



## Important anti-doping indications

Doping is defined as the occurrence of one or more of the anti-doping rule violation set forth in article 2.1 through article 2.10 of the world anti-doping code.

Always check the permissibility of the preparation you use against the current list of prohibited substances or methods. It is athlete responsibility to check the permissibility of the preparation he or she uses against up to date list. Particular attention must be paid for the use of anti-hypertensive agents, especially diuretics, very popular in singular preparation and/or in combination with other, normally admitted, drugs. Diuretic are always forbidden.

For these reasons, it is necessary for each athlete, sport club or National Federation to be aware of the following indications

### Athlete

- When visited by a medical doctor, always make him/her aware that you are included within the scope of doping control. This enables the physician to immediately check the permissibility of the medication. Nevertheless, the athlete him- or herself is always accountable for any medication or method used.
- If is necessary, the physician and athlete may contact the National or the Regional ADO (Anti- Doping Organization) when considering the appropriate medication. In this sense is possible to consult the prohibited list of substances and methods at
- <https://www.wada-ama.org/en/content/what-is-prohibited>

### Therapeutic use exemptions (TUE)

- If for health reasons an athlete requires the assumption of a substance or the employ of a method included in the prohibited list, before taking part to a competition, her or he must obtain a TUE to use a prohibited substance or method and he or she must fill in the TUE application form carefully together with the physician. The physician shall also append the required documentation to the application.  
A physician's certificate or prescription on its own does not mean that the athlete has permission to use the prohibited substance or method.

Following the appropriate procedure, In a case of national level athlete a TUE must be applied to National Anti-Doping Organization (NADO) or, in her absence, to a Regional Anti-Doping Organization (RADO).

For athletes involved in International competitions, directly to Cips President's office: [office@cips-fips.com](mailto:office@cips-fips.com)

In both cases, national or international athlete, the application form must be filled, possibly in English or French, in any part by the athlete and by him/her physician.

The indications and the application form are downloadable at the address:

[https://www.wada-ama.org/sites/default/files/resources/files/wada-2016-istue-final-en\\_0.pdf](https://www.wada-ama.org/sites/default/files/resources/files/wada-2016-istue-final-en_0.pdf).

To use the substance or the method otherwise prohibited, the athlete must wait for the official granting of the TUE made by the TUEC except in cases of emergency, when is possible applying for a retroactive TUE.

Retroactive TUE is allowed in a very restricted conditions listed at the point 4.3 (pag. 10 of ISTUE WADA) and in any case, requires to be officially granted and recognized by the TUEC [https://www.wada-ama.org/sites/default/files/resources/files/wada-2016-istue-final-en\\_0.pdf](https://www.wada-ama.org/sites/default/files/resources/files/wada-2016-istue-final-en_0.pdf)

## **Nutritional Supplements**

Nutritional supplements are food products intended to supplement or integrate the diet of a person. Their use involves a risk of an anti-doping rules violation, as they may contain prohibited substances in sport. The ingredients of some nutritional supplements are sometime unknown and not always all ingredients are listed on the product label. So:

- Do not use a nutritional supplement if you don't know its ingredients
- Avoid nutritional supplements obtained from suspicious sources and via internet
- Remember that you are personally responsible for an adverse analytical finding

## **CANNABINOIDS**

The metabolites of these substances have long life in the organism and even if they are prohibited only in competition, we have to be very aware that is possible to find concentrations that exceed the acceptable value in the urine after several days from the last assumpt