



Stay Clean, Win Right

**ANTI-DOPING
AGENCY
OF KENYA**

ATA GLANCE SERIES



**WORLD
ANTI-DOPING
AGENCY**
play true



Stay Clean, Win Right

ANTI-DOPING
AGENCY
OF KENYA

In the case of any discrepancy between this information and the World Anti-Doping Code, **the CODE prevails**. This information is subject to change at anytime. Always check with your International Federation, National Anti-Doping Organization or National Federation for the most up-to-date anti-doping regulations.

FIND OUT MORE AT

www.adak.or.ke

Anti-Doping

Important Facts and Highlights



**ANTI-DOPING
AGENCY
OF KENYA**

OVERVIEW



**WORLD
ANTI-DOPING
AGENCY**
play true

The World Anti-Doping Agency (WADA) is the international independent organization created in 1999 to promote, coordinate and monitor the fight against doping in sport in all its forms. WADA coordinated the development, and subsequent evolution, of the World Anti-Doping Code (Code). WADA is engaged in many key activities, including scientific and social science research, education, athlete outreach, anti-doping capacity building, enforcement and monitoring Code implementation. WADA is not a testing agency.



**ANTI-DOPING
AGENCY
OF KENYA**

The Anti-Doping Agency of Kenya (ADAK) is a State Corporation established through the Anti-Doping Act No. 5 of 2016.

The mandate of the Anti-Doping Agency of Kenya (ADAK) is to carry out the fight against doping in sport through:

- Anti-doping values based education, sensitization and awareness campaigns;
- Carrying out effective doping tests among all athletes in Kenya; upholding the integrity of sport through Intelligence Gathering,
- Investigations; and Results Management of Anti-Doping Rule Violations (ADRVs).

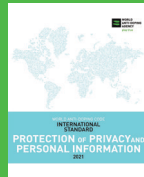
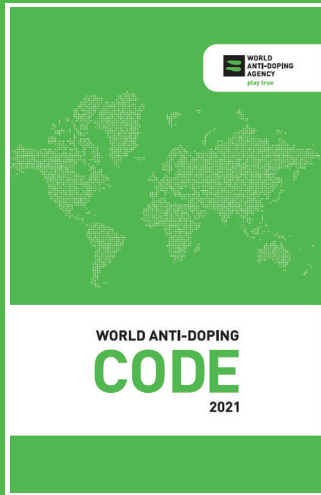


**ANTI-DOPING
AGENCY
OF KENYA**

1

What is the CODE

The World Anti-Doping Code (Code) is the document that harmonizes regulations regarding anti-doping in sport across all sports and all countries of the world. The Code provides a framework for anti-doping policies, rules, and regulations for sport organizations and public authorities. The implementation of the Code is operationalized by the International Standards.



Testing (Sample Collection)

As an athlete, you can have your urine and/or blood tested anytime, anywhere by any Anti-Doping Organization (ADO) with testing authority over you. Sample collection is carried out by specially trained and accredited doping control personnel.

Testing can be conducted in-competition and out-of-competition at no advance notice.

But why **ME?**

- You are an athlete and you can be selected for testing any time, any where and as many times as possible.
- If you are a minor or a differently-abled athlete, you may require modifications to the sample collection procedure.

Criteria for Selection

For in-competition and out-of-competition, you can be selected at random, positional finish or by being targeted for a particular reason.



Testing

The 11 Stages of Sample Collection

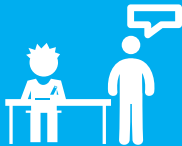
1



Athlete Selection

You can be selected for testing at any time and any place.

2



Notification

A Doping Control Officer (DCO) or chaperone will notify you of your selection and outline your rights and responsibilities.

11



The Laboratory Process

All samples are sent to WADA accredited laboratories.

10



Completing your doping Control Form

When completing the Doping Control Form, you have the right to provide comments regarding the conduct of your sample collection session. Before signing, be sure to confirm that all the information is correct, including the sample code number. You will receive a copy of the Doping Control Form.

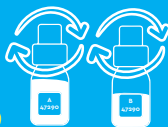
9



Measuring Specific Gravity

The DCO will measure the specific gravity of the sample to ensure it is not too dilute for analysis.

8



Sealing the Samples

You will seal the A and B bottles in accordance to the DCO's instructions.

4



Reporting to the Doping Control Station

You should report to the doping control station immediately. The DCO may allow you to delay reporting only in certain circumstances.

4



Sample Collection Equipment

You are provided a choice of three (3) or more individually sealed collection equipment.

5



Your Sample

You will be asked to provide a sample, witnessed by a DCO or chaperone.

7



Splitting the Sample

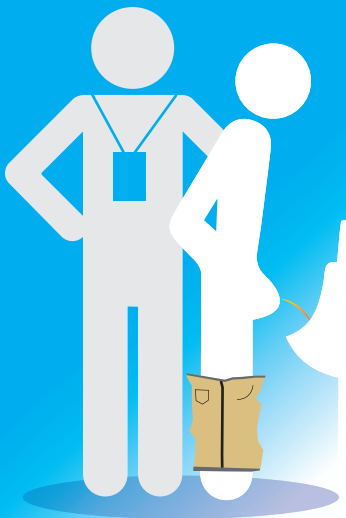
You will be required to split your sample into an A and B bottle as directed by the DCO.

6



Volume of Urine

A minimum 90 mL is required.





TAKING BLOOD SAMPLE



HIGHLIGHTS OF BLOOD COLLECTION PROCESS

It's important to note that during a sample collection session you can be required to provide either urine or blood, or both samples

- ▶ The Doping Control Officer (DCO) will ask the athlete to sit with feet on the floor for at least 10 minutes prior to sample collection.
- ▶ For collection of blood for Athlete Biological Passport (ABP), the athlete must have rested for at least 2 hours after training or competing before providing the sample.
- ▶ If the DCO and the athlete agree that the equipment is not satisfactory, the DCO shall terminate and record the process.
- ▶ Blood is only drawn by a Blood Collection Officer (BCO) from the athlete's superficial vein only.
- ▶ The DCO shall terminate the process if three attempts of drawing blood are not successful.
- ▶ The athlete shall seal the sample as directed by the DCO



ATHLETE **Rights and Responsibilities** during sample collection

You have the **RIGHT** to :

- ▶ have a representative and, if available, an interpreter
- ▶ ask for additional information about the sample collection process
- ▶ request a delay in reporting to the Doping Control Station for valid reasons (as determined by the DCO)
- ▶ request for modifications to the sample collection procedure, if a minor or differently-abled athlete

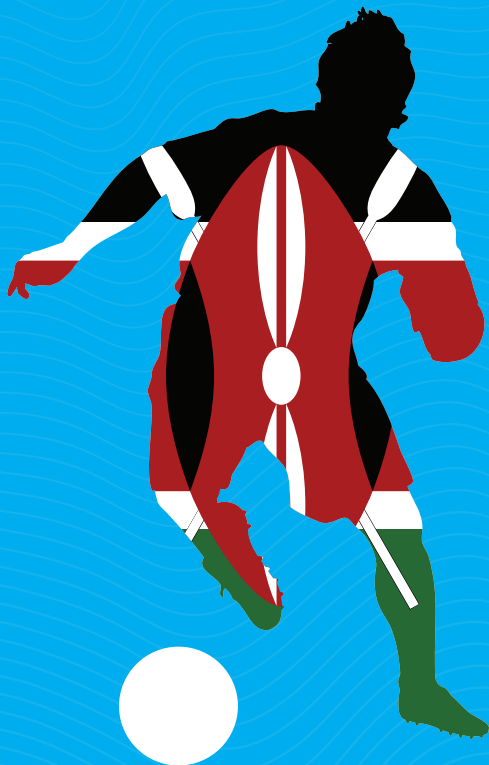
You have the **RESPONSIBILITY** to :

- ▶ remain within direct observation of the DCO/chaperone at all times from the point of notification until the completion of the sample collection process.
- ▶ produce appropriate identification
- ▶ comply with sample collection procedures
- ▶ report immediately for doping control, unless there are compelling reasons for a delay

* Failure to comply with any of the above may result to an Anti-Doping Rule Violation (ADRV)

What is Doping ?

Doping is defined as the occurrence of one or more of the following Anti-Doping Rule Violations (ADRV):



- 1 PRESENCE** of a prohibited substance in an athlete's sample.
- 2 USE** or attempted use of a prohibited substance or method.
- 3 EVADING, REFUSING OR FAILING** to submit to sample collection.
- 4 WHEREABOUTS FAILURES** constitutes any combination of three missed tests and/or filing failures
- 5 TAMPERING** or attempted tampering with any part of doping control.
- 6 POSSESSION** of a prohibited substance or method.
- 7 TRAFFICKING** or attempted trafficking a prohibited substance or method.
- 8 ADMINISTERING** or attempting to administer a prohibited substance or method to an athlete.
- 9 COMPLICITY** or attempted complicity - assisting, encouraging, aiding abetting, conspiring or covering up an ADRV.
- 10 PROHIBITED ASSOCIATION** - Professionally associating with a support personnel who is serving a sanction.
- 11 DISCOURAGING** or **RETLIATING** against reporting to authorities.

ADRVs

ANTI-DOPING
RULE
VIOLATIONS

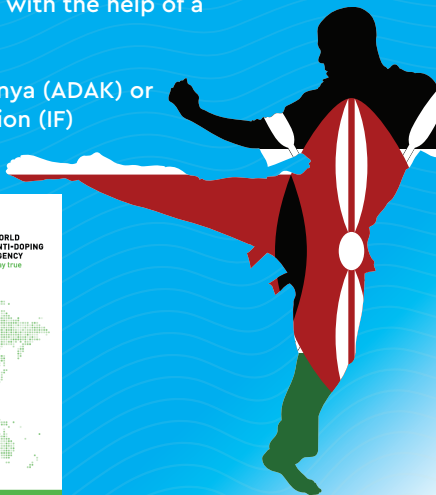
The Prohibited List

The List identifies substances and methods prohibited at all times (in- and out-of-competition), in-competition only and in particular sports.

WADA updates the List ANNUALLY and it comes into effect on 1st of January of every year. The MOST CURRENT version is posted on both WADA's and ADAK's Websites.

Before taking any medication you should always consult:

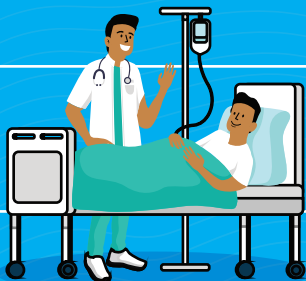
- ▶ the current Prohibited List with the help of a qualified doctor
- ▶ Anti-Doping Agency of Kenya (ADAK) or your International Federation (IF)



Therapeutic Use Exemptions (TUE)

WHAT?

Approval for use of a prohibited substance or method by an athlete who has a legitimate medical condition.



WHY?

A TUE ensures that athletes are able to obtain treatment for a legitimate medical condition using medication that contains a prohibited substance(s) or method.

WHO?

Any athlete who requires treatment using medication that contains a prohibited substance(s) or method.



WHEN?

An application must be made at least 30 days before taking part in a competition. In exceptional cases or emergencies, a TUE may be approved retroactively.

30 DAYS BEFORE COMPETITION



THE TUE PROCESS

Download a TUE form from ADAK's website

You and your doctor fill out the TUE form and you send it back to ADAK

After the request, the TUE Committee will grant a TUE if :

- The substance or method is needed to treat a diagnosed medical condition.
- The substance or method does not enhance your performance
- There is no alternative treatment available.
- The need for the substance or method is not a consequence arising from prior use of a prohibited substance or method without a TUE

In the case of a denied request, you will be informed of the reasons and have the right to appeal the decision.



ATHLETE WHEREABOUTS

Athletes in Registered Testing Pool (RTP) are expected to provide their whereabouts details for testing purposes

Why Whereabouts ?

Providing whereabouts is about protecting your right to clean sport. Whereabouts information gives ADAK the ability to locate athletes with no advance notice.

Knowing where athletes can be found for testing is crucial for ensuring effective anti-doping programs.

Who is Included ?

There is a criteria to be met for athletes' inclusion into the Registered Testing Pool (RTP), according to the International Standards for Testing and Investigations (ISTI) 2021 (article 4.8.6).

Once included in the RTP, the athlete will be notified and educated

ADOs are responsible for determining if you are required to provide whereabouts information or not.

What do I Need to Provide ?

- Physical Address
- Mailing Address
- Training information and locations
- Competition schedules
- Regular personal activities such as work or school
- Place of overnight stay.
- A 60-minute time slot between 05.00am to 11.00pm, when you will be available for testing.

Remember that all athletes can still be tested anytime and anywhere. However for athletes in the RTP, a missed test will be recorded if they are unavailable during their declared 60-minute window.



Some quick facts on updating your

How to submit information about your location

WRONG

**Baringo County,
Saimo Ward,
Kwa Mzee Omwenga**

RIGHT

**Baringo County,
Kabartonjo Sub-
County, Saimo
Ward, Kapchepkor
Village, 500m
along Kapchepkor
-Kapchepkulei Rd,
on the right
Mabati Gate,
Kwa Mzee Omwenga,
3 homes after
St. Mary's Catholic
Church**



Whereabouts

As an Athlete I am an ambassador and a role model. I have an important responsibility in protecting the integrity of the sport.

Part of that obligation means that I will now need to provide whereabouts details so that anti-doping authorities can better ensure all athletes play true.



- You may be able to update your whereabouts details simply by e-mailing or sending an SMS to ADAK.
- There may be consequences if you are not present without a valid reason.
- You can choose to file yourself or have your coach, manager, agent or other representative submit your whereabouts for you, but keep in mind that you are still responsible for the accuracy of that information.

Updating your whereabouts is easy with



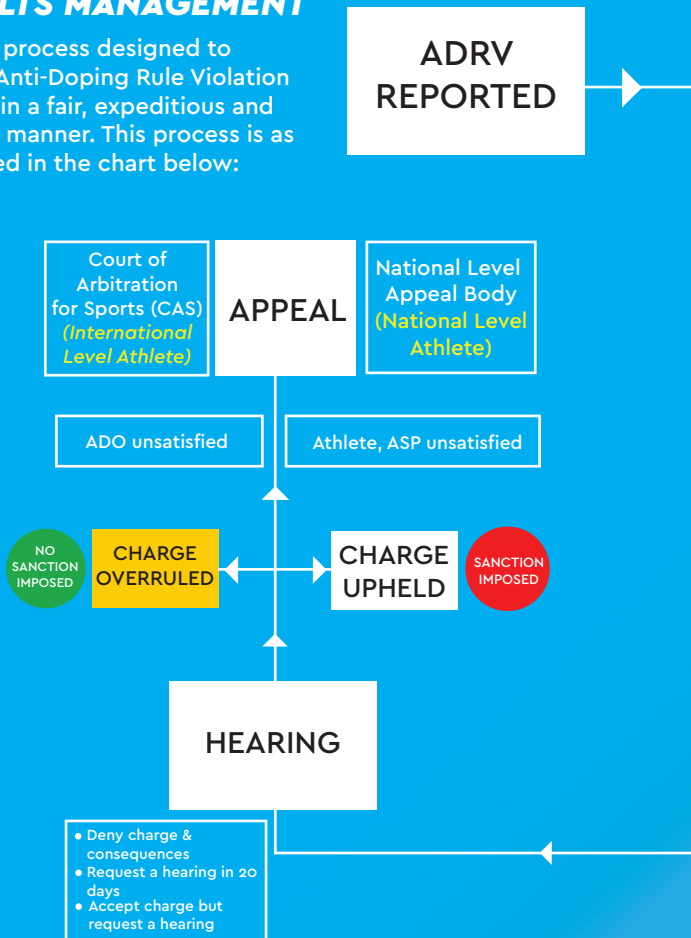
WADA's Anti-Doping Administration and Management System (ADAMS) is an online tool that athletes can access anytime and anywhere to update their whereabouts information, including by SMS.

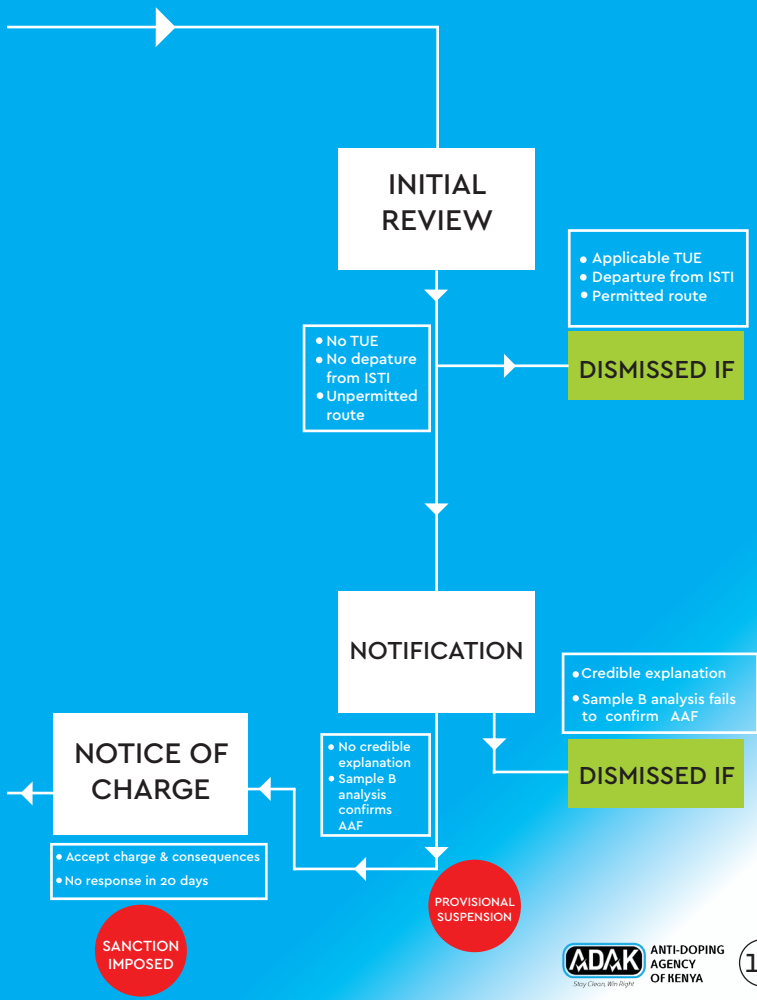
Don't Forget!

- You and you alone are responsible for your whereabouts
- You can't blame your representative or agent for inaccurately filing or forgetting to update your whereabouts
- If you are included in the RTP, you must provide your whereabouts every 3 months so that you can be located for testing
- If you are included in an RTP, remember, there may be consequences for failing to provide accurate whereabouts information.
- Your IF or NADO will provide you with more detailed information on their requirements
- Whereabouts information is a crucial element in supporting your right to clean sport

RESULTS MANAGEMENT

This is a process designed to resolve Anti-Doping Rule Violation matters in a fair, expeditious and efficient manner. This process is as illustrated in the chart below:





INITIAL REVIEW

- Applicable TUE
- Departure from ISTI
- Permitted route

DISMISSED IF

- No TUE
- No departure from ISTI
- Unpermitted route

NOTIFICATION

- Credible explanation
- Sample B analysis fails to confirm AAF

DISMISSED IF

- No credible explanation
- Sample B analysis confirms AAF

NOTICE OF CHARGE

- Accept charge & consequences
- No response in 20 days

SANCTION IMPOSED

PROVISIONAL SUSPENSION

ATHLETES' ANTI-DOPING RIGHTS

THE RIGHTS IN THE CODE AND INTERNATIONAL STANDARDS

- 1 Equal opportunity
- 2 Equitable and fair testing
- 3 Medical treatment and protection
- 4 Justice
- 5 Accountability
- 6 Whistleblowing
- 7 Education
- 8 Data protection
- 9 Compensation
- 10 For protected persons
- 11 During Sample Collection Sessions
- 12 B Samples analysis



ROLES AND RESPONSIBILITIES OF ATHLETES

01 Know and comply with all applicable anti-doping policies and rules.

02 Be available for sample collection at all times.

03 Principle of strict liability - you are responsible for what you ingest, apply or inject.

04 To inform medical personnel of their obligations not to use prohibited substances and/or methods.

05 To disclose to their NADO/IF any decision by a non-signatory finding that the Athlete committed an ADRV within the previous 10 years.

06 To cooperate with ADOs investigating ADRVs.



ROLES AND RESPONSIBILITIES OF ATHLETE SUPPORT PERSONNEL

- 01 Know and comply with all applicable anti-doping policies and rules.
- 02 Cooperate with the athlete testing program.
- 03 Use their influence on athlete values and behaviour to foster anti-doping attitudes.
- 04 Disclose to their NADO/IF any decision by a non-signatory finding that they committed an ADRV within the previous 10 years.
- 05 Cooperate with ADOs investigating ADRVs.
- 06 Not to use or possess any prohibited substance and/or method without valid justification.



PRINCIPLES ASSOCIATED WITH CLEAN SPORT

FAIRNESS

INTEGRITY

RESPECT

RESPONSIBILITY

SPORTSMANSHIP

CARE

PATRIOTISM

SPIRIT OF SPORT VALUES

01

Health

02

Ethics, fair play
and honesty

03

Athletes' rights as set
forth in the code

04

Excellence in
performance

05

Character and
Education

06

Fun and joy

07

Teamwork

08

Dedication and
commitment

09

Respect for rules
and laws

10

Respect for self and
other participants

11

Courage

12

Community and
Solidarity



FOOD SUPPLEMENTS

The food supplement industry is not fully regulated, hence the possibility of contamination of supplements with prohibited substances.

- Food supplements may be contaminated accidentally or intentionally.
- Labels on supplements do not indicate side effects.
- "Herbal" does not necessarily mean "safe".
- The athlete is ultimately responsible for what goes into their body.

ASSESSING THE RISK

ASK YOURSELF

Is it **LEGAL** ?
If in doubt **do not use**

Is it **SAFE** ?
If in doubt **do not use**

Is it **EFFECTIVE** ?
(in improving performance)

Then it is **PROHIBITED**

Is it **NECESSARY**?
NO! Eat Natural



**ADAK DOES NOT RECOMMEND
THE USE OF FOOD SUPPLEMENTS**



ANTI-DOPING
AGENCY
OF KENYA



SPORTS NUTRITION

For an athlete to perform well, they need the following components of food in a balanced diet:



VITAMINS

e.g. Fruits and vegetables



PROTEINS

e.g. Eggs, milk, chicken, fish, beef, nuts and legumes.



CARBOHYDRATES

e.g. Ugali, rice, potatoes

Ideas for promoting dietary variety and nutrient-rich eating

- Be open to trying new foods and new recipes
- Make the most of foods in season
- Explore all the varieties of different foods
- Mix and match foods at meals
- Think carefully before removing a food or group of foods from your eating plans
- Include fruits and vegetables at every meal
- Use similar diets during training and competition



HYDRATION

e.g. Water and other fluids



MINERALS

e.g. Table salt (sodium), liver (iron), sweet potatoes and bananas (potassium), milk (calcium)



DANGERS OF DOPING

HEALTH CONSEQUENCES

What happens to an ATHLETE who uses ?



STEROIDS

Steroids may make your muscles big and strong, BUT you may become dependent on them and they may:

1. Give you acne
2. Make you bald
3. Increase your risk of liver and cardiovascular diseases
4. Give you mood swings
5. Make you more aggressive
6. Make you suicidal

In LADIES :

1. Deeper voice
2. Excessive facial and body hair
3. Abnormal menstrual cycle
4. An enlarged clitoris



In MEN :

1. Shrinking of testicles
2. Breast growth
3. Reduced sex drive and even impotence
4. Decrease in sperm production

What happens to an ATHLETE who uses ?



EPO

EPO (erythropoetin) may help with the way your body uses oxygen, BUT why risk it when it may lead to **DEATH**?

Using EPO may make your blood more like honey – thick and sticky – than water. Trying to pump this thick blood through your veins may:

1. Make you feel weak -not good when you are trying to train hard.
2. Give you high blood pressure.
3. Make your heart work so hard that you have a heart attack or stroke (even at a young age).

STIMULANTS

Stimulants are used to heighten the competitive edge, BUT how edgy would you feel if you:

1. Can't sleep (insomnia).
2. Have involuntary shaking or trembling.
3. Have problems with your coordination and balance.
4. Anxious and aggressive
5. Develop an increased and irregular heart rate
6. Have a heart attack (imagine dying of a heart attack at a young age!) or stroke



What happens to an ATHLETE who uses ?



hGH

hGH (human growth hormone) may make muscles and bones stronger and recover faster, BUT... it is not only your muscles that get bigger.

Using hGH may lead to:

- 1. Acromegaly – protruding forehead, brow, skull and jaw- which can't be reversed.*
- 2. An enlarged heart that can result in high blood pressure and even heart failure*
- 3. Damage to your liver, thyroid and vision*
- 4. Crippling arthritis*

MASKING AGENTS

Some athletes try to cheat the system by using diuretics and other substances to cover-up the signs of using prohibited substances

The side effects can definitely affect your ability to compete and train. You may:

- 1. Become dizzy or even faint*
- 2. Become dehydrated*
- 3. Get muscle cramps*
- 4. Have a drop in blood pressure*
- 5. Lose coordination and balance*
- 6. Become confused and moody*
- 7. Develop cardiac disorders*

What happens to an ATHLETE who uses ?



MARIJUANA (Bangi)

Marijuana, Cannabis, Bangi or Pot – whatever you call it, IT IS PROHIBITED. Whether you are a pot-head or a casual user, marijuana may have a negative effect on your athletic performance and your health

Using may:

1. Reduce your memory, attention and motivation – even result in learning disabilities
2. Weaken your immune system
3. Affect your lungs (chronic bronchitis and other respiratory diseases, even throat cancer)
4. Lead to psychological and physical dependence

NARCOTICS

Narcotics like heroin and morphine, may help you forget about the pain, BUT... how competitive do you think you'd be with a:

1. Weakened immune system
2. Decreased heart rate and suppressed respiratory system **(you can't compete if you are dead)**
3. Loss in balance, coordination and concentration
4. Gastrointestinal problems like vomiting and constipation
5. Narcotics are also highly addictive- your body and mind quickly become dependent on them





DANGERS OF DOPING

ECONOMIC CONSEQUENCES

- 1. Loss of sponsorships deals*
- 2. Loss of income*
- 3. Wiping out of previous achievements*
- 4. Damage to future career prospects*





DANGERS OF DOPING

SOCIAL CONSEQUENCES

1. **D**amaged relationships with family and friends
2. **I**solation from peers and sport
3. **E**ffects on emotional and psychological well-being

DEPRESSED



SPORTS INJURIES AND MANAGEMENT

What are Sports Injuries?

They occur during sports or exercise.
Affect muscles, bones, tendons,
ligaments.

What are the Causes?

- Poor training methods
- Structural abnormalities
- General body weakness
- Unsafe exercising environments
- Over-training
- Poor rehabilitation methods

Common Sports Injuries

- Sprains
- Strains
- Fractures
- Dislocations
- Cuts
- Abrasions



SPORTS INJURIES AND MANAGEMENT

How do we Prevent Sports Injuries?

- Warm up and cool down
- Wear appropriate footwear
- Tape or strap vulnerable joints
- Use Safety equipment
- Ensure you hydrate regularly
- Avoid exercising in the hottest part of the day
- Maintain fitness, particularly in the off season
- Observe principles of training
- Use good form and technique
- Have regular medical check-ups
- Eat natural diet



SPORTS INJURIES AND MANAGEMENT

What's the Alternative?

Physical Therapy (PT)

Treatment of sports injuries using physical means.

Does PT help? Yes.

- By reducing pain.
- By restoring mobility.
- By decreasing risk of future injury.
- By improving general body fitness.
- Prevents surgical interventions.

What's the way forward?

- Play and train Safe
- Medications may not be safe
- Consider PT first
- Seek professional medical advice before using any medication
- Seek TUE if medication has a prohibited substance
- Remember the Principle of Strict Liability

SPEAK UP ABOUT DOPING !!!

Any person with information that could help ADAK curb doping practices should step forward and report it.

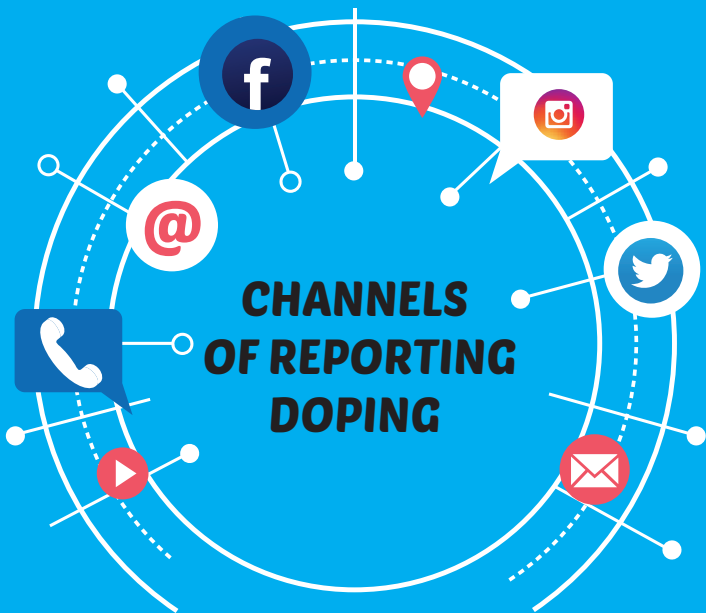
WHAT CAN BE REPORTED

1. Alleged Anti-Doping Rule Violations.
2. Any alleged Code non-compliance.
3. Any act or omission that could undermine the fight against doping.

PROTECTION MEASURES

1. Confidentiality and protection of identity
2. Protection against retaliation
3. Physical protection in conjunction with relevant authorities





 **Anti-Doping Agency of Kenya**

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NOTES

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