



**Anti-Doping?  
It doesn't affect  
ME!**

**Yes it does!**

## **Anti-Doping affects all of us**

FAI sporting licence holders may be tested at any time during FAI competitions. If you are picked for testing, you must follow the instructions given to you by the testing agency. A refusal to be tested is a failed test.

### **Get a TUE**

The World Anti-Doping Agency (WADA) publishes the list of prohibited substances on its website [www.wada-ama.org](http://www.wada-ama.org). If you have been prescribed a medication by your doctor which is on the prohibited list, you must get a form called a TUE (therapeutic use exemption) filled out by your doctor and then send it to FAI\* before you start to take the medication and at least 21 days before you compete. (\*international level competitors)

### **Don't get caught out**

Other prohibited substances are often found in medications you can buy at the pharmacy without prescription so if you have a cold, check first before taking any medication. You are responsible for what is in your system and the punishment for a positive test is usually a 2 year ban from all sports.

### **Links**

*FAI Anti-Doping Programme* - [www.fai.org/medical/antidoping](http://www.fai.org/medical/antidoping)  
*WADA website* - [www.wada-ama.org](http://www.wada-ama.org)



### **More information**

There is a lot more information on the FAI and WADA websites. If you still need more help, please contact the FAI Secretariat ([antidoping@fai.org](mailto:antidoping@fai.org);  
tel: +41 (0)21 345 1070