on anti-doping and encourage regular engagement in clean sport activities and events
- Familiarise yourself with the universal rights available to athletes within anti-doping, which are set out in the WADA Athletes' Anti-Doping Rights Act

## **The principle of strict liability**

You need to take anti-doping seriously and fully understand the principle of strict liability. Strict liability means that you are solely responsible for any banned substance you use, attempt to use, or is found in your system, regardless of how it got there or whether there was any intention to cheat.

In anti-doping, not knowing is not an excuse!

## **Consequences of doping, for example, physical and mental health, social and economic effects, and sanctions**

If you're found doping and face a ban from sport, that is only the beginning. The consequences of doping to your health, psychological and mental wellbeing - as well as the social and financial consequences - are far-reaching and damaging.

An athlete runs very high risks by consuming doping substances or by using prohibited methods. This may result in very severe health but also sporting, financial, legal and social consequences.

### **Physical and Mental Health**

**Physical health:** depending on the substance, the dosage and the consumption frequency, doping products may have particularly negative side effects on health. Some damages for the body are irreversible and may lead that the athlete's life be in great danger.

**Psychological health:** some doping substances may not be detrimental to the body but exercise an impact on mental health. It has been scientifically evidenced that anxiety, obsessive disorders or psychosis are direct consequences from doping.

### **Social consequences**

The existence of an athlete who was held guilty for doping may be completely disrupted. Indeed, doping may represent a danger for the health, but it may also be prejudicial to the fame, respect and creditworthiness. Even in the future negative findings are regularly questioned by the media and the entourage. The poor image will remain in the collective unconscious and the athlete could remain isolated.

### **Financial consequences**

As regards high-performance sport, an infringement of anti-doping rules often leads to a loss of income, the reimbursement of prize moneys and of the sponsorship money. An athlete suspended for several years, or even life-banned, cannot earn his/her living as usual and can even be forced into debt to live on a day-to-day basis.

### **Sporting consequences**

A doping violation may mean loss of results, rankings, medals and qualification places at events. It could also have an impact on members of a team causing medals to be lost.

### **Legal consequences**

Doping may have major legal consequences. A doped athlete may be suspended, i.e. he/she may not take part in sport competition or in organized training sessions.

The facts - what you need to know.

For Anti-Doping Rule Violations of presence or use of a prohibited substance, the basic rules are as follows:

- If you intended to cheat, whatever the substance, the period of ineligibility is four years
- Otherwise, it is two years – unless you can show you had no significant fault or negligence, in which case ineligibility may be reduced by up to a maximum of one year (that is, to a minimum ineligibility of one year)
- If the violation involved a specified substance or a contaminated product, and you can demonstrate you had no significant fault, ineligibility may range from two years to a reprimand (depending on your level of fault)
- If you can show you had no fault or negligence, the period of ineligibility may be eliminated entirely, resulting in no ban from sport

You should also be aware that multiple Anti-Doping Rule Violations, or the presence of multiple substances may increase the sanction you face beyond four years.

For some Anti-Doping Rule Violations (ADRVs) the penalty can be a life ban from sport.

### **ADRVs**

Breaking the anti-doping rules can result in a ban from all sport. Athletes and athlete support personnel need to make sure they are fully aware of these violations, and the consequences of breaking them.

All 11 apply to athletes and seven also apply to coaches, athletes and support personnel.

- Presence
- Use or Attempted Use
- Evading, refusing, or Failing to Submit to Sample Collection
- Whereabouts failures
- Tampering or attempted tampering
- Possession
- Trafficking or attempted trafficking
- Administration (i.e. without aiding or abetting)
- Complicity or Attempted Complicity
- Prohibited Association
- Acts by an Athlete or Other Person to Discourage or Retaliate Against Reporting to Authorities

### **Substances and methods on the List**

A list of banned substances and methods is compiled by WADA each year.

The list that came into effect on the 01 January 2023 can be found here:

[2023 List of Prohibited Substances and Methods](#)

[2023 Summary of Major Modifications and Explanatory Notes](#)

[2023 Monitoring Program](#)

### **Risks of supplement use**

There are no guarantees that any supplement product is free from banned substances and athletes must be fully aware of the risks to their career if they chose to use a supplement product.

The facts - what you need to know about supplements.

- All athletes must undertake thorough internet research prior to using any supplement product. This is a WADA Code requirement.
- Not knowing is not an excuse. If you test positive, it will be for you to prove how the banned substance entered your system.
- The Code makes a provision for contaminated products (supplements), so make sure you can prove that you have taken all steps to manage the risks associated with supplement use.

What that means for you

- Many athletes fail tests because of the supplement products they use.
- There is no guarantee that any dietary supplement is free from containing prohibited substances due to the following issues that can arise:
- Products can become contaminated with prohibited substances during the manufacturing process.
- The ingredient labelling on products can be inaccurate. Be wary of fake supplement products, especially when buying over the internet

What you should do

- Assess the need: seek advice from a qualified medical professional to determine whether you need to use a supplement.
- Assess the risks: if you chose to use a supplement product, only use batch-tested supplement products to minimise your risks of contamination. Make sure you check the actual batch numbers prior to use.
- Assess the consequences: to your career prior to using any supplement product. You could receive a four-year ban.

## **Use of medications and TUEs**

World Netball is responsible for administering Therapeutic Use Exemptions (TUEs) for International Level athletes, as defined under World Netball's Anti-Doping rules.

### **Therapeutic Use Exemptions**

World Netball has a Medical Advisory Panel that ensures the anti-doping procedures contained within the rules are followed.

In certain cases, an Athlete may be required to take a prohibited substance or use a prohibited method in order to treat an illness or condition. All Athletes have the right to the best medical treatment.

The Therapeutic Use Exemption (TUE) process is the means by which an athlete can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.

Athletes must apply for a TUE prior to the use of the prohibited substance or method.

Athletes should advise medical personnel of their obligation to abide by the World netball anti-doping rules and that any medical treatment received must not violate these rules.

When a substance or method is proposed (e.g. a medication is prescribed) an athlete should find out whether it is prohibited by checking the WADA website [www.wada-ama.org](http://www.wada-ama.org) or [globaldro.com](http://globaldro.com).

Who has to apply and where?

*International-Level Athletes ie Athletes* from the top 7 countries of WORLD NETBALL's World Ranking published on the WORLD NETBALL's website at <https://netball.sport/events-and-results/current-world-rankings> who are selected to represent their countries in the following international *Competitions* and *Events*: test matches, Netball World Cup and its regional qualifying competitions, Netball World Youth Cup and its regional qualifying competitions and Fast5 Netball World Series.

Athletes may apply to World Netball for a TUE by downloading and completing this *Tue Form* and submitting it via email at [info@worldnetball.sport](mailto:info@worldnetball.sport).

#### World Netball TUE Process

Have your doctor complete the TUE application form, including a summary of your clinical condition, supporting investigations and copies of specialists' letters. Physician Guidelines for various conditions can be found via the [WADA TUE page](#)

Send the application to the World Netball Medical Committee at [info@worldnetball.sport](mailto:info@worldnetball.sport), with copies of supporting medical documents, at least 30 days prior to the beginning of the tournament (exceptional circumstances may allow for a shorter deadline).

Upon receipt of the application, a panel of medical experts will review your request.

A TUE will be granted if (and only if) the athlete can establish that all of the following criteria are met:

- Your health will be significantly impaired if you do not take the substance.
- The substance does not enhance your performance beyond what brings you back to normal health.
- There are no alternative treatments available; and
- The necessity for the Use of the Prohibited Substance or Prohibited Method is not a consequence, wholly or in part, of the prior Use (without a TUE) of a substance or method that was prohibited at the time of such Use.

The World Netball Medical Advisory Panel will decide whether to grant the application as soon as possible. Please ensure that the application is complete when submitted as this will greatly accelerate the review process.

Please bear in mind that no prohibited substance or medication containing a prohibited substance may be taken, nor any prohibited method used unless and until World Netball has informed the Athlete that the TUE is granted.

In the case of a denied request, you will be informed of the reasons. You have the right to appeal the decision.

Please note, if you did take a Prohibited Substance or Prohibited Method in an emergency situation (or other valid reason set forth in Article 4.3 of the [WADA International Standard for TUEs](#)) you may need to apply for a retroactive TUE.

For more information in relation to the TUE process please click [here](#).

#### Recognition of National TUEs

World Netball Medical Committee does not automatically recognise national TUEs.

An athlete can request that their national TUE be recognised and the World Netball Medical Committee will consider it. The request must be made at least 30 days before taking part in a World Netball ranking event or Fast5 Netball World Series and include a copy of the national TUE certificate. Additional information or documentation may be requested.

To be recognised, the national TUE must meet the criteria defined in the [WADA International Standard for TUEs](#).

An Athlete in possession of a valid national TUE may not take a prohibited substance or use a prohibited method during a World Netball ranking event or Fast5 Netball World Series or

during other times in which he or she is subject to World Netball's testing authority, unless and until the World Netball Medical Committee has granted the request for recognition.

#### Useful Tips During Doping Control

If selected for testing an athlete should:

Remember to declare any approved medication on the Doping Control Form

Specify that a TUE has been granted

Have access to a copy of the TUE Certificate and, if possible, show it to the doping control officer.

### **Testing procedures, including urine, blood and the Athlete Biological Passport (ABP)**

#### Introduction to Doping Control

The aim of testing is to detect and deter doping amongst athletes and to protect clean athletes. Any athlete under the testing jurisdiction of the World Netball may be tested at any time, with no advance notice, in- or out-of-competition, and be required to provide a urine or a blood sample.

#### What to expect during the Doping Control Process

If you are competing at the national or international level, you are subject to doping control and can be tested anytime or anywhere. You can be tested by relevant National Anti-Doping Organizations (NADOs), International Federations (IFs) and Major Event Organizations (MEOs). When you are selected for doping control, you have a series of rights and responsibilities.

#### Notification

The athlete is notified by a doping control officer (DCO) or chaperone that they have been selected for doping control (testing) and they are informed under which ADOs authority they are being tested.

#### Reporting to the Doping Control Station

The athlete must report to the doping control station immediately (although they may be excused for medal ceremonies etc. once they've checked in).

#### Choosing sample collection vessel (urine sample) and/or blood collection kit (blood sample)

The athlete will choose a urine sample collection vessel from a selection made available by the doping control personnel.

If a blood sample is collected, the athlete will choose a blood collection kit from a selection made available by the doping control personnel.

#### Providing a sample

The DCO or chaperone will witness the passing of the urine sample when the athlete is ready to provide it.

A blood collection officer (BCO) will draw blood from the athlete using two vials (which will become the A & B sample).

#### Splitting of the sample

The athlete will divide their urine into the A and B bottles, saving a residual amount of urine in the sample collection vessel. The B sample affords the athlete the opportunity to have second analysis performed in the event their 'A sample returns and adverse analytical finding (a 'positive' result)

If a blood sample is collected, the blood vials will be placed in the A and B blood sample collection bottles. Only one vial may be necessary if the blood sample is collected as part of an Athlete Biological Passport program.

### Sealing of the sample

The athlete will seal the A and B bottles.

### Measuring specific gravity (urine)

The DCO measures the specific gravity of the athlete's urine to determine whether it meets laboratory standards. If the sample is too dilute the athlete will be asked to provide additional sample(s).

### Completing the Doping Control Form (DCF)

The athlete completes the DCF, either in paper or digital format, with the DCO. The athlete is asked to provide personal information, a list of substances or methods used, and any comments they may have related to the doping control process. The athlete receives a print or digital copy of the DCF.

### The sample is sent to the laboratory

The athlete's sealed sample is secured and sent to a WADA-accredited laboratory. A blood sample collected as part of the ABP program may be analyzed by a WADA-approved laboratory. The laboratory copy of the DCF that accompanies the sample is anonymized, indicating only the sample bottle number, sport and the athlete's gender.

### Athlete Biological Passport

The Athlete Biological Passport (ABP) was introduced in 2009 and is a pillar method in the detection of doping. It is an individual electronic profile that monitors selected athlete biological variables that indirectly reveal the effects of doping. ABP is integrated directly into ADAMS.

## **Speaking up to share concerns about doping.**

Doping Control is an effective tool - however anti-doping requires other tools to be as effective as possible. The gathering of intelligence and subsequent investigations have proven to expose serious cheating and systemic schemes to defraud sport. As an athlete, you may have unique insights into your sport including clear indications of doping risks or problems that may warrant investigation. The anti-doping system works best when you come forward with this information.

Nothing is more likely to get results for investigations than when a credible informant with hard evidence makes the decision to do what is right and assist authorities. WADAs Speak Up Platform <https://speakup.wada-ama.org/> allows athletes, their support personnel and all others who may have information to share regarding a possible Anti-Doping Rule Violation (ADRV) to provide the information to WADA in a confidential manner if they choose. Speak Up can also be used to report possible non-compliance by an Anti-Doping Organization (ADO) under the World Anti-Doping Code (Code) or any act or deed that could undermine global efforts for sport.

## **Further Information**

### **Testing Pools**

#### **Other Pool**

World Netball operates an Other Pool for anti-doping testing, and it is important that athletes are aware of the concept and its implications.

WNs Other Pool, is a pool of International Athletes identified by WNs annual risk assessment as being the most at risk of doping. These Athletes are subject to focused In-Competition



and Out-of-Competition Testing as part of that International Federation's test distribution plan.

### **Registered Testing Pool**

Whilst World Netball does not currently operate a registered testing pool this may be required at some point in the future, and it is therefore important that athletes are aware of the concept and its implications.

A Registered Testing Pool is a pool of highest-priority Athletes established separately at the international level by International Federations and at the national level by National Anti-Doping Organizations, who are subject to focused In-Competition and Out-of-Competition Testing as part of that International Federation's or National Anti-Doping Organization's test distribution plan and therefore are required to provide whereabouts information.

RTP athletes are required to provide the following whereabouts information on a quarterly basis:

- Home address, email address and phone number
- An address for overnight accommodations
- Regular activities, such as training, work, and school, the locations and the times of these activities
- Competition schedules and locations
- A 60-minute time slot for each day where they'll be available and accessible for testing and liable for a potential 'missed test'.
- RTP athletes may submit their whereabouts information via WADA's Anti-Doping Management System ([ADAMS](#)). The mobile app [Athlete Central](#) is available for athletes to submit and update their whereabouts information in a simple, smart and fast manner.
- RTP athletes must submit their whereabouts information by a specific date and time for the following quarter. RTP athletes can make changes to their whereabouts via Athlete Central, ADAMS or by SMS.