

Information sheet Competitive Sports

Key information summarised for all athletes.

What is banned? Doping offences in brief

- Presence of a banned substance in the athlete's body or the (attempted) use of a banned substance or method
- Refusal or failure to submit a sample for testing
- Association with banned trainers, doctors or other athletes' support personnel (to check, visit <https://www.antidoping.ch/en/laws-and-regulations/suspended-athletes>)
- Complicity in an (attempted) violation of the anti-doping provisions
- Possession, circulation or administration of a banned substance
- Possession or circulation of aids, or the attempted use of a banned method
- Repeated breaches of the duty to report (testing pool athletes only)

What are the consequences of doping?

- Punishment and ban from your sport
- Physical and mental changes owing to side effects; serious health problems
- Financial problems owing to the loss and repayment of financial support and sponsorship, as well as the difficulties faced on the labour market by those who have resorted to doping
- Loss of reputation and respect among friends, family, employers and schools/colleges; social isolation

What everyday issues should you be aware of?

Strict liability (liability regardless of whether or not you are at fault)

You alone are responsible at all times for ensuring that nothing that is banned enters your body. This includes foodstuffs, food supplements, medications and plant-based substances, etc.

Three steps can help you fulfil this responsibility:

- 🗣️ **Tell** those around you that you are subject to anti-doping rules, and what that means in practice. This is especially true where your health is concerned.
- 🔍 **Check** the doping status of all medications using the global DRO database at www.antidoping.ch, or the mobile app. You should also be careful with food supplements.
- ❓ **Ask** people you trust for advice. Antidoping Switzerland can also provide support.

Medication, etc.

Medication may have the same name in a number of different countries, but the substances it contains may differ. You should therefore only take medication that you have bought and checked yourself in Switzerland, or check any medication you buy abroad with the national anti-doping agency concerned.

- **Doping status:** Antidoping Switzerland is only able to provide information on the doping status of medication that is approved by Swissmedic. No information can be provided for food supplements or other supplements.
- **TUE:** If you are required for medical reasons to take a banned substance or to use prohibited methods, you must obtain a therapeutic use exemption (TUE).
- **Asthma sprays** must always be checked using the global DRO drug database and, where necessary, discussed with your doctor. For certain products, the WADA sets upper limits which may not be exceeded. Usage is permitted below these thresholds, however.
- **Drips** of 50 ml or more are forbidden within six hours of a competition. This rule applies regardless of the active agent they contain, and means that iron and saline drips of 50 ml or more are also banned.

- **Cold remedies:** Medicines used to treat colds may contain stimulants that are banned in competition. It is recommended that, where the remedy is used as instructed (please refer to the patient information leaflet), you should stop taking it at least 48 hours prior to a competition.

Food supplements and other supplements

In many cases, supplements are unnecessary, costly, and potentially risky. To avoid unwanted side-effects, food supplements should be used only in individual agreement with experts.

- **Contamination:** Supplements and additives may contain undeclared substances that are banned or that endanger health, either because of contaminated production facilities, or because they have been added deliberately to increase their effect.
- **Choosing products:** The greatest care must be exercised when choosing products. Research the contents and the manufacturer thoroughly. We recommend that you opt for reliable Swiss manufacturers, and avoid imports and ordering online.

Special notes

- **Contaminated foodstuffs:** There have been incidences of banned substances in meat originating from China and Mexico which have resulted in doping violations. Please take the precautions set out in the separate information sheet.
- **Cannabis** is banned in competition. It can remain detectable for several days or weeks following consumption.

Doping controls

- **The doping control procedure** is explained at: <https://www.antidoping.ch/en/testing/control-procedure>.
- **Whereabouts:** Testing pool athletes must keep their whereabouts up to date. For detailed information, please visit <https://www.antidoping.ch/en/testing/testing-pools>.

Athletes must take a clear position at all times

- Think about how you want to achieve your target performance and success, and whether or not you are prepared to consider shortcuts or cheating.
- Do not tolerate cheating by doping among your friends and fellow athletes, and give Antidoping Switzerland an [\(anonymous\) tip-off](#) if you suspect someone is taking banned substances.
- Make well thought-through decisions, and if in doubt, go with your gut feeling.
- Think about whether and how you can support #cleansport and the fight against doping.

Get in touch

Antidoping Switzerland will be pleased to answer any questions you may have at whereabouts@antidoping.ch or +41 (0)31 550 21 21

- Website: www.antidoping.ch
 - Access to the [global DRO](#) drug database (alternative to the mobile app)
 - [Clean Winner](#) e-learning program
 - Send an [anonymous message](#) if you suspect doping
- Stay informed at www.twitter.com/@antidoping_ch and www.facebook.com/antidoping.ch