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ETHIOPIAN ANTI-DOPING AUTHORITY

Ethiopia Anti-Doping Authority Education and Training Manual

April, 2022
Addis Ababa, Ethiopia

WHAT IS DOPING?

- ❑ Doping could be described as when athletes use prohibited substances or methods to unfairly improve their sporting performance. Doping is cheating and is fundamentally contrary to the spirit of sport. It is commonly believed that doping is simply the use of a prohibited substance and breaking the following anti-doping rules.

Values of clean sport

- ❑ **Anti-doping programs aim to achieve and maintain a clean sports environment, The intrinsic value of sport, often called “the spirit of sport” is the ethical pursuit of human excellence through the dedicated perfection of each athlete’s natural talents. In doing so, clean sport protects the spirit of sport, which is the celebration of the human spirit, body, and mind, and is reflected in the values we find in and through sport, including**
 - **Health**
 - **Ethics, fair play, and honesty**
 - **Athletes’ rights**
 - **Excellence in performance**
 - **Character and Education**
 - **Fun and joy**
 - **Teamwork**
 - **Dedication and commitment**
 - **Respect for rules and laws**
 - **Respect for self and other participants**
 - **Courage**
 - **Community and solidarity**

**Anti-
doping
rule
violation
(ADRV)**

1. Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample

2. Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method

3. Whereabouts Failures by an Athlete

4. Complicity or Attempted Complicity by an Athlete or Other Person

**Anti-doping
rule
violation
(ADRV)**

5. Tampering or Attempted Tampering
with any part of Doping Control by an
Athlete or Other Person

6. Prohibited Association by an Athlete or
Other Person

7. Evading, Refusing, or Failing to
Submit to Sample Collection by an
Athlete

8. Possession of a Prohibited Substance or
a Prohibited Method by an Athlete or
Athlete Support Person

**Anti-doping
rule
violation
(ADRV)**

9. Trafficking or Attempted Trafficking in any Prohibited Substance or Prohibited Method by an Athlete or Other Person

11. Acts by an Athlete or Other Person to Discourage or Retaliate Against Reporting to Authorities

10. Administration or Attempted Administration by an Athlete or Other Person to any Athlete In-Competition of any Prohibited Substance or Prohibited Method, or Administration or Attempted Administration to any Athlete Out-of-Competition of any Prohibited Substance or any Prohibited Method that is Prohibited Out-of-Competition

Anti-doping rule violations Range of Sanctions

Type of Violation	Range of Sanctions
Possession or use of a prohibited substance	Minimum – Reprimand (with proof of contaminated products on specified substances) Standard – 2-4 years
Refusing to be tested	Standard – 4 years
Trafficking	First violation – 4 years to lifetime
Combination of 3 whereabouts failures (within 12 months)	First violation – 2 years
Tampering with the testing process	Standard – 4 years
Administration	Standard – 4 years to a lifetime
Prohibited association	Standard – 2 years
Encouraging or assisting an athlete to dope or providing a doping substance	Standard – 2- 4 year

**Prohibited
List and
substances**

1. Prohibited Substances and
Prohibited Method:-

2. Specified Substances or Specified
Methods

3. Substances of Abuse

4. New Classes of Prohibited
Substances or Prohibited Methods

Harm of doping

1. Physical and Mental Health

- **Physical health:** depending on the substance, the dosage, and the consumption frequency, doping products may have particularly negative side effects on health. Some damages to the body are irreversible and may lead the athlete's life to be in great danger.

The following section will outline the possible health consequences and sports benefits to using certain groups of doping substances

- **Psychological health:** some doping substances may not be detrimental to the body but exercise an impact on mental health. It has been scientifically evidenced that anxiety, obsessive disorders, or psychosis are direct consequences of doping.

Harm of doping

2. Social consequences

- The existence of an athlete who was held guilty of doping may be completely disrupted. Indeed, doping may represent a danger to health, but it may also be prejudicial to fame, respect, and creditworthiness. Even in the future negative findings are regularly questioned by the media and the entourage. The poor image will remain in the collective unconscious and the athlete could remain isolated

Harm of doping

3. Financial consequences

- As regards high-performance sports, an infringement of anti-doping rules often leads to a loss of income, the reimbursement of prize money, and of sponsorship money. An athlete suspended for several years, or even life-banned, cannot earn his/her living as usual and can even be forced into debt to live on a day-to-day basis.

Harm of doping

3. Sporting consequences

- A doping violation may mean loss of results, rankings, medals, and qualification places at events. It could also have an impact on members of a team causing medals to be lost

4. Legal consequences

- Doping may have major legal consequences. A doped athlete may be suspended, i.e., he/she may not take part in a sports competition on or in organized training sessions

SPORT SUPPLEMENTS

Sports nutrition supplements include a variety of drinks, powders, and pills designed to improve athletic performance and/or fill gaps in the diet of people who play sports or workout on a regular basis

What athlete should Need to Know About Supplements?

1. supplements resulting in harmful side effects

2. lack of legislation and governance in the supplement industry

3. Supplements have a high risk of getting contaminated

4. There Is no certainty on whether this drugs are free from doping

SPORT SUPPLEMENTS

- .- Supplements can contain banned substances

- Supplements can be contaminated with banned substances during the manufacturing process

- .- Supplements may contain ingredients listed differently from how they appear on the [Prohibited List](#)

The risks
with
supplements
are

SPORT SUPPLEMENTS cont.....

The risks
with
supplements
are

- .- Be wary of fake supplement products, especially when buying over the internet
- There is no guarantee that any supplement product is free from banned substances

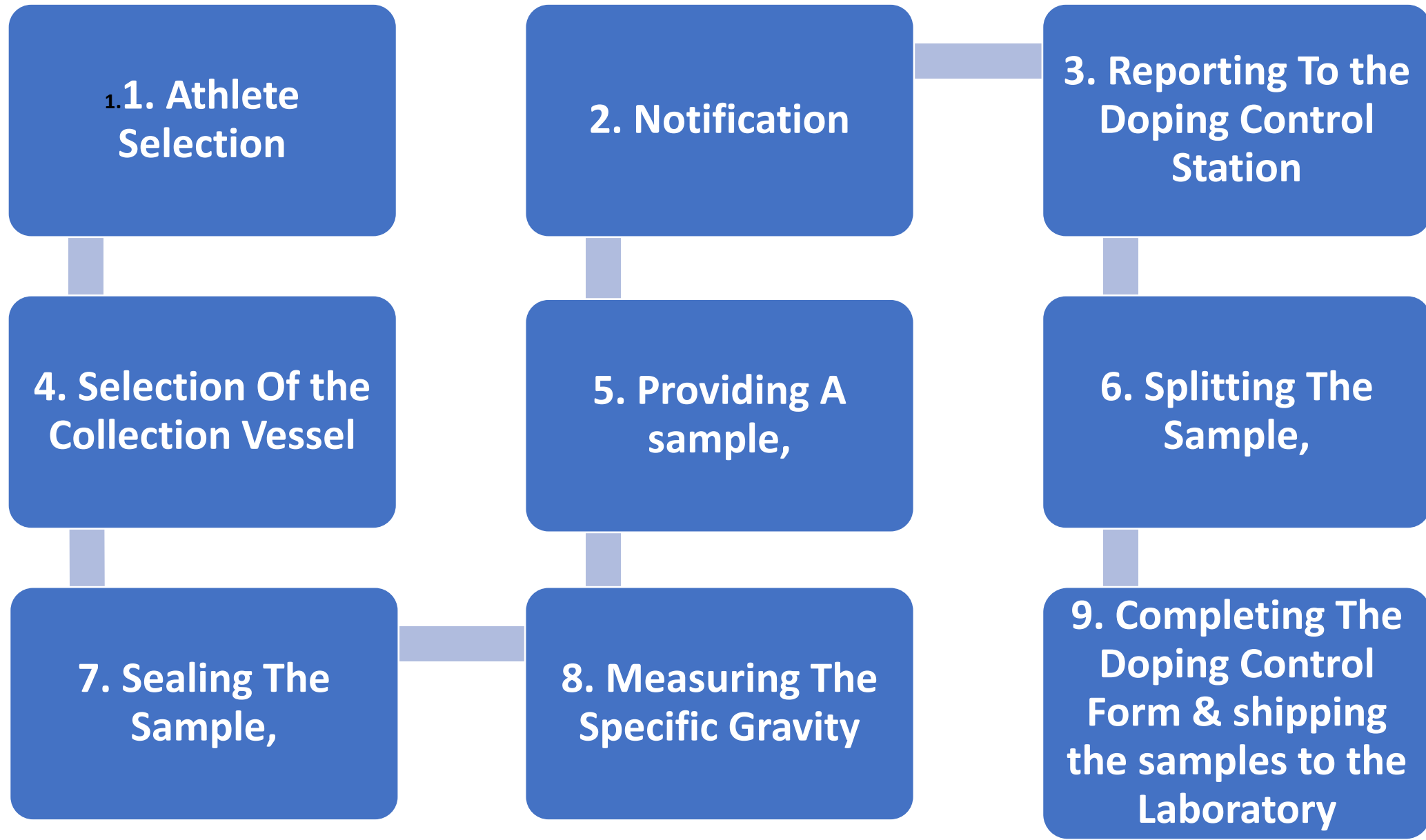
ANTI-DOPING SAMPLE COLLECTION

Any athlete can be tested for doping, both in and out of the competition. When these types of samples are collected from athletes, the athlete has his or her own rights and responsibilities during this sample collection process.

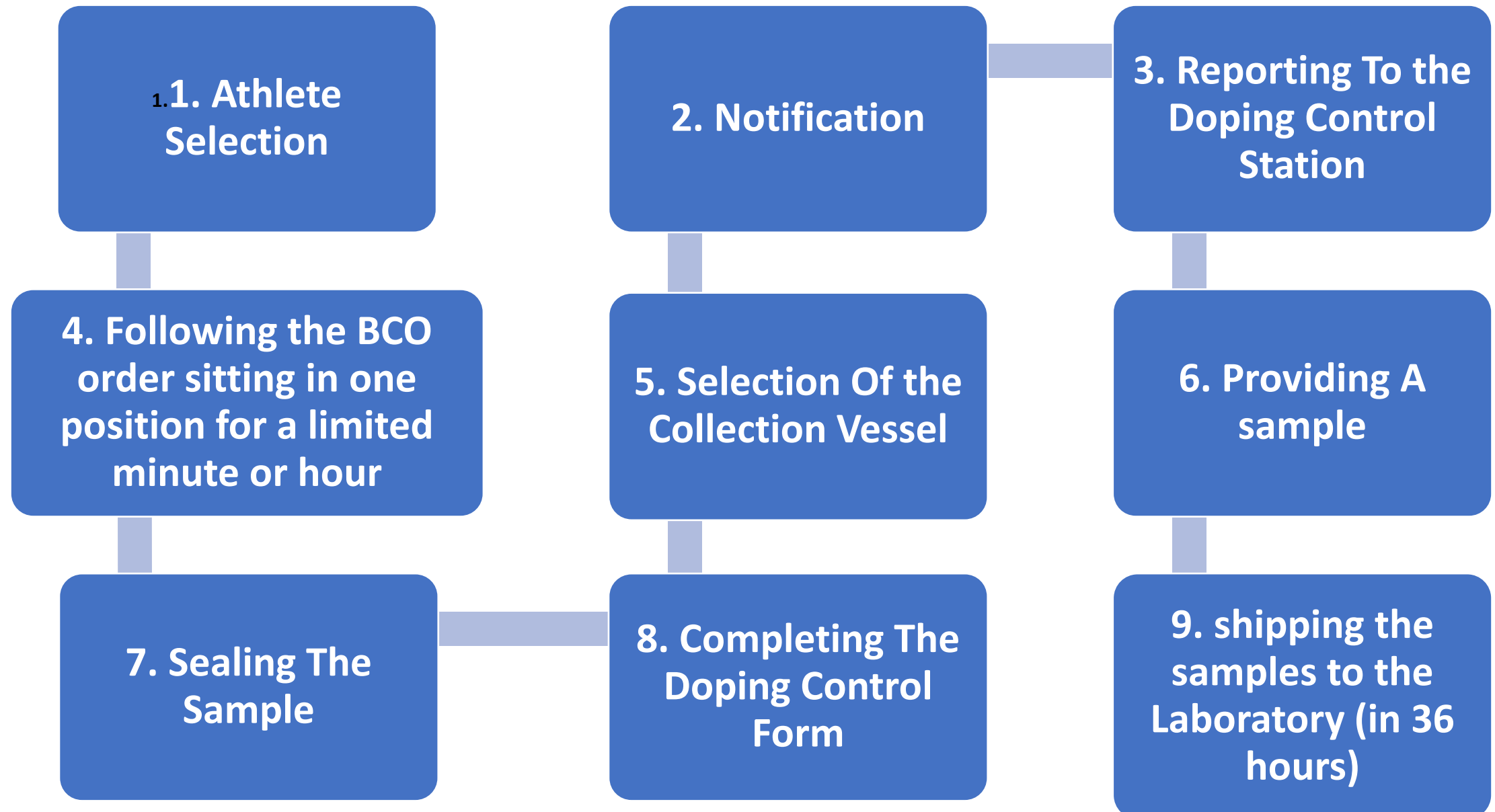
Urine
(can be collected in competition & out of competition)

Blood
(can be collected in competition & out of competition)

SAMPLE COLLECTION PROCEDURE (Urine)



SAMPLE COLLECTION PROCEDURE (blood)



Athletes with disabilities and the doping control process

During the sample collection, process athletes with disabilities have additional rights, depending on their disability type they can ask for additional help whether the DCO or their coach or someone they trust can enter into the Doping Control station to help them out with the sample collection process.

ATHLETE RIGHTS DURING TESTING

- ❑ **Nominate a representative of their choice to accompany them to the Doping Control Station**
- ❑ **Request information regarding the sample collection procedure**
- ❑ **Request an interpreter if they have (for any reason)**
- ❑ **Request modifications to standard Sample Collection Procedures (only applies to athletes with a disability)**

ATHLETE RIGHTS DURING TESTING

- **Request a delay in reporting to the Doping Control Station for the following reasons**
 - **Attend a victory ceremony**
 - **Compete in further events**
 - **Finish a training session**
 - **Receive necessary medical attention**
 - **Fulfill media commitments**
 - **Warm down**

ATHLETE RESPONSIBILITIES DURING TESTING

- **Athletes must know and comply with all “applicable anti-doping policies and rules.”**
- **Athletes must take responsibility for what they “ingest,” meaning what they eat and drink and anything that may enter their body.**
- **Athletes must be under the surveillance of the DCO or BCO once they have been notified for doping control until they finish.**
- **Athletes must be available for sample collection.**
- **Athletes must inform medical personnel that they are obligated not to take prohibited substances or methods. they must also take responsibility to make sure that any medical treatment they receive does not violate the Code.**
- **must cooperate with anti-doping organizations investigating anti-doping rule violations.**

**coaches, trainers,
managers, agents, and
other support
personnel rights and
responsibilities**

- **They must know and comply with all anti-doping policies and rules that apply to them or the athletes they support.**
- **They must cooperate with the athlete-testing program.**
- **They must use their considerable influence to promote a clean sports philosophy.**
- **They must cooperate with Anti-Doping Organizations investigating anti-doping rule violations.**
- **They must not use or possess any prohibited substance or method without a valid justification.**

ATHLETES RETURNING FROM SANCTION

❑ Athletes who are sanctioned for anti-doping rule violations have the potential to commit other Anti-Doping Rule Violations (ADRVs) unrelated to testing during this period, it may be most practical to educate them soon after the sanction is given. Even after their sanction have been finished athletes must be learned and have additional knowledge on doping.

To do that ETH-ADA has constructed a plan based on the WADA training manual for athletes returning from sanction:-

ATHLETES RETURNING FROM SANCTION cont.....

- Reach out to the athlete and have his or her consent

- have detailed information on what was the athlete's case that got him or her sanctioned

- Give them additional training on the case that got them sanctioned

- Give them additional training on additional anti-doping training

- Explain in detail the advantage of creating a clean sport

- Explain to the athletes what are the consequences of doping



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SAY NO!
TO DOPING



WORLD ANTI-DOPING AGENCY