

All rights reserved 2007 WADA

1. **Question:** I am ultimately responsible for what I swallow, inject or apply to my body. **Answer:** True.
Explanation: All athletes need to be proactive in asking questions so they don't jeopardize their sporting careers. If you have a question - ASK! If you cannot be 100% sure of the ingredients or don't know the status of a substance – DON'T TAKE IT!
2. **Question:** Only athletes competing at the Olympics, Paralympics and World Championships are subject to doping control. **Answer:** False. **Explanation:** Many countries and international federations have anti-doping programs. This means that if you are part of a national team you may be tested either during a competition or outside competition at your home or training venue.
3. **Question:** WADA stands for: World Anti-Doping Administration, World Anti-Doping Agency? **Answer:** World Anti-Doping Agency **Explanation:** The mission of World Anti-Doping Agency (WADA) is to promote, coordinate and monitor at the international level the fight against doping in sport in all forms.
4. **Question:** As soon as an athlete is informed that they have been selected for doping control at a competition, they are allowed a representative to accompany them to the doping control station? **Answer:** True. **Explanation:** An athlete can choose to take a representative of their choice with them to the doping control station. This is usually the team doctor or coach. The representative witnesses all stages of the collection procedure except for passing of the sample. An athlete can also have a language aid/interpreter if necessary.
5. **Question:** If a medication is okay to use in my home country, I can safely use the same brand purchased overseas? **Answer:** False. **Explanation:** Some medications have slightly different ingredients when bought in different countries. In some cases, these could be prohibited substances. You must check the ingredients carefully and seek advice from your doctor, if you are unsure.
6. **Question:** The maximum number of times an athlete can be tested each year is? **Answer:** Unlimited. **Explanation:** There is no limit to the number of times an athlete can be tested each year including in-competition, out of competition, random and target testing.
7. **Question:** Analysis of urine for detection of prohibited substances or methods in sport can be performed by any laboratory with the necessary equipment? **Answer:** False. **Explanation:** Analysis of urine for detection of prohibited substances or methods in sport is only performed at those laboratories which have met the high standards of WADA and have been granted accredited status.
8. **Question:** If a nutritional supplement is bought from a pharmacy (over-the-counter), it is definitely permitted in sport. **Answer:** False. **Explanation:** Taking supplements and/or any substance is at your own risk. Many supplements contain prohibited substances. Because the supplement industry is not regulated in many countries it is important to be completely confident you know what is inside the product. **WORDS OF WISDOM:** if it sounds too good to be True – it is probably prohibited! An alternative to using supplements is to adapt your nutritional program.
9. **Question:** Athletes with a disability can use whatever medications they need? **Answer:** False. **Explanation:** Athletes with a disability must adhere to the same list of prohibited substances. However, if due to the nature of the disability, they require a particular medication, they can apply to the International Paralympic Committee Medical Commission or their National Anti-Doping Organization for a Therapeutic Use Exemption (TUE). This is not automatically granted.
10. **Question:** It is easy for an athlete doing a drug test to avoid testing positive by using someone else's urine sample? **Answer:** False. **Explanation:** If the appropriate testing standards are used, the athlete is accompanied at all times from when they are first notified until they have completed the process. Sample provision is always under the direct observation of a doping control officer, which makes manipulation of the urine sample very difficult!

"Please be advised that this information is subject to change at anytime. Always check with your International Federation or National Federation for the most up-to-date anti-doping regulations."

UPDATED January 2009

All rights reserved 2007 WADA

11. **Question:** When I am sick, I can be excused for taking any medicine to help me get well? **Answer:** False. **Explanation:** If you have a cold, flu or hay fever **DO NOT** take any medication or substance without first being sure it doesn't contain a prohibited substance. This includes both over-the-counter substances and medication from your doctor. Remember a positive test is a positive test.
12. **Question:** A coach or doctor assisting or encouraging an athlete to take prohibited substances can be sanctioned if that athlete tests positive? **Answer:** True. **Explanation:** Encouraging or assisting athletes to use prohibited substances or methods is considered a serious doping violation and a sanction will be imposed under the World Anti-Doping Code.
13. **Question:** Doping Control Officers must inform athletes of their intention to carry out a test a few hours before their arrival? **Answer:** False. **Explanation:** Wherever possible, testing will be no-advance-notice. This means that Doping Control Officers (DCOs) can conduct testing at any time, and in any place. However, it is expected that DCOs will use their discretion so as not to cause unnecessary inconvenience to athletes.
14. **Question:** Once the sample is collected and sealed and the paperwork is complete, any attempt to open, contaminate or otherwise tamper with the sample will be obvious? **Answer:** True. **Explanation:** An athlete should feel confident that their sample can not be tampered with. In addition, the laboratory will report any suspicions it has about the integrity of the sample before analysis.
15. **Question:** An athlete can refuse to submit to doping control if he/she is too busy? **Answer:** False. **Explanation:** Refusing to submit to doping control can carry the same sanction as a positive test. If an athlete refuses to take a test when notified, he/she must provide an explanation for the refusal on the Notification Form and inform his/her governing body as soon as possible.
16. **Question:** When requested, my coach can accompany me to the Doping Control Station? **Answer:** True. **Explanation:** Every athlete has the right to have a representative accompany them to the Doping Control Station.
17. **Question:** I have to use the sample collection equipment I have chosen; even if I think it might have been tampered with or it looks dirty . . . I cannot ask for another one. **Answer:** False. **Explanation:** You should be given a selection of sealed sample collection equipment to choose from. If you are not happy about the testing kit you originally chose, you should ask for another one and your request may be granted.
18. **Question:** I should tell my doctor that as an athlete I am subject to doping controls and should not use prohibited substances. **Answer:** True. **Explanation:** It is important that your doctor knows you should be given alternative medications to those on the prohibited list. If this is not possible, you will need to ask for a Therapeutic Use Exemption (TUE) through your International Federation, National Governing Body or National Anti-Doping Organization before you can use the medication. Procedures exist to handle emergency cases which your doctor should also be aware of.
19. **Question:** If you are not able to provide the required amount of urine you will be asked to give a blood test in addition to your urine test? **Answer:** False. **Explanation:** If you are unable to provide the required amount of urine, your partial sample will be sealed and recorded, and when ready, you will need to provide further samples until you have the required volume.
20. **Question:** Sometimes you have to cheat to win by taking prohibited substances? **Answer:** False. **Explanation:** If you have to take prohibited substances to win, you have not won because you have done your best. Cheating undermines the true spirit of sport for you and your opponents.
21. **Question:** It is okay to accept medication from someone you trust, even if you don't know what the medication contains? **Answer:** False. **Explanation:** Athletes should always know what they are putting into

All rights reserved 2007 WADA

their system. Taking medication without knowing what it contains could result in a positive drug test and could also be dangerous to your health.

22. **Question:** If a Doping Control Officer comes to your home to conduct an out of competition test, it is okay for you to leave the room **alone** to make a cup of tea or run an errand? **Answer:** False. **Explanation:** It is important that you protect the integrity of your sample by staying in full view of the Doping Control Officer at all times until the test is complete. If you need to leave the room, tell the Doping Control Officer who will go with you.
23. **Question:** If I have had an out of competition test already one week, it will be a few weeks before my next test? **Answer:** False. **Explanation:** It may be a few weeks before your next test, or it could be a few days, even hours. There are benefits to conducting more than one test within a short time span since it stops cheats feeling they are 'safe' to continue cheating.
24. **Question:** If my team doctor prescribes me medicine and I test positive as a result it is his/her fault, not mine? **Answer:** False. **Explanation:** Your doctor may be sanctioned for giving you bad advice and unsuitable treatment, but you should trust no-one but yourself when it comes to what you put in or on your body. **YOU ARE RESPONSIBLE FOR WHAT YOU TAKE!**
25. **Question:** I may be targeted for testing? **Answer:** True. **Explanation:** As part of your role as a top national or international athlete you may be purposely selected by name rather than being part of a random draw. This provides you with the opportunity to prove that you are competing drug-free.
26. **Question:** If the Doping Control Officer (DCO) does not have any identification, I can refuse to be tested? **Answer:** True. **Explanation:** The DCO must be able to demonstrate that they have the authority to conduct a test, and that they belong to an authorized sample collection authority. If they do not, explain this on the notification form, sign it, keep your copy and contact your Federation immediately.
27. **Question:** The person who receives my sample at the laboratory knows who I am? **Answer:** False. **Explanation:** The documentation which accompanies your sample to the laboratory does not reveal your identity. The only information the lab receives is the sport/event/gender/ Federation and the date of the test.
28. **Question:** When I am tested, the Doping Control Officer (DCO) keeps all the forms, and I receive my copy later? **Answer:** False. **Explanation:** When you have provided your sample, and completed the paperwork, the Doping Control Officer (DCO) should give you a copy of the doping control form and notification form, which you should keep for your records.
29. **Question:** When I am on vacation, I am not required to submit details regarding my whereabouts because I am on vacation! **Answer:** False. **Explanation:** Athletes must submit their whereabouts information even if they are on vacation so that Anti-Doping Authorities can locate them regardless of location, in the event a test is required.
30. **Question:** Anabolic Steroids are prohibited at all times in sport and are illegal in most countries. Using anabolic steroids can result in the following side effects:
- | | |
|------------------------------------------------|------------------------|
| a. Men with breasts and women with deep voices | c. Violent mood swings |
| b. Liver and heart failure | d. All of the above |
- Answer:** d. All of the above. **Explanation:** Anabolic Steroids may offer an increase in lean muscle mass, but their documented side effects can have life threatening results. By using anabolic steroids, you not only risk your health, but you are cheating yourself by never realizing your capacity as a clean athlete.
31. **Question:** The "TUE" program provides athletes the opportunity to request treatment of a serious medical condition by using a prohibited substance. A TUE will only be granted if the substance does not pose a

"Please be advised that this information is subject to change at anytime. Always check with your International Federation or National Federation for the most up-to-date anti-doping regulations."

UPDATED January 2009

All rights reserved 2007 WADA

significant health problem, does not enhance performance and if there is no alternative substance or method available.

TUE stands for: a. Therapeutic Use Exemption b. Therapeutic Use Equipment

Answer: a. Therapeutic Use Exemption. **Explanation:** International level athletes should submit their Therapeutic Use Exemption (TUE) request to their International Federation and national level athletes should submit their forms to their National Anti-Doping Agency. TUEs are granted for a specific medication with a defined dosage and for a specific period of time.

32. **Question.** Human Growth Hormone (hGH) is known to stimulate bone growth as well as muscle and organ growth. HGH is prohibited at all times in sport and using hGH is cheating. Commonly reported side effects of hGH include:
- a: cardiovascular disease c: risk of diabetes
b: muscle and joint pain; abnormal growth of organs d: All of the above
- Answer:** d. All of the above. **Explanation:** A drug test currently exists to test for Human Growth Hormone (hGH).
33. **Question.** The Prohibited List identifies what substances and methods are prohibited in-competition and out-of-competition. **Answer:** True. **Explanation:** The Prohibited List is reviewed annually by a panel of international experts and an updated version enters into force on 1 January of each year. All athletes should ensure they are aware of the most up-to-date information related to the List which is available on the WADA Web site - www.wada-ama.org.
34. **Question.** If an athlete accidentally takes a substance on the Prohibited Substance List and quickly tells the doping control officer about his mistake, it can be noted on the form and no problem will arise. **Answer:** FALSE. **Explanation:** The World Anti-Doping Code operates a strict liability rule which means that if a banned substance is found in your body, you are responsible.
35. **Question.** What is a masking agent?
- a) a person who helps athletes use prohibited substances
b) a substance or procedure used to disguise the use of prohibited substances
c) an athlete representative
d) the glue used to stick the lid on the doping control bottle.
- Answer:** b. **Explanation:** a masking agent is any substance or procedure used for the purpose of altering the urine or other samples of doping controls with the effect of disguising prohibited substances. Masking agents are BANNED both in and out-of-competition.
36. **Question.** Even if I am injured and not competing, I still need to submit my whereabouts form to the relevant sporting bodies in case they need to locate me for a drug test. **Answer:** True. **Explanation:** As an athlete, you must submit your whereabouts information even if you are not competing due to an injury or illness so the Anti-Doping Authority can locate you at anytime and at any place.
37. **Question.** A test currently exists to detect the use of Human Growth Hormone (hGH). **Answer:** True. **Explanation:** There is a blood test for Human Growth Hormone which has been in use since 2004 and is increasingly being used both in and out of competition.
38. **Question.** It is likely that I will faint or feel uncomfortable if a blood sample is taken from me as part of doping control. **Answer:** False. **Explanation:** Only a very small amount of blood (about the volume of a tube of lipstick) is drawn from athletes when blood testing occurs and this volume has no effect on athlete performance. An after-care specialist such as a nurse or certified phlebotomist will be on hand to address concerns or discomfort.
39. **Question.** If you are asked to provide a urine sample at doping control, the passing of your sample will be witnessed by either a male or female chaperone. **Answer:** False. **Explanation** - the chaperone that witnesses

the passing of the sample must always be the same gender as the athlete.

40. **Question.** If an athlete has a concern related to the drug testing process or session, when should they raise their concern? a. Anytime after the drug testing session b. During the drug testing session
c. by sending a letter to the World Anti-Doping Agency
Answer: b. During the drug testing session. **Explanation:** Athletes should feel comfortable to raise concerns they have with the Doping Control Officer during the drug testing session. Athletes have the right to ask for additional information on the sample collection process and should be provided with the opportunity to document any concerns they have about how the session was conducted.
41. **Question.** I can be drug tested during a competition, even if I didn't compete. **Answer:** True. **Explanation:** If you are named as a member of a team, you may be included in selection for doping control, whether you actually competed or not.
42. **Question.** What is the purpose of the World Anti-Doping Code?
a. To protect athletes' fundamental right to participate in doping-free sport.
b. To promote health, fairness and equality for athletes
c. To ensure harmonized and effective anti-doping programs at the international level.
d. All of the above
Answer: d. All of the above. **Explanation:** The World Anti-Doping Code is the universal document upon which the World Anti-Doping Program in sport is based.
43. **Question.** In the chance that you test positive for a prohibited substance, you have the right to:
a. request the B sample be analyzed
b. attend or to be represented for the opening and analysis of the B sample
c. request copies of the laboratory documentation package
d. All of the above
Answer: d. All of the above. **Explanation:** The World Anti-Doping Code aims to ensure that athletes' rights are respected.
44. **Question.** Providing your whereabouts information to the testing authorities helps to ensure a level playing field in sport because all athletes are then available for drug testing. **Who has access to my whereabouts information?**
a. Your information becomes public and anyone interested can have access including the public and media.
b. The public and media cannot access it, but any person working at an anti-doping organization can check my whereabouts
c. This information is maintained in strict confidentiality at all times and can be used only by anti-doping organization staff responsible for test planning.
d. None of the above
Answer: c. **Explanation:** All whereabouts information is strictly confidential and will be used specifically and only for drug testing purposes. The information will be destroyed after they are no longer relevant for these purposes.
45. **Question.** How often is the Prohibited List updated?
a. Once a month c. Before every Olympic and Paralympic Games
b. Once a year d. it is never updated
Answer: b. Once a year. **Explanation:** The Prohibited List is reviewed annually by a panel of international experts and an updated version enters into force on 1 January of each year. All athletes should ensure they are aware of the most up-to-date information related to the List which is available on the WADA Web site – www.wada-ama.org.