

# World Bowls Guidelines For Clean Sport

## 1. ABOUT ANTI-DOPING / CLEAN SPORT

World Bowls is committed to clean sport and compliance with the World Anti-Doping Code and how this ties in with the core values of the sport of Bowls. World Bowls will publish an annual anti-doping report with general testing statistics.

### WHAT IS DOPING?

Doping is defined as the occurrence of one or more of the following Anti-Doping Rule Violations (ADRVs) according to article 2 of the WADA Code:

- Presence of a prohibited substance in an athlete's sample
- Use or attempted use of a prohibited substance or method
- Refusing to submit to sample collection after being notified
- Failure to file athlete whereabouts information and missed tests
- Tampering with any part of the doping control process
- Possession of a prohibited substance or method
- Trafficking a prohibited substance or method
- Administering or attempting to administer a prohibited substance or method to an athlete
- Complicity in an ADRV
- Prohibited association with athlete support personnel who has engaged in doping

### WHY IS DOPING IN SPORT PROHIBITED?

The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall spirit of sport. Drug misuse can be harmful to an athlete's health and to other athletes competing in the sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance. To achieve integrity and fairness in sport, a commitment to clean sport is critical.

[Dangers of Doping: Get the Facts leaflet](#)

[Level the Playing Field video](#)

## **WHAT DO ATHLETES AND ATHLETE SUPPORT PERSONNEL NEED TO KNOW ABOUT ANTI-DOPING?**

“Every athlete has the right to clean sport!”

**Any athlete may be tested in- and out-of-competition, anytime, anywhere and with no advance notice.**

The principle of strict liability applies in anti-doping – if it is in the athlete’s body, the athlete is responsible for it.

Athletes’ responsibilities include (but are not limited to):

- complying with the [World Bowls Anti-Doping Regulations \[and relevant policies if applicable\]](#) (in line with the [World Anti-Doping Code](#));
- being available for sample collection (urine or blood), whether in-competition or out-of-competition;
- ensuring that no prohibited substance enters his body and that no prohibited method is used;
- making sure that any treatment is not prohibited according to the [Prohibited List](#) in force and checking this with the prescribing physicians, or directly with their National Authority or World Bowls if necessary;
- applying to World Bowls (or national anti-doping organization if the athlete is a national level athlete ) if no alternative permitted treatment is possible and a Therapeutic Use Exemption (TUE) is required (see the [World Bowls TUE application process](#));
- reporting immediately for sample collection after being notified of a doping control;
- ensuring the accuracy of the information entered on the doping control form during sample collection (including stating any medications and supplements taken within the seven days prior to sample collection, and where the sample collected is a blood sample, blood transfusions within the previous three months);
- cooperating with anti-doping organizations investigating anti-doping rules violations (ADRVs); and
- not working with coaches, trainers, physicians or other athlete support personnel who are ineligible on account of an ADRV or who have been criminally convicted or professionally disciplined in relation to doping (see [WADA’s Prohibited Association List](#)).

Note: during doping control, the athlete must remain within direct observation of the Doping Control Officer (DCO) or chaperone at all times from when the initial contact is made until the completion of the sample collection procedure. The athlete must also produce identification upon request.

Athletes’ rights include (but are not limited to):

- during the doping control:

- bringing a representative and, if available, an interpreter;
- asking for additional information about the sample collection process;
- requesting a delay in reporting to the doping control station for valid reasons ([International Standard for Testing and Investigations](#) Art. 5.4.4); and
- requesting modifications for athletes with impairments (if applicable).
- requesting and attending the B sample analysis (in the case of an Adverse Analytical Finding); and
- in the case of an Anti-Doping Rule Violation (ADRV) being asserted, the athlete has the right to a fair hearing and the right to appeal the hearing decision.
- rights regarding data protection, according to ISPPPI and any local law applicable.

### **[Athlete Consent Form](#)**

### **[Athlete Reference Guide to the 2015 Code](#)**

### **[Doping Control Video](#)**

### **[At-a-Glance: About Anti-Doping leaflet](#)**

### **[At-a-Glance: The Doping Control Process leaflet](#)**

### **[Play True Quiz](#)**

### **[Play True Quiz – Youth Version](#)**

Coaches, trainers, managers, agents and other support personnel have a role in defending clean sport and supporting the athletes in the anti-doping processes.

Athlete Support Personnels' obligations include (but are not limited to):

- knowing and complying with all applicable anti-doping policies and rules, including the [World Bowls Anti-Doping Regulations \[and relevant policies if applicable\]](#) (in line with the [World Anti-Doping Code](#)); and
- refraining from possessing a prohibited substance (or a prohibited method)\*, administering any such substance or method to an athlete, trafficking, covering up an anti-doping rule violation (ADRV) or other forms of complicity and associating with a person convicted of doping (prohibited association). These are ADRVs applicable to Athlete Support Personnel under Article 2 of the World Anti-Doping Code and [Article 2 of the World Bowls Anti-Doping Regulations](#).

*\* unless the Athlete Support Personnel can establish that the possession is consistent with a TUE granted to an athlete or other acceptable justification. Acceptable justification would include, for example, a team doctor carrying Prohibited Substances for dealing with acute and emergency situations.*

Athlete Support Personnel's rights include (but are not limited to):

- In the case of an ADRV being asserted, the Athlete Support Personnel has the right to a fair hearing and the right to appeal the hearing decision.
- Rights regarding data protection, according to ISPPPI and any local law applicable.

[CoachTrue](#)

[Sport Physician's Tool Kit \(download version / online version\)](#)

## **WHAT IS WADA AND WHAT IS ITS ROLE?**

The World Anti-Doping Agency (WADA) was established in 1999 as an independent international agency and is composed and funded equally by the sport movement and governments of the world. Its key activities include in particular scientific research, education, development of anti-doping capacities, investigations and monitoring of the World Anti-Doping Code and its application by Code signatories (International Federations, National Anti-Doping Organizations, Major Event Organizations, etc.).

For more information about WADA, consult:

[WADA website](#)

[What is WADA? video](#)

[WADA's Questions & Answers directory](#)

[WADA website – resources section](#)

## **WHAT IS THE ROLE OF THE INTERNATIONAL FEDERATION (IF)?**

Anti-doping activities required of IFs by the World Anti-Doping Code include conducting in-competition and out-of-competition testing, providing education programs and sanctioning those who commit anti-doping rule violations.

If you have any anti-doping queries, please contact the World Bowls Anti-Doping Manager who is the Chief Executive World Bowls <mailto:worldbowls@btconnect.com>

## **WHAT IS THE ROLE OF THE NATIONAL ANTI-DOPING ORGANIZATIONS (NADOs)?**

NADOs are organizations designated by each country as possessing the primary authority and responsibility to adopt and implement national anti-doping rules, carry out anti-doping education, plan tests and adjudicate anti-doping rule violations at a national level. They may also test athletes from other countries competing within that nation's borders.

Check the [list of NADOs](#) to find out who to contact in your country.

If a NADO has not been designated in a country, the National Olympic Committee (NOC), if there is no NADO, takes over these responsibilities. In a number of regions of the world, countries have pooled their resources together to create a Regional Anti-Doping Organization (RADO) responsible for conducting anti-doping activities in the region in support of NADOs.

Check the [list of RADOs](#).

RADOs bring together geographically-clustered groups of countries where there are limited or no anti-doping activities. The RADOs provide anti-doping education for athletes, coaches and support personnel, testing of athletes, training of local personnel to undertake this task and an administrative framework to operate within.

## **2. DOCUMENTS/ REGULATIONS**

The [World Bowls Anti-Doping Regulations](#) are based on the World Anti-Doping Code and have been adapted to the sport of Bowls. The World Bowls Anti-Doping Regulations include disciplinary regulations and processes applicable to anti-doping.

The [World Anti-Doping Code](#) is the core document that provides the framework for harmonized anti-doping policies, rules and regulations within sport organizations and among public authorities. It works in conjunction with 5 [International Standards](#) aimed at bringing harmonization among anti-doping organizations in various areas: Testing & Investigations (ISTI), Laboratories (ISL), Therapeutic Use Exemptions (ISTUE), Protection of Privacy and Personal Information (ISPPPI), and the List of Prohibited Substances and Methods (see [World Bowls Prohibited List](#)).

## **3. TESTING & INTELLIGENCE**

The aim of testing is to detect and deter doping among athletes to protect clean athletes.

Any athlete under the testing jurisdiction of World Bowls may be tested at any time, with no advance notice, in- or out-of-competition, and be required to provide a urine or blood sample.

**WHAT ARE TESTING POOLS AND WHY ARE WHEREABOUTS IMPORTANT FOR CLEAN SPORT?**

No-advance notice out-of-competition testing is one of the most powerful means of deterrence and detection of doping. To support this type of testing, World Bowls or its Member Authorities will be entitled to create testing pools as part of its testing program.

Certain athletes in the World Bowls or its National Authorities' testing pools, such as are required to provide information on their whereabouts in ADAMS, WADA's online anti-doping administration and management system.

World Bowls or its National Authorities will be required to update the composition of their testing pools at least yearly.

**[At-a-Glance: Athlete Whereabouts leaflet](#)**

**[WADA's webpage on ADAMS](#)**

**HOW DO ATHLETES KNOW THEY NEED TO PROVIDE WHEREABOUTS?**

Athletes who need to provide whereabouts in ADAMS for World Bowls or their National Authority are notified by World Bowls or their National Authority of their inclusion in the World Bowls or National Authority testing pool as well as what information exactly is required of them, how to use ADAMS, deadlines to submit this information and any consequences if the information required is not submitted.

**WHAT DO RTP ATHLETES NEED TO KNOW?**

Athletes included in the World Bowls Registered Testing Pool should refer to the requirements detailed in the [World Bowls Anti-Doping Regulations \(Article 5.6\)](#)

**[ADAMS login page](#)**

**[WADA's webpage on ADAMS](#)**

Should athletes have any query on ADAMS, such as how to submit whereabouts, please contact your National Authority or if necessary World Bowls.

**WHAT SHOULD ATHLETES IN THE WORLD BOWLS RTP DO IF THEY WISH TO RETIRE FROM INTERNATIONAL LEVEL COMPETITION?**

For athletes included in the World Bowls RTP, as soon as the retirement is officially confirmed to World Bowls by their National Authority, the athlete will be withdrawn from the World Bowls RTP with immediate effect. Please see [World Bowls Anti-Doping Regulations \(Article 5.7\)](#).

**WHAT SHOULD AN ATHLETE, ATHLETE SUPPORT PERSONNEL OR ANY PERSON AWARE OF DOPING PRACTICES IN THE SPORT DO?**

Any person or organization should initially report any such practices to the National Authority in the nation concerned to action as required in accordance with their National Anti-Doping Regulations. The National Authority should provide details including actions taken to the World Bowls Chief Executive.

#### **4. PROHIBITED LIST**

The Prohibited List identifies substances and methods prohibited in-competition, at all times (i.e. in- and out-of-competition) and in particular sports. Substances and methods are classified by categories (e.g. steroids, stimulants, masking agents). The list is updated annually following an extensive consultation process facilitated by WADA.

It is each athlete's responsibility to ensure that no prohibited substance enters his/her body and that no prohibited method is used.

#### **[Prohibited List \(and Summary of Modifications of new List\)](#)**

#### **[Prohibited List website \(and info on App\)](#)**

Many of the substances on the Prohibited List have no medical application, but for those that do, the list only contains the generic names of the pharmaceutical substances; the list does not contain brand names of the medications, which vary from country to country. **Before taking any medication, please make sure to check with your prescribing physician that it does not contain a prohibited substance.**

The IF will only allow an athlete to use a prohibited substance for medical reasons if the athlete has a valid Therapeutic Use Exemption ([TUE](#)) for the substance that World Bowls has granted or recognized.

**Before taking any medication, please make sure to check with your prescribing physician that it does not contain a prohibited substance.**

- 1. Check that the generic name or International Non-proprietary Name (INN) of any active ingredient is not prohibited under the Prohibited List ('in-competition only' or at 'all times').** For example, Modafinil (INN) is prohibited in-competition according to the Prohibited List and is sold in English-speaking countries under brand names such as Alertec®, Modavigil® and Provigil®. These brand names do not appear on the List.
- 2. Check that the medication does not contain any pharmaceutical substances that would fall within a general category that is prohibited.** Many sections of

the Prohibited List only contain a few examples and state that other substances with a similar chemical structure or similar biological effect(s) are also prohibited.

- 3. Be aware that intravenous infusions and/or injections of more than 50mL per 6 hour period are prohibited, regardless of the status of the substances.**
- 4. If you have any doubt, contact World Bowls (or your NADO if you are a national-level athlete).**

#### Useful Online Databases\*

The following online country-specific drug reference databases are also available for checking the status of a medication bought in that country.

- [GlobalDRO\\*](#) (for Canada, UK, USA, Japan and Australia)
- [GlobalDRO link to other countries' online databases\\*](#)

*\* Important note: World Bowls and WADA do not take responsibility for the information provided on these websites.*

## **5. THERAPEUTIC USE EXEMPTIONS (TUEs)**

A TUE is a certificate granted by an anti-doping organization (World Bowls for international-level athletes, NADO for national-level athletes). The certificate is for a set prohibited substance, in certain dosages, with a limited period of validity. An application for a TUE must be based on a documented medical condition and diagnosis and the TUE will only be granted under strict criteria laid out in the International Standard of TUEs.

**Athletes must absolutely avoid taking a medication with a prohibited substance without a valid TUE.**

The presence of a prohibited substance or its metabolites or markers in an athlete's sample without a valid TUE is an Anti-Doping Rule Violation (ADRV), as are the use or attempted use of a prohibited substance or a prohibited method, possession, administration or attempted administration.

Athletes must therefore consult the [Prohibited List](#) with their prescribing physician before taking a medication to ensure that no prohibited substance is contained in the medication needed.



An International-Level Athlete whose illness or condition requires treatment with a prohibited substance or method must apply to World Bowls for a TUE following the World Bowls strict

**TUE application process.** An 'International-Level Athlete' is any athlete competing in a World Bowls or World Bowls sanctioned international Bowls event or in a World Bowls recognized multi-sport event e.g. Commonwealth Games, Olympic/Paralympic Games. All athletes selected to participate in these events requiring a TUE must make application to World Bowls.

Each TUE application will be carefully evaluated by the World Bowls Therapeutic Use Exemption Committee and will only be granted in accordance with the [International Standard for TUEs](#) and the criteria laid out in article 4 of this standard. **If the TUE is granted, the athlete will then be permitted to use the medication during the period of validity of the TUE without committing an Anti-Doping Rules Violation (ADRV).**

Regardless of whether a TUE has been granted or not, athletes should always declare on the doping control forms filled out during sample collection any medications and supplements taken within the seven days prior to sample collection, and any blood transfusions in the three months prior for blood samples.

WADA's role in the TUE process is two-fold. First, the Agency, through its TUEC, has the right to monitor and review any TUE granted by an ADO and, following such review, to reverse any decision. Second, an athlete who submits a TUE application to an ADO (IF or NADO) and is denied a TUE, can ask WADA to review the decision. If WADA determines that denial of the TUE did not comply with the ISTUE, the Agency can reverse the decision. WADA itself does not accept TUE applications from athletes.

National-Level Athletes are to apply to their National Anti-Doping Organizations (NADO) for a TUE – [list of NADOs](#).

**[WADA's webpage on TUEs](#)**

**[WADA's Q&A on TUEs](#)**

## 6. NUTRITIONAL SUPPLEMENTS

Extreme caution is recommended regarding supplement use. A number of positive tests have been attributed to the misuse of supplements, poor labeling or contamination of dietary supplements.

The use of dietary supplements by athletes is a concern because in many countries the manufacturing and labeling of supplements may not follow strict rules, which may lead to a supplement containing an undeclared substance that is prohibited under anti-doping regulations. Taking a poorly labeled dietary supplement is not an adequate defense in a doping hearing.

Neither WADA nor World Bowls is involved in any supplement certification process and therefore do not certify or endorse manufacturers or their products. WADA and World Bowls do not control the quality or the claims of the supplements industry.

### [WADA's Q&A on nutritional supplements](#)

## 7. SANCTIONED ATHLETES AND ATHLETE SUPPORT PERSONNEL

Note: if the athlete or other person is a minor, no publication is required.

In accordance with Code Art. 14.3, World Bowls will publish the list of international athletes and athlete support personnel sanctioned under its results management jurisdiction (no later than 20 days after the final appellate decision), and include the following information:

- Sport
- Anti-doping rule violated
- Name of the Athlete or other Person committing the violation
- Prohibited Substance or Prohibited Method involved
- Consequences imposed

*Please note that the publications mentioned below should always be in compliance with the ISPPPI and local regulations.*

- **IF anti-doping decisions** (containing the date of the decision – the name of the person sanctioned – the sanction – the PDF Decision)

- **Table of suspensions** (containing the date of the beginning and of the end of the suspension – the name of the person sanctioned – the PDF Decision)
- **Case status table** (containing the date of the sample collection – the Event location – name of the athlete – test type – substance involved – date it was reported to the ADO – whether it is under investigation/before the hearing panel/before the appeal panel – the date of the decision)
- **CAS Decisions related to the ADO** (containing the date of the decision – Name of the person sanctioned – the sanction – the PDF Decision)

It may be an Anti-Doping Rule Violation (ADRV) to work with Athlete Support Personnel who has been sanctioned by the IF, as well as any coaches, trainers, physicians or other athlete support personnel who are ineligible on account of an ADRV or who have been criminally convicted or professionally disciplined in relation to doping (see [WADA's Prohibited Association List](#)).

## 8. EDUCATION TOOLS

The aim of the World Bowls information program is to ensure that answers to questions can be found easily and quickly by an end user to support any decisions they may make.

Examples of information actions as part of an information and education program include:

- World Bowls Guidelines for Clean Sport accessible on World Bowls website.
- World Bowls Web site resources including all relevant links to WADA website, current WADA List of Prohibited Substances & Methods & WADA Educational Resources
- Circulars to Member Authorities to advise of date of implementation of updated WADA List of Prohibited Substances and Methods
- 
- Regular Circulars to Member National Authorities to highlight ongoing requirements for compliance with World Bowls Anti-Doping Regulations
- 
- Conditions of Play for all World Bowls events highlight that testing can take place at any time at events also providing link to the World Bowls website

Effective prevention and clean sport values-based education programs are important to create a strong doping-free culture. WADA has developed resources for athletes, coaches, doctors and any other person who wishes to know more about anti-doping.

### **[Anti-Doping e-Learning platform \(ADeL\)](#)**

The Anti-Doping e-Learning platform (ADeL) offers access to all topics related to clean sport and anti-doping. It offers courses for athletes, coaches, doctors, administrators and anyone interested in learning more about anti-doping and protecting the values of clean sport.

### **[ALPHA - eLearning Tool for Athletes](#)**

ALPHA was developed by WADA with the input of eLearning specialists, athletes, anti-doping specialists and social scientists. It is currently available in 7 languages. The aim of this tool is to modify attitudes and have an impact on intentions to dope. It provides factual information about anti-doping (Ethical Reasons not to Dope, Medical Reasons not to Dope, the Doping Control Process, Rights and Responsibilities, TUEs, Whereabouts) and values based activities.

### **[Play True Quiz](#)**

WADA's Play True Quiz is an interactive computer game that tests athletes and their entourage's knowledge about anti-doping. It is currently available in 36 languages. As an integral element of its Outreach Program, WADA devoted considerable resources to the development of this interactive computer game which has been showcased at major events including the Olympic Games, Paralympic Games and many international events.

### **[Play True - Youth version](#)**

The Youth Quiz was developed to target a younger audience by providing them core anti-doping information that better suits their level. This interactive tool has been featured at the Youth Olympic Games and other youth events. The Youth Quiz is currently available in 34 languages.

### **[CoachTrue](#)**

CoachTrue is an online learning tool that enables coaches to learn more about the fight against doping, and thus to be more effective in preventing it. This software was developed by WADA. It provides separate platforms for elite athlete coaches and recreational sport coaches.

### **[Coach's Tool Kit](#)**

The Coach's Tool Kit provides anti-doping organizations, coaching associations and universities with material that can be integrated directly into existing coach education curricula or used as a stand-alone workshop.

### **[Sport Physician's Tool Kit \(SPTK\) – \[download version\]\(#\)/ \[online version\]\(#\)](#)**

The SPTK is designed to inform sport physicians and team doctors of their specific responsibilities relating to anti-doping to ensure they are fully informed and understand issues specific to them. It also includes information on specific policies relating to Major Games such as needle policies, bringing and prescribing medication at Games.