# STAY CLEAN!

***Dr. Gianlorenzo Daniele, MD***
***Sports Medicine Specialist***
***Director of WAKO Antidoping Program***


WORLD ANTI-DOPING AGENCY

SAY NO! TO DOPING
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***Sport is based on the principle of FAIR competition***

***Key ethical virtues include integrity, responsibility, honesty, and respect***

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# *Doping*

***Doping is one of the most serious problems that affects the sport community. Kickboxing is no exception***

***Doping is looking for an UNFAIR advantage and therefore it is completely out of sport ethics***

***There is no place nor tolerance for doping in sport***

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# WHAT IS DOPING?

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# DEFINITION OF DOPING

***"Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.1 through 2.10 of the Code"***

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***Tampering any part of doping control process***

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***Complicity in Anti-Doping rule Violation***

***Prohibited association***

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***WAKO is a full signatory of WADA World Antidoping Code***

***WADA and WAKO antidoping rules are followed at any time in all WAKO events, with no exceptions***

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# WAKO ANTIDOPING PROGRAM

***In Competition testing***

***Out Of Competition Testing***

***Athlete Biological Passport***

***TUE granting***

***Investigation***

***Educational activities***

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# *WAKO Antidoping*

***Antidoping Director***

***Medical, Health and Antidoping Committee***

***ITA Officers***

***TUE Committee***

***Hearing Panel (Results management)***

***Integrity Panel***

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# BASIC PRINCIPLES

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***The List is annually reviewed and updated by international experts***

***Find it on WADA and WAKO website***

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***Athletes are responsible for knowing what substances and methods are on the prohibited list. IGNORANCE IS NEVER AN EXCUSE***

***Athletes are responsible for any prohibited substance found in their samples***

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***It is each Athlete's personal duty to ensure that no Prohibited Substance enters his or her body***

***Accordingly, it is NOT necessary that intent, Fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an antidoping rule violation under Article 2.1***.

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# SUPPLEMENTS

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***Use (and abuse) of supplements is very common in athletes, in order to***

***Improve performance***

***Accelerate recovery***

***Lose weight (dietary supplements)***

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***In many countries, supplements companies are not highly regulated, meaning that you can not be completely sure of what you are taking. You cannot just simply trust what is written in the label***

***A banned substance can be part of even "all natural" supplements.***

***Contaminations exist!!!***

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***In order to establish an Antidoping Rule Violation, it is not necessary to establish intention, fault, negligence or knowing use***

***Athletes are 100% responsible for what any substance that enters their bodies***

***When you take a supplement, you do at your own risk. If you are unsure of what is in a supplement, just DON'T TAKE IT***

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# MEDICINES PRESCRIPTIONS

***"It's a prescription written by that new sports medicine doctor."***

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***Prohibited substances can be found in COMMON medications (including painkillers and treatments for cold and flu)***

***Assumption of such medicines can result in Positive Test, and, potentially, to establishment of Antidoping Rule Violation and Disqualification***

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# COMMON MYTH

***"I can safely assume a medication, if it was prescribed by a licensed doctor"***

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# COMMON MYTH

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*d*

*f*

FALSE

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***If, for health reasons, you need to take a drug that contains a prohibited substance, you must apply for a Therapeutic Use Exemption (TUE)***

***TUEs will be granted only if specific criteria are satisfied***

WORLD ANTI-DOPING CODE

INTERNATIONAL STANDARD

# THERAPEUTIC USE EXEMPTIONS

JANUARY 2019

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***Athletes must apply for a TUE at least 30 days before the next competition***

***The assumption of the medicine can start only after notification of TUE approval***

***Retroactive TUEs can be granted only in exceptional/emergency situations!***

***Any departure can result in Antidoping v***
***and disqualification***

***International level athletes must apply for a TUE to their International Federation (IF), while National Level athletes apply to their National Antidoping Organization (NADO)***

***Definition of International Level athlete and the TUE application process are available on WAKO website***

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# CONSEQUENCES OF DOPING

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# SERIOUS HEALTH ISSUES

**STEROIDS**:

**liver and cardiovascular disease**

**Hormonal problems and reproductive issues in both sexes**

**Excessive facial and body hair growth in women**

**Psychiatric disorders**

**DIURETICS**: **dehydration, hypotension, loss of coordination and balance)**

**STIMULANTS insomnia, cardiovascular diseases, coordination and balance problems**

**GROWTH HORMONE acromegaly, cancer, enlarged heart, arthritis**

**CANNABIS reduce memory, alert, motivation; weaken immune system; possible dependence**

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# *DISQUALIFICATION*

***Loss of results, medals, points, and prize money***

***esults are disqualified RETROACTIVELY from the date of the anti-doping rule violation***

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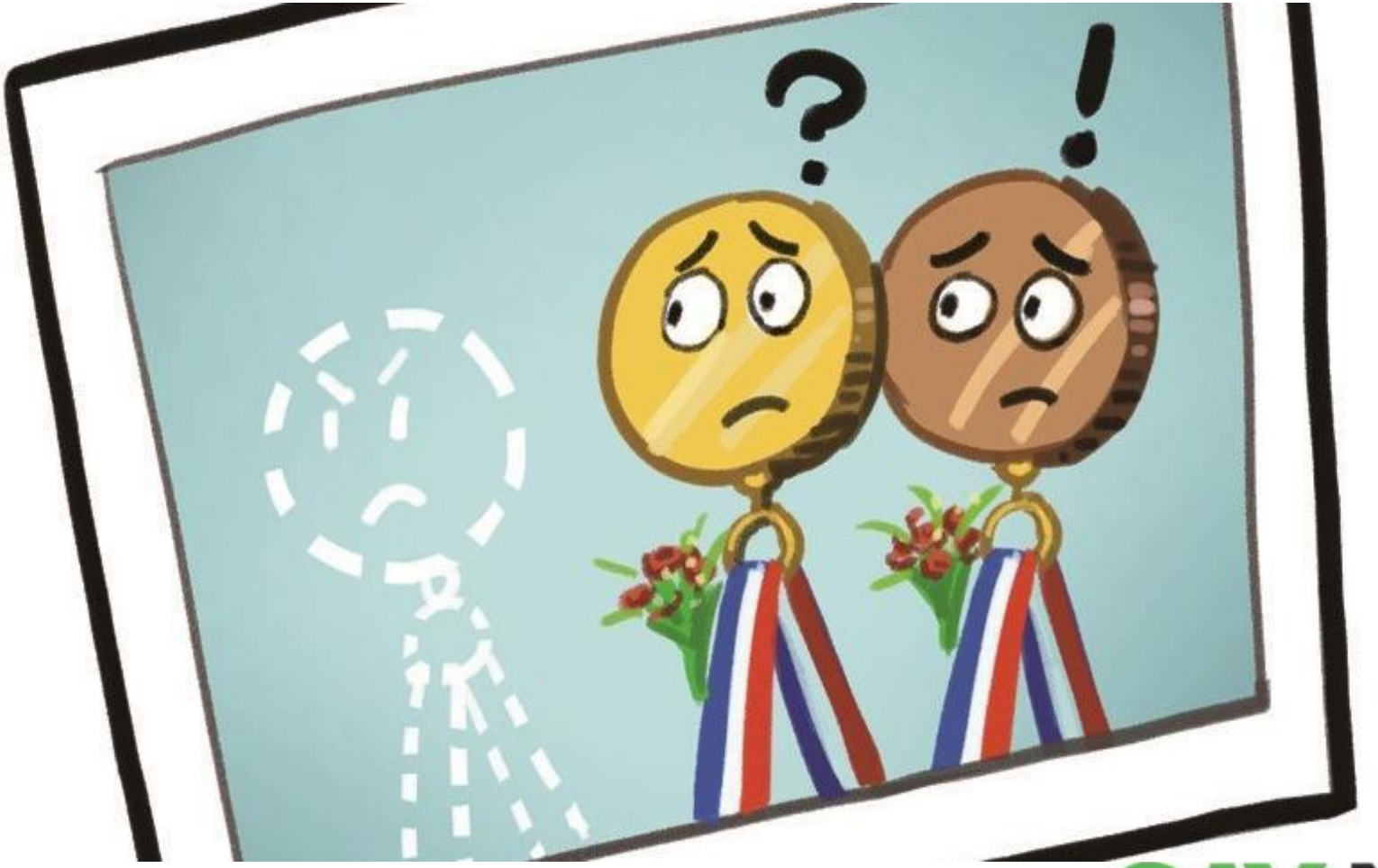
# *DISQUALIFICATION*

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# INELIGIBILITY

***The Athlete cannot take part in any competition or activity by the International Federations who are signatories of the Code, their members NF or clubs as well as affiliated entities and any event/competition organized or sponsored by a governmental association (this includes training!)***

***The standard period of Ineligibility for a Positive Test is FOUR YEARS***

# OTHERS....

***FINANCIAL CONSEQUENCES***

***Fines for the athlete and the National Federation***

***Loss of potential income***

***SOCIAL CONSEQUENCES***

***Loss of credibility***

***Negative image (longer than ineligibility) for you, your coach, your federation and your sport***

***Loss of respect for yourself***

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# The only way? STAY CLEAN!

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# EDUCATIONAL RESOURCES

Informations about every aspect

of the problem of doping is available

WADA website

# THANK YOU FOR YOUR ATTENTION!

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