



# ANTI-DOPING POLICY: QUICK INFO

CONFEDERATION OF AUSTRALIAN MOTOR SPORT



MEMBER OF



## WHAT IS THE CAMS ANTI-DOPING POLICY?

The CAMS Anti-Doping Policy is a set of regulations that outline various restrictions and obligations of motor sport participants in relation to the use and administration of substances and methods that are prohibited under the World Anti-Doping Code (Code).

Its purpose is to protect any motor sport participant's fundamental right to participate in a doping-free sport and thus promote health, fairness, equality and safety in motor sport.

When most people think of anti-doping they think it's simply 'drug testing for performance enhancing drugs'. While 'drug testing' or doping control as it's officially known, is an important component covered by the policy, there are plenty of other equally important parts to anti-doping including investigations and whereabouts.

**DOWNLOAD the policy at [www.cams.com.au](http://www.cams.com.au)**

## WHAT IS WADA?

WADA stands for World Anti-Doping Agency. WADA was created in 1999 as an international independent agency composed and funded equally by the sport movement and governments of the world.

Its key activities include scientific research, education, development of anti-doping capacities, and monitoring of the Code. In Australia, the body responsible for the implementation of the WADA Code is the Australian Sports Anti-Doping Authority (ASADA).

WADA works towards a vision of a world where all athletes compete in a doping-free sporting environment.

**LEARN MORE about WADA at [www.wada-ama.org](http://www.wada-ama.org)**

## CRACKING THE CODE!

The Code is the document that harmonises the anti-doping policies, rules and regulations within sporting organisations and public authorities around the world.

Within the Code, there are mandatory rules that CAMS, the FIA and every other sporting organisation that is a signatory to the Code, must include in their anti-doping policy.

Since its original inception in 2004, the Code has undergone two significant updates in 2009 and 2015 – the latter of which took effect on 1 January 2015.

**LEARN MORE about the Code at [www.wada-ama.org](http://www.wada-ama.org)**



**01** **Presence** of a prohibited substance in a **competitor's\*** sample

**02** **Use** or **attempted use** by a competitor of a prohibited substance or method

**03** **Evading, refusing** or **failing** to submit to **sample collection**

**04** **Whereabouts** failures – combination of three missed tests and/or filing failures within a 12-month period (only applicable to competitors in ASADA's or the FIA's registered testing pool)

**05** **Tampering** or **Attempted Tampering** with any part of **doping control\*\***



**06** **Possession** of a prohibited substance or method

**07** **Trafficking** or **Attempted Trafficking** of any prohibited substance or method

**08** **Administering** or **attempting to administer** a prohibited substance or method to a competitor

**09** **Complicity**

**NEW  
2015**

**10** **Prohibited association**

**NEW  
2015**

\* 'competitor' is not used by anti-doping authorities such as ASADA and WADA – instead they use the term 'athlete'. Whenever you see the word 'athlete' or 'competitor' used, this includes drivers, co-drivers and navigators.  
\*\* doping control a.k.a. 'drug testing' or just 'testing'.

In brief, the two new anti-doping rule violations added in 2015 are:

## COMPLICITY

NEW  
2015

This violation has been added to deal with the role played by support personnel in deliberate doping situations. For example, if a team manager is aware of steroid use by a competitor, but they lie to or mislead an ASADA investigator during an interview, the team manager could be considered as committing the 'complicity' violation.

## PROHIBITED ASSOCIATION

NEW  
2015

This violation has been added to help prevent competitors or support personnel from working with individuals (such as coaches, trainers, doctors etc) who are currently banned by an anti-doping organisation or who have been found guilty (in a criminal, disciplinary or professional proceeding) of providing performance enhancing drugs. Some examples of the type of prohibited association include obtaining training, strategy, nutrition or medical advice, therapy, treatment or prescriptions. Also, the 'support person' may not serve as an agent or representative for the competitor. Obviously, if the 'association' is not in a sport-related or professional capacity (for example a husband-wife relationship) then this provision does not apply.

## TRUE OR FALSE

**Q: TRUE OR FALSE? The CAMS Anti-Doping Policy and anti-doping rule violations apply to COMPETITORS ONLY.**

**FALSE!** Whilst all ten violations can be brought against a competitor, there are at least four violations that can be brought against 'support persons'. In motor sport, 'support person' could include a competitor's fitness trainer, team manager or even a CAMS licenced official.

**Q: DID YOU KNOW...**

that if you are a competitor or support person and you order a prohibited substance over the internet, you could be committing an anti-doping rule violation? Australian Customs and Border Protection can intercept delivery of these substances and inform ASADA (which could lead to you receiving a ban).

**STATISTICS DON'T LIE...**

In 2013-14 financial year, ASADA reported\* that of the 130 anti-doping rule violations that occurred during this period, only 25% related to a 'positive' test (the 'presence' violation). Thanks to the emergence of intelligence and investigations within an anti-doping context, these figures clearly show that anti-doping authorities like ASADA will catch you one way or another if you choose to dope!

\* source: *Australian Sports Anti-Doping Authority 2013-14 Annual Report*



# WADA PROHIBITED LIST

WADA's 'Prohibited List' is an international standard that lists the substances and methods that are prohibited at various times. To elaborate, some substances and methods are prohibited ALL THE TIME whilst others are prohibited **only during an 'in-competition'** period.

The list even specifies any substances that are prohibited for specific sports only, for example alcohol and beta-blockers are both prohibited in motor sport during the in-competition period whereas in cricket they are not.

WADA updates the Prohibited List with effect on 1 January each year, with the most current version available on their website at all times: [www.wada-ama.org](http://www.wada-ama.org)

## BEWARE of the risks of taking supplements!

Competitors who choose to take supplements are at risk of committing an anti-doping rule violation, sometimes without even knowing it. The reason for this, is that substances that are prohibited by WADA could be added deliberately during the supplement manufacturing process, or even inadvertently through contamination.

## IGNORANCE is no excuse.

Competitors are responsible for any prohibited substance found in their body no matter how it got there!

# THERAPUTIC USE EXEMPTIONS (TUE)

**Q: I have been prescribed a medication that appears on WADA's Prohibited List – what should I do?**

**A: You may be entitled to a TUE. Keep reading...**

A TUE permits a competitor to use a prohibited substance or method if it is medically required. Depending on the highest level at which you compete, the TUE process and requirements vary.

If you require the use of a prohibited substance or method for medical reasons and you are:

- an **INTERNATIONAL-level competitor**... you must apply for a TUE, **in advance**, directly to the FIA; or
- a **NATIONAL-level competitor**... you must apply for a TUE, **in advance**, directly to the Australian Sports Drug Medical Advisory Committee (ASDMAC) at [www.asdmac.gov.au](http://www.asdmac.gov.au); or
- competing **BELOW** the 'national' level... you may apply for a **retroactive** TUE after, and only if, you are subjected to testing and provided the medication you are taking is on the list shown at <http://www.asdmac.gov.au/TUE.html>. If your medication **IS NOT** on this list, you must then apply for a TUE in advance **REGARDLESS** of the highest level you compete at.

The TUE process can be tricky to navigate, so if in doubt please do not assume **anything!** Help with the TUE requirements can be found by contacting:

**CAMS Integrity Officer** [integrity@cams.com.au](mailto:integrity@cams.com.au) or 03 9593 7777

**ASDMAC** [asdmac@asada.gov.au](mailto:asdmac@asada.gov.au) or 13 00 27232 (option 4)

**FIA** <http://www.fia.com/therapeutic-use-exemptions>



# TESTING (a.k.a DOPING CONTROL)

Testing is an essential part of promoting and protecting doping-free motor sport. If you are an international-level or national-level competitor, you can be subjected to testing by the FIA and/or ASADA anytime, anywhere and with no advance notice.

The most common type of testing involves the collection of urine samples for analysis in a WADA-accredited laboratory, however, blood samples may also be taken. In motor sport, breath alcohol testing may also accompany an anti-doping test in certain circumstances.

Although less likely, it is also **possible** that you may be subjected to testing even if you complete below the 'national' level.

Each year, CAMS contracts ASADA to conduct testing at specific events, however, ASADA has the authority to conduct additional testing (including blood and/or urine) at the events or even during the 'out of competition' period – so this could be at your home, training venue or anywhere else if required.

## Why am I being tested instead of others?

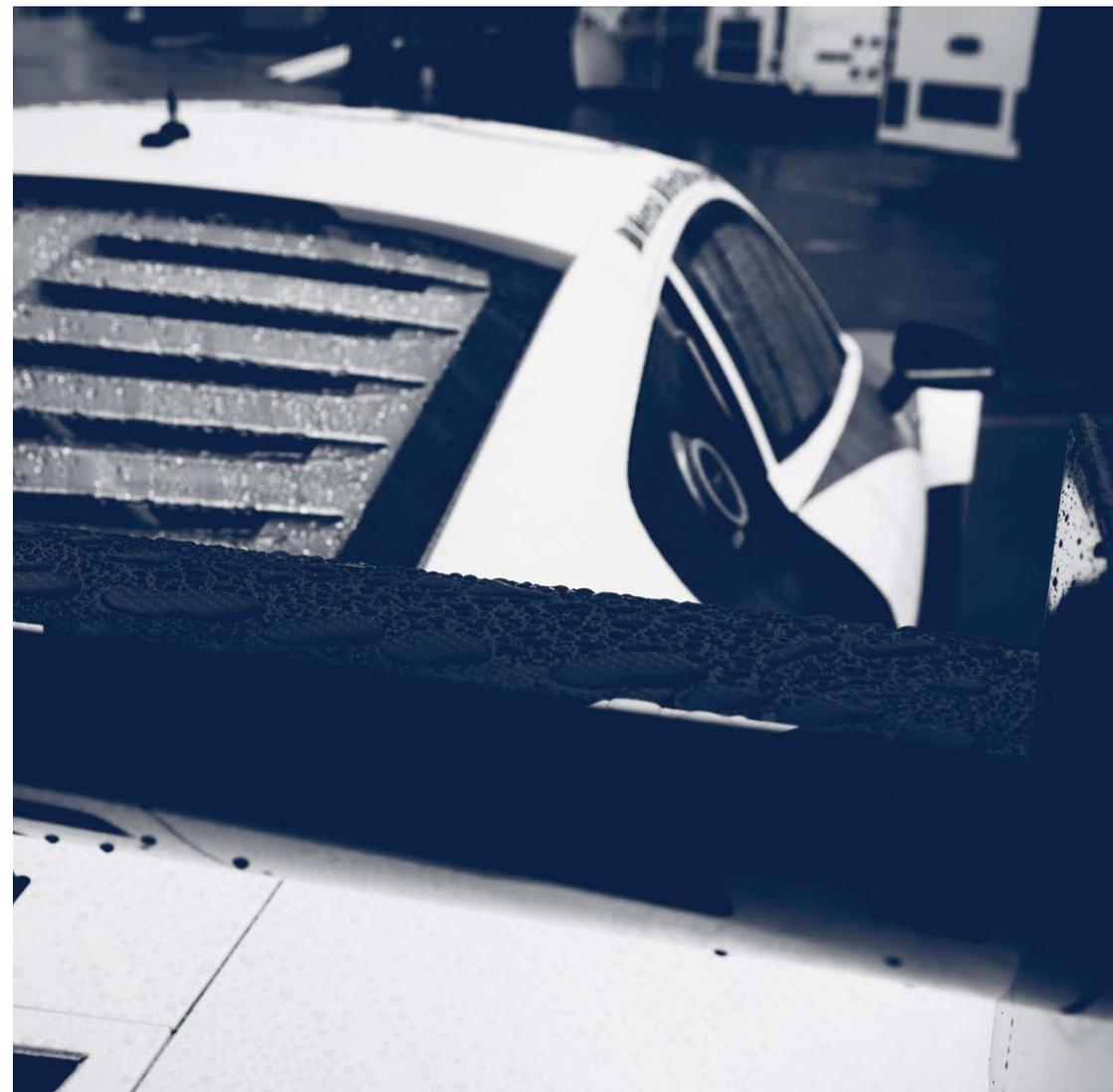
If the FIA or ASADA select you for testing, there are a number of reasons of why this could be, including:

- **you've been randomly selected;**
- **you've finished in a particular position (i.e. podium positions);**
- **you've recently returned from injury quicker than might be expected; or**
- **your test history (previous positive test, behaviour during testing or unusual blood profile).**

There are additional reasons why you may be selected for testing, all of which are listed in WADA's International Standard for Testing and Investigations document ([www.wada-ama.org](http://www.wada-ama.org)).

## What is the testing process?

Refer to the next page for details about the stages of testing...



# TESTING: FROM START TO FINISH!

**05 PROVIDING A URINE SAMPLE**  
You will remove your clothes from your knees to your navel and from your hands to your elbow – this is so that there is an unobstructed view of you passing the sample. The DCO or chaperone of the same gender will observe the urine leaving your body. 90mL is the minimum amount you will need to provide.

**04 EQUIPMENT SELECTION**  
The DCO will instruct you to choose one of the available, individually-sealed collection beakers to be used to 'catch' your urine sample.

**03 REPORTING TO DOPING CONTROL STATION**  
You must report to the doping control station as soon as possible. The DCO may allow you to delay reporting in, however this is only for certain circumstances (e.g. completing a warm down, or attending a post-event press conference).

**02 NOTIFICATION**  
A doping control officer (DCO) or chaperone will notify you of your selection for doping control. You'll be asked to sign a form to confirm that you understand your rights and responsibilities. From this time, until the completion of doping control, **you will be accompanied at all times.**



**01 COMPETITOR SELECTION**  
The FIA or ASADA select you for testing of your urine and/or blood samples. Your selection may be either random or as a 'target' test. The sample(s) can be collected anywhere and anytime and it is not uncommon for anti-doping personnel to knock on your door at 6am!

**06 PROVIDING A BLOOD SAMPLE**  
If a blood sample is required, a trained phlebotomist will collect this under supervision from the DCO. The maximum amount of blood that will be taken is 20ml.

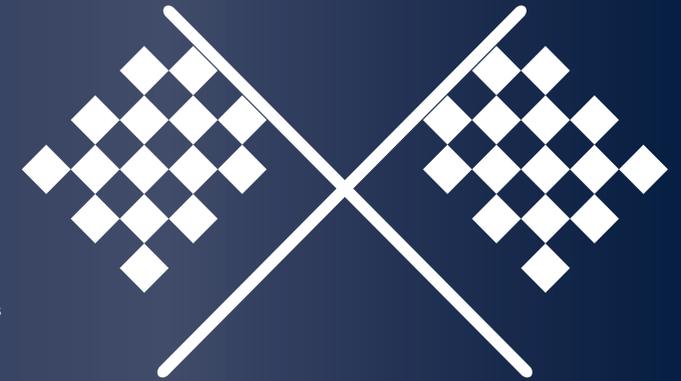
**07 SPLITTING THE SAMPLE**  
You will choose a sample collection kit from the selection provided – each kit has two bottles labelled 'A' and 'B'. Then you will pour urine from your beaker into the B bottle first. Next, you will fill the A bottle, leaving a small amount of urine in the beaker.

**08 SEALING THE SAMPLE**  
The DCO will instruct you on how you need to seal the A and B bottles. Be careful not to break the bottles, otherwise you'll have to provide a new sample!

**09 SPECIFIC GRAVITY**  
Using the small amount of urine you left in the beaker, the DCO will measure the specific gravity of the urine to ensure it's not too dilute to analyse. You guessed it, if it's too dilute you may need to provide another sample.

**10 PAPERWORK**  
Finally, the sample collection is complete and it's time for you to complete the necessary paperwork with the DCO. Be sure to confirm that all information provided is correct especially the sample code numbers. You also have the right to note any comments/concerns on the forms provided. Once signed, the DCO will release you from doping control.

**11 LABORATORY ANALYSIS**  
Your sample(s) will be sent to a WADA-accredited laboratory where it will be analysed in accordance with WADA guidelines. The sample in the A bottle is that which is analysed, with your B bottle securely stored for further testing if required.



## RIGHTS AND RESPONSIBILITIES

Throughout the doping control process, **Competitors** have the **right** to:

- have a representative and, if available, an interpreter present during the doping control process;
- ask for additional information about the sample collection process;
- request a delay in reporting to the doping control station for valid reasons; and
- if you have a disability, to request modifications to the sample collection procedure.

Also throughout this process, **Competitors** have a **responsibility** to:

- remain within direct view of the DCO/chaperone at all times from the point of notification until the completion of doping control;
- produce appropriate identification;
- comply with all sample collection procedures (failure to do so may constitute an anti-doping rule violation); and
- report immediately to the doping control station unless there are compelling reasons for a delay.

## RESULTS MANAGEMENT!

The penalties that may be applied to you if you commit an anti-doping rule violation may range from a reprimand to a lifetime ban. The period of 'ineligibility' may vary depending on:

- the type of anti-doping violation you committed;
- the circumstances of your individual case;
- the substance in question; and
- the possible repetition of an anti-doping rule violation.

As a competitor, if you're A sample is reported as containing a prohibited substance, you have the **right** to request a B sample analysis, with you present. You are also entitled to a fair hearing and to appeal any decision regarding a 'positive' test or penalty imposed on you following an anti-doping rule violation.





CONFEDERATION OF AUSTRALIAN MOTOR SPORT  
851 DANDENONG RD, MALVERN EAST, VIC 3145  
PH 1300 883 959 FAX (03) 9593 7700  
EMAIL [INFO@CAMS.COM.AU](mailto:INFO@CAMS.COM.AU)

