



shall not provide results, documentation or advice that, in any way, suggests endorsement of products or services

18. What is blood doping?

Blood doping is the misuse of certain techniques and/or substances to increase one's red blood cell mass, which allows the body to transport more oxygen to muscles and therefore increase stamina and performance.

19. What can I do to avoid a positive test from taking a medication?

Athlete must remind his/her doctor that being an athlete, he/she is bound by some anti-doping regulations. The doctor should ensure that the medication prescribed does not contain any banned substances. If doctor is unable to determine this, then the decision should be taken in consultation with National Anti-Doping Organization (NADO) or with a competent pharmacist.

21. What is the Athlete Biological Passport?

The fundamental principle of the Athlete Biological Passport is based on the monitoring of selected biological variables which indirectly reveal the effects of doping, as opposed to the traditional direct detection of doping. Biological monitoring throughout an athlete's sporting career should make any prohibited preparation far harder to implement. The Athlete Biological Passport will be used to meet the two-fold objective of pursuing possible anti-doping rule violations under Article 2.2 of the World Anti-Doping Code (Code) – Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method and to more intelligently target the conventional doping control.

22. What is the status of caffeine?

Caffeine was removed from the Prohibited List in 2004. Its use in sport is not prohibited. Caffeine is part of

WADA's Monitoring Program. This program includes substances which are not prohibited in sport, but which WADA monitors in order to detect patterns of misuse in sport. The 2010 Monitoring Program did not reveal global patterns of misuse of caffeine in sport. Caffeine will remain part of the Monitoring Program in 2011.

23. What is ADAMS?

Under the World Anti-Doping Code (the document harmonizing anti-doping rules in all sports), WADA has an obligation to coordinate anti-doping activities and to provide a mechanism to assist stakeholders with their implementation of the Code.

24. Who is currently using ADAMS?

As of October 2009, ADAMS was used by approximately 23,000 elite athletes around the world. ADAMS has been implemented and is used by close to 60 International Sport Federations (IFs), more than 40 National Anti-Doping Organizations (NADOs) and by all 35 WADA accredited laboratories. Stakeholders continue to be trained and added to the ADAMS system on a regular basis.

25. How is information shared within ADAMS? And who can access this data?

Athletes (or their designated representative) can enter their whereabouts information and can access them at all times.

26. How easy is it for athletes to enter and update their whereabouts information?

Athletes can easily enter their whereabouts information on ADAMS. Athletes are trained to use ADAMS by their IF or NADO, which were themselves trained by WADA. In addition, WADA offers a number of resources to users (user guides, etc.). Athletes can update their whereabouts information at all times, including by emailing or text messaging their relevant ADO.



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Education Series on Doping Control-6

Frequently Asked Questions



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1. What is doping?

Doping is defined as the use by a player of prohibited substances or methods in order to enhance his/her sport performance.

2. Why is doping prohibited?

Doping is prohibited because :-

- It is fundamentally contrary to the spirit of sport.
- It gives an unfair advantage over other players by using an unethical substance or method.
- The use of drugs may be extremely dangerous to the health of players.

3. What is WADA?

WADA is the World Anti-Doping Agency headquartered in Montreal, Canada. It is the independent international organization created in 1999 to promote, coordinate, and monitor fight against doping in sport in all its forms. (Website www.wada-ama.org).

4. What is the WADA Prohibited List?

The WADA List of Prohibited Substances and Methods details the substances and methods which are not permitted for use in sports. It specifies substances and methods, which are prohibited in- and out-of competition. It also lists specified substances, which are prohibited, but the use of which may lead to reduced sanctions if the player proves that the substance was not used to enhance sport performance. A detailed Prohibited List can be found at the WADA website: <http://www.wada-ama.org/en/prohibitedlist.ch2>

5. What happens if a player refuses to participate in doping control?

Effective doping control requires the cooperation and participation of all players. As per WADA Anti-Doping Rules refusal to participate in doping controls, constitutes an anti-doping violation and may lead to disqualification and imposition of ineligibility.

6. What are whereabouts?

It is the information provided by elite athletes about their location to the International Sport Federation (IF) or National Anti-Doping Organization (NADO) that included them in their respective registered testing pool.

7. Should athletes declare all medications (prescription or otherwise) on the Doping Control Form at the time of doping control?

Yes. Athletes are advised to declare all medications and other substances that are being taken or have been taken in the previous seven days.

8. What are the guidelines for the use of Insulin for a diabetic?

Diabetic athlete must register him/herself with the Group Medical Officer for his/her sporting organisation and exemption will be granted for the use of insulin.

9. Can women take HRT medicines and Contraceptives?

HRT medicines and oral Contraceptives are allowed for women only.

10. What are prohormones?

The term Prohormone is used to designate a substance (dietary supplement), which readily converts in the body into an illegal anabolic steroid. The most common prohormones are precursors of anabolic steroids such as testosterone, nandrolone (19-nortestosterone) and boldenone (1-dehydrotestosterone).

11. What is the T/E ratio?

The T/E ratio is urine concentration ratio of two steroids, testosterone (T) and its natural isomer, epitestosterone (E). The normal average ratio is approximately 1. Ingestion of exogenous testosterone or its precursors will affect the T/E ratio to rise above 4 (cut-off), indicating testosterone abuse.

12. What are diuretics?

Diuretics elevate the rate of bodily urine excretion (diuresis). Increased urine flow would reduce concentrations of banned performance enhancing substances in urine such as anabolic steroids, thus complicating their detection in doping control (masking). In sports where weight categories are involved diuretics are abused as weight reducing agents.

13. What are stimulants?

Stimulants are psychoactive drugs that induce temporary improvements in mental and/or physical function. The effects of stimulants include enhanced alertness, wakefulness, endurance, productivity and motivation; increased arousal, locomotion, heart rate/blood pressure; and a perception of a diminished requirement for food and sleep.

14. What is hGH?

Human growth hormone (hGH) is a hormone naturally produced by the body. It is synthesized and secreted by cells in the anterior pituitary gland located at the base of the brain. The major role of hGH in body growth is to stimulate the liver and other tissues to secrete insulin like growth factor (IGF-1). IGF-1 stimulates production of cartilage cells, resulting in bone growth and also plays a key role in muscle and organ growth. It is prohibited both in- and out-of-competition under WADA's List of Prohibited Substances and Methods.

15. What is EPO?

Erythropoietin (EPO) is a peptide hormone that is produced naturally by the human body. EPO is released from the kidneys and acts on the bone marrow to stimulate red blood cell production.

An increase in red blood cells improves the amount of oxygen that the blood can carry to the body's muscles.

16. Can an athlete test positive from using dietary/nutritional supplements?

Extreme caution is recommended regarding supplement use. A significant number of positive tests have been attributed to the misuse of supplements and taking a poorly labeled dietary supplement.

17. Can a dietary/nutritional supplement company have their supplements tested by WADA?

The World Anti-Doping Agency (WADA) is not involved in the testing of dietary/nutritional supplements. The Laboratory Code of Ethics, in the International Standard for Laboratories (Section 4.4 of Annex B), states that WADA-accredited laboratories shall not engage in analyzing commercial material or preparations (e.g. dietary supplements) unless specifically requested by an Anti-Doping Organization as part of a doping case investigation. The Laboratory