ISU PRESENTS
SIGNIFICANT CHANGES TO THE
WORLD ANTI DOPING CODE 2021

Powered by

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ISU AD
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Section 1

WORLD-ANTIDOPING CODE
1.0 WORLD ANTI-DOPING CODE

World Anti-Doping Code -> CODE

- Sets out the Anti-Doping rules for all sports and all countries.
- Protects your fundamental right, as an Athlete, to participate in Clean Sport.
- Promotes and Protects the health, fairness and equal opportunity for you and Athletes worldwide.
- Effective from January 1, 2021, it is the fourth version of the Code.
1.1 WORLD ANTI-DOPING CODE

ISU Anti-Doping Rules

The ISU Anti-Doping Rules and ISU Anti-Doping Procedures, released as ISU Communication N° 2344 & 2366 are compiled in accordance with the CODE.

ISU Rules are approved by WADA.
Section 2

INTERNATIONAL STANDARDS
FOR SKATERS @HUB, DORDRECHT

GOODIES ALERT #1

TAKE A SELFIE OF YOU ATTENDING THIS SEMINAR AND UPLOAD THE SAME ON INSTAGRAM/FACEBOOK WITH THE HASHTAG #PUREASICE, YOU SHALL BE PROVIDED WITH A PURE AS ICE GOODIE TO YOUR ROOM!

SELFIE OR A SCREENSHOT OF THIS SEMINAR- WHATEVER YOU PREFER!!

DONT’ FORGET TO TAG @ISUSPEEDSKATING & #PUREASICE
Section 3

CHANGES TO THE CODE
3.0 CHANGES TO

CHANGES TO THE RATIONALE OF THE CODE

- *Health* is now the top rationale for the Code.

- *Your rights - Athletes Act* is now found within the 2021 Code and as a separate document.
3.1 CHANGES TO

Your rights - Athletes Act aims to ensure that athlete rights within anti-doping are clearly set out, accessible, and universally applicable.
3.2 CHANGES TO

YOUR RIGHTS that are found in the Code and International Standards

YOUR RIGHTS not found in the Code and International Standards but rights that Athletes believe ADOs must adopt as best practice
Section 4

YOUR ROLES AND RESPONSIBILITIES
4.0 YOUR ROLE

To be knowledgeable of and comply with all applicable anti-doping policies and rules.

Know the anti-doping rules and stick to them!
4.1 RESPONSIBILITIES

- Be available for testing..

- Strict Liability: Your body, your responsibility.

- Tell doctors and medics that you are an athlete and cannot use banned substances and/or methods. Check all medication does not contain a banned substance before you take it. Ask for help if you are unsure.

- To cooperate with the ISU or your National Anti-Doping Organization investigating an ADRV

- Share information about those who support you (coach, doctor, physiotherapist) if asked.
4.2 RESPONSIBILITIES

Be available for testing..

ISU Anti-Doping Rules Article 22.1.7 no longer in 2021
It is the responsibility of the Skater to make sure that he/she has not been selected for
Testing.

The Form “Skater selected for Testing” is posted on the door of the Doping Control
Station.

NOT POSTED ANYMORE
INTERNATIONAL STANDARDS OF EDUCATION (ISE)

EDUCATION is your RIGHT!

FIRST STEP should be through Education and not Doping control.

Pure as Ice eLearning- Values Based Education

Pure as Ice on-site – Event Based Education at ISU Events, Pure as Ice booths, quizzes, seminars like these etc.
Harm of Doping to the Spirit of Sport

“Respect your team and yourself

Hard work, dedication, and perseverance are essential to become one of the best athletes of a sport. And sometimes, the pressure to train hard, compete and achieve at a high level can lead athletes and their support personnel to consider dangerous options presented as shortcuts: extreme dieting, excessive training, taking supplements and doping. Anti-doping rules are there to prevent from those dangerous options and to preserve a positive sporting career experience for athletes and their support personnel made of pleasure, security, health, integrity, balance and enjoyment throughout the pursuit of excellence in your sport.”

Respect Competitors
To know if a certain medicine/supplement contains a prohibited substance, you may check Global DRO (www.globaldro.com)

speakup.wada-ama.org

FOR MORE DETAILED INFORMATION ON YOUR RIGHTS, RESPONSIBILITIES, DO'S AND DON'TS RELATING TO CLEAN SKATING, PLEASE CHECK THE PURE AS ICE WEBSITE USING THIS QR CODE.

www.isu.org/clean-sport
Events-Based Education
Events-Based Education
Section 6

SUBSTANCES AND DETECTION
6.0 Substances and Detection

Some banned substances will be identified as *Substance of Abuse* by WADA List Expert Group

- Cocaine (S.6a – Non-specified Stimulants);
- Methylenedioxymethamphetamine (MDMA / “ecstasy”) (S.6b – Specified Stimulants);
- Diamorphine (Heroin) (S.7 – Narcotics); and
- Tetrahydrocannabinol (THC) (S.8 – Cannabinoids)

If Athlete can prove that they used the substance out-of-competition and that it was unrelated to sport performance, a *3-month sanction* can be applied.
6.1 Substances and Detection

Q: What happens when Substances are added to, or removed from the ‘Prohibited List’

A: They CANNOT, unless, specifically stated otherwise, be analyzed for in an Athlete’s sample that has already been collected.

Q: What happens to the Athlete serving a ban for a Substance that has been recently removed from the ‘Prohibited List’

A: Such Athletes can apply to the relevant Results Management Authority to reduce their period of ineligibility.
RISKS RELATED TO USE OF SUPPLEMENTS

Contaminants in supplements is a risk for Athletes as these ingredients are not listed on the label and often unknowingly entered the supplement product during the production process.

Athletes will have to establish the exact origin of the banned substance if they have an AAF that they believe is related to supplement use.

Remember, you must always assess the risk before deciding to use a supplement and research any product before you use it. Not taking this risk seriously and not trying to minimize the risk may mean you will not benefit from a reduced sanction if you test positive because the supplement you used was contaminated.
SECTION 7

SAMPLES AND DATA USAGE
7.0 Samples and Data Usage

A sample can be split into two and used for the initial analysis. The leftover part of the sample will be stored. This means that the B-sample could be split in two and become a new A-sample and B-sample. All split samples can be used to confirm an initial finding.

You have the right to be present for the splitting of the sample, if you are not present, the sample can be still be opened, split and analyzed in the presence of an independent witness.
7.1 Samples and Data Usage

Only results from a WADA-approved or a WADA-recognized laboratory can be used to establish an adverse analytical finding (AAF).

However, analysis by non-WADA-approved/-recognized labs can be used to support an investigation.

The Samples can be used for Anti-Doping research as well, with your consent, however, due care shall be taken by the labs and ADO’s so that the samples/data are not traceable back to you.
Samples and Data Usage

A sample can be analyzed many times before an athlete is notified of a potential violation.

A sample can be stored for up to 10 years.

Any ADOs with authority over you can further analyze a negative sample but they must get permission from the ADO that initiated the test or from WADA.

For example, the IOC may save samples collected during the Games and then store the samples once the initial analyses are completed. The ISU may then ask for permission from the IOC to conduct further analysis on the stored sample.

WADA can take immediate possession of samples and anti-doping data from a laboratory or ADO.
SECTION 8

RESULTS MANAGEMENT
8.0 Results Management

Things to remember:

- Any consequences imposed by ISU on an athlete who has committed an Anti-Doping Rule Violation will be recognized by all other ADO’s that are World Anti-Doping Code (Code) Signatories.

- This means that if an Athlete is provisionally suspended by one International Federation (IF) or National Anti-Doping Organization (NADO), all other organizations will uphold that suspension.

- For eg: If a Speed Skater who also competes in Roller Skating, any provisional suspension shall apply to both Sports.
Section 9

ADRV & Sanctions
9.0 Anti-Doping Rule Violations (ADRV) & Sanctions

**WHATS NEW**

*Complicity* - Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an ADRV or an attempted ADRV is an ADRV.

Sanction- 2 years to lifetime ban

*Prohibited Association* - You are not allowed to associate or work with any Athlete Support Personnel who is serving a period of ineligibility, doing so is an ADRV.

‘KNOW YOUR CREW, DON’T SKATE ON THIN ICE’
9.1 Anti-Doping Rule Violations (ADRV) & Sanctions

WHATS NEW

Protection for Individual Reporting Violations: Discouraging someone or retaliating against someone from reporting information relating to doping activities is a new ADRV.
Sanction: 2 years to lifetime ban

Whistleblowing is an essential part of keeping sport clean. Athletes and those involved in sport should report any suspicions of doping behavior to the relevant ADO.
WADA SpeakUp platform allows you to do so anonymously.
9.2 Anti-Doping Rule Violations (ADRV) & Sanctions

WHATS NEW

Substantial Assistance -> Reduction of sanctions

Tampering during the results management process is considered as a separate first violation.

And more.. For a comprehensive answer to the question

What changes have been made to Anti-Doping Rule Violations (ADRV) and sanctions?

Refer to An Athlete's Guide to the Significant Changes in the 2021 Code on ADEL
11.5 Conclusion

GOODIE ALERT #2 for Skaters @DORDRECHT
Conclusion
11.1 **Conclusion**
11.2 Conclusion

Clean Sport & Medical

I'M INVOLVED IN SKATING, WHAT DO I NEED TO KNOW ABOUT ANTI-DOPING?

CLICK HERE TO KNOW MORE

ISU GUIDES
- ISU Anti-Doping Guide
  28 December 2020
- ISU Medical Guide
  06 August 2019

IATFST NEWS
11.3 Conclusion

The ISU is pleased to announce that the revamped Pure as Ice Anti-Doping eLearning certification course is now available!

Skaters and others can educate themselves on Anti-Doping obligations that shall go a long way to understand their responsibilities towards Clean Sport. The key aspect of this is to have a robust education plan, including effective Anti-Doping education, that is easily accessible to everyone.

The main axes of CLEAN SPORT are testing, prevention and education. Doping prevention is also important because it helps skaters to retain their standards.

This section will inform you about anti-doping. There are wonderful resources and the Pure As Ice campaign to learn about!
11.4 **Conclusion**

The main axes of CLEAN SPORT are testing, prevention and education.

Doping prevention is very important because it helps skaters to raise their awareness without putting their careers at risk. The ISU Pure As Ice Program is displayed at various ISU Events with the aim to promote Clean Sport.
11.5 Conclusion

Programme d'éducation pour les... ENROLL

Programme d'éducation pour les... ENROLL

National-Level Athletes Educ... ENROLL

International-Level Athletes E... ENROLL

Príročník za Športníke o pómo... ENROLL

Enroll...

Una guía para el personal de a... Spanish ENROLL

Guide pour le personnel d'enca... French ENROLL

ADEL for Parents of Elite Athl... English ENROLL

ADEL pour les professionnels d... French ENROLL

ADEL for Medical Professionals... English ENROLL

Enroll...
11.7 Conclusion

GOODIE ALERT #2

COMPLETE THE COURSE USING THE QR CODE:

Send us your certificates to:

antidoping@isu.ch

LUCKY DRAW FOR FIRST 5 SUBMISSIONS
Questions?

Thank You

#PUREASICE