Information sheet Competitive Sports
Key information summarised for all athletes.

What is forbidden? Doping offences in brief
- Presence of a prohibited substance in the athlete's body or the (attempted) use of a prohibited substance or method
- Evasion, refusal or failure to submit a sample for testing
- Association with suspended coaches, doctors or other athletes’ support personnel
- Complicity in an (attempted) violation of the anti-doping rules
- Possession, (attempted) trafficking or (attempted) administration of a prohibited substance
- Possession or (attempted) trafficking of auxiliary means for use of a prohibited method
- Repeated breaches of the duty to report whereabouts (testing pool athletes only)

What are the consequences of doping?
- Sanction and suspension in sports
- Physical and mental changes due to side effects; serious health problems
- Financial problems due to the loss and repayment of financial support and sponsorship, as well as the difficulties faced on the labour market by convicted dopers
- Loss of reputation and respect among family, friends, employers and schools/colleges; social isolation

Everyday issues you should be aware of

Strict liability
You alone are responsible at all times for ensuring that nothing that is prohibited enters your body. This includes amongst others: foods, supplements, medications and plant-based substances.

Three useful actions:

Tell those around you that you are subject to anti-doping rules, and what that means in practice. In case of medical treatment or professional consultation, inform the relevant specialist that you are subject to anti-doping regulations.

Check the doping status of all medications beforehand using the Global DRO database at www.antidoping.ch or the mobile app. You should always be cautious with food supplements.

Ask people you trust for advice. Antidoping Switzerland can also provide support.

Medication
Medication may have the same name in a number of different countries, but the substances contained may differ. You should therefore only take medication that you have bought and checked yourself in Switzerland, and check any medication you buy abroad with the drugs enquiry database of the respective national antidoping agency.

- Doping status: Antidoping Switzerland is only able to provide information on the doping status of medication that is registered in Switzerland. Food supplements are not listed in the database, as they are not regulated by Swissmedic.
- TUE: Athletes who need to use a prohibited substance or method for medical reasons must submit an application to obtain a therapeutic use exemption (TUE).
- Asthma medications - depending on the substances contained, the dosage and the route of administration - may be prohibited, allowed or only allowed up to a certain dosage limit according to the Prohibited List. Their doping status must therefore always be checked individually with the drugs inquiry Global DRO.
• **Intravenous infusions** and/or injections of more than 100 ml per 12 hour period are a prohibited method according to the Prohibited List. This rule applies regardless of the active agent they contain. This means that iron and saline infusions of more than 100 ml are also prohibited.

• **Cold remedies**: Medicines used to treat colds may contain stimulants that are prohibited in competition. It is recommended that, where the remedy is used as instructed (patient information leaflet), you should stop taking it at least 48 hours prior to a competition. In addition, various flu and cold medication that do not contain any prohibited substances are available in Switzerland.

**Nutritional Supplements**
In many cases, supplements are unnecessary, costly, and a potential risk. To avoid unwanted side-effects, food supplements should be used only after individual consultation with experts.

• **Contamination**: Supplements may contain prohibited substances or substances that endanger health, without being declared. This is due to contaminated production facilities or by deliberate admixture to increase the effect of the product.

• **Choosing products**: Great care must be taken when choosing products. Ingredients and manufacturers should be thoroughly researched. First and foremost, independently certified products or alternatively trustworthy Swiss manufacturers related to competitive sports are recommended. Antidoping Switzerland strongly advises to avoid importing or ordering supplements online.

**Special notes**
• **Contaminated foodstuffs**: There have been incidences of prohibited substances in meat originating from China, Guatemala and Mexico, which have resulted in doping violations. Please take the precautions set out (see “**Food Contamination**”).

• **Cannabis** is prohibited in competition and can remain detectable during doping controls in competition for several days or weeks following consumption. Antidoping Switzerland therefore recommends that athletes generally refrain from using cannabis.

**Doping controls**
• **The doping control procedure** is explained at: [www.antidoping.ch/en/procedure](http://www.antidoping.ch/en/procedure)

• **Whereabouts**: Testing pool athletes must keep their whereabouts up to date. For detailed information, please visit [www.antidoping.ch/en/testingpools](http://www.antidoping.ch/en/testingpools)

**Take a clear position!**
• Think about how you want to achieve your goals and success, and refrain from shortcuts or cheating.

• Do not tolerate doping in your environment and among your friends. Give Antidoping Switzerland an (anonymous) tip-off if you suspect someone is taking prohibited substances.

• Think about how you can publicly express yourself on social media with #cleansport, and position yourself as a clean athlete.

**Get in touch**
Antidoping Switzerland will answer any questions at [whereabouts@antidoping.ch](mailto:whereabouts@antidoping.ch) or +41 (0)31 550 21 21.

✓ Website: [www.antidoping.ch](http://www.antidoping.ch)
  • Access to the **Global DRO** drug database (alternatively via mobile app)
  • **Clean Winner** e-learning program
  • Send an anonymous message if you suspect doping

✓ Social Media:
  • [www.twitter.com/@antidoping_ch](http://www.twitter.com/@antidoping_ch)
  • [www.facebook.com/antidoping.ch](http://www.facebook.com/antidoping.ch)