



BULL'S EYE THE ISSF IPOD ON DOPING

QUESTIONS AND ANSWERS ON PROHIBITED SUBSTANCES

THE ISSF RECOGNIZES THAT MANY SHOOTERS AND THEIR SUPPORT PERSONNEL HAVE MANY QUESTIONS RELATING TO ANTI-DOPING MATTERS. IN ORDER TO HELP EDUCATE ALL OF OUR READERS, WE WILL, IN EVERY EDITION OF THE IPOD SEEK TO ANSWER SOME OF YOUR QUESTIONS. THIS WEEK WE ARE DEALING WITH PROHIBITED SUBSTANCES.

WHAT IS THE STATUS OF BETA-BLOCKERS IN SHOOTING SPORT?

Beta-blockers are strictly prohibited in shooting sport and the ISSF does not and shall not grant any TUE's for beta-blockers. **Beta-blockers are prohibited substances that can never and should never be taken by any shooters.** All shooters must always seek an alternate method of treatment and so inform their medical staff should they not be aware of this important fact.

In accordance with the World Code and ISSF Anti-Doping Rules, any shooter whose sample yields a finding of a beta-blocker will - in most likelihood - be suspended for 2 years.

WHAT CAN I TAKE IF I HAVE A COLD OR THE FLU? C

AN I BE EXCUSED WHEN TAKING MEDICINE TO GET WELL?

If an athlete has a cold, flu, or hay fever there are a number of permitted medications. Ensure medications do not contain other prohibited stimulants by checking Drug Reference Online. The antihistamines are, **in general**, permitted as are cough medications and some decongestants purchased over-the-counter.

WHAT IF I NEED TO TAKE SOMETHING FOR MINOR PAIN?

Slight to moderate pain can be effectively treated using non-narcotic drugs. Most non-steroidal anti-inflammatory drugs (e.g., Ibuprofen, naproxen, Aleve, and Celebrex) are permitted. They have anti-inflammatory and analgesic (pain-killing) actions.

WHAT DO I DO IF I NEED TO TAKE A PAINKILLER FOR AN INJURY?

For management of more severe pain there are a number of substances that are permitted, such as codeine, propoxyphene, Ultram, and hydrocodone. For other narcotics, the athlete should ensure the medication they are considering is not prohibited or if a Therapeutic Use Exemption is required. Narcotics are only tested in-competition and are not tested in the out-of-competition menu.

CAN I USE MEDICATION THAT HAS BEEN PRESCRIBED BY A DOCTOR?

Some medications prescribed by physicians for treatment of legitimate medical conditions may be prohibited. A prohibited substance is still prohibited, even if prescribed by a doctor. If this substance is found in a shooter's sample, it does not matter if the doctor prescribed it, the shooter will be responsible.

ISSF does not prohibit treatment by a physician; ISSF prohibits the use of certain substances that may be provided to you by your physician in the course of treatment. ISSF follows the information on the status of medication only as provided by the World Anti-Doping Agency and according to the rules governing competition in sport. Always ask about the substance that is given to you, and do not take it if there is any doubt as to its ingredients.

WHAT SHOULD I DO IF A PROHIBITED MEDICATION IS NEEDED?

Alternative medications that are not prohibited may be available and can be used for treatment. An athlete's personal physician may not be aware of the drug restrictions in

sports. The athlete should check with his or her National Anti-Doping Organization as they typically are aware of the drug restrictions in any given country.

There may be cases where the medication is essential and no permitted alternatives exist. In those circumstances a TUE may be requested. WADA requires that all anti-doping organizations have procedures for handling requests for TUEs. Submission of a request does not mean automatic approval of a TUE. The athlete should submit an application for a TUE no less than 21 days in advance of a competition. Remember that under no circumstances will the ISSF grant a TUE's for the use of beta-blockers. The use of beta-blockers is strictly prohibited in and out of competition by ISSF.

If you are not a nationally ranked or international level shooter, and are over the age of 40 and require the use of beta-blockers to treat a documented medical condition, your National Anti-Doping Organization may exceptionally grant a national level TUE. Again, note that under no circumstances will this TUE be recognized in any ISSF competitions and under no circumstances will the ISSF grant a TUE for beta-blockers for any international-level shooters.

HOW CAN I KNOW WHICH MEDICATIONS CAN BE TAKEN?

Consult the WADA Prohibited List (www.wada-ama.org). Ask questions. Do not take any unknown substances (e.g., from a friend or acquaintance who offers something to help) and never take a family member's prescription. The use of foreign medications is strongly discouraged.

IF I AM A COACH, TRAINER, OFFICIAL OR SUPPORT PERSON TO AN ATHLETE OR TEAM, DO I ALSO NEED TO FOLLOW THE LIST OF PROHIBITED SUBSTANCES?

Although the anti-doping rules and testing only apply to athletes, the World Anti-Doping Program places a great deal of responsibility on officials and athlete support personnel to encourage drug-free sport. You do not need to complete an Abbreviated TUE for your medication or avoid the use of prohibited medication for therapeutic use. It is your responsibility to support athletes and impress upon them to check their medications. Officials and support personnel that

encourage doping or help to administer prohibited substances may face sanctions in accord with the World Anti-Doping Code.

DO HERBAL REMEDIES CONTAIN PROHIBITED SUBSTANCES?

Herbal remedies have been found to contain prohibited stimulants or other substances which may not be listed on the label. These products vary greatly and a guarantee cannot be given as to their safety or acceptability in sport. As a general rule, you are best to avoid taking herbal remedies unless you are sure that they contain no prohibited substances.

In the next edition of the IPOD we will provide Questions and Answers on Therapeutic Use Exemptions. (TUEs)

*** If you have any question on TUEs that you wish answered, you may direct your question to ISSF Headquarters at munich@issf-sports.org.

We will publish and answer as many of these questions as possible in the next edition of the IPOD.

WADA ATHLETE OUTREACH AT THE 2009 WORLD CUP IN MUNICH

The ISSF is proud to be launching the WADA Athlete Outreach Program at the World Cup in Munich May 14-21 2009. Athlete Outreach is one the most effective vehicles for educating athletes and their support personnel about the dangers and consequences of doping.

WHAT IS ATHLETE OUTREACH?

Launched in 2001, WADA's Athlete Outreach Program is delivered at major multi-sport events, such as the Olympics and Paralympics, and other regional events. Certain characteristics remain central to the success and effectiveness of this education program:

→ LOCATION

The ISSF will set-up its Athlete Outreach booth in a high-visibility area that receives a great deal of shooter foot traffic throughout the World Cup. All shooters, their training staff and medical personnel are encouraged to visit the booth when, and as often, it is

most convenient for them so that they feel comfortable asking questions about anti-doping issues.

→ ONE-ON-ONE INTERACTION

Our anti-doping expert, our anti-doping administrator and informed support staff, as well as some athletes on the ISSF athlete committee will be on hand to assist on making the Athlete Outreach booth a success. This format should allow athletes to ask their anti-doping questions of peers and experts, enforcing the quality and credibility of the ISSF's anti-doping message.

→ FUN

Learning about anti-doping is designed to be fun. Anyone visiting the booth will be able to play an interactive game called "The Anti-Doping Quiz" that tests his or her knowledge about anti-doping. Participants will be rewarded for their efforts.

→ EDUCATIONAL MATERIALS

WADA's educational materials, available in multiple languages, will also be made available providing important information on the various responsibilities everyone has under the World Anti-Doping Code and the consequences of doping.

WHAT IS THE BENEFIT OF THE OUTREACH PROGRAM?

It is a great educational tool that provides all athletes with an opportunity to ask questions general or specific, on anti-doping in a fun, friendly and interactive environment with no pressure or expectations. Shooters and their entourage (coaches, trainers, etc.) will learn about the dangers and consequences of doping in sports, as well as their responsibilities under the World Anti-Doping Code.

We look forward to seeing you at the Athlete Outreach Booth in Munich!

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IPOD QUIZ: TRUE OR FALSE?

EVERY EDITION OF THE IPOD WILL NOW HAVE A TRUE OR FALSE SECTION THAT WILL ASK OUR READERS BASIC QUESTIONS ABOUT ANTI-DOPING. THE ANSWERS TO THE QUESTIONS, AND A BRIEF, SIMPLE EXPLANATION FOR THE ANSWER CAN BE FOUND IN NEXT COLUMN.

QUESTION 1:

SHOOTERS ARE ULTIMATELY RESPONSIBLE FOR WHAT THEY SWALLOW, INJECT OR APPLY TO THEIR BODY. TRUE OR FALSE?

Answer 1: True. Explanation: All athletes need to be proactive in asking questions so they don't jeopardize their sporting careers. If you have a question - ASK! If you cannot be 100% sure of the ingredients or don't know the status of a substance - DON'T TAKE IT!

QUESTION 2:

ONLY SHOOTERS COMPETING AT THE OLYMPICS, PARALYMPICS AND WORLD CHAMPIONSHIPS ARE SUBJECT TO DOPING CONTROL. TRUE OR FALSE?

Answer 2: False. Explanation: Many countries and international federations have anti-doping programs. This means that if you are part of a national team you may be tested either during a competition or outside competition at your home or training venue.

QUESTION 3:

AS SOON AS A SHOOTER IS INFORMED THAT HE/SHE HAS BEEN SELECTED FOR DOPING CONTROL AT A COMPETITION, HE/SHE IS ALLOWED A REPRESENTATIVE TO ACCOMPANY THEM TO THE DOPING CONTROL STATION. TRUE OR FALSE?

Answer 3: True. Explanation: An athlete can choose to take a representative of their choice with them to the doping control station. This is usually the team doctor or coach. The representative witnesses all stages of the collection procedure except for passing of the sample. An athlete can also have a language aid/interpreter if necessary.

QUESTION 4:

IF A MEDICATION IS OKAY TO USE IN YOUR HOME COUNTRY, YOU CAN SAFELY USE THE SAME BRAND PURCHASED OVERSEAS?

Answer 4: False. Explanation: Some medications have slightly different ingredients when bought in different countries. In some cases, these could be prohibited substances. You must check the ingredients carefully and seek advice from your doctor, if you are unsure.

QUESTION 5:

ANY LABORATORY WITH THE NECESSARY EQUIPMENT CAN PERFORM ANALYSIS OF URINE FOR DETECTION OF PROHIBITED SUBSTANCES OR METHODS IN SPORT. TRUE OR FALSE?

Answer 5: False. Explanation: Analysis of urine for detection of prohibited substances or methods in sport is only performed at those laboratories, which have met the high standards of WADA and have been granted accredited status.

QUESTION 6:

IF A NUTRITIONAL SUPPLEMENT IS BOUGHT FROM A PHARMACY (OVER-THE-COUNTER), IT IS DEFINITELY PERMITTED IN SHOOTING-SPORT. TRUE OR FALSE?

Answer 6: False. Explanation: Taking supplements and/or any substance is at your own risk. Many supplements contain prohibited substances and most importantly may contain beta-blockers (strictly prohibited in shooting-sport. Because the supplement industry is not regulated in many countries it is important to be completely confident you know what is inside the product. WORDS OF WISDOM: If it sounds too good to be true - it is probably prohibited! An alternative to using supplements is to adapt your nutritional program.