

Anti-Doping Test Information For Athletes



World Anti-Doping Code:

A new anti-doping Code came into effect 1 January 2015. Testing changes that are pertinent for PSA athletes are detailed below.

Doping & Anti-Doping:

- The definition of Doping is:
 - The presence, use, possession, trafficking or administration of a banned substance.
- The World Anti-Doping Code's primary objectives are:
 - Doping free sport *and*
 - The protection of clean athletes (health and fair play).

Anti-Doping Testing:

Testing continues to be done both in and out-of-competition. Testing is now done in accordance with the risk assessment, which WADA carried out on each sport based on the known physiological demands of the sport. For squash there are very high aerobic and anaerobic demands. Most of the testing is still done on urine samples but there is some testing on blood samples.

Registered Testing Pools (RTPs):

A. *STANDARD RTP*

As before, sports are required to have a group of players who are not only subject to testing at events, but must also give their location ('whereabouts') for a 60-minute period each day during which a tester may turn up unannounced.

WADA developed the criteria for establishing a sport's *STANDARD RTP* based on the worldwide experience of doping in sport. The criteria are as follows:

- Current ranking and any recent surges in ranking position
- Any recent injuries or sudden withdrawal's from events
- Whether athletes were tested in the previous year and if they have any Missed Tests or Filing Failures on record
- Whether there is a National Anti-Doping Agency in an athlete's country
- Whether the WSF is aware of any suspicious behaviour.

A weighting system allocates points to each of the criterion.

The WSF's *STANDARD RTP* is based on the above criteria for the year commencing 1 January 2015. Athletes in the *STANDARD RTP* are likely to be tested more often than those in the *OTHER RTP* and so must provide more detailed Whereabouts information.

- The WSF *STANDARD RTP* will comprise 12 athletes.
- As it is based on the risk criteria, there is no influence of gender. There may be more or less females than males or there could be all males or all females.
- You will be notified by email if you have been included in a *STANDARD RTP*.
- Inclusion is for a minimum period of twelve months.
- You will be provided login information for submitting your Whereabouts information to ADAMS (Anti-Doping Administration Management System) while in a *STANDARD RTP*.

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B. *OTHER RTP*

This *OTHER RTP* is not based on the same criteria as the *STANDARD RTP* but will involve more athletes to broaden anti-doping testing. To lessen the burden of providing Whereabouts, *OTHER RTP* athletes are not required to submit their daily whereabouts information to ADAMS.

- The *OTHER RTP* comprises 13 top-40 men and 5 top-30 women, randomly selected but not allowing duplication with athletes already included in the *STANDARD RTP*.
- You will be notified by e-mail if you are included in the *OTHER RTP*.
- Inclusion is for a minimum of twelve months.
- You will be provided login information for submitting your Whereabouts Information in ADAMS (Anti-Doping Administration Management System).

Your Whereabouts:

- If you are included in the *STANDARD RTP* at any time you are responsible for providing the following current and accurate whereabouts information:
 - Home address
 - Training schedule and venues
 - Competition/Tournament Schedule
 - Regular personal activities (work, college etc.)Additionally you must specify a location and a 60-minute window every day, where you can be found and tested.
- If you are included in the *OTHER RTP* at any time you are responsible for providing the following current and accurate whereabouts information:
 - A confirmed mailing address for each quarter of the year
 - At least one regular activity per each quarter of the year
 - At least one competition entry per each quarter of the year
 - Additionally, full whereabouts in the 14 days prior to any event that you are participating in during each quarter of the year. WSF will keep track of entries into these events.
- There is a free [ADAMS Mobile App](#) for updating your Whereabouts on your Smartphone.

Banned Substances (the List of Prohibited Substances & Methods):

- This List applies to athletes both in- and out-of-competition.
- The latest List can be found on the [WADA website](#).
- Before taking any medication athletes should consult the List.
- Extreme caution is recommended regarding the use of supplements (even some herbal supplements contain substances that are banned).
- Always check with PSA or WSF at any time if you need guidance.

Testing (Doping Control):

- If you compete at international and/or national level you can have your urine and/or blood tested anytime and anywhere, both in- and out-of-competition, with no advance notice.
- If you do not submit accurate Whereabouts information – allowing the testing agency to locate you - you are at risk of a Filing Failure, i.e. not correctly notifying your location, which could incur a sanction (penalty). This pertains to both the *STANDARD* and *OTHER RTPs*.
- If you refuse a test you are at risk of an Anti-Doping Rule Violation that could incur a sanction.
- If you are not available for testing during the 60-minute testing slot that you specified in ADAMS, you are at risk of a Missed Test; 3 Missed Tests or Filing Failures in a 12 month period is considered an Anti-Doping Rule Violation and could incur a sanction.

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- When you are being tested:
 - The Doping Control Officer (DCO) must give you a choice of individually sealed collection equipment
 - The DCO or a chaperone of the same gender (the person who accompanies you during the process) will watch the urine and/or blood leaving your body
 - Urine samples:
 - Urine Samples will be split into an A and B bottle
 - You will seal the A and B bottles for Urine Samples
 - The DCO will measure the gravity of your sample to ensure it is not too diluted to analyse
 - The DCO will complete a Doping Control Form that you must check. You will be given a copy.
 - The sample is then sent to a World Anti-Doping Agency accredited laboratory.
 - Blood samples:
 - Will be taken from a vein in your arm as per a regular blood test.
 - Will be drawn into two Vacutainers
 - The DCO will complete a Doping Control Form that you must check. You will be given a copy.
 - The sample is then sent to a World Anti-Doping Agency accredited laboratory.
 - Both urine and blood samples may be taken at the same anti-doping testing session.

Results Management:

- If a test result is positive for a prohibited substance or method, you have the right to request the B sample to be analysed; the right to a fair hearing and to appeal any decision.
- Sanctions for violating anti-doping regulations may range from a warning to a lifetime ban depending on the type of anti-doping violation.

Don't Forget.....:

It is vital that you are careful to ensure that anything you eat, drink or take is not a prohibited substance. You are responsible for what you drink or ingest. Not knowing a substance is prohibited is not regarded as an acceptable excuse. If you have any doubts, concerns or questions we are here to help and advise you.