

ATA 2009 UPDATE on ANTI DOPING

What Every Competitive Taekwondo Athlete Should Know about Doping

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The World Anti Doping Agency, WADA, updates and changes the anti doping list on an annual basis. This is done to ensure that any new performance enhancing drugs are added to the banned list. It is also updated to streamline the process of detecting athletes who cheat. WADA publishes the banned list for all sports.

www.wada-ama.org/en/prohibitedlist.ch2

In Canada, we have the Canadian Center for Ethical Sport (CCES), which conducts testing of athletes in Canada and provides information to athletes and coaches on banned and non-banned medications.

www.cces.ca/forms/index.cfm?dsp=template&act=view3&template_id=46&lang=e

As Taekwondo participants, we are also subject to the anti doping policies of the World Taekwondo Federation. If you participate in a sanctioned WTF international tournament, you may be subject to testing at this event.

Basic categories of banned substances are: anabolic steroids, masking agents, stimulants, oxygen transfer agents, non emergency use of intravenous fluid or blood products and gene manipulation.

There are many medications which are **ALLOWED**, such as Tylenol, Advil and Motrin. Some cold medications, the birth control pill, antibiotics, Imodium, topical creams for acne and eczema are all allowed.

Some athletes have asthma, diabetes or other medical conditions requiring medications, which are on the banned list. In these specific cases, the athlete and their physician are allowed to submit a **therapeutic use exemption** for approval of use of the medication.

As a Canadian Taekwondo athlete, the WADA banned list applies to you. This year, in order to better target international athletes, many things have changed. There are now registered testing pools of athletes. These athletes are subject to random testing, they must tell the CCES their whereabouts for the year through a website called ADAMS and they must submit a Therapeutic Exemption TUE form for certain drugs such as asthma medications.

At this point in time there are only 8 Canadian athletes listed on the national RTP for Taekwondo. There are 5 other registered testing pools, and so to be absolutely sure, you should check with the CCES as to whether or not you have to submit any documentation.

To check the registered testing pool, go to:

www.cces.ca/forms/index.cfm?dsp=template&act=view3&template_id=204&lang=e

For the WTF registered testing pool you can check:

www.wtf.org/wtf_eng/site/anti_doping/data/Registered_Testing_Pool_Aug_2009.pdf

For some athletes trying to figure out what you need to do can be challenging. If you take a certain medication and you intend to compete internationally or nationally, all this can be very confusing. Do not worry; the CCES has published a therapeutic use checklist. If you follow the directions and the steps you cannot go wrong.

Here are the basic steps:

1. If you are on a medication first check to see if it is banned.
2. Check which organization is responsible for processing your TUE application.
3. Check when your TUE application should be submitted.
4. Check the specific application process and/or criteria for particular substances and/or conditions to ensure that all relevant supporting medical documentation is included with the application.

Here is the link for the checklist: www.cces.ca/pdfs/CCES-FORM-TUE-E.pdf

QUESTION PERIOD:

1. I am going to Nationals, I am not in a registered testing pool but I am representing my province - what do I have to do?

If you are on a medication or herbal substance check the CCES website to see if it is a prohibited substance. If it is, you will need to have a TUE ready in case you are asked to do a doping test.

Many athletes use ventolin (salbutamol) or insulin as a necessary treatment for their medical problems. In the past, everyone who went to a national event had to submit a TUE. Now you only need to do this if you are actually tested. If you are tested you will be permitted to submit the form retroactively

2. What happens if I am selected to represent Canada at an international event?

IF you are about to compete in an international WTF sanctioned event and you are not one of the 8 athletes listed above, you will still have to submit a TUE at least 21 days BEFORE the event.

If you win a medal or are asked to do a random test at a national event, you may be asked to submit a declaration form listing the medications you are on.

To obtain the form go to this link: www.cces.ca/pdfs/CCES-FORM-TUE-E.pdf

For asthma go to: www.wada-ama.org/rtecontent/document/asthma_TUEC.pdf

For other substances go to: www.wada-ama.org/rtecontent/document/medicalinformationtue2007.pdf

3. I made the national team and 3 weeks before the world championships I had my wisdom teeth taken out. They gave me drugs to make me go to sleep and they gave me painkillers...what do I do?

If the medications were given for a necessary procedure out of competition then they will be permitted. Please ask your doctor to document which drugs were given to you. Your team medical doctor will review the list and help you to determine if any paper work needs to be submitted. Please be aware that only a medical doctor can do this NOT a physiotherapist or a chiropractor.

Some pain killers are prohibited in competition (certain narcotics) so if you are still using pain killers near competition day you will need to review this with the medical doctor responsible for your care. In some cases you will have to stop taking the medication and start using something like plain Tylenol or Advil; consult your doctor before you do this.

4. I have been taking some herbal stuff from the gym I work out at and I am going to nationals...what should I do?

The CCES and WADA does not recommend the use of herbal remedies or supplements simply because some have been found to be contaminated with banned substances. Even if the supplement is accidentally contaminated with a steroid or some other substance, and you test positive, you could face a ban from competition for several years or life.