



CARIBBEAN

RADO REGIONAL ANTI-DOPING ORGANIZATION

FOR MORE INFORMATION CONTACT

The Caribbean Regional Anti-Doping Organization

Barbados Olympic Centre
Garfield Sobers Complex
Wildey, St. Michael
Barbados

Tel: (246) 426-7859 or 429-1998

Fax: (246) 426-1998/271-0544

Email: caribrado@caribsurf.com

www.caribbeanrado.com

WADA

www.wada-ama.org

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**ANTI-DOPING
Pocket Guide**

Providing valuable information for athletes, sport federations, athlete support personnel and healthcare professionals.

STRICT LIABILITY

Strict Liability is a fundamental principle of the World Anti-Doping Code. This means that an Athlete is personally responsible for any Prohibited Substance found in their system – regardless of how it got there.

KEY ATHLETE RESPONSIBILITIES:

1. Stay up-to-date with the latest Prohibited List of Substances and Methods at www.wada-ama.org
2. Check the status of any substance or method before you use it.
3. Inform all medical personnel that you must abide by the Anti-Doping Rules of your sport and that any medical treatment you receive must not violate these rules.
4. If required, submit a Therapeutic Use Exemption (TUE) application for any Prohibited Substance and/or Method that you are prescribed, to your International Federation, Regional or National Anti-Doping Organization.

CHECK YOUR MEDICATION

The Prohibited List may be updated from time to time and the most current list can always be found at www.wada-ama.org

The Caribbean RADO recommends checking medication using an online global service, such as the Global Drug Reference Online (www.globaldro.com) or drug enquiry services offered by other Anti-Doping Organizations. These websites provide you with up-to-date, fast and accurate information about which substances are prohibited or permitted according to the most current Prohibited List. Athletes should also check with their IF, NF or NOC regarding the status of their medication.



CATEGORIES OF PROHIBITED SUBSTANCES AND METHODS ACCORDING TO THE 2013 PROHIBITED LIST

PROHIBITED SUBSTANCES

(In and Out-of-Competition):

S0: Non-Approved Substances

S1: Anabolic Agents

S2: Peptide Hormones, Growth Factors and related substances

S3: Beta-2 Agonists

S4: Hormone & Metabolic Modulators

S5: Diuretics and other Masking Agents

PROHIBITED SUBSTANCES

(In-Competition):

S6a: Non-Specified Stimulants

S6b: Specified Stimulants

S7: Narcotics

S8: Cannabinoids

S9: Glucocorticosteroids

PROHIBITED SUBSTANCES IN PARTICULAR SPORTS

(consult your sport for its particular Prohibited List):

P1: Alcohol

P2: Beta-Blockers

PROHIBITED METHODS

(In and Out-of-Competition):

M1: Manipulation of Blood & Blood components

M2: Chemical and Physical Manipulation

M3: Gene-Doping

SPECIFIED SUBSTANCES

Specified substances are those where their presence could have a credible non-doping explanation if the Athlete has taken the substance without intent to enhance his or her sporting performance. All prohibited substances shall be considered as specified substances except those in classes S0, S1, S2, S4, S5 and S6a and the Prohibited Methods M1, M2 and M3.

SOME EXAMPLES OF PERMITTED MEDICATION (Athletes should check the ingredients included in all medications before using them.)

The information on this card is based on the 2013 Prohibited List.

Allergies and Hayfever - Cetirizine, Chlorpheniramine, Loratadine, Oxymetazoline, Promethazine, Sodium Cromoglycate, Xylometazoline.

Corticosteroids in eye drops and nasal sprays are permitted.

Antibiotics - Antibiotics are permitted.

Asthma - Salbutamol, Salmeterol and Formoterol are permitted **if inhaled**.

Ipratropium, Montelukast, Sodium Cromoglycate and Theophylline are permitted.

Constipation - Bisacodyl, Isphagula Husk, Liquid Paraffin, Methylcellulose, Senna, Sodium Picosulphate and Sterculia are permitted.

Cough/Cold - Codeine, Guaifenesin, Oxymetazoline, Paracetamol, Phenylephrine, Phenylpropanolamine, Pholcodine, Steam & Menthol Inhalations and Xylometazoline are permitted.

Nose - Oxymetazoline, Phenylephrine, Sodium Cromoglycate, Xylometazoline. Corticosteroids in nasal drops and sprays are permitted.

Oral Contraception - Ethinylestradiol, Gestodene, Levonorgestrel, Mestranol, Norethisterone and Norgestimate are permitted.

Skin - Aqueous Cream, Emollients, Lanolin, Paraffin. Topical creams and ointments containing Corticosteroids are permitted.

Pain/Inflammation - Non-steroidal Anti-inflammatory Drugs (NSAIDs), Aspirin, Celecoxib, Codeine, Diclofenac, Dihydrocodeine, Ibuprofen, Ketoprofen, Naproxen, Paracetamol, Piroxicam and Tramadol are permitted.

Diarrhoea - Atropine, Diphenoxylate and Loperamide are permitted.

Ear - Chloramphenicol, Cloiquinol, Clotrimazole, Gentamicin, Neomycin, Docusate Sodium. Corticosteroids in ear drops are permitted.

Eye - Antazoline, Azelastine, Levocabastine, Nedocromil Sodium, Sodium Cromoglycate, Topical Dorzolamide, Topical Brinzolamide. Corticosteroids in eye drops are permitted.

Insomnia - Alprazolam, Diazepam, Diphenhydramine, Nitrazepam, Temazepam, Zopiclone and Zolpidem are permitted.

Vaccination - Vaccines are permitted.

Viral Infection - Acyclovir, Famciclovir, Idoxuridine and Penciclovir are permitted.

Vomiting/Nausea - Cinnarizine, Cyclizine, Dimenhydrinate, Hyoscine, Meclizine, Metoclopramide, Prochlorperazine, and Promethazine are permitted.

Haemorrhoids - Benzocaine, Bismuth Subgallate and Lidocaine. Topical creams and ointments containing Corticosteroids are permitted.

Indigestion & Bowel Problems - Atropine, Calcium Carbonate, Charcoal, Cimetidine, Famotidine, Lansoprazole, Omeprazole, Paracetamol, Ranitidine, and Sulfasalazine are permitted.

Local Anaesthesia - Local Anaesthetics are permitted (except cocaine).

Malaria Prevention - Chloroquine, Doxycycline, Mefloquine and Proguanil are permitted.

Migraine - Almotriptan, Clonidine, Dihydroergotamine, Pizotifen, Sumatriptan, Tolfenamic Acid and Zolmitriptan are permitted.

EXAMPLES OF PROHIBITED MEDICATION

Asthma - Beta-2 Agonists e.g. Terbutaline. Salbutamol, Salmeterol and Formoterol are permitted if inhaled.

Cough/Cold - Ephedrine and Pseudoephedrine.

Diabetes - All forms of Insulin are prohibited.

Pain/Inflammation and Narcotics e.g. - Fentanyl, Pethidine and Morphine.

**Should an Athlete be required to take a prohibited medication they should apply for a TUE.*

THERAPEUTIC USE EXEMPTIONS (TUE)

The TUE process gives you a means of obtaining approval to use a prescribed Prohibited Substance and/or Prohibited Method for the treatment of a legitimate medical condition.

1. Inform all medical personnel that you must abide by the Anti-Doping Rules of your sport and that any medical treatment you receive must not violate these rules.
2. When prescribed a substance or method, check if your medication is prohibited by using one of the drug enquiry services (www.globaldro.com).
3. If your medication is prohibited, check with the prescribing physician to

see if there are any alternative treatments that are permitted in your sport.

4. If there are no permitted alternatives, contact your National or International Federation or Anti-Doping Organization to find out if you are required to apply for a TUE prior to starting treatment or retroactively following Doping Control.
5. If a TUE is required, complete the relevant TUE form and attach the required medical evidence for submission 30 days before an event.

TUE applications without medical evidence to confirm your medical condition will not be issued.

SUPPLEMENTS IN SPORT

The Caribbean RADO cannot guarantee that any supplement or energy drink is free from Prohibited Substances. If you take these, you do so at your own risk. Before taking supplements or energy drinks, it is recommended that you:

- **Assess the Need**

Seek expert nutritional/dietary advice. You may not need supplements.

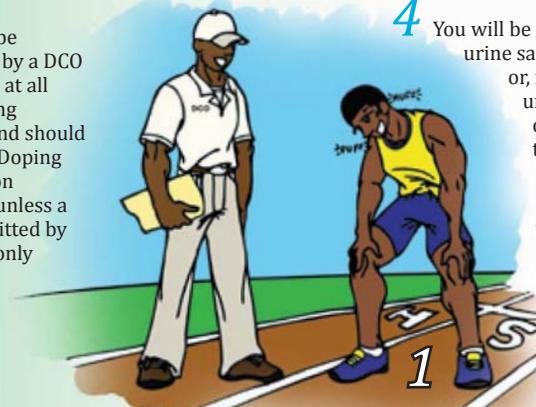
- **Avoid the Risk**

Know, understand and make an informed choice about supplements to avoid any risk.

A QUICK GUIDE TO DOPING CONTROL FOR ATHLETES

1 If you have been selected for Testing, you will be notified by a Doping Control Officer (DCO) or Chaperone. They will ask you to provide a photo or another form of identification.

2 You will be accompanied by a DCO or Chaperone at all times following notification and should report to the Doping Control Station immediately unless a delay is permitted by the DCO and only if you will be chaperoned at all times.



3 You will be asked to select a sealed Sample Collection vessel from a choice of vessels. Check that it has not been tampered with and wash your hands with water only, before opening the vessel.

4 You will be required to provide a urine sample of at least 90 mls or, in some cases, 120 mls under direct supervision of a DCO/Chaperone of the same gender.

5 You will be offered a choice of sealed Sample Collection Equipment (which includes A Sample and B Sample bottles). Check that they have not been tampered with.

6 You will then divide your sample between the A Sample and B Sample bottles and seal them. The DCO will never handle any of the equipment during the procedure, unless requested to do so by you.



7 Once sealed you will be asked to place the A Sample and B Sample bottles into plastic bags and into a polystyrene box.

8 The DCO will check the suitability of the Sample for analysis by measuring the specific gravity (or density) of the sample. Additional samples may be requested.

9 In accordance with the instructions on the Sample Collection Form, declare any substance or medication taken. Provide details of any TUEs you have. Finally, include any comments you have on the procedure.



10 Check the Doping Control Form very thoroughly, making sure the information is accurate and correct. Check that your name is not on the form that goes to the Laboratory. Finally, the athlete will sign the form. Keep your copy in a safe place.