

Anti-Doping Awareness in Sports

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Lecture -5

WADA Code

Good morning friends and welcome to this lecture on World Anti-Doping Code. I am Professor Dobson Dominic, and this is a continuation of our first-week lecture on anti-doping, Lecture 5. So, the learning outcomes we are going to see today are: what is the WADA Code (World Anti-Doping Code), the history behind the creation of the WADA Code, what are the eight international standards the WADA Code specifies, what are the code revisions which have happened over the course of two decades, how WADA Code compliance is being followed by all the international sporting organizations, and the conclusion.

Starting with what is the World Anti-Doping Agency Code—WADA Code is a core document that harmonizes anti-doping policies, rules, and regulations within sports organizations and amongst public authorities around the world. It works in conjunction with eight international standards which aim to foster consistency among all the anti-doping organizations in various areas. What is the aim of the code? The aim of the code is to ensure fair play, health, and equality in sports globally.

A little bit on the history behind how the World Anti-Doping Agency Code was created—WADA, as we already know through the previous sessions, was established in 1999 with the help of the International Olympic Committee and several other international sporting bodies. WADA created the WADA Code and launched it in 2004. It was periodically updated over the course of years, especially in 2009, 2015, and latest by 2021.

The reason and the goal behind WADA Code creation was to standardize anti-doping policies and procedures across all sports and countries—to standardize the anti-doping testing policies and regulations throughout the world. What are the main components of the WADA Code? WADA Code standardizes the Prohibited List. The Prohibited List is a

comprehensive list made up of several substances, banned substances, and banned methods.

So, it specifies what all substances and methods should be banned in that particular sport. It is periodically revised over a period of time. WADA Code also specifies the procedures for athletes' testing and investigations. The other important component of the World Anti-Doping Agency Code is the medical allowance for certain drugs if it is necessary for athletes' health. That is called TUE or Therapeutic Use Exemption.

Especially for athletes who are suffering from childhood asthma—childhood bronchial asthma—you need to sometimes prescribe beta-blockers, beta-2 agonists, and that is a known performance-enhancing drug. So, if those athletes have a valid medical reason, they can apply to WADA for Therapeutic Use Exemption, and they can get the standardized TUE form. The final component of the WADA Code is what are the rights and responsibilities of athletes and also the organizations. So, it standardizes and gives a set form for athletes to know the testing rights and also the responsibilities or obligations towards maintaining fair play in the sport. We have looked into the main components of the WADA Code.

Now, the main purpose of the WADA Code is to protect athletes' fundamental right to participate in a doping-free sport, and thus promote health, fairness, and equality for athletes worldwide. To ensure harmonized, coordinated, and effective anti-doping programs at the international and national levels with the prevention of doping, including education, deterrence, and detection, enforcement of rules and regulations, and to clearly frame the rule of law. These are the purposes of the WADA Code. Now, what is the rationale behind the creation of this World Anti-Doping Code? Anti-doping programs are founded on the intrinsic value of sport. Sport has an intrinsic value.

This intrinsic value is often referred to as the spirit of sport. So, the spirit of sport is a very important concept, because it is a celebration of the human spirit, body, and mind. Now, where all is the WADA Code applied? WADA Code is applied for ADRVs—any presence of prohibited substance, use or attempted use of prohibited substance, refusal to submit to testing, administration of prohibited substance—then the WADA sanctions are framed. These sanctions can range from simple warnings to a temporary ban to permanent lifetime bans. The factors which are affecting the sanctions are the player's intent to dope, the type of banned substance which the athlete has used, and the history behind the athlete's usage of performance-enhancing drugs.

These all will decide the extent of sanctions. Now, what are the standards the WADA Code is framed upon? WADA Code has eight important international standards. What are they? International Standard for Testing and Investigation (abbreviation known as ISTI), International Standard for Laboratories—so, basically to standardize all the

WADA-accredited laboratories (we have one in New Delhi). International Standard for Therapeutic Use Exemption, so that there is no demarcation between the TUE forms. International Standard for the Prohibited List, so the list is a standard one throughout the world.

International Standard for the Protection of Privacy and Personal Information, International Standard for Code Compliance by Signatories, International Standard for Education, International Standard for Results Management. Let's look into each and every one. The first one is the International Standard for Testing and Investigation. So, the WADA Code establishes mandatory minimum standards for testing. It signifies planning, notification of athletes, preparing for and conducting sample collection, security, post-test administration of samples and documentation, and transport of samples to laboratories for analysis for the efficient and effective conduct of investigations and possible adverse reactions.

So, all this comes under the International Standard for Testing and Investigation. The next one is International Standard for Laboratories (ISL) to ensure that the WADA-accredited laboratories and WADA-approved laboratories for Athlete Biological Passport—both for in-competition and out-of-competition testing—have a valid report which is based on the test results and reliable evidentiary data, to facilitate harmonization in analytical testing of samples. The third one is the International Standard for Therapeutic Use Exemption to establish the conditions that must be satisfied in order for a Therapeutic Use Exemption to be granted, permitting an athlete to use a prohibited substance.

The fourth one is the International Standard for the Prohibited List, commonly known as “The List.” So, this comprehensive list indicates what substances and methods are prohibited in sport, and when it is prohibited. Some substances and some drugs are prohibited in particular sports, and some drugs are permitted outside the competition. So, this list will be a comprehensive standard for the Prohibited List. The next one is the International Standard for Protection of Privacy and Personal Information, to ensure that anti-doping organizations apply appropriately sufficient and effective privacy protections to the personal information they process when conducting anti-doping programs.

Privacy is important, because an athlete is giving a blood sample or a urine sample—it is very important that privacy is taken care of. Next one is the International Standard for Code Compliance by Signatories—to set out the relevant framework and procedures for ensuring code compliance by all signatories. The next one is the International Standard for Education, to support the preservation of the spirit of sport as outlined in the WADA Code, and to help foster a clean sporting environment. And the last one is the International Standard for Results Management, to set out the core responsibilities of

anti-doping organizations with respect to results management. So, these are the eight important codes.

The WADA Code revisions happened in 2004. WADA initiated the consultation process, and then in 2006, 2011, and 2017, the WADA Code was revised.

WADA Code Revisions—following the experience gained in the application of the 2004 Code, the World Anti-Doping Agency initiated consultation processes in 2006, 2011, and 2017 to review the Code. These review processes were fully collaborative and involved the whole of the anti-doping community, all of whom sought an enhanced code that would benefit athletes around the world. Hence, the revisions were published in 2007, 2015, and 2021.

What is Code Compliance? To date, approximately 700 sporting organizations and sporting bodies have accepted the World Anti-Doping Code. These organizations include the International Olympic Committee, International Paralympic Committee (IPC), International Federations (IFs), National Olympic and Paralympic Committees, as well as national and regional anti-doping organizations.

All the signatories are required to undertake three steps in order to be fully compliant with the WADA Code: one is acceptance, two is implementation, and three is strict enforcement. These three things are required for comprehensive WADA Code compliance. These are our references for the World Anti-Doping Agency Code. You can look into this and have a comprehensive reading.

Thank you and Jai Hind.