

KEY CLEAN SPORT INFORMATION FOR ATHLETES

ITA - KEEPING SPORT REAL

The International Testing Agency (ITA) is an independent organisation delivering Anti-Doping Programs to protect athletes and clean sport. This guide for athletes was developed by the ITA.

WANT TO KNOW MORE?

[ITA Athlete Hub](#)

[WADA's Anti-Doping Education and Learning platform \(ADEL\)](#)

[Email us: education@ita.sport](mailto:education@ita.sport)

AN ATHLETE'S GUIDE TO TESTING

You can be tested in-competition* or out-of-competition* and asked to provide a urine sample, a blood sample or both. During testing, you have rights and responsibilities.

Find key information on the [Doping Control Process here](#) (available in 12 languages):

***In-competition** period commences at 11:59 pm on the day prior to the competition in which the athlete is scheduled to compete, until the end of the competition and the sample collection process related to such competition.

WADA may approve an alternative definition if an International Federation (IF) can justify this is necessary in their sport. Athletes should always check their IF rules to understand the definition applicable to them.

***Out-of-competition** refers to any period which is not in-competition.

WHEREABOUTS

If you are included in a testing pool, remember to keep your whereabouts up-to-date, including during competition. Make sure the information you provide means a Doping Control Officer is able to find you!

[Find out more: ITA Whereabouts FAQs](#)

Update your whereabouts: [Athlete Central App](#)

CHECK YOUR MEDICATION

As an athlete you should always check the [Prohibited List](#) before using a medication.

You can check with your National Anti-Doping Organisation (NADO) or use [Global DRO](#).

Remember medications of the same brand can have different ingredients abroad!

Remember that you as an athlete are responsible for what is found in your system, regardless of how it got there.

THERAPEUTIC USE EXEMPTIONS (TUEs)

An athlete may have a condition, illness or injury for which treatment requires a prohibited substance or method.

If strict conditions are met, a TUE permits an athlete to use a prohibited substance or method for health reasons within the context of sport regulations, without the risk of a sanction due to a positive test.

If you need to apply for a TUE, this webpage [Everything you need to know about Therapeutic Use Exemptions \(TUEs\)](#) explains the process.

SUPPLEMENTS

Make an informed-decision about supplements.

Supplements are a risk for athletes as there is no guarantee that a supplement is free from prohibited substances. To read more about what these risks are, what batch-testing is, and how to make informed decisions, visit the ITA webpage [Making an informed decision on supplements – ITA guide for athletes](#).

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ATHLETE'S RIGHTS

As an athlete you have a right to clean sport.

[The Athletes' Anti-Doping Rights Act](#) collates 14 of your most important rights from the Code and International Standards – check them out!

REVEAL

If you see, hear, know or suspect doping in sport you can report confidentially and anonymously using the [ITA Reveal](#) platform.