



# BULL'S EYE THE ISSF IPOD ON DOPING

## THE IMPORTANCE OF EDUCATION

**THIS EDITION OF THE IPOD FOCUSES ON THE IMPORTANCE OF EDUCATION TO SUCCEED IN OUR ONGOING FIGHT AGAINST DOPING IN SPORT. RAISING AWARENESS AND EDUCATING ALL SHOOTERS ABOUT ANTI-DOPING ISSUES IS AN IMPORTANT PART OF THE ISSF'S ANTI-DOPING PROGRAM. INSPIRED BY WADA, THE ISSF BELIEVES THAT A LONG-TERM SOLUTION TO PREVENTING DOPING IS THROUGH EFFECTIVE VALUES-BASED EDUCATION PROGRAMS THAT CAN FOSTER ANTI-DOPING BEHAVIORS AND CREATE A STRONG ANTI-DOPING CULTURE.**

To this end, in the last few years, the ISSF has taken on many new initiatives to better educate athletes, trainers, medical staff and parents alike on the dangers of doping, and on the importance of being vigilant with regards to the obligations and responsibilities we all share under ISSF Anti-Doping Rules and the WADA Anti-Doping Code.

Anti-doping rule violations whether purposeful, deceitful or inadvertent must be avoided at all costs; not only to ensure that all shooters are competing on an even level but also to protect the health, integrity and pride of every shooter who competes, regardless of their level.

It is only by educating athletes and support personnel of all ages and all levels that the ISSF can truly believe that its efforts will be rewarded and that all shooters will be healthy, fair and dope-free.

Similarly, it is only by seeking out information and gaining necessary knowledge on banned substances and on their obligations and responsibilities that athletes and their support teams will learn to respect these same obligations and responsibilities. This knowledge should deter all shooters to use prohibited substances and should help prevent anti-doping rule violations.

Once everyone knows, understands and respects their individual obligations with respect to anti-doping, we will succeed in keeping shooting sport clean.

We all have a very important role to play in this educational process. We must all take this role seriously.

### REGULATORY OBLIGATIONS

In light of its importance, education has been made a mandatory element of the World Anti-Doping Program and of the ISSF Anti-Doping Rules.

It is our role and responsibility as athletes, as individuals involved in shooting sport and as sporting organizations to work together in a spirit of partnership and collaboration in order to ensure the success of the fight against doping in sport and the respect of the ISSF Anti-Doping Rule and the World Code.

### OUR OBLIGATIONS UNDER THE WORLD CODE:

Part 3 of the World Anti Doping Code which deals with Roles and Responsibilities outlines the many responsibilities we all have with regards to a drug-free sport.

### THE ISSF'S RESPONSIBILITIES:

Among many other critical responsibilities, Article 10.3.11 of the Code clearly states that the ISSF is responsible for promoting anti-doping education within its sport.

### NATIONAL MEMBER FEDERATIONS' RESPONSIBILITIES:

Also among other important responsibilities, Article 20.5.7 of the Code states that National Federations are responsible for promoting anti-doping education within its nation.

### ATHLETES' RESPONSIBILITIES:

Among other athlete's responsibilities, Article 21.1 underlines that athletes must be knowledgeable of and comply with all applicable anti-doping policies and rules adopted pursuant to the Code.

### ATHLETE SUPPORT PERSONNEL RESPONSIBILITIES:

Article 22 lists the responsibilities of coaches, trainers and medical staff and also underlines the importance of education. It states at 22.1 that they must be knowledgeable of and comply with all anti-doping policies and rules adopted pursuant to the Code and which are applicable to them or the Athletes whom they support.

Of equal importance, Article 22.2.3 goes further in prompting athlete support personnel to use their (positive) influence on athlete values and behavior to foster anti-doping attitudes.

### OUR OBLIGATIONS UNDER THE ISSF ANTI-DOPING RULES

As a Signatory to the Code, and in respect of its obligations under the World Code, the ISSF has made education mandatory in its anti-doping rules.

### THE ISSF AND MEMBER FEDERATIONS' RESPONSIBILITIES:

Article 5.1.1.3 of the ISSF Anti-Doping Rules reads as follows: The ISSF and each of its Member Federations are dedicated to pre

vent the intentional or unintentional use of drugs in shooting sport and shall, within their means and in cooperation with WADA, plan, implement, evaluate and monitor information and education programs for drug-free sport.

**SHOOTER AND SHOOTER SUPPORT**

**PERSONNEL OBLIGATIONS:**

Under Article 5.1.2.3 every shooter, shooter support personnel and other persons involved in shooting sport must familiarize him/herself with the content and purpose of the ISSF Anti-Doping Rules, the Prohibited List and the World Code, including the obligations to submit to doping control in-competition and out-of competition, and accept all the consequences that can derive from a breach of the ISSF Anti-Doping Rules and the World Code.

**THE WADA ATHLETE OUTREACH MODEL**

Because education is a mandatory element of the World Anti-Doping Program, in an effort to provide various Sporting Organizations and Federations with the tools necessary to deliver their own anti-doping education activities, WADA created the Athlete Outreach Model. As a partnership program with WADA, the Outreach program offers the following elements:

- The Play True Quiz (an interactive computer game)
- Customized Banners and co-branding.
- Anti-doping publications
- Prizes

By adopting the Athlete Outreach Model, National Anti-Doping Organizations, National Olympic Committees, International Federations, like ISSF, and other sports organizations can easily and efficiently deliver anti-doping education to athletes in their own countries or sports. Nearly 60 organizations are using some elements of the program in their national, regional or sport-specific activities. ISSF is now one of them.

**ISSF AND ATHLETE OUTREACH**

The implementation of the Athlete Outreach Program at its major events was perceived by ISSF as a key step towards ensuring that we keep the shooting sport clean. Accordingly, the ISSF implemented the Outreach Model for the first time at the World Cup in Munich in May of 2009.



Our Anti-Doping Booth staffed with knowledgeable and high energy individuals was set up on site to offer athletes, coaches, trainers and medical staff and support personnel as well as all spectators, volunteers and attendees an opportunity to obtain beneficial educational information on the ISSF anti-doping program, the World Anti-Doping Code, the Prohibited List of substances, as well as information on the doping control process, results management and all matters related to anti-doping.



To this end, educational brochures and pamphlets were made available to all.

Every individual who visited the Booth also had the opportunity to play the Anti-Doping Quiz. The Anti-Doping Quiz is an interactive computer game that tests the participants' knowledge on all matters related to doping. All participants were given pins and stickers to take away, and those with high scores were given the opportunity to win prizes at a raffle.

The Booth was very popular with shooters from all over the world as they were able to get up-to-date information and advice about anti-doping. Because it is available in over 20 languages, the Quiz also helps with the language barrier.

Having athletes play the doping quiz and learn about anti-doping in a fun and interactive environment was another step forward for ISSF in the education of all its athletes.

Needless to say, the launch of the Outreach Model at the Munich World Cup was a huge success. In light of the positive feedback received by ISSF for taking on this initiative, the Athlete Outreach Anti-Doping Booth will also be on site for the duration of the ISSF World Championships in Munich from July 29 2010.

Come visit the ISSF Anti-Doping Booth at the World Championships and test your knowledge of anti-doping.

**TEST YOUR ANTI-DOPING KNOWLEDGE: DO YOU KNOW THE ANSWERS?!**

Here are ten sample questions from the Anti-Doping Quiz to test your knowledge:

**Question 1:**  
**I am ultimately responsible for what I swallow, inject or apply to my body.**

*Answer: 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:**  
**As soon as an athlete is informed that they have been selected for doping control at a competition, they are allowed a representative to accompany them to the doping control station?**

*Answer: 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 3:**  
**If a medication is okay to use in my home country, I can safely use the same brand purchased overseas?**

*Answer: 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 4:**

**The maximum number of times an athlete can be tested each year is?**

Answer: Unlimited. Explanation: There is no limit to the number of times an athlete can be tested each year including in-competition, out of competition, random and targeted testing.

**Question 5:**

**When I am sick, I can be excused for taking any medicine to help me get well?**

Answer: False. Explanation: If you have a cold, flu or hay fever DO NOT take any medication or substance without first being sure it doesn't contain a prohibited substance. This includes both over-the-counter substances and medication from your doctor. Remember a positive test is a positive test.

**Question 6:**

**An athlete can refuse to submit to doping control if he/she is too busy?**

Answer: False. Explanation: Refusing to submit to doping control can carry the same sanction as a positive test. If an athlete refuses to take a test when notified, he/she must provide an explanation for the refusal on the Notification Form and inform his/her governing body as soon as possible.

**Question 7:**

**If my team doctor prescribes me medicine and I test positive as a result it is his/her fault, not mine?**

Answer: False. Explanation: Your doctor may be sanctioned for giving you bad advice and unsuitable treatment, but you should trust no one but yourself when it comes to what you put in or on your body. YOU ARE RESPONSIBLE FOR WHAT YOU TAKE!

**Question 8:**

**I should tell my doctor that as an athlete I am subject to doping controls and should not use prohibited substances.**

Answer: True. Explanation: It is important that your doctor knows you should be given alternative medications to those on the prohibited list. If this is not possible, you will need to ask for a Therapeutic Use Exemption (TUE) through your International Federation, National Governing Body or National Anti-Doping Organization before you can use the medication. Procedures exist to handle emergency cases which your doctor should also be aware of.

**Question 9:**

**The "TUE" program provides athletes the opportunity to request treatment of a serious medical condition by using a prohibited substance.**

**A TUE will only be granted if the substance does not pose a significant health problem, does not enhance performance and if there is no alternative substance or method available. TUE stands for:**

**a. Therapeutic Use Exemption**

**b. Therapeutic Use Equipment**

Answer: a. Therapeutic Use Exemption. Explanation: International level athletes should submit their Therapeutic Use Exemption (TUE) request to the ISSF and national level athletes should submit their forms to their National Anti-Doping Agency. TUEs are granted for a specific medication with a defined dosage and for a specific period of time. TUEs for Beta Blockers are never granted by the ISSF in Shooting Sport.

**Question 10:**

**If an athlete accidentally takes a substance on the Prohibited Substance List and quickly tells the doping control officer about his mistake, it can be noted on the form and no problem will arise.**

Answer: False. Explanation: The World Anti-Doping Code operates a strict liability rule which means that if a banned substance is found in your body, you are responsible.

**Out of TEN what was your score?**

If you are an ISSF News reader, then you are involved in shooting sport. You have the responsibility to familiarize yourself with the Prohibited List of Substances, the ISSF Anti-Doping Rules, the World Code, and various other regulatory documents explaining all athletes and other persons' rights, responsibilities and obligations. Please visit the WADA website at [www.wada-ama.org](http://www.wada-ama.org) and the ISSF Website at [www.issf-sports.org](http://www.issf-sports.org) to gain easy access to all this information.

We also invite you all to visit the Athlete Outreach Booth during the World Championships in Munich and expand your knowledge on anti-doping by taking the Quiz, by reading the educational materials that will be provided and by encouraging all your team, friends, and support staff to also come by the Booth.

Let's all work together to get educated, and to educate every individual involved in shooting sport on the dangers of doping as well as on the responsibilities we all share in order to keep our sport, shooting sport, clean and dope-free.

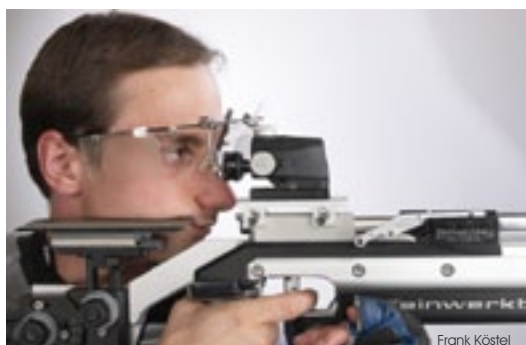
Janie Soubliere

**SEE YOU ALL AT THE OUTREACH BOOTH IN MUNICH!**

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