



SOUTH AFRICAN
WRESTLING FEDERATION

Anti-doping in sport

**I PLAY
FAIR**

**SAY NO!
TO DOPING**





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Why combat doping in sport?

- Anti-doping programs seek to preserve what is intrinsically valuable about sport:
 - “the spirit of sport”
 - Essence of Olympism
 - Pursuit of human excellence through perfection of natural talents.
 - Sport is the celebration of the human spirit, body and mind.



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This “spirit of sport” is reflected in values found throughout sport:

- Ethics, fair play and honesty
- Health
- Excellence in performance
- Fun and joy
- Dedication and commitment
- Respect
- Courage

> Values taught through sport > benefit throughout life!



– DOPING IS FUNDAMENTALLY CONTRARY TO THE SPIRIT OF SPORT!



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What is doping?

- Doping is the occurrence of one or more anti-doping rule violations
 - A violation is not limited to using a prohibited substance.
 - A violation can include the use of a prohibited method.
 - **Ignorance is not a defence!**



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Presence

- Presence of a prohibited substance in an athlete's sample.
 - Prohibited substances are listed in The List of Prohibited Substances and Methods published by WADA annually.
 - The List applies to athletes both in- and out-of-competition.
 - You can find The List on WADAs website or SAIDs website.



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Use

- Use OR attempted use of a prohibited substance OR method.
 - Note that it is an offence to attempt to use a prohibited substance or method
 - Not only using!





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Refusing, failure and tampering

- Refusing to submit to sample collection after being notified.
- Failure to file athlete whereabouts information and missed tests
 - If you are identified in a Registered Testing Pool means that you must provide current and accurate whereabouts information
- Tampering with any part of the doping control process



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Possession and Trafficking

- Possession of a prohibited substance OR method.
- Trafficking a prohibited substance or method.





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Administering, Complicity and prohibited association

- Administering OR attempting to administer a prohibited substance OR method to an athlete.
- Complicity in an Anti Doping Rule Violation .
- Prohibited association with sanctioned athlete support personnel.



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WADA

- The World Anti-Doping Agency (WADA) is the international independent organization created in 1999 to promote, coordinate and monitor the fight against doping in sport in all its forms.
- WADA coordinated the development, and subsequent evolution, of the World Anti-Doping Code (Code). WADA is engaged in many key activities, including scientific and social science research, education, athlete outreach, anti-doping capacity building, enforcement and monitoring Code implementation.
- WADA is not a testing agency.

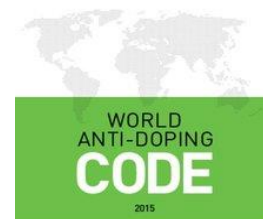


**WORLD
ANTI-DOPING
AGENCY**





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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.
- All doping Rules of national institutions must conform to The Code.
- In the event of any discrepancy between The Code and The Rules, The Code will prevail.





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SAIDS

- SAIDS was established as a statutory body by the South African Institute for Drug-Free Sport Act.
- It is the independent National Anti-Doping Organisation for South Africa.

*South African Institute for
Drug-Free Sport*



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NATIONAL LOTTERIES COMMISSION
a member of the dti group



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The Rules

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- The Anti-Doping Rules apply to:
 - SAIDS
 - National Federations
 - If they have accepted the spirit and the terms of the National Anti-Doping Program and The Rules
 - A condition of receiving financial/ other assistance from the Government and SAIDS is that the Federation shall accept and abide by The Rules
 - Persons
 - Includes minors.
 - Athletes and support personnel
 - National-Level Athletes





Therapeutic Use Exemption

- What?
 - As an athlete, you may have an illness or condition that requires a particular medication.
 - If this medication appears on The List you may be granted a TUE which gives you permission to take it.
- Why?
 - TUEs ensure that you are able to obtain treatment for a legitimate medical condition – even if that treatment requires a prohibited substance or methods.
 - It avoids the risk of sanctions due to a positive test.



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- Who?
 - any athlete who may be subject to doping control may request a TUE BEFORE taking a prohibited medication.
 - All information in this request remains strictly confidential.
- When?
 - An application must be made at least 30 days before taking part in an event.
 - In exceptional cases a TUE may be approved retroactively.



The TUE Process

1. Request a TUE form from your relevant anti-doping organization or through ADAMS.
2. Your physician fills out the TUE form and you send it back to the relevant anti-doping organization.
3. Once it is requested a panel of experts selected by the anti-doping organization reviews your request



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4. The anti-doping organization advises you if you can take the medication or not.
 - If your request is denied you will be given reasons and have the right to appeal the decision.
 - TUE will be granted if the panel finds:
 - 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.



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- TUEs approved by SAIDS apply for national level only.
- Once an athlete participates internationally they must request a TUE from the relevant International Federation.
 - UWW
- WADA DOES NOT GRANT TUEs!

South African Institute for
Drug-Free Sport



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SASCOC



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TUEs and doping control

- Declare the approved medication on your Doping Control Form.
- Specify that a TUE has been granted.
- Show a copy of the TUE approval to the doping control officer.



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Supplements

- Supplements include any of the products sold as
 - “dietary or health supplements”
 - “Ergogenic aids”
 - “sports supplements”
- Aggressive marketing of these products has led to many blindly believing product claims and not questioning its safety.
- Supplements are not approved and can contain prohibited substances not listed as ingredients!



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How to minimise the risk:

- A registered dietitian who specialises in sports nutrition is a valuable resource to help you maximise your health and performance.
- They can also help you make informed choices on the use of supplements and how to follow a low-risk approach.



The Whereabouts rule



- Why?
 - Providing whereabouts is about protecting your right to clean sport.
 - It gives SAIDS the ability to locate athletes with no notice. This is crucial in ensuring effective anti-doping programs.



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- Who is included?
 - The few athletes in the Registered Testing Pool
- What must be provided?
 - Home address,
 - Training information and locations.
 - Competition schedules.
 - Regular personal activities like school or work.
 - Those included in the registered testing pool must provide one 60 min period a day, where you'll be available for testing.



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10

I cheat...

It's not hard to
make decisions 
once you know what
your **VALUES** are.
~ Roy E. Disney

WRONG
is **WRONG**,
even if everyone
is doing it.

RIGHT
is **RIGHT**,
even if no one
is doing it.

CORE VALUES

