



BULL'S EYE THE ISSF IPOD ON DOPING

TAKE THE QUIZ!

AS YOU MAY OR MAY NOT BE AWARE, OVER THE SPAN OF THE LAST 8 YEARS ISSF HAS PARTNERED WITH WADA, OTHER NATIONAL ANTI-DOPING ORGANIZATIONS, CONTINENTAL FEDERATIONS AND NATIONAL FEDERATIONS TO SET UP ATHLETE OUTREACH EDUCATION BOOTHS AT VARIOUS ISSF WORLD CUPS AND OTHER CHAMPIONSHIPS. MOST RECENTLY, THE ESTONIAN NATIONAL ANTI-DOPING ORGANIZATIONS SET UP SUCH A BOOTH WITH THE ASSISTANCE OF THE EUROPEAN SHOOTING CONFEDERATION AT THE JUNIOR EUROPEAN CHAMPIONSHIPS IN TALLINN, ESTONIA.

The Athlete Outreach booth is a fun and interactive way for athletes and support personnel to gain some information and awareness on anti-doping and to test their anti-doping knowledge by taking a quiz. Then, regardless of their result, it is expected that these individuals will seek to increase their knowledge on anti-doping rules and processes.

The online quiz poses simple and basic questions with simple and basic answers that everyone involved in sport should be able to answer. However, perfect scores are not than common. So, now, it is time to test YOUR anti-doping knowledge: **Take the quiz!**

We have selected 15 of the 38 questions of the quiz. The answers to the questions are below, along with a short explanation.

Good luck!

QUESTIONS

QUESTION 1:

I am ultimately responsible for what I swallow, inject or apply to my body. True or False?

QUESTION 2:

Only athletes competing at the Olympics, Paralympics and World Championships are subject to doping control. True or False?

QUESTION 3:

If a medication is okay to use in my home country, I can safely use the same brand purchased overseas. True or False?

QUESTION 4:

The maximum number of times an athlete can be tested each year is? Choose one: a) 2 b) 5 c) 20 d) unlimited

QUESTION 5:

If a nutritional supplement is bought from a pharmacy (over-the-counter), it is definitely allowed in sport. True or False?

QUESTION 6:

A coach or doctor assisting or encouraging an athlete to take prohibited substances can be sanctioned if that athlete tests positive. True or False?

QUESTION 7:

Doping Control Officers must inform athletes that they will be drug tested a few hours before the test or their arrival. True or False?

QUESTION 8:

When you are subject to testing, if you are not able to provide the required amount of urine you will be asked to give a blood test in addition to your urine. True or False?

QUESTION 9:

If my team doctor prescribes medication for me and I test positive as a result, it is his/her fault, not mine. True or False?

QUESTION 10:

When I am sick, I can be excused for taking ANY medicine to help me get well. True or False?

QUESTION 11:

Question: I may be targeted for testing. True or False?

QUESTION 12:

Anabolic steroids are prohibited at all times in sport and are illegal in most countries. Using anabolic steroids can result in the following side effects: Choose one. a) Men with breasts and women with deep voices b) Liver and heart failure c) Violent mood swings d) All of the above

QUESTION 13:

What is a masking agent? Choose one. a) a person who helps athletes use prohibited substances b) a substance or procedure used to disguise the use of prohibited substances c) an athlete representative d) the glue used to stick the lid on the doping control bottle

QUESTION 14:

How often is the Prohibited List updated? Choose one. a. Once a month b. Once a year, at least c. Before every Olympic and Paralympic Games d. It is never updated

QUESTION 15:

What is the purpose of the World Anti-Doping Code? Choose one. a) To protect athletes' fundamental right to participate in doping-free sport. b) To promote health, fairness and equality for athletes. c) To ensure harmonized and effective anti-doping programs at an international level. d) All of the above

ANSWERS

1. ANSWER: TRUE

Explanation: All athletes need to be proactive in asking questions so that 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!

2. ANSWER: 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.

3. 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.

4. 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 target testing.

**5. ANSWER:
FALSE**

Explanation: Taking supplements and/or any substance is at your own risk. Many supplements contain prohibited substances. Because the supplement industry is not regulated in many countries it is important to be completely confident that you know what is inside the product. An alternative to using supplements is to adapt your nutritional program.

**6. ANSWER:
TRUE**

Explanation: Encouraging or assisting athletes to use prohibited substances or methods is considered a serious doping violation and a sanction will be imposed under the World Anti-Doping Code.

**7. ANSWER:
FALSE**

Explanation: Wherever possible, testing will be no-advance-notice. This means that Doping Control Officers (DCOs) can conduct testing at any time, and in any place.

**8. ANSWER:
FALSE**

Explanation: If you are unable to provide the required amount of urine, your partial sample will be sealed and recorded, and when ready, you will need to provide further samples until you have the required volume.

**9. 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!**

**10. 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 as well as medication from your doctor. Remember, a positive test is a positive test. If you need to take medicine you must first apply for and obtain a TUE (Therapeutic Use Exemption).

**11. ANSWER:
TRUE**

Explanation: As part of your role as a top national or international athlete you may be purposely selected by name rather than being part of a random draw. This offers you the opportunity to prove that you are competing drug-free.

**12. ANSWER:
ALL OF THE ABOVE**

Explanation: Anabolic Steroids may offer an increase in lean muscle mass, but their documented side effects can have life threatening results. By using anabolic steroids, you not only risk your health, but you are cheating yourself by never fulfilling your capacity as a clean athlete.

**13. ANSWER:
B)**

A masking agent is a substance or procedure used to disguise the use of prohibited substances.

Explanation: A masking agent is any substance or procedure used for the purpose of altering the urine or other samples of doping controls with the effect of disguising prohibited substances. Masking agents are banned both in and out-of-competition.

**14. ANSWER:
ONCE A YEAR, AT LEAST**

Explanation: The Prohibited List is reviewed

annually by a panel of international experts and an updated version enters into force on 1 January of each year. All athletes should ensure they are aware of the most up-to-date information related to the List which is available on the WADA Web site: www.wada-ama.org

**15. ANSWER:
ALL OF THE ABOVE**

Explanation: The World Anti-Doping Code is the universal document upon which the World Anti-Doping Program in sport is based.

13-15 ANSWERS CORRECT:

Congratulations. You seem to be well educated on anti-doping. But always make sure you stay updated. There is a lot more to learn!

8-13 ANSWERS CORRECT:

Good effort. Please seek to better educate yourself on anti-doping. You can visit the ISSF website and look up the anti-doping section to continue to learn about anti-doping.

LESS THAN 8 ANSWERS CORRECT:

Don't despair. But act quickly! Go to the ISSF website and visit the anti-doping section which offers a lot of information for athletes, support personnel and coaches and/or visit the WADA website, where you will have access to much more additional information.

Remember: We all have the responsibility to better educate ourselves on anti-doping!

Janie Soublière BSS. LL.M. LL.B.

ISSF Counsel and Consultant Anti-Doping in Sport

Certified precision targets made in Switzerland

We are the official supplier of the International Shooting Sport Federation ISSF and the Swiss Shooting Federation SSV.



Kromer Print AG
Unterer Haldenweg 12
5600 Lenzburg
Switzerland
Phone +41 62 886 33 30
Fax +41 62 886 33 31
shooting@kromer.ch