



INTERNATIONAL MASTERS WEIGHTLIFTING ANTI – DOPING EDUCATION & AWARENESS



ANTI – DOPING CONCERNS **YOU TOO!!!**





What Athletes & Coaches **NEED TO KNOW!**

The 7 Anti Doping key points:

- 1. What is DOPING?**
- 2. The WADA PROHIBITED LIST.**
- 3. How to be informed about medication intake.**
- 4. What is a WADA THERAPEUTIC USE EXEMPTION FORM?**
- 5. How to protect yourself from contaminated supplements?**
- 6. EDUCATE YOURSELF.**
- 7. Where to find help and support?**





WHAT IS DOPING?

The 11 Anti-Doping Rule Violations

Presence of a prohibited substance in an Athlete's sample

Use or attempted use of a prohibited substance or method

Refusal to submit to sample collection after being notified

Failure to file Athlete whereabouts information & missed tests

Tampering with any part of the doping control process

Possession of a prohibited substance or method

Trafficking a prohibited substance or method

Administering or attempting to administer a prohibited substance or method to an Athlete

Complicity= Knowing and turning a blind eye!!

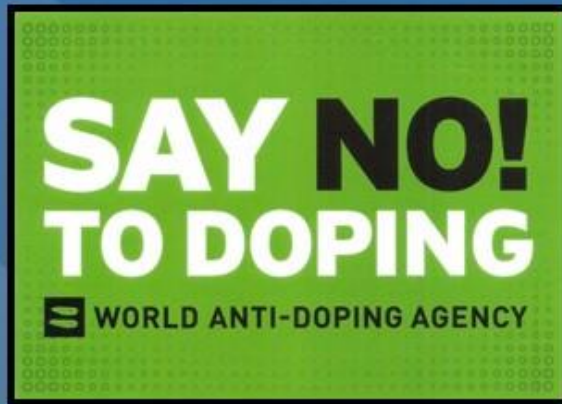
Prohibited association with sanctioned Athlete Support Personnel

Discourage or manipulate other Persons from reporting relevant Anti-Doping information to the authorities.





THE 2024/25 WADA PROHIBITED LIST



 **Download**
(PDF 2.69 MB)

Other available languages: العربية,
Español, Français, Ελληνικά,
Deutsch, Русский, 日本語,
Български, Eesti, Dansk,
Latviešu, Lietuvių,
Portuguese, International,
Hrvatski, Polski, Português,
Slovenščina, Türkçe, Azərbaycan





STRICT ENFORCEMENT

The **ATHLETE** is ultimately responsible for what is found in his/her body.

ANY ATHLETE Support Personnel might be under **INVESTIGATION** as well.





Athlete

Rights and Responsibilities

You have the **right** to:

- ▶ have a representative and, if available, an interpreter
- ▶ ask for additional information about the sample collection process
- ▶ request a delay in reporting to the Doping Control Station for valid reasons (as determined by the DCO)
- ▶ if you are an athlete with a disability, to request modifications to the sample collection procedure

You have a **responsibility** to:

- ▶ remain within direct observation of the DCO/chaperone at all times from the point of notification until the completion of the sample collection process
- ▶ produce appropriate identification
- ▶ 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

DOPING CONTROL VIDEO

For a fun and informative review of the information presented in this flyer, check out WADA's Doping Control Video at: www.wada-ama.org/en/Education-Awareness/Tools/Doping-Control-Video

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. July 2010

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 Find out more at wada-ama.org 

In case of a possible positive Doping result, the Athlete has RIGHTS and RESPONSIBILITIES

RIGHTS

RESPONSIBILITIES

My rights & responsibilities as a Young Apprentice

VS
What is legislation/law & how does it help with workplace rights/responsibilities?



NEW IMWA ANTI-DOPING REGULATION

The IMWA and its Continental Masters Weightlifting bodies are in contract with HUNADO, the Hungarian Anti-Doping Organization, to manage the full IMWA ANTI-DOPING program from any doping tests to the result management. HUNADO offers in addition any type of TUE application procedures for those athletes who cannot apply to their National Anti-Doping Organization.

To HUNADO the IMWA or Continental body must pay US\$ 2,500 for each positive returned doping control result.

This big sum is paid as part of the entry fees collected.

FOR ANY TYPE OF TUE APPLICATION TO HUNADO THE ATHLETE MUST PAY DIRECTLY TO HUNADO AFTER RECEIVING AN INVOICE.

FROM 2024 FOR ALL ATHLETES RETURNING FROM A BAN/SUSPENSION DUE TO A DOPING VIOLATION, THE ATHLETE MUST PAY A RETURN FEE OF EUR 500 PRIOR BE GIVEN THE PERMISSION TO RETURN NOT PAYING THIS FEE MAKES AN ATHLETE INELIGIBLE TO RETURN TO ANY IMWA/CONTINENTAL CHAMPIONSHIPS.





ALTHOUGH WADA OPPOSES; IN MANY COUNTRIES DOPING IS DEALT AS A CRIMINAL OFFENCE WHERE THE ATHLETE ENDS UP WITH A NATIONAL CRIMINAL RECORD!!





HOW TO BE INFORMED ABOUT MEDICATION INTAKE



The WADA Prohibited List Explained

CHOOSE YOUR SPORT NATIONALITY



Canada



United Kingdom



United States



Switzerland



Japan



Australia



New Zealand



Other

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

Visitors can search the Global DRO for specific information on products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States.

Global DRO is brought to you through a partnership between Anti-Doping Switzerland (ADCH), the Canadian Centre for Ethics in Sport (CCES), UK Anti-Doping (UKAD), and the United States Anti-Doping Agency (USADA). Drug-Free Sport New Zealand (DFSNZ), the Japan Anti-Doping Agency (JADA) and Sport Integrity Australia are official Global DRO licensees.





FOR URGENT USE OF INJECTIONS DURING YOUR CHAMPIONSHIP STAY.
ONLY A PHYSICIAN OR DOCTOR ON DUTY IS ALLOWED TO EVALUATE, DECIDE AND
TO INJECT AN ATHLETE, ESPECIALLY ON COMPETITION SITE!!
THE ATHLETE MUST PROVIDE MEDICAL DOCUMENTATION TO SUPPORT THE
NEED FOR AN INJECTION APPLICATION
Except those with an established clinical condition
requiring auto-injection and a valid TUE...
exp: INSULIN INJECTION



IWF
NEEDLE POLICY - INJECTION DECLARATION FORM
(Please complete legibly in black capital letters in English)
 Email to: iwf@iwf.net

ATHLETE Name of the Athlete having received the injection:	
National Federation of:	Competition:
Date of Birth:	Gender:
<input type="checkbox"/> Male <input type="checkbox"/> Female	
INJECTION Substance(s) injected:	
Date and place of injection:	
MEDICAL JUSTIFICATION Justification for injection, including clinical history and diagnosis (attach confirmatory evidence when available):	
PERSON HAVING ADMINISTERED THE INJECTION Name, mobile number and e-mail address of person having administered the injection:	
Speciality:	Licensed to practice in:
Signature of the person having administered the injection:	
By my signature, I hereby confirm that the information in this form is true and accurate and that the injection was medically justified and necessary, and administered in accordance with the IWF Needle Policy, including safe disposal of needles and associated materials.	
Signature: Click here to enter text.	Date: Click here to enter text.



WHAT IS A **WADA** THERAPEUTIC USE EXEMPTION FORM (TUE) ?



- **WHEN AN ATHLETE BECOMES SICK HE/SHE HAS THE RIGHT FOR CORRECT TREATMENT.**
- AN ATHLETE RECEIVING TREATMENT BY A PHYSICIAN , THE SUBSTANCES OF ANY MEDICATION MUST BE CHECKED. (www.globaldro.com check website)
- **IF ANY SUBSTANCE IS FORBIDDEN IN COMPETITION THE ATHLETE HAS 3 CHOICES:**
 - *Applies by his/her National Anti-Doping organisation for a TUE and wait to be granted!!*
 - *Does not want to apply for a TUE and stays away from competition.*
 - *Wants to compete but must seek solid advise from the physician for alternative treatment without forbidden substances.*
- **IN CASE THE ATHLETE DECIDES TO APPLY FOR A TUE, THE TUE MUST BE FILLED OUT BY THE PHYSICIAN together with MEDICAL EVIDENCE.**
- A TUE FORM CAN BE FOUND IN YOUR NATIVE LANGUAGE AT YOUR NATIONAL ANTI-DOPING ORGANISATION.
- PLEASE CONTACT YOUR NATIONAL ANTI-DOPING ORGANISATION FOR CORRECT AND ALWAYS UPDATED INFORMATION.
- To find your National Anti-Doping organisation please check on the internet in your language starting with the name of your nation...Anti-Doping organisation.
- **To find more information regarding the Therapeutic Use Exemption procedure please check our website: www.imwla.com under Anti-Doping.**





! HOW TO PROTECT YOURSELF FROM ! ! CONTAMINATED SUPPLEMENTS !

3 SUPPLEMENTS LAB TESTING RESULT WEBSITES TO HELP YOU CHOOSE BETTER



ATTENTION
**WADA, ITA + IWF NEVER GUARANTEE OR CERTIFY ANY
SUPPLEMENTS**
WORLD WIDE THE SUPPLEMENT INDUSTRY IS NOT REGULATED!!



NO MORE EXCUSES

KNOWLEDGE IS ONLY UP TO YOU EDUCATE YOURSELF



Anti-Doping e-Learning (ADEL)

- e-Learning courses and learning material for athletes, coaches / administrators, medical staff, parents and anyone interested in learning more about anti-doping and protecting the values of clean sport.

WADA's Anti-Doping Education and Learning Platform Available in many languages


Check **YOUR** National Anti – Doping agency's website
for all relevant information in your native language







WADA EDUCATION FOR ALL OPPORTUNITIES IN MANY LANGUAGES




 Various publications
[Play True Quiz Handouts](#)

 **Download**
(PDF 250.75 KB)

Other available languages:
Français, العربية, Azərbaycan, Portuguese, Български, Burmese, Hrvatski, Čeština, Dansk, Nederlands, Eesti, فارسی, Suomi, Georgian, Deutsch, Ελληνικά, Magyar, Íslenska, Bahasa Indonesia, Italiano, 日本語, Қазақ, Cambodian, 한국어, Laothian, Latviešu, Lietuvių, Bahasa Melayu, Maldivian, Mongolian, Nynorsk, Polski, Portuguese, International, Română, Русский, Slovenčina, Slovenščina, Español, Tagalog, ภาษาไทย, Türkçe, Tiếng Việt

 Various publications
[Play True Youth Quiz Handouts](#)

 **Download**
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WHERE TO FIND HELP AND SUPPORT

ITA MONTHLY **YOUTUBE** WEBINARS

1. ITA webinar "The anti-doping landscape and athlete perspective"
2. **ITA webinar "Values, Rights and Responsibilities"**
3. ITA webinar "Medications, supplements, TUEs and the Prohibited List"
4. **ITA webinar: Doping Control - be prepared for any scenario**
5. ITA webinar "The Doping Control Process: Urine & Blood Sample Collection"

**CONTACT : education@ita.sport or
YOUR **NATIONAL ANTI DOPING AGENCY****





WELCOME!

SUPPLEMENTS &
INFORMED DECISION-MAKING
PART 1



Check out on Youtube in different lanaguages to listen





CLEAN and FAIR

WEIGHTLIFTING

**FOR ALL
WE CAN'T**

DO IT

WITHOUT YOU





IMPORTANT **WEBSITE** LISTS AND **CONTACTS:**

1. WADA ADEL EDUCATION PLATFORM: www.adel.wada-ama.org/learn

2. WADA PROHIBITES LIST /2024 MODIFICATIONS & GENERAL INFORMATION:

3. MEDICATION/SUBSTANCE CHECK: www.globaldro.com

4. WADA TUE EXPLANATION & GENERAL INFORMATION:

<https://www.wada-ama.org/en/athletes-support-personnel/therapeutic-use-exemptions>

5. CHECK FOR CLEAN SUPPLEMENTS AGAINST CONTAMINATION:

a) <https://sport.wetestyoutrust.com/>

b) nsfs.sport.com

c) koelnerliste.com



**FOR MORE INFORMATION IN YOUR LANGUAGE
PLEASE CONTACT YOUR NATIONAL
ANTI DOPING ORGANIZATION AND/OR :**

education@ita.sport



THANK YOU
FOR YOUR
COOPERATION

