

International Dragon Boat Federation

ANTI-DOPING COMPETITOR'S RIGHTS AND RESPONSIBILITIES

The WADA testing program has been set up for athletes. It is essential that you understand and have confidence in the program. The following, gives the basic rights and responsibilities you as an athlete have during the doping control process.

YOUR RIGHTS:

- Be notified in of your selection for doping control
- Be informed of the consequences of refusing to provide a sample
- Have the doping control procedures explained to you

With the Doping Control Official's (DCO) consent and at all times in full view of the chaperone, you may: *attend a Medals' Ceremony (In -Competition), warm down, finish training, receive medical attention, compete in further races and fulfill reasonable media commitments*

- Be provided with a selection of sealed equipment from which to choose
- Be observed when providing your sample and always by someone of the same gender as yourself
- Receive copies of all signed documentation

YOUR RESPONSIBILITIES

- Know the IDBF's and your IDBF Member's anti-doping regulations
- Carry photo ID to present to the DCO
- Inform your doctor or pharmacist that you are a competitor who may be subject to doping control
- Consult your IDBF Member in advance if you are medically required to take any medication on the prohibited list - before being permitted to take such substances, you will need to apply for medical exemption
- Keep a list of all medications, vitamins or supplements you are taking and declare them on the doping control form
- Be careful with unlicensed products such as nutritional supplements or herbal products as these may contain prohibited substances
- From notification through to completion of sample collection, stay in full view of the DCO or chaperone, whether at a competition, training venue or your home
- Re-hydrate with sealed non-alcoholic, caffeine-free beverage before the test
- Be prepared to begin sample collection procedures as soon as possible after notification
- Remain in control of your sample until it is securely sealed
- Ensure all documentation is signed and you have been provided with a copy

Attachment1 to ANNEX A
of the Anti-Doping Policy

IDBF ADVICE TO DRAGON BOAT COMPETITORS ON THE USE OF SUPPLEMENTS

All competitors participating in the sport of Dragon Boat Racing are strongly advised to be extremely cautious about the use of any supplements. No guarantee can be given that any particular supplement, including vitamins and minerals, ergogenic aids, and herbal remedies, is free from prohibited substances as these products are not licensed and are not subject to the same strict manufacturing and labeling requirements as licensed medicines

Anti-doping rules are based on the principal of strict liability and therefore, supplements are taken at a Competitor's risk and personal responsibility.

Always consult a qualified medical practitioner, accredited sports dietitian and/or a registered nutritionist before taking supplements, and if a vitamin or mineral supplement is recommended, pharmaceutical-grade products **may** reduce the risk of using a contaminated or poorly labeled product.

What is the difference between a medicine and a supplement?

You should be aware that any product that claims to restore, correct or modify the body's physiological functions should be licensed as a medicine, according to legislation, in many countries. Licensed medicines can be identified by looking for a product license number on the label, which, for example, may look like this: PL0242/0028 (numbers will change with each product). Supplements will not contain a product license (PL) number, as they are not licensed medicines.

Additional risks

In the absence of an internationally approved quality assurance standard for supplement manufacturing and labelling, competitors and IDBF Members should be cautious of the commercial incentives associated with supplement manufacturers, for example, sponsorship and promotion deals.

Competitors or IDBF Members who accept sponsorship from supplement manufacturers do so at their own risk.

Without an approved quality standard, a guarantee cannot be given about the reliability of the manufacturing or labeling process, despite claims made by some manufacturers. Adverts that claim to improve muscle growth and assist weight loss are also cause for concern. Many of these advertisements make ambitious claims about products, but when challenged to produce satisfactory evidence to back up these claims, advertisers are unable to.

Nutritional Supplements Information.

Some questions that are commonly asked about nutritional supplements.

How do I know if I need to take vitamin and mineral supplementation for my health?

For competitors consuming a normal, varied and balanced diet, that meets their energy requirements, there is no evidence that vitamin and mineral supplementation is necessary to enhance health or performance. In fact, excessive ingestion of vitamins and minerals can be dangerous to health.

There are some practical situations in which qualified medical practitioners, accredited sports dietitians and registered nutritionists, may recommend specific vitamins or minerals for certain individuals (e.g. if iron stores are low). However, these should be taken with qualified expert advice and only used as directed or prescribed.

Caution is needed because evidence has shown that some multi-vitamin, mineral and nutritional supplements may contain prohibited substances that are not recorded on the label.

Taking additional vitamins or minerals supplementation above the recommended dietary allowance is not likely to improve performance and for some substances could actually have serious side effects such as:

- **Niacin** (vitamin 1133) - large doses can cause itching, flushing, tingling and headaches
- **Vitamin A** - large doses over a prolonged period of time can cause headache, nausea, diarrhoea, dry and itchy skin, hair loss, loss of appetite and kidney and liver damage.
- **Vitamin C** - although excess vitamin C is usually excreted in the urine, mega doses can result in diarrhoea, nausea and stomach cramps
- **Vitamin D** - large doses can result in side effects such as weakness, thirst, increased urination, gastrointestinal upsets and depression. Prolonged mega doses can result in calcium deposits in soft tissue, blood vessel walls and kidneys
- **Vitamin E** - large doses can result in nausea, abdominal pain, vomiting and diarrhoea.

Is it safe to take an ergogenic aid to enhance performance?

Ergogenic aids are agents, which are used in an attempt to improve performance.

Many ergogenic substances are banned in sport, for example, caffeine, which could result in a positive drugs test if the concentration in the urine is greater than 12mcg/ml. One ergogenic aid that is widely used and is not on the banned list is creatine monohydrate. Many ergogenic aids, including creatine products have been found to contain prohibited substances that were not identified on the label.

Do herbal remedies contain prohibited substances?

Herbal remedies, such as ginseng, guarana and echinacea have also been found to contain prohibited stimulants or other substances, which may not be listed on the label.

These products are difficult to quality assure and therefore a guarantee cannot be given as to their safety or legality. Ginseng has been used for centuries in Asia. There are over 20 plants that are called ginseng, each having varying effects.

Some forms of ginseng have a stimulant like effect in that they reduce fatigue. Ginseng is also claimed to be beneficial for improving concentration and immune function as well as anti-ageing.

There does not appear to be any conclusive scientific evidence supporting these claims or ginseng's effect on sporting performance.

Ma Huang (Chinese Ephedra) is a plant that contains the prohibited substance ephedrine taken from ephedra. Guarana is a form of caffeine that is frequently found in herbal or nutritional supplements, including energy drinks.

Caffeine is prohibited above levels of 12mcg/ml in the urine, and guarana is reported to contain up to 5% caffeine whereas other sources of caffeine, such as coffee, tea and chocolate contain between 1-4% caffeine.

Is it true that the International Olympic Committee (IOC) has endorsed supplements?

Some supplement companies target sportspeople by using the words 'IOC PERMITTED' to build confidence in the product.

The IOC does not endorse any supplements and advise caution to athletes wanting to use them.

Competitors must ensure that any medicine, supplement, over-the-counter preparation or any other substance they use, does not contain any Prohibited Substance

PROCEDURES FOR THE SELECTION OF COMPETITORS,
AND SAMPLES AND SAMPLE ANALYSIS

1. SELECTION OF COMPETITORS.

1.1 Doping controls shall be undertaken in all IDBF World Championships and for Out of Competition Testing, as laid down in the IDBF Anti-Doping Code. The Anti-Doping Code applies equally, were stated in the Code, in respect of Continental, Regional and National Dragon Boat Racing Championships.

1.2 The IDBF Jury, at an IDBF World Championship Regatta, shall decide in consultation with the relevant Testing Agency, the number of competitors to be subjected to doping control, per day of the Championships, provided always that total number of such tests during a Championship, is not less than the minimum number of tests laid down in IDBF Competition Regulation 11.4.1.

1.3 A member of the IDBF Medical and Sports Science Commission (M&SC) shall assist the Jury to randomly determine which competitors will undergo a test in accordance with the total number decided upon under paragraph 1.2. This person, known as the IDBF M&SC Representative, will be a Medical Officer appointed by the IDBF for the Championships.

1.4 Not-with-standing the foregoing the IDBF M&SC shall have the right to request, within the terms of the Anti-Doping Code, that any competitor undergo a doping control test at any time during a Championships.

1.5 A competitor may be subject to doping control on more than one occasion during an IDBF Championship.

1.6 The National Team or Club Crew concerned, hereafter referred to as the 'Delegation', shall be responsible for the transportation of its own competitors from the Doping Control Station to the Delegation's accommodation after the completion of the doping control procedures

2. COMPETITOR NOTIFICATION AND REGISTRATION FOR DOPING CONTROL.

2.1 Immediately after the race in question, the competitor selected for a doping control test shall be handed a Doping Control Notification by an appointee of the Testing Authority, and be allocated an 'Escort', nominated by the IDBF M&SC Representative. From then on the Escort shall be physically beside the competitor and keep the competitor under observation at all times. The Escort shall accompany the competitor to the Doping Control Station.

2.2 The competitor shall report to Doping Control immediately or by exception, no later than one hour after receipt of the Doping Control Notification or at another time notified by the Testing Authority appointee. The competitor shall report with his or her championship accreditation (identity) card and the Doping Control Notification. A person, a Team Coach, Doctor or another competitor from the same Delegation, may accompany the competitor to Doping Control and may watch all procedures except urination. The person shall be given a Doping Control Pass by the Escort for entry to the Doping Control. The person shall be in possession of proper championship accreditation.

2.3 The Doping Control Notification shall bear the competitor's name and championship PIN (Personal Identification Number) as recorded on the accreditation card. The competitor has to be warned, by clear written notice in the Notification, of the possible consequences should he/she fail to report for the doping control within the given time limit.

2.4 Upon presenting the Doping Control Notification, to the competitor, the Escort shall enter the time of notification and the competitor shall sign the form. The Doping Control Notification shall be in duplicate, one copy shall be kept by the competitor and the original shall be returned to the Doping Control Station by the Escort.

2.5 Upon arrival at Doping Control the competitor and the accompanying person shall show their Doping Control Passes. The competitor and the escort shall hand the Doping Control Notification to a Doping Control Officer who records the actual time of arrival on the Doping Control Notification, signs it and verifies the identity of the competitor by means of the photo, name and PIN on the accreditation card.

2.6 The Doping Control Officer shall keep the Doping Control Notification returned by the Escort and return the copy to the competitor. The actual time of arrival and the identity of the competitor shall then be noted on the Doping Control Official Record.

2.7 Should the competitor refuse to sign the Doping Control Notification or fail to report to the Doping Control Station within the time laid down in paragraph 2.1, this fact shall be noted on the Doping Control Official Record. In this case the Doping Control Official Record shall be signed by the Doping Control Officer; the representative of the IDBF M&SC and the representative of the Delegation concerned, if present. In addition, the Chairman of the Championship Jury shall be informed immediately by the representative of the M&SC. The Chairman of the Jury shall then take action as laid down in the IDBF Anti-Doping Code.

2.8 Should the competitor report to Doping Control later than one hour after the time of notification, this fact shall be noted on the Doping Control Notification and the Doping Control Official Record. The sampling procedures shall still be carried out, as described below. The representative of the IDBF M&SC shall inform the Chairman of the Jury immediately and action taken as per the Anti-Doping Code.

2.9 The competitor and the accompanying person, shall remain in Doping Control under the supervision of the Doping Control Officer, until called into a consulting area. The competitor and any personal belongings he/she or the accompanying person bring with them (bags, etc) may be searched for evidence of manipulation, upon entering and leaving Doping Control.

2.10. No photographs, video or tape recordings may be taken inside Doping Control during the doping control procedure. The original of the Doping Control Notification shall be appended to the Doping Control Official Record.

3. SAMPLE TAKING PROCEDURE

3.1 Only one competitor at a time shall be called into the consulting area.

3.2 In addition to the competitor and his/her accompanying person, only the following persons may be present in the consulting area:

- * a representative of the IDBF M&SC
- * the Doping Control Medical Officer
- * the Doping Control Technical Officer(s)
- * a representative of the Delegation concerned
- * an interpreter

3.3 Doping Control shall contain a supply of:

- a) disposable collection vessels (contained in bags).
- b) disposable urine control kits (contained in bags).
- c) disposable partial sample kits (contained in bags)

The specifications of the collection vessel, urine control kit and partial sample kit are to be determined by the M&SC Representative in co-operation with the Organising Committee.

3.4 The competitor shall select a collection vessel, visually check that it is empty and clean, proceed to the toilet and urinate a minimum of 75 ml into the collection vessel under the observation of the Doping Control Officer who shall be of the same gender as the competitor. Any clothing preventing the direct observation of the urination shall be removed. The competitor shall return to the consulting area with the collection vessel containing the urine.

3.5 If the requested urine volume of 75 ml has been provided, the competitor shall select a urine control kit, open it and place the contents on the table in front of him/her. He/she shall check that the bottles are empty and clean. The competitor shall pour approximately two thirds of the urine from the collection vessel into bottle A and one third into bottle B. A few drops of urine shall remain in the collection vessel. Next, the competitor shall close the two bottles hermetically and check that no leakage occurs. The Doping Control Officer may, with permission of the competitor, assist with the procedures outlined in this paragraph. All remaining urine shall be destroyed immediately after bottles A and B have been sealed.

3.6 The Doping Control Officer shall measure the specific gravity and pH of the urine left in collection vessel. The urine pH should not be less than 5 and not greater than 7, and the urine should have a specific gravity of 1.010 or higher. If the sample does not meet these specifications, further samples may be required by the IDBF M&SC representative.

3.7 The competitor shall declare to the Doping Control Officer any medication and nutritional supplements that he/she may have taken in the preceding three days. The Doping Control Officer shall record this statement on the Doping Control Official Record.

3.8 The Doping Control Officer shall check that the code numbers on the bottles and shipping containers are identical, and record the code number on the Doping Control Official Record.

3.9 The competitor shall then check that the code numbers on the bottles and shipping containers are identical to that recorded on the Doping Control Official Record.

3.10 The competitor shall place the bottles A and B into the respective shipping containers and close them carefully and the Doping Control Officer shall verify that these are completely closed.

3.11 The competitor shall certify, by signing the Doping Control Official Record, that the entire procedure has been performed according to the rules above. Any irregularities identified by the competitor or the accompanying person shall be recorded on the Doping Control Official Record.

3.12 The Doping Control Official Record shall also be signed by the Doping Control Officer; by the IDBF M&SC representative, and, if present, by the accompanying person and the representative of the Delegation concerned. The competitor shall be given a copy of the Doping Control Official Record.

Refusal to give a Sample.

3.13 If the competitor refuses to give a sample of urine, the possible consequences shall be pointed out to him/her by the IDBF M&SC representative. If the competitor still refuses, this fact shall be noted in the Doping Control Official Record. This shall be signed by the Doping Control Officer; the M&SC Representative and, if present, the representative of the Delegation concerned.

3.14 The competitor and the accompanying person may, if they wish, sign the Doping Control Official Record. The IDBF M&SC Representative shall be responsible for communicating the refusal to the Chairman of the Championship Jury, who shall take action under paragraph 10 of the IDBF Disciplinary Code and as per the Anti-Doping Code.

Sample less than 75 ml volume

3.15 If the competitor has produced less than the requested urine volume of 75 ml, the competitor shall select a partial sample kit and shall pour the urine from the collection vessel into the bottle. Then the competitor shall close the bottle and check that no leakage occurs.

3.16 The competitor shall check that the code numbers on the bottle and the partial sample container are the same. Next, the urine volume and code number shall be recorded on the Doping Control Official Record. Finally, the competitor shall insert the bottle into the partial sample container and close it completely. The Doping Control Officer may, with the agreement of the competitor, assist with the procedures outlined in this paragraph.

3.17 The competitor shall return to the waiting room with the partial sample container until he/she is able to deliver urine again. When the competitor is ready to deliver a further urine sample, he/she shall return to the consulting area with the partial sample container, which shall be handed to the Doping Control Officer who shall check that the partial sample container is intact and that the code number corresponds to that entered in the Doping Control Official Record.

3.18 The competitor shall then select a new collection vessel and enter the toilet where he/ she shall urinate. The competitor shall return to Consulting Area, open the partial sample container and pour the content into the collection vessel.

3.19 If the combined urine volumes are less than 75 ml he/she shall select a new partial sample container and proceed according to the procedure outlined in this paragraph. When the combined volumes total at least 75 ml the urine sample shall be processed in accordance with the procedure outlined in paragraphs 3.5 to 3.9 above.

Difficulty in Producing a Sample.

3.20 If a competitor cannot pass the doping control test at the race venue within the time limits which has been decided by the IDBF M&SC and the Organising Committee, the test may be performed at the accommodation of the Delegation concerned at the discretion of the IDBF M&SC representative.

3.21 The competitor shall be accompanied by a Doping Control Officer, the IDBF M&SC representative, and the accompanying person if he/she wishes.

NOTE: When alternative percentage Blood Testing is introduced under the WADA Anti-Doping Code separate instructions concerning when and how Blood Samples will be taken, will be issued by the IDBF Medical & Sports Science Commission.

Administrative Procedures.

3.22 The original of the Doping Control Official Record and the annexed Doping Control Notifications shall be placed in an envelope and the copy shall be placed in a separate envelope.

3.23 After recording on the outside of the envelopes the code numbers of the Doping Control Official Records contained therein and the code number of the transport container seals, the two envelopes shall be closed. The IDBF M&SC representative shall be responsible for bringing the envelopes to the Chairman of the Jury. The envelopes containing the original and the copies shall be kept closed and placed in separate secure locations unless their opening is authorised by the Chairman of the IDBF M&SC.

3.24 At the end of each doping control, the shipping containers containing the A and the B samples shall be placed in the respective A and B transport containers. Also, the corresponding laboratory copies for urine samples of the Doping Control Official Record shall be placed in a separate envelope which shall be placed in the transport container containing the A samples. Each such container shall then be sealed with a numbered seal.

4. TRANSPORT AND RECEIPT OF THE SAMPLES

4.1 Samples which have been collected shall be transported to the Doping Control Laboratory in accordance with procedures agreed with the Doping Control Technical Officer.

5. SAMPLE ANALYSIS

5.1 The analysis of a sample shall be performed as soon as possible after its arrival at the Doping Control Laboratory.

5.2 The analysis of a sample shall be carried out in accordance with methods laid down in the Anti-Doping Code, as agreed by the IDBF.

5.3 The Head of the Laboratory shall inform the Executive President of the IDBF of the results of all the samples analysed.

5.4. Should the analysis of the A samples indicate a violation of the Anti-doping Code the IDBF Executive President shall inform the IDBF Member of the competitor concerned. The B sample will be analysed, if such analysis is requested, at a time determined by the IDBF Executive Committee. Such a time shall be recorded in a written communication to the Controlling Association.

5.5 The analysis of B samples shall be carried out in the same laboratory and under the supervision of a representative of the IDBF M&SC. The Head of the Laboratory shall inform the IDBF of the result of this analysis which shall be regarded as final.

5.6 Should the result of the A sample be positive, the IDBF Executive President shall inform the IDBF Executive Committee who shall make a recommendation to the IDBF Council who shall be responsible for taking further action, under the terms of the Anti-Doping Code. The IDBF Member Association of the competitor concerned shall be informed before any sanction is made public by the IDBF, as per the Anti-Doping Code.

6. DELEGATION OF RESPONSIBILITIES

The Chairman of the Championships Jury may delegate his responsibilities to such person or persons as he may designate, at his/her discretion, from time to time.

**Attachment.2 to Annex A
of the Anti-Doping Policy**

**COMPETITOR'S' GUIDE TO WADA'S OUT- OF-COMPETITION
DOPING CONTROL PROGRAM**

(The latest Guide can be downloaded from www.WADA-ama.org)

This document is designed to help competitors to understand the role of the World Anti-Doping Agency's (WADA) out of competition doping control program. It also explains the basic sample collection process carried out by doping control agencies under the WADA testing program and will help you understand your rights and responsibilities when taking part in the doping control process.

The World Anti-Doping Agency

The World Anti-Doping Agency (WADA) was created in November 1999 through a collective initiative of sport and governments led by the International Olympic Committee. WADA seeks to foster a doping free culture in sport.

It combines the resources of sport and government to enhance, supplement and coordinate existing efforts to educate athletes about the harmful effects of doping, reinforce the ideal of fair play and detect those who cheat themselves and their sport.

WADA's out-of-competition doping control program aims to uphold the fundamental right of athletes to participate in doping-free sport through effective detection and deterrence. The program protects the majority of competitors, who choose to compete in a spirit of fair play.

WADA's doping control program guarantees consistency by ensuring an independent, quality controlled process that seeks equity for all athletes in all sports and all countries. WADA has appointed authorised testing agencies around the world to conduct sample collection on its behalf, the representatives of which will carry identification and a letter of authority when representing WADA.

The WADA Out of Competition Testing Programme

1. Selection
2. Notification
3. Sample collection
4. Sample analysis
5. Results management

1. Selection

From 1 January 2010, competitor's in the IDBF Drug Testing Pool, that is, Competitors in Medal Winning Premier Crews at a World Championships, can be selected for doping control at any time, anywhere.

2. Notification

A doping control officer (DCO) or chaperone will notify you of your selection for doping control in person, without notice. You will be required to:

- Show identification
- Sign the doping control form confirming your willingness to provide urine and/or blood* sample.

* An alternative of a Percentage of alternative Blood sampling is due for introduction by the International Dragon Boat Federation in 2006.

Failure to comply may result in a doping related infraction

3. Sample Collection

Urine

During the sample collection process you will:

- Be entitled to have a representative present if available
- Be given a choice of sealed collection vessels
- Provide a urine sample in unobstructed view of a DCO of the same gender as yourself
- Remain in full control of your sample until it is sealed in a tamper-proof sample collection kit. The sample must be kept in full view of the DCO at all times
- Select a choice of sealed sample kits, consisting of 'A' and 'B' bottles
- Divide the sample into the 'A' and 'B' bottles and seal securely
- Ensure the sample code is recorded on the doping control form

If you give an insufficient sample you will need to provide additional sample(s). The DCO will check the (pH) and concentration (sg) of your sample to ensure it is suitable for analysis. If it is not suitable for analysis you will be asked to provide another sample.

Blood

Due for introduction as a percentage alternative way of collecting samples, by the International Dragon Boat Federation in 2006, in accordance with the WADA Code.

During the sample collection process you will:

- Be entitled to have a representative present if available
- Be given a choice of sealed blood sampling kits
- Observe the doping control official using the sample kits to fill the necessary tube(s) with your blood sample
- Be responsible for handling the equipment until the blood sample is re-sealed in the secure transport container. The sample must be kept in full view of the DCO at all times

Final paperwork (blood and urine)

- Prescription and non prescription drugs, vitamins, minerals and supplements must be listed
- Provide comments if appropriate
- Ensure details are complete and the doping control form is signed by all parties

4. Sample analysis

- All urine samples will be sent via secure courier to the laboratory, as will those blood samples not analyzed on-site.
- The chain of custody of your sample will be documented at every stage of the process.
- Urine samples will be analyzed at an IOC/WADA approved accredited
- The laboratory will analyze the contents of the 'A' bottle of your urine sample for the presence of prohibited substances or methods
- The blood sample will be analyzed.
- Results will be reported to your IDBF Member Association and the IDBF/WADA

1 Prohibited substances and methods analyzed

Most sporting organizations adopt the current IOC/WADA list of prohibited substances and methods.

However, some sports may have variations to that list. It is your responsibility to ensure you are aware of the substances prohibited in your sport both in and out of competition.

5. Result management

- Your relevant International Federation will be notified of an adverse analytical finding by the laboratory, or told of a failure to comply directly by WADA
- The result management process is governed by IDBF Anti-Doping Code. Please consult your IDBF Member or further information

The above information is intended to provide an overview of the doping control process.

The method of sample collection may vary slightly in some circumstances; however, the minimum standards shall apply to ensure that the integrity of the sample is maintained.

SUMMARY OF ANTI-DOPING PROTOCOLS & PROCEDURES

A: EXTRACTS FROM THE IDBF COMPETITION REGULATIONS.

CR 11. DISCIPLINARY MATTERS.

11.1 Drug Abuse. In any IDBF Competition the use by competitors of performance enhancing drugs, chemical compounds, other dope and *any* substances, or any stimulants, prohibited by the International Olympic Committee (IOC), *the World-Anti Doping Agency (WADA) (Nov 03)* or the IDBF, is strictly forbidden. Such drug abuse when detected during a competition will result in the disqualification of the competitor concerned from the competition *and action will be taken under the IDBF Anti-Doping Policy, which is published in accordance with IDBF Bye-Law 8.8.*

*a. (11.1) **Training.** Drug Abuse detected during training or at non-IDBF competition (that is, a formal competition sanctioned by an IDBF Member or in an informal competition) or out of a competition, will be dealt with under the terms of the Anti-Doping Policy of the IDBF Member concerned. A 'model' Anti-Doping Policy for IDBF Controlling Associations is contained as Appendix 1 to the IDBF Anti-Doping Policy, which is published at the end of these Regulations. The Anti-Doping Policy forms part of this Regulation and as such, should be read in conjunction with it.*

11.1.1 (11.1). Drug Abuse by a single competitor, as described in 11.1, may bring disqualification to the entire crew, as well as disciplinary action, under Bye-Law 8, against the IDBF Member to which the competitor or crew belongs.

11.2 Reporting. Any instances of drug abuse during *an IDBF* competition must be notified by the Chief Official, to the IDBF Medical & Sports Science Commission and the IDBF Secretary General immediately. The Secretary-General shall inform the IDBF Executive Committee. The Executive may recommend, to the IDBF Council, further action under IDBF Bye-Law 8.

11.2.1 (11.2). Drug Abuse detected in training, *or at a non-IDBF competition (as defined in 11.1)* or outside of a competition will be referred direct to the IDBF Executive Committee who shall take the appropriate action under Bye-Law 8, against the competitor, crew or the IDBF Member concerned, as the case may be.

11.3 Aiding and Abetting. Anyone who assists or incites, or otherwise encourages a competitor to indulge in drug abuse shall also be considered to have committed a drug offence and will be subject to the same disciplinary procedures, *shown in the IDBF Anti-Doping Policy*, as for a competitor or crew. In the event of an IDBF Member being involved in any of the offences shown in Regulation 11.1, the Member concerned may be suspended by the IDBF Executive Committee during the period of the investigation into the alleged drug abuse.

11.4 Doping Control. At an IDBF World Dragon Championship Regatta, the Organising Committee must, within reasonable financial limits, provide a Doping Control Service as advised by the IDBF Sports Medicine & Sports Science Commission. For all other IDBF Championships it is recommended that Doping Control be provided.

11.4.1 Banned Substances. *Random drug testing is to be conducted during IDBF World Championships by an IOC approved Drug Testing Unit. All tests, of which there should be a minimum of four (4) during the competition, are to be set against the IOC banned substances list current at the time, including testing for alcohol. A Member of the IDBF Medical Commission will be on hand to monitor the testing process.*

B: EXTRACTS FROM THE IDBF BYE-LAWS.

BL 8.8 Doping and Drug Abuse. The IDBF Council, condemns the misuse of drugs by any person participating in or associated with the sport of Dragon Boat Racing and as a matter of policy, will take all steps necessary, within its powers, to prevent doping and drug abuse, within the sport, and to protect the health and welfare of its participants.

BL 8.9 To give effect to this Bye-Law the IDBF will publish an Anti Doping Policy which shall:-

- a. define the offence of doping and its punishment.
- b. give details on prohibited classes of substances and prohibited methods.
- c. advise on the procedure for the accreditation of laboratories and lay down the rules of ethics for testing.
- d. quantify the sampling procedures used for doping control and list the laboratory analysis procedures.

BL 8.10. The IDBF Anti-Doping Policy is based on that advocated by the International Olympic Committee (IOC) and will follow where appropriate the *Anti-Doping Code laid down by the World Anti Doping Agency (WADA) as adopted by the IDBF Council. (Oct 03)*. The IDBF Anti-Doping Policy is published as an IDBF Policy under Competition Regulation 11.1. The right of appeal is also a fundamental right of the individual and in this respect clear guidelines for appeals and the establishment of an Appeals Panel are covered in the IDBF Anti-Doping Policy, together with conditions of eligibility for reinstatement.

BL 8.11 This Bye-Law advises IDBF Members to, in conjunction with their national drug testing agencies, introduce national programmes of education and information on drug abuse, and to conduct testing programmes to detect the misuse of drugs in the sport and to penalise those who are guilty of such abuse. Such programmes should be in keeping with the IDBF Anti-Doping Policy and Rules and advice given by national drug testing agencies.

BL 8.12 Individuals, Crews of IDBF Members and IDBF Members found guilty of an offence under the IDBF Anti Doping Policy may have action taken against them, under Bye-Law 8, in addition to and irrespective of, any punishments laid down in the Anti-Doping Policy.

C: EXTRACTS FROM THE IDBF ANTI-DOPING POLICY.

Scope 6 (4.1) The *IDBF Anti-Doping Policy* shall apply to the IDBF and each and every *IDBF Member*. The *Doping Control Rules and Procedures*, contained in this Anti-Doping Policy, shall equally apply to each and every *Participant* in the activities of the IDBF or any of its *Member's* by virtue of the *Participant's* membership, accreditation or participation in IDBF activities and events or those of its *Member's*.

7 (4.1.1) A *Person* who is not a member of an IDBF Member Association and who fulfills the requirements to be part of the IDBF Registered Testing Pool, must become a member of an IDBF Member Association, and must make himself or herself available for *Testing*, at least twelve months before participating in International *Regattas or events of his/her IDBF Member*.

8 (4.2) All competitors at an IDBF World Dragon Boat Racing Championship Regatta must have signed the *IDBF Anti-Doping Policy Acknowledgement and Agreement*, shown at **Attachment 3 to ANNEX A**. All forms from under-age applicants must be counter-signed by their legal guardians.

9 (4.3) It is the responsibility of each *IDBF Member* to ensure that all national-level *Testing* on their National Elite Competitors complies with these Anti-Doping Rules.

10 (4.4) Many of the IDBF Member's *Doping Control* responsibilities will be delegated or assigned by statute to a *National Anti-Doping Organization*. In those countries, references in this *Anti-Doping Policy* to the *IDBF Member* shall apply, as applicable, to that Member's *National Anti-Doping body*.

Roles and Responsibilities of Anti-Doping Organisations.

18. **International Dragon Boat Federation (IDBF).** The IDBF Council has accepted on behalf of the IDBF Members that the IDBF has a responsibility to adopt and implement Anti-Doping policies and rules that conform with the *WADA Code*.

18.1 **IDBF Members.** To this end the IDBF requires that, as a condition of IDBF Membership, the Anti-Doping Policies, Rules and Education Programmes of IDBF Member Associations' are in compliance with this *Anti-Doping Policy* and that all *Competitors'* and *Support Personnel* within their jurisdiction, recognize and are bound by, the Doping Control Rules published in this Policy.

18.2 The IDBF will monitor the Anti-Doping Programmes of the IDBF Members and take appropriate action in cases of non-compliance' with this *Anti-Doping Policy*.

19. **IDBF Associate Dragon Boat Festival and Event Organisers.** The IDBF considers that it is the responsibility of all *IDBF Associate Dragon Boat Festival and Event Organisers*, to take appropriate action to discourage non-compliance with the IDBF *Anti-Doping Rules by Competitors'* taking part in their events.

20. **National Anti-Doping Organizations** The IDBF acknowledges that the roles and responsibilities of National Anti-Doping Organisations is to adopt and implement anti-doping rules and polices which conform with the *WADA Code*.....

21 **The World Anti-Doping Agency (WADA).** The IDBF acknowledges that the roles and responsibilities of WADA are to adopt and implement policies and procedures which conform with their *Anti-Doping Code*

Roles and Responsibilities of Participants

21. **Competitors.** It is the duty of Competitors to be knowledgeable of and comply with, the all Anti-doping Policy and the Doping Control Rules adopted pursuant to the *WADA Code*, in particular the *IDBF Anti-Doping Policy*

22. **Competitor Support Personnel.** It is the duty of all Competitor Support Personnel to be knowledgeable of and comply with all anti-doping policies and rules adopted pursuant to the *WADA Code*, in particular the *IDBF Anti-Doping Policy*, and which are applicable to them or the *Competitors* whom they support

ARTICLE 1 DEFINITION OF DOPING.

Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.1 through Article 2.8 of these Anti-Doping Rules.

ARTICLE 3 PROOF OF DOPING

3.1 Burdens and Standards of Proof

The IDBF and its *Members'* shall have the burden of establishing that an anti-doping rule violation has occurred. The standard of proof shall be whether the IDBF or its *Member concerned*, has established an anti-doping rule violation to the comfortable satisfaction of the hearing body bearing in mind the seriousness of the allegation which is made. This standard of proof in all cases is greater than a mere balance of probability but less than proof beyond a reasonable doubt.

Where these Rules place the burden of proof upon the *Competitor* or other *Person* alleged to have committed an anti-doping rule violation to rebut a presumption or establish specified facts or circumstances, the standard of proof shall be by a balance of probability.

ARTICLE 4 THE PROHIBITED LIST

4.1 Incorporation of the *Prohibited List*. The WADA shall, as often as necessary and no less often than annually, publish a Prohibited List of substances and methods, as an International Standard. These IDBF Anti-Doping Rules incorporate the WADA *Prohibited List*, **as an Annex to the IDBF Anti-Doping Policy**. The IDBF will make the current *Prohibited List* available to each of its Member Associations, and each such Member shall ensure that the current *Prohibited List* is available to its own members. For the sake of predictability, a new list will be published in January every year whether or not changes have been made.

4.4 Therapeutic Use – Exemptions

Competitors who use medically prescribed Prohibited Substances may be subject to sanctioning unless they have previously obtained a therapeutic use exemption (TUE) – see Annexes. Examples of commonly prescribed Prohibited Substances which might specifically require a therapeutic use exemption are medications prescribed for acute severe asthma and inflammatory bowel disease.

5.7 Selection of Competitors' to be Tested.

5.7.1 For an IDBF World Dragon Boat Racing Championships, the minimum number of tests to be taken is laid down in the IDBF Competition Regulations (Regulation 11.4.1). The IDBF Jury shall decide which Crews and or Competitors shall be tested, in consultation with the Chief Official and the M&SC representative.

The IDBF Jury, in consultation with the M&SC, may alternatively target a certain number of Competitors, from the RTP, not necessarily linked to final placements in order to maximize the diversity of competitors' tested or based on information provided by the WADA on previous tests.

5.7.2 At other World Championship Regattas and *International Events for Representative Teams*, the IDBF M&SC shall determine the number of finishing placement tests, random tests and target tests to be performed.

5.7.3 At *National Events*, each IDBF Member (or National Anti-Doping Agency) shall determine the number of Competitors' selected for *Testing* in each *Competition* and the procedures for selecting the *Competitors'*.

5.7.4 In addition to the selection procedures set forth in Articles 5.7.2 and 5.7.3 above, the IDBF M&SC at a *World Championship Regatta*, and the IDBF Member (Anti-Doping Agency) at *National Events*, may also select *Competitors* or Crews for *Target Testing*, so long as such *Target Testing* is not used for any purpose other than legitimate *Doping Control* purposes.

5.7.5 Competitors shall be selected for *Out-of-Competition Testing* by the IDBF M&SC and by IDBF Member Associations through a process that substantially complies with the *International Standard* for *Testing* in force at the time of selection.

5.8 IDBF Members and the organizing committees for IDBF Member National Championship Events shall provide access to *Independent Observers* at such events as directed by the IDBF.

ARTICLE 6 ANALYSIS OF SAMPLES

6.1 Use of Approved Laboratories

The IDBF shall send *Doping Control Samples* for analysis only to WADA-accredited laboratories or as otherwise approved by WADA. The choice of the WADA-accredited laboratory (or other method approved by WADA) used for the *Sample* analysis shall be determined exclusively by the IDBF.

**Attachment.3 to Annex A
of the Anti-Doping Policy**

DRAGON BOAT SPORT - PARTICIPANTS ANTI-DOPING DECLARATIONS

(To be signed by all participants attending an IDBF World Dragon Boat Racing Championship)

I, as a member of the _____(Team or Crew Name)
participating in the IDBF World Dragon Boat Racing Championship from
to(dates) hereby acknowledge and agree as follows:

1. I have had an opportunity to review the IDBF Doping Control Rules.
2. I consent and agree to comply with and be bound by all of the provisions of The IDBF Anti-Doping Policy, including but not limited to, all amendments to the Doping Control Rules and all International Standards incorporated in the WADA Anti-Doping Code, as incorporated in the IDBF Anti-Doping Policy.
3. I acknowledge and agree that IDBF and its Members have jurisdiction to impose sanctions as provided in the Doping Control Rules.
4. I also acknowledge and agree that any dispute arising out of a decision made pursuant to the IDBF Anti-Doping Policy, after exhaustion of the process expressly provided for in the Doping Control Rules, may be appealed exclusively as provided in Article 13 of the Anti-Doping Code to an appellate body for final and binding arbitration, which in the case of International-Level Competitors is the Court of Arbitration for Sport.
5. I acknowledge and agree that the decisions of the arbitral appellate body referenced above shall be final and enforceable, and that I will not bring any claim, arbitration, lawsuit or litigation in any other court or tribunal.
6. I have read and understand this Acknowledgement and Agreement.

_____ Date

_____ Print Name (Last Name, First Name)

Date of Birth
(Day/Month/Year)

.....
Signature (or, if a minor, signature of
legal guardian)

NOTE: From 1 January 2010, all Premier Division Competitors shown on a National Team List will be placed on the IDBF Register of Elite Paddlers **and some Finalists in Premier Competition Classes will be selected to form the IDBF International Registered Testing Pool (IRTP). Competitors in the IRTP may be subject to Out of Competition Doping Control at any time, any where in the world, by the IDBF or WADA, under the IDBF Anti Doping Policy and WADA Anti-Doping Regulations.** The Elite Paddlers Register will be updated at each subsequent IDBF World Nations Dragon Boat Racing Championship (WDBRC).