

**Anti-Doping?
It doesn't affect
ME!**

Yes it does!



Anti-Doping affects all of us

FAI sporting licence holders may be tested at any time during FAI competitions. If you are picked for testing, you must follow the instructions given to you by the testing agency. A refusal to be tested is a failed test.

Get a TUE

The World Anti-Doping Agency (WADA) publishes the list of prohibited substances on its website www.wada-ama.org. If you have been prescribed a medication by your doctor which is on the prohibited list, you must get a form called a TUE (therapeutic use exemption) filled out by your doctor and then send it to FAI* before you start to take the medication and at least 21 days before you compete. (*international level competitors)

Don't get caught out

Other prohibited substances are often found in medications you can buy at the pharmacy without prescription so if you have a cold, check first before taking any medication. You are responsible for what is in your system and the punishment for a positive test is usually a 2 year ban from all sports.

Links

FAI Anti-Doping Programme - www.fai.org/medical/antidoping
WADA website - www.wada-ama.org



More information

There is a lot more information on the FAI and WADA websites. If you still need more help, contact the FAI Anti-Doping Manager, Rob Hughes; rob@fai.org tel: +41 (0)21 345 1070