

# Whereabouts – Why, What, How

## Purpose of collecting whereabouts information

In order to protect the rights of athletes to compete on a level playing field, anti-doping organizations not only conduct in-competition testing during competitions, but would also conduct no advance notice out-of-competition testing on testing pools athletes, so as to ensure that they are not using prohibited substances and methods. Therefore, athlete's whereabouts information needs to be collected by Anti-Doping organizations to locate athlete/s for out-of-competition tests anytime and anywhere.

## Testing Pools

Athletes included in the World Bowling (WB) Testing Pools are required to submit whereabouts regularly. Athletes should update their whereabouts frequently to ensure submissions are complete and accurate.

### Registered Testing Pool (RTP):

Athletes being included in the World Bowling Registered Testing Pool;

### Elite Testing Pool (ETP):

Any other athletes at the discretion of WB

## Requirements on whereabouts information (For RTP & ETP)

### Whereabouts Submission:

To be submitted on a quarterly basis. The deadlines for each quarter are 31 December, 31 March, 30 June, and 30 September

Whereabouts shall be updated as necessary so that it remains accurate and complete at all times

### Whereabouts Items:

To provide the full address of the place where the athlete will be staying overnight for each day, i.e. the daily overnight residence (RTP only)

To specify a 60-minute time slot between 5 a.m. and 11 p.m. for each day, during which the athlete is available and accessible at the specified location for testing (RTP only)

To provide training and competition schedules or schedule of other regular activities at least 3 days per week (Both RTP & ETP)

### Points to Note:

1. Athletes should provide detailed addresses and accurate locations which should include the street number, name of the venue/building, floor and room number, etc.
2. Athletes should provide a time and location that is suitable for conducting a doping test (e.g. a place where a toilet and a private room is available).
3. If there are any planned overseas competitions or trainings, athletes should provide the following information:
  - Competition name, the host country and city
  - The venue, date and time of training/competition
  - Hotel details, room number, date and time of stay



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**4.** It is the responsibility of athletes to ensure that Doping Control Officers can gain access to the reported location to notify athletes for doping tests.

**5.** All doping tests are conducted with no advance notice.

**Athletes must update their Whereabouts in ADAMS as soon as there is any anticipated change.**

### Ways to submit and update whereabouts information

Athletes in WB Testing Pools can submit and update whereabouts information through the following means:

Submit & Update:

ADAMS: <http://adams.wada-ama.org>

Athletes included in the Registered Testing Pool of World Bowling should submit and update whereabouts via ADAMS only.

Anti-Doping Administration and Management System (ADAMS) is developed by the World Anti-Doping Agency (WADA) to facilitate instant online submission and updating of whereabouts information by athletes and authorized representatives. ADAMS User Guides in English are available on World Bowling or WADA website.

### Consequences of Whereabouts Failures / Non- Compliance

#### RTP Athletes:

Situation: Accumulation of 3 Filing Failure and/or Missed Test committed within a 12-month period

Consequences: Violation of anti-doping rule which could result in ineligibility and fines

#### ETP Athletes:

Situation: Accumulation of 3 Whereabouts Transfer to RTP. Non-compliances within a 12-month period.

Consequences: Transfer to RTP

### Rights of Athletes in relation to the Whereabouts Requirement

Athletes have the opportunity to provide explanation for any apparent Filing Failure/Missed Test/Whereabouts Non-compliance. If the explanation is accepted by the World Bowling Anti-Doping Committee, the case will not be formally recorded.

### Whereabouts Tips

- 1.** Set regular notifications on your mobile phone or personal calendar to remind yourself on the whereabouts submission deadlines and to update whereabouts (e.g. weekly alarm).
- 2.** Set daily alarm on your watch or mobile phone to remind yourself of the 60-minute time slot.
- 3.** If you are an International Level Athlete (who is included in your NF's RTP), you must submit and update your whereabouts through ADAMS which would be accessible by both your National Federation ADC and World Bowling.
- 4.** If you are a retired athlete but intend to return to international competitions, you should comply with relevant regulations of your National Federation ADC and World Bowling, submit whereabouts for a certain period (usually 6 months in advance) and be available for out-of-competition testing before returning to competitions.



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A Therapeutic Use Exemption (TUE) gives an athlete the authorization to use a substance/method included on the Prohibited List to treat a medical condition.

### Criteria for Granting a TUE

1. The prohibited substance/method in question is needed to treat an acute or chronic medical condition. The athlete would experience a significant impairment to health if the prohibited substance/method were to be withheld.
2. The therapeutic use of the prohibited substance/method is highly unlikely to produce any additional enhancement of performance.
3. There is no reasonable therapeutic alternative to the use of the prohibited substance/method.
4. The necessity for the use of the prohibited substance/method is not a consequence, wholly or in part, of the prior use (without a TUE) of a substance/method which was prohibited at the time of such use.

#### NOTE:

A valid TUE must be obtained before the use of a prohibited substance/method.

### Submission of TUE Application

TUE application should be submitted to World Bowling under the following situations:

- You are not in the Registered Testing Pool (RTP) of your National Federation (NF);
- You have confirmed with your NF that they will not accept nor process your TUE application; and
- You have already contacted and informed World Bowling on the confirmation of the above situations.

1

Are you included in your NF's Registered Testing Pool (RTP)?

Yes

Apply to NF

No

go to next questions

2

Are you competing at international event?

Yes

Apply to World Bowling

No

Apply to NF ADC

# Therapeutic Use Exemption



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## Documents Required for TUE Application

1. TUE Application Form completed by the athlete and his/her doctor (the Form can be downloaded from World Bowling website) .
2. Detailed medical report (e.g. medical history, laboratory reports, etc.)

## Points to Note:

- TUE application should be made as soon as the need arises, or at least 30 days before the approval is required (e.g. participating in a competition).
- TUE application should only be submitted to one organization.
- If you are an international-level athlete or are participating in an international-level competition, your application should be submitted to World Bowling.
- If a TUE is granted by NF, you must inform World Bowling immediately.
- Each TUE has a specified duration. If you need to continue to use the prohibited substance/method after the expiry date, you must submit a new TUE application at least 30 days before the expiry date.
- You should always carry a valid TUE in order to prepare for no advance notice doping tests anytime, anywhere.

## TUE Application Procedures

**1** **Contact World Bowling**  
To confirm that the TUE application should be submitted to World Bowling\*

**2** **Download the TUE Application Form**  
World Bowling website  
([www.worldbowling.org](http://www.worldbowling.org))

**3** **Complete the Form**  
Ask for doctor's assistance to fill out the Form and attach detailed medical report.

**4** **Submit the Application**  
Submit the application at least 30 days before the TUE is required.

\* For athletes who belong to NF's RTP, please contact your respective IF for TUE application details.

## Tips during Medical Consultation

1. Show the "Letter to Doctor" and the "Prohibited List" to your doctor (available for download on World Bowling website ([www.worldbowling.org](http://www.worldbowling.org)))
2. Inform the doctor that you are an athlete and are subject to doping tests; therefore you must not be prescribed with any prohibited substances/methods on the list.
3. Check the prohibition status of medicine registered in World Bowling website before use.
4. If prohibited substances/methods are required for treatment, ask for the doctor's assistance to fill out the "TUE Application Form" .

**For further information regarding TUE application, please visit World Bowling website ([www.worldbowling.org](http://www.worldbowling.org)) or contact World Bowling.**



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# Anti-Doping Rule Violations

Created by the World Anti-Doping Agency (WADA), the World Anti-Doping Code (the Code) is the fundamental and universal document upon which the World Anti-Doping Program in sport is based, aiming at protecting the right of Athletes to compete in a doping-free environment in sport.

In the Code, there are 10 circumstances and conduct which constitute Anti-Doping Rule Violations. They are:

## Rule 1

### Presence of a prohibited substance or its metabolites in an Athlete's sample

It is a violation if a sample (urine or blood) provided by an Athlete is tested positive for prohibited substances or its metabolites. According to the Principle of Strict Liability, Athlete is responsible for any prohibited substance found in his or her samples, no matter if the prohibited substance is used intentionally or not.

## Rule 2

### Use or attempted use by an Athlete of a prohibited substance or method

A rule violation is established when there is valid proof, such as admissions by the Athletes, witness statement, documentary evidence or conclusions drawn from analysis of Athlete's samples, indicating the Athlete has used or attempted to use a prohibited substance or method.

## Rule 3

### Evading, refusing or failing to submit to sample collection

Athletes have to submit to sample collection carried out by Anti-doping authorities at anytime and anywhere. Evading, refusing or failing to submit to sample collection without convincing justification is a violation of the rule.

## Rule 4

### Whereabouts failures

Athletes included in testing pools have to meet the whereabouts requirements. Accurate and updated whereabouts information (e.g. residential address, training and competition details, etc.) must be submitted on time on a quarterly basis to allow doping tests to be conducted anytime and anywhere. Any combination of 3 Filing Failures and/or Missed tests within a 12-month period constitutes a violation of the rule.

#### Filing Failure:

Failing to make accurate and complete whereabouts filing based on the requirements.

#### Missed Test:

Failing to be available for doping tests in the 60-minute time slot of a day.



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## Rule 5

### **Tampering or attempted tampering with any part of doping control**

Examples of tampering include, but not limited to, interfering with a Doping Control official, providing fraudulent information to an Anti-Doping Organization, or intimidating a potential witness.

## Rule 6

### **Possession of prohibited substance or method**

It will be a violation of the rule if Athletes or Athlete Support Personnel possess prohibited substance/method without justification or a valid Therapeutic Use Exemptions (TUE).

## Rule 7

Trafficking or attempted trafficking in any prohibited substance or method.

## Rule 8

Administration or attempted administration to any Athlete of prohibited substance or method.

## Rule 9

### **Complicity**

Any person assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation or attempted anti-doping rule violation will constitute a violation.

## Rule 10

### **Prohibited Association**

Association by an Athlete or other person in a professional or sport-related capacity with any Athlete Support Person who is serving a period of ineligibility, or who has been convicted in a criminal, disciplinary or professional proceedings due to engagement in conduct which would have violated the anti-doping rules, will constitute a violation.

Examples of the types of prohibited association include: obtaining training, strategy, technique, nutrition or medical advice; obtaining therapy, treatment or prescriptions; providing any bodily products for analysis; or allowing the Athlete Support Personnel to serve as an agent or a representative. The association does not need to involve any form of compensation.

### **NOTE:**

These rules do not only apply to Athletes. Athlete Support Personnel (such as coaches, team managers, officials and medical personnel) and people outside the sport sector could also be sanctioned due to an anti-doping rule violation. Athlete Support Personnel are required to be bound by the rules as a condition of participation in sport.



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# Blood Testing & Sample Collection



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When an Athlete is selected for testing, he/she may be required to provide an urine sample, a blood sample, or both. Blood testing, complementary to urine testing, allows for improved detection of prohibited methods/substances which may not be detected in urine such as blood transfusion, growth hormone, insulin and CERA.

## Athlete Biological Passport

Blood testing also allows for the building of "Athlete Biological Passport" (ABP), a longitudinal data collection which monitors certain biological markers over time to detect the use of performance-enhancing substances and/or methods.

## Blood Collection Officer

When an Athlete is selected to provide a blood sample, a Blood Collection Officer (BCO) is to accompany the Doping Control Officer (DCO) throughout the blood collection session. The BCO is a qualified phlebotomist who performs the blood collection, while the DCO oversees the whole procedure.



## Blood Sample Collection

### 1. Rest

- The Athlete is required to remain in a seated position for a minimum of 10 minutes before providing a blood sample.
- If the blood sample is to be collected after training or competition for ABP, the Athlete may have to wait for two hours before the sample collection can take place.

### 2. Selection of Kits

- The Athlete selects a Blood Sample Collection Kit and a Sample Transport Kit. The Athlete is given at least 3 sets of each to choose from.

### 3. Blood Collection

- The BCO applies a tourniquet around the Athlete's upper arm (if necessary) and clean the skin. The BCO then draws sufficient blood (around 6 to 10 ml) from a superficial vein to fill either one or two tubes.

### 4. Sealing the Sample

- The Athlete places the tubes into the A and B containers of the Sample Transport Kit and seal them.

### 5. Completing and Signing on the Doping Control Form

- The DCO completes the Doping Control Form and verify the information with the Athlete.

### 6. Transportation of Samples

- The blood samples are sent to a WADA-accredited laboratory for analysis through a secure chain of custody.

## Points to Note:

- If an Athlete has a fear of needles and blood, he/she should express his/her concern to the BCO and the DCO directly. They are trained professionals who can guide the Athlete through the procedures to make the sampling procedures as easy and painless as possible. The Athlete is also recommended to bring a representative to assist him/her.
- After the blood sample collection, Athlete should use a cotton (or gauze pad) to press firmly on the puncture site for 2 to 3 minutes.
- In order to minimize any potential bruising, Athlete is advised not to undertake any strenuous exercise with the arm for at least 30 minutes.

Both urine and blood samples may be collected in the same doping control session.

#### NOTE:

Evading, refusing or failing to submit to any kind of sample collection is a violation of the Anti-Doping Rules.



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# Doping Control Procedures / Urine Testing

## Doping Control Notification

- 01.** The Doping Control Officer (DCO)/ Chaperone notifies the Athlete that he/she has been selected for doping control.
- 02.** The Athlete is required to present a photo ID to confirm his/her identity. The Athlete is also informed of his/her rights and responsibilities regarding the test.
- 03.** The Athlete should sign on the Doping Control Form to acknowledge and confirm the notification.

## Reporting to Doping Control Station

- 04.** The Athlete should report to the Doping Control Station immediately after the notification.
- 05.** The DCO may allow a delayed reporting to the Doping Control Station by the Athlete under reasonable circumstances. For example:
  - Locating an Athlete Representative
  - Completing a training session
  - Receiving necessary medical treatment
  - Obtaining photo identification
- 06.** The Athlete is accompanied by the DCO/Chaperone until the doping control process has completed.

## Hydrating

- 07.** The Athlete should choose from a selection of individually sealed, non-alcoholic beverages to hydrate.

## Selection of Urine Collection Vessel

- 08.** When the Athlete is ready to provide a urine sample, he/she should follow the instructions of the DCO to select a Urine Collection Vessel. The Athlete is given at least three sets to choose from.
- 09.** The Athlete should carefully check that the vessel is intact and has not been tampered with.
- 10.** From then onwards, only the Athlete should handle the vessel until the sample is sealed (unless assistance is required by the Athlete).

## Sample Provision

- 11.** The Athlete is accompanied by the DCO/Chaperone of the same gender to the toilet.
- 12.** The Athlete should wash his/her hands thoroughly with water only, and then remove or adjust clothing so that the DCO/Chaperone (as witness) is able to directly observe the urine leaving the Athlete's body into the vessel.
- 13.** The Athlete should provide at least 90ml of urine.



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## Selection of Sample Collection Kit

14. The Athlete is given a choice of at least three sets of Sample Collection Kit. The Athlete should check that all seals on the kit are intact and have not been tampered with.
15. Each Sample Collection Kit consists of an "A Bottle", a "B Bottle" and two sealable bags. After opening the kit, the Athlete should check to ensure that the sample code numbers on the bottles, lids, and the box are the same.
16. The Athlete pours the sample into the "A Bottle" and the "B Bottle" respectively as instructed by the DCO.
17. The Athlete should leave a small amount of urine in the Urine Collection Vessel for the DCO to measure the specific gravity.

## Sealing the Sample

18. The Athlete seals the "A and B Bottles" and the DCO should check that the bottles are sealed properly.
19. The Athlete puts the "A and B Bottles" into the sealable bags separately.

## Declaration on the Use of Medication and Supplement

20. The Athlete should provide information on any medication and supplement used in the past 7 days.
21. The Athlete should indicate on the Doping Control Form if there is any granted Therapeutic Use Exemption (TUE).

## Completing and Signing on the Doping Control Form

22. The Athlete should review the Doping Control Form carefully to ensure that all information on the form is correct, including personal information, sample code number, etc.
23. If the Athlete has any comments regarding the sample collection process, he/she could also indicate on the form.
24. All involved parties, including the DCO, the Chaperone, the Athlete and the Athlete Representative (if present) should sign on the Doping Control Form to certify all the procedures have been conducted properly.
25. Finally, the DCO provides a copy of the Doping Control Form to the Athlete for his/her record.

## Transportation of Samples

- The Athlete's samples are packaged properly for sending to a World Anti-Doping Agency (WADA)-accredited laboratory for analysis.
- The transportation of samples is monitored by a chain of custody to ensure the security of the samples and that the samples can be tracked.

## Athlete's Rights during Doping Control

- To have a representative present throughout the entire process; athlete under the age of 18 must be accompanied by an adult
- To have the procedures clearly explained
- To be provided with at least three sets of Urine Collection Vessel and Sample Collection Kit for selection
- To remain anonymous on the Doping Control Form which is sent to the laboratory with the sample

- To give comments and raise concerns regarding the sample collection process
- To have his/her sample securely stored and transported Documents Required for Doping Control

## Documents Required for Doping Control

- Photo ID
- Record of medication and supplement used in the past seven days (if applicable)
- Valid TUE (if applicable)

Athlete should always carry these documents in order to prepare for no advance notice doping tests anytime, anywhere.

## NOTE:

Evading, Refusing or Failing to submit to sample collection is a violation of the Anti-Doping Rules.



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# Health Risks and Side Effects of Performance Enhancing Drugs



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## The Prohibited List

The Prohibited List is published by the World Anti-Doping Agency (WADA) annually, identifying the substances and methods prohibited in-and-out-of-competition, and in particular sports.

Any substances or methods meeting the following criteria could be included on the Prohibited List.

- 1. Two of these criteria are met:**
  - Potential to enhance sport performance
  - The use represents actual or potential health risk
  - The use violates the spirit of sport
- 2. Potential to mask the use of prohibited substances and methods**

## Health Risks

Use of any performance enhancing drugs (PED) may cause serious health problems and adverse side effects because:

- 1.** Some of PEDs are intended for therapeutic purposes and they should only be prescribed by physicians only. It will pose serious health risks if athletes use these substances when it is not medically necessary.
- 2.** Prolonged use of drugs or taking a combination of drugs may cause permanent damage to the body.
- 3.** Some PEDs can create both physical and psychological dependence. Withdrawal symptoms may occur when the drug is discontinued.

## Commonly-abused Performance Enhancing drugs

### 1. Anabolic Agents:

**Prohibited at all times (both in- and out-of-competition)**

Anabolic agents (e.g. steroids) are synthetically produced substances which mimic the effects of testosterone (a hormone naturally derived in the body). Anabolic steroids increase protein synthesis, enhance muscle and bone growth. They also have androgenic effects, including the development and maintenance of masculine characteristics such as the growth of the vocal cords and body hair.

#### Side Effects

Steroids can impose serious side effects on a person's health. Most of these side effects are dose-dependent. In general, steroids increase the risk of cardiovascular disease, liver disease, and high blood pressure. Common psychological / behavioural changes include mood swings, aggression, mania, depression, and dependence. Using steroids may result in acne and permanent baldness. For male users, it also leads to breast tissue development, shrinking of testicles and decrease in sperm production. In females, steroids can cause the growth of facial hair, deepening of the voice and abnormal menstrual cycles. In children, administration of steroids can cause stunting of growth and pre-mature puberty.

### 2. Stimulants:

**Prohibited in-competition only**

Stimulants (e.g. amphetamine and cocaine) are substances that act on the central nervous system. Stimulants can increase alertness, reduce tiredness, increase competitiveness and aggression in athletes.

#### Side Effects

The use of stimulants can lead to dehydration, anxiety, insomnia and increased heart rate. It also affects coordination and balance. Prolonged use may increase the risk of cardiovascular problems and stroke.

### 3. Erythropoietin:

Prohibited at all times (both in- and out-of-competition)

Erythropoietin (EPO) is a peptide hormone produced by the body that stimulates the production of red blood cells. EPO can stimulate the bone marrow to produce more red blood cells in order to increase the oxygen carrying capacity of the blood. The use of EPO can increase exercise endurance and reduce recovery time.

#### Side Effects

EPO makes the blood more viscous and causes blood pressure to rise. It will increase the risk of heart attack, stroke and pulmonary embolism, which may result in death.

### 4. Cannabinoids:

Prohibited in-competition only

Cannabinoids are substances that can be found in dried flowers, leaves or resin of the Cannabis plant. Cannabis produces the feeling of euphoria and relaxation.

#### Side Effects

The use of cannabis affects the brain which causes mood swings, feelings of anxiety or paranoia. It also reduces memory and ability to concentrate. Other effects on the body include impaired balance and co-ordination, drowsiness and dryness of mouth. Long term risks of cannabis use may include weakened immune system, increase risk of lung, mouth, tongue, and throat cancer.

## Other Common Prohibited Substances / Methods and their Potential Side Effects

### Substances and Methods Prohibited at All Times (In- and out-of-competition)

#### 1. Beta-2 Agonists

Potential Side Effects:

Increase heart rate and blood pressure, sweating, nausea and tremors

### 2. Hormone and Modulators

#### (e.g. Anti-estrogenic Substances)

Potential Side Effects:

Hot flushes, sweating, insomnia and osteoporosis

### 3. Diuretics and Other Masking Agents

Potential Side Effects:

Dehydration, muscle cramps, drop in blood pressure, electrolyte imbalance, dizziness or fainting

### 4. Manipulation of Blood and Blood Components

Potential Side Effects:

Increased risk of infection, development of blood clot, heart attacks, strokes and pulmonary embolism

### 5. Gene Doping

Potential Side Effects:

The technology is new and dangerous. Side Effects are unpredictable.

## Substances Prohibited In-competition Only

### 1. Narcotics

Potential Side Effects:

- Increase pain threshold and failure to recognize injury, weakened immune system, decreased heart rate and suppressed respiratory system
- Loss in balance, coordination and concentration
- Highly addictive leading to physical and psychological dependence

### 2. Glucocorticoids

Potential Side Effects:

- Loss of muscle mass, reduced bone density, immunosuppression, hyperglycemia, weight gain and gastric ulcer

## Substances Prohibited in Particular Sports

### 1. Beta-Blockers

Potential Side Effects:

- Lowered blood pressure, slow heart rate
- Fatigue, depression and sexual dysfunction

### 2. Alcohol

Potential Side Effects:

- Dependence, liver damage
- Impaired judgement, co-ordination and reactions

This is not the full list. For complete and detailed information, please refer to the current Prohibited List (the List can be downloaded on WADA website).



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# Inadvertent Doping



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**Inadvertent doping occurs when an athlete unintentionally uses prohibited substance(s) and consequently returns with a positive doping test result.**

## Possible Causes of Inadvertent Doping

### 1. Medication

- Prescription medicine may contain prohibited substance/s. If a doctor is not informed that the patient is an athlete, prohibited substance/s could be prescribed for therapeutic purpose leading to inadvertent doping.
- Over-the-counter medicine (e.g. medicine for cough and cold) may also contain prohibited substance/s. If an athlete self-purchases and uses medicine without checking the ingredients, this could also lead to inadvertent doping.
- In addition to oral medicine, inhaler, spray and medicine for external use (e.g. topical cream) may contain prohibited substance(s).

### Precautions

- During medical consultation, show the "Letter to Doctor" and the "Prohibited List", inform the doctor that you are an athlete subjected to doping tests and must not be prescribed with any prohibited substances/methods.
- Check the prohibition status of medicine registered in your country before use.
- If prohibited substances/methods are required for treatment, the athlete must apply for a Therapeutic Use Exemption (TUE).

TUE Application Form can be found on WADA/World Bowling website. Please refer to the website and related pamphlet for details.

## 2. Supplements

- The production and labelling of supplements are not strictly regulated. Supplements may contain prohibited substance/s due to contamination or inaccurate labelling. Athlete consuming them may result in inadvertent doping.
- High-risk products include but not limited to supplements for muscle-building, weight-loss and sexual enhancement.

## 3. Chinese Herbal Medicine

- Due to the vast variety of Chinese herbs and the extensive, non-standardized ways of production and preparation of Chinese herbal medicine, there is no guarantee that Chinese herbal medicine (especially those with unknown chemical composition) does not contain or is not contaminated with prohibited substance/s.

### NOTE:

Athlete should seriously assess the need and the potential risks before using supplements or Chinese herbal medicine. Other safer options should be considered, such as having an optimized diet, lifestyle and training.

## 4. Certain Food

- Meat contamination: Although it is banned in many countries, the illicit use of clenbuterol (an anabolic agent prohibited both in- and out-of-competition) in livestock to produce leaner meat may still be in practice in some countries. Athlete should be cautious and avoid eating offal (especially liver) where clenbuterol tends to accumulate. Athlete should also purchase meat and food from reputable stores and restaurants.
- Poppy seeds: Commonly found in cake and bread, poppy seeds may contain trace amount of morphine (a narcotic prohibited in-competition).

### Strict Liability Principle

According to the World Anti-Doping Code, athlete is responsible for any prohibited substance found in his or her body, no matter if the prohibited substance is used intentionally or not.

### Possible Consequences

- An anti-doping rule violation is committed if a prohibited substance (or its metabolites or markers) is present in an athlete's sample.
- Sanctions for the violation may include: ineligible to participate in sport-related activities, disqualification of competition results, public disclosure.
- A positive doping test record will remain on the athlete's file and any further violation may lead to aggravated sanction.

### NOTE:

Never assume a substance / medication is safe to use even if you cannot find any prohibition information about it.

Visit WADA/WB website regularly to obtain tips and advice to avoid inadvertent doping.



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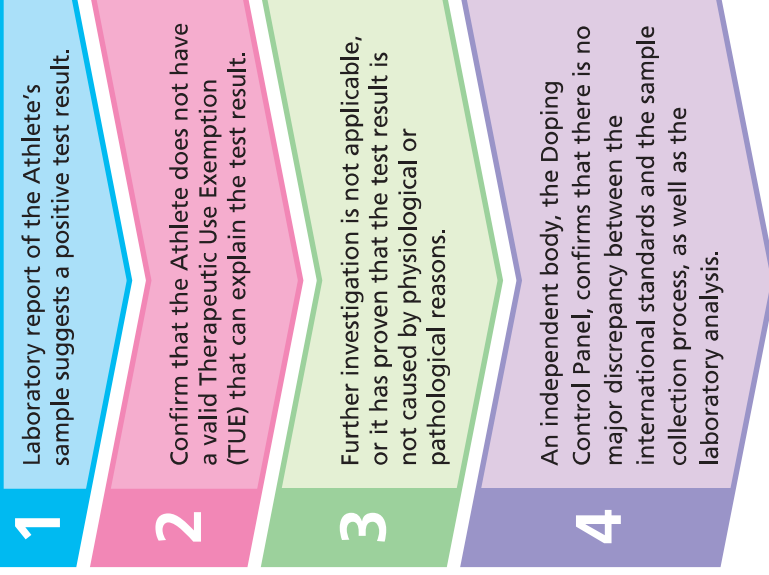
# Results Management / Positive Test Result



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If an Athlete's sample returns with a positive test result, he/she may face the assertion of violating the Anti-Doping Rules. Athletes should familiarize themselves with the results management process to ensure that their rights are being protected.

## Initial Phase of Results Management



Once the assertion of Anti-Doping Rule Violation (ADRV) is confirmed, World Bowling (WB) will issue a notice to the Athlete in writing, in which the consequences of ADRV are listed. WB will have to simultaneously notify the World Anti-Doping Agency (WADA), and the National Federation (NF).

## Possible Responses to the Assertion

Upon receiving the notice, the Athlete have the following options:

- 1** Promptly admit the charge and accept all consequences
- 2** Accept the charge, but no agreement as to consequences
- 3** Deny the charge\*
  - Have the case referred to the World Bowling Anti-Doping Disciplinary Panel and be determined at a hearing
- 4** Request the B Sample to be analysed
- 5** Request copies of the Sample laboratory documentation package
- 6** Voluntarily accept a Provisional Suspension before a decision is made (if a Specified Substance is found in the sample)
- 7** Provide an adequate explanation in order to avoid the Mandatory Provisional Suspension (if a Non-Specified Substance is found in the sample)



## Preparation for the Hearing

If the Athlete requests for a hearing to be convened by the World Bowling, the following preparation is recommended:

- To seek independent professional/legal advice
- To be familiar with the Anti-Doping Rules of WB (can be downloaded on World Bowling website)
- To determine the strategy and collect evidence to support the argument.

### NOTE:

Athlete has the right to appeal against the decision of World Bowling

## Possible Sanctions and Consequences of ADRV

- All of the Athlete's individual results obtained in that competition be disqualified if the positive sample was collected during a competition.
- All competition results obtained from the date the positive sample was collected, through the commencement of any Provisional Suspension or Ineligibility, be disqualified including forfeiture of all medals, prizes and points.
- Four years of ineligibility for the first violation.
- Ineligible to participate in any capacity in any sport-related activities of World Bowling.
- Withholding of sport-related financial support or other benefits.
- Details of the violation will be publicly disclosed in World Bowling and WADA website

## Conditions for Elimination or Reduction of Sanctions

- If the Athlete can establish that he/she bears no fault or negligence.
- If the positive test result is caused by a Specified Substance or a contaminated product, and the Athlete can establish no significant fault or negligence.
- If the Athlete has provided substantial assistance to an Anti-Doping Organization or criminal authority in discovering or establishing an ADRV by another person.
- If the Athlete admits the commission of an ADRV before having received any notice of violation and that admission is the only reliable evidence of the violation at the time of admission.

### Disclaimer:

This pamphlet is published for reference purpose only, and is not intended to give any legal advice by WB who shall disclaim any liability arising therefrom. Relevant individuals are recommended to refer to the Anti-Doping Rules of WADA, and seek for professional/legal advice on important decisions.



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# Supplements



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Athletes using supplements may lead to a positive test result due to the following reasons:

## 1. Inaccurate labelling

The labelling of supplements is not strictly regulated. Intentionally or not, there is a possibility that not all of the ingredients are listed on the supplements labels and the undeclared ingredients may contain prohibited substances.

## 2. Contamination during production

Since the manufacturing of supplements is not strictly regulated, supplements may be contaminated with prohibited substances during production. Therefore, it is virtually impossible to confirm that a supplement does not contain any prohibited substances. Athletes should seriously assess the risk of using a supplement.

## 3. Inadvertent doping

Under the Strict Liability Principle, an Anti-Doping Rule Violation (ADRV) is committed if a prohibited substance (or its metabolites or markers) is found in an Athlete's sample. Inadvertent doping due to the use of a poorly labelled supplement is not an adequate defence in a doping case.

Sanctions for an ADRV may include ineligible to participate in sport-related activities and disqualification of competition results. Therefore, it is virtually impossible to confirm that a supplement does not contain any prohibited substances. Athletes should seriously assess the risk of using a supplement.

## Strict Liability Principle

According to the World Anti-Doping Code, athlete is responsible for any prohibited substance found in his or her body, no matter if the prohibited substance is used intentionally or not.

## Considerations

Athletes should assess the following aspects when considering on the use of supplements:

### 1. Health risks

There are always possible side effects when using supplements. Prolonged use may lead to adverse health effects or even addiction. Supplements that claimed to be “all natural” may contain active ingredients that interact with each other or with medications.

### 2. Effectiveness of a supplement

Supplements advertisements tend to rely on unproven research results or celebrities endorsement, instead of valid scientific evidence, to promote their products. Benefits of a supplement maybe very specific to certain situations and to certain individuals only. Therefore, claims made by supplements may not be true or reliable.

### 3. Inadvertent doping

Under the Strict Liability Principle, an Anti-Doping Rule Violation (ADRV) is committed if a prohibited substance (or its metabolites or markers) is found in an athlete’s sample. Inadvertent doping due to the use of a poorly labelled supplement is not an adequate defence in a doping case.

Sanctions for an ADRV may include ineligible to participate in sport-related activities and disqualification of competition results.

## Recommendations

- Athletes could enhance their performance through the following means which are safer and more reliable:
  - scientific training programmes
  - good dietary practice
  - relaxation techniques
  - regular monitoring
- Athletes should actively avoid using high-risk supplements such as muscle-building, weight-loss and sexual enhancement products.
- Athletes should consult medical and sport professionals before considering the use of any supplements.

### NOTE:

Athletes should seriously consider not to use any supplements.



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