

## **Anti Doping Awareness 22/04/2020**

Q: How to distinguish if Erythropoetin is natural or taken as a substance abuse?

A: WADA has guidelines and further tests to find out the cause.

Q: How to know if any Ayurvedic or herbal substances have prohibited substances?

A: Machine analyses metabolic bio markers which can be in any form herbal/allopathic etc.

Q: Drinking coffee before the bout is safe?

A: 2019 onwards caffeine is removed from the prohibited list.

Q: Redbull is banned or not?

A: Any energy drink not containing substances in the prohibited list, is safe. Athlete has to be careful if the substance is not mentioned in the product.

Q: Can we hope that NADA is making some App?

A: It is under development.

Q: No needle policy?

A: It comes under organiser of the ruling body of the event. NADA and WADA is not concerned with it. The purpose is to restrict use of needles/syringes by self or unqualified practitioners.

Q: Can TUE be misused by an athlete with the help of team Doctor?

A: No. it has to be applied to NADA for approval. TUE committee also has strict norms in approval.

Q: Cough syrup out of competition?

A: Not prohibited

Q: Cough syrup during competition?

A: One or two teaspoon will not cross the threshold. Overdose or bulk quantity can come into doping.

Q: If a boxer is banned due to doping then will the Coach be banned too?

A: No.

Q: Will the athlete continue receiving facilities after being sanctioned for doping?

A: The boxer will not receive any govt facility from any organisation in any kind of sporting activities. It will be duly decided by the policies of the employer.

Q: Supplement doesn't show any banned substance, then can we send the supplement for confirmation to any lab?

A: No

Q: Which certifications should we look for to choose the supplements genuineness?

A: Any supplement should be avoided, unless there is any scientific or medical assessment says so. WADA doesn't encourage the use of any supplement.

Q: Blood transfusion out of competition?

A: During dope test they ask these questions, so it should be voluntarily disclosed in the form. Result management procedure will take care of that.

Q: Multivitamins via injections?

A: No problem. As long as done through medical prescription.

“Choose right path to achieve your goals” - Play Fair