



With the support of the
**UNESCO Fund
for the Elimination
of Doping in Sport**

ANTI- DOPING

**Important Facts and
Highlights from WADA's
Athlete Guide**

What is PAN-RADO?

Panamerican Regional Anti-Doping Organization (PAN RADO), based in Panama since March 2015, is the organization officially recognized by the World Anti-Doping Agency (WADA-AMA) for the protection of the clean sport in Latin America through harmonization and coordination of the anti-doping programs of the associated National Anti-Doping Organizations.

The **PAN RADO** carries out the anti-doping functions delegated by its members in each of the fundamental areas established in the World Anti-Doping Program, and in particular:

- **Prevention.**
- **Doping Control.**
- **Research and Intelligence.**
- **Imposition, recognition and execution of sanctions.**
- **Collaboration with WADA, other anti-doping organizations and competent public and private authorities.**

What is Doping?

- Doping is defined as the occurrence of one or more of the following **anti-doping rule violations**. These are:

- 1 Presence** of a prohibited substance in an athlete's sample.
- 2 Use** or attempted use of a prohibited substance or method.
- 3 Refusing** to submit to sample collection after being notified.
- 4 Failure** to file athlete whereabouts information & missed tests.
- 5 Tampering** with any part of the doping control process.
- 6 Possession** of a prohibited substance or method.
- 7 Trafficking** a prohibited substance or method.
- 8 Administering** or attempting to administer a prohibited substance or method to an athlete.
- 9 Complicity** in an ADRV.
- 10 Prohibited** Association with sanctioned Athlete Support Personnel.
- 11 Acts** of the athlete or another person to discourage or retaliate against the presentation of information to the authorities (this rule is effective as of January 1, 2021, in accordance with The Code 2021).

What is The Code?

The Code is the document that works to ensure that anti-doping regulations are the same across all sports and all countries.

Find out more in:
<https://orad-pan.org/en>



The List of Prohibited Substances and Methods

The List applies to athletes both in- and out-of-competition. WADA updates the List annually and the most current version is posted on our Web site.

The irresponsible use of any medical, dietary or other substance or method can rob you of your best performance.

Extreme caution is recommended regarding supplement use. Even an "all-natural" supplement could contain a prohibited substance.

Before taking medications/supplements you should always consult:

- the List
- your National Anti-Doping Organization (NADO)/ International Federation (IF)
- a pharmacist or physician

TESTING (Doping Control)

If you compete at the international and/or national level, you can have your urine and/or blood tested anytime, anywhere by your IF, NADO or a Major Event Organizing Committee. Specially trained and accredited doping control personnel carry out all tests.

Testing can be conducted in-competition and out-of-competition.

But why me?

- In-competition you can be chosen by random selection, finishing position or by being targeted for a particular reason.
- Out-of-competition you may be tested anytime, anywhere and with no advance notice.
- If you are a minor or an athlete with a specific impairment, you may require slight modifications to the sample collection procedure. You can discuss these modifications with the Doping Control Officer at the time of testing.

All about Whereabouts

If you are identified in a Registered Testing Pool (RTP), you must provide current and accurate whereabouts information, including your:

- Home address
- Training schedule and venues
- Competition schedule
- Regular personal activities such as work or school

Additionally, you have to specify a location and a 60-minute window each day where you can be sought for testing. Should you not be present at the specified location during the hour this could be declared a missed test. Even if you are not included in an RTP you could be requested to provide similar whereabouts information.

Facilitating Whereabouts Responsibilities with



As an athlete, you can update your whereabouts information with WADA's Anti-Doping Administration Management System (ADAMS), where you can also access helpful information and resources.

TUEs

By applying for and obtaining a Therapeutic Use Exemption (TUE) from your IF (for international level athletes) or NADO (for national-level athletes), you may be allowed to take certain prohibited medications for specific conditions.

Find out more in:
<https://orad-pan.org/en>

TESTING

The 11 Stages of Doping Control

You can be selected for doping control at any time and any place.

1 Athlete Selection

A Doping Control Officer (DCO) or chaperone will notify you of your selection and outline your rights and responsibilities.

2 Notification

You should report for your test immediately. The DCO may allow you to delay reporting -however only in certain circumstances.

3 Reporting to the Doping Control Station

You are given a choice of individually sealed collection equipment.

4 Sample Collection Equipment

You will be asked to provide a sample witnessed by a DCO or chaperone. You may additionally be asked to provide a blood sample.

5 Your Sample

Volume of Urine

6

A minimum 90 mL is required for all samples.

Splitting the Sample

7

Your sample will be split into an A and B bottle.

Sealing the Samples

8

You will seal the A and B bottles in accordance with the DCO's instructions.

Measuring Specific Gravity

9

The DCO will measure the specific gravity of the sample to ensure it is not too diluted to analyze.

Completing your Doping Control Form

10

You have the right to provide comments regarding the conduct of your doping control session. Be sure to confirm that all of the information is correct, including the sample code number. You will receive a copy of the doping control form.

The Laboratory Process

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All samples are sent to WADA accredited laboratories.

Find out more in:
<https://orad-pan.org/en>



Results Management

Sanctions for violating anti-doping regulations may range from a reprimand to a lifetime ban. The period of ineligibility may vary depending on the type of anti-doping violation, the circumstances of an individual case, the substance, and the possible repetition of an anti-doping rule violation.

As an athlete, **you have the right to request a B sample analysis.** You are entitled to a **fair hearing** and to **appeal any decision regarding a positive test or sanction imposed on you** following an anti-doping rule violation.

In the case of any discrepancy between this information and the World Anti-Doping Code, the Code prevails. This information is subject to change at anytime. Always check with your International Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations.

Enero 2015



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