



# **CMAS ANTI-DOPING PROGRAMME**

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## **1. INTRODUCTION TO ANTI-DOPING**

The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall spirit of sport. Drug misuse can be harmful to an athlete's health and to other athletes competing in the sport. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance.

To achieve integrity and fairness in sport, a commitment to a clean field of play is critical. CMAS seeks to maintain the integrity of subaquatic sports by running a comprehensive anti-doping program that focuses equally on education/prevention and on testing, with consequent sanctioning of those who break the rules.

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## 2. PRINCIPLES AND VALUES ASSOCIATED WITH CLEAN SPORT

Anti-doping programs are founded on the intrinsic value of sport.

This intrinsic value is often referred to as "the spirit of sport": the ethical pursuit of human excellence through the dedicated perfection of each Athlete's natural talents.

Anti-doping programs seek to protect the health of Athletes and to provide the opportunity for Athletes to pursue human excellence without the Use of Prohibited Substances and Methods.

Anti-doping programs seek to maintain the integrity of sport in terms of respect for rules, other competitors, fair competition, a level playing field, and the value of clean sport to the world.

The spirit of sport is the celebration of the human spirit, body and mind. It is the essence of Olympism and is reflected in the values we find in and through sport, including:

- Ethics, fair play and honesty
- Athletes' rights as set forth in the Code
- Excellence in performance
- Character and Education
- Fun and joy
- Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other Participants
- Courage
- Community and solidarity

The spirit of sport is expressed in how we play true. Doping is fundamentally contrary to the spirit of sport.

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### 3. THE ANTI-DOPING LANDSCAPE

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The [World Anti-Doping Agency](#) (WADA) is the independent international body responsible for harmonizing anti-doping policies in all sports and all countries. The [World Anti-Doping Code](#) is the core document that harmonizes anti-doping policies, rules and regulations within sport organizations around the world. The Code is supplemented by eight [International Standards](#), including the [Prohibited List](#) that is updated at least annually.

As a [Signatory](#) of the World Anti-Doping Code, the **World Underwater Federation** ("[CMAS](#)") is responsible for implementing an effective and Code-compliant anti-doping program for its subaquatic sports.

CMAS also has its own set of anti-doping rules and it is very important that those involved in the sport are familiar with them. These rules can be found on the [CMAS](#) website under the [Anti-Doping Section](#).

CMAS has delegated the management of its clean sport activities to the [International Testing Agency](#) (ITA), an independent organization that manages anti-doping programs on behalf of International Federations and Major Event Organizers.

WADA, CMAS, the ITA and the National Anti-Doping Organisations (NADOs) coordinate all anti-doping efforts within all sports of CMAS.

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## 4. RIGHTS AND RESPONSIBILITIES UNDER THE CODE

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### Rights and Responsibilities

Athletes, Athlete Support Personnel and other groups who are subject to anti-doping rules all have rights and responsibilities under the [World Anti-Doping Code](#) (Code). Part Three of the Code outlines these for each stakeholder in the anti-doping system.

It is especially important that athletes and Athlete Support Personnel know and understand Code Art. 21 (Additional Roles and Responsibilities of Athletes and Other Persons), particularly Art. 21.1 (Roles and Responsibilities of Athletes), Art. 21.2 (Roles and Responsibilities of Athlete Support Personnel) and Art. 21.3 (Roles and Responsibilities of Other Persons Subject to the Code).

### Athletes' Rights

This section presents a summary of the key athlete rights. It is important that both athletes and Athlete Support Personnel know and understand these.

Ensuring that athletes are aware of their rights and these are respected is vital to the success of clean sport. Athlete rights exist throughout the Code and International Standards, and they include:

- Equality of opportunity
- Equitable and Fair Testing programs
- Medical treatment and protection of health rights
- Right to justice
- Right to accountability
- Whistleblower rights
- Right to education
- Right to data protection
- Rights to compensation
- Protected Persons Rights
- Rights during a Sample Collection Session
- Right to B sample analysis
- Other rights and freedoms not affected
- Application and standing



The Athletes' Anti-Doping Rights Act sets out these rights and responsibilities. For more information, you can refer directly to the document here: [Athletes' Anti-Doping Rights Act](#).

### **Athletes' Responsibilities**

It is equally important that athletes are aware of their anti-doping responsibilities. Athlete Support Personnel should also familiarise themselves with these in order to be able to support their athletes. These include:

- Knowing and following [CMAS Anti-Doping Rules](#) and any other applicable Anti-Doping Rules (for example, those of Major Event Organisations)
- Taking full responsibility for what you ingest – make sure that no prohibited substance enters your body and that no prohibited methods are used
- Informing medical personnel of your obligations as an athlete
- Cooperating with CMAS and other Anti-Doping Organisations (WADA, ITA, NADOs)
- Being available for sample collection
- Not working with coaches, trainers, physicians or other Athlete Support Personnel who are ineligible on account of an Anti-Doping Rule Violations (ADRV), or who have been criminally convicted or disciplined in relation to doping (see [WADA's Prohibited Association List](#))

Further details of these roles and responsibilities can be found in [Code](#) Art. 21.1.

Athletes also have specific rights and responsibilities during the Doping Control Process. Please refer to this section on the [CMAS](#) website for more information.

### **Rights and Responsibilities of Athlete Support Personnel and other groups**

Like athletes, Athlete Support Personnel and others under the jurisdiction of CMAS also have rights and responsibilities as per the Code. These include:

- Being knowledgeable of anti-doping policies and rules which are applicable to you or the athlete(s) you support
- Using your influence on athlete values and behaviours to foster anti-doping attitudes



- Complying with all anti-doping policies and rules which are applicable to you and the athlete(s) you support
- Cooperating with the athlete testing program
- Disclosing to CMAS and their NADO whether you have committed any ADRV's within the previous ten years
- Cooperating with anti-doping organisations investigating ADRVs

Further details of these roles and responsibilities can be found in [Code](#) Art. 21.2 and 21.3.

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## 5. THE PRINCIPLE OF STRICT LIABILITY

In anti-doping, the principle of Strict Liability applies – if it is in the athlete's body, the athlete is responsible for it.

This means that every athlete is strictly liable for the substances found in their urine and/or blood sample collected during doping control, regardless of whether the athlete intentionally or unintentionally used a prohibited substance or method. Therefore, it is vital that athletes and Athlete Support Personnel know the rules and understand their responsibilities under the Code.

Athletes must know and understand the [Prohibited List](#) and with the risks associated with supplement use. More information on the Prohibited List, medications and supplements is available in the Prohibited List, Medications & Supplements section (see [CMAS](#) website).

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## 6. ANTI-DOPING RULE VIOLATIONS

Doping is defined as the occurrence of one or more of the following Anti-Doping Rule Violations (ADRVs) in line with Code Art. 2 (Anti-Doping Rule Violations):

1. **Presence** of a prohibited substance in an Athlete's sample
2. **Use or attempted** use of a prohibited substance or method





3. **Refusal** to submit to sample collection after being notified
4. **Failure** to file Athlete Whereabouts information & missed tests
5. **Tampering** with any part of the doping control process
6. **Possession** of a prohibited substance or method
7. **Trafficking** a prohibited substance or method
8. **Administering** or attempting to administer a prohibited substance or method to an Athlete
9. **Complicity** in an ADRV
10. **Prohibited association** with sanctioned Athlete Support Personnel
11. **Discourage or Retaliate** other Persons from reporting relevant Anti-Doping information to the authorities.

The first four Anti-Doping Rule Violations apply only to athletes since they refer to the obligation not to take banned substances and the obligation to submit to testing.

The remaining seven Anti-Doping Rules apply to both the athletes and the Athlete Support Personnel including coaches, medical professionals, or anyone else working with the athlete or involved in anti-doping activities. National and International Federation administrators, officials and sample collection staff may also be liable for their conduct under the World Anti-Doping Code.

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## 7. SUBSTANCES AND METHODS ON THE PROHIBITED LIST

The World Anti-Doping Agency (WADA) produces a list of substances and methods that are banned in sport in the form of the [Prohibited List](#). It is updated at least annually, with the new list taking effect on January 1 of each year.

It is important that athletes and Athlete Support Personnel are familiar with the Prohibited List and know how to check whether medications are prohibited in sport.

A substance or method can be added to the Prohibited List if it meets at least two of the following three criteria:

1. It has the potential to enhance or enhances sport performance.



2. Use of the substance or method represents an actual or potential health risk to the athlete.
3. Use of the substance or method violates the spirit of sport.

The Prohibited List includes substances and methods that are categorised into three groups:

1. Substances and methods prohibited at all times
2. Substances and methods prohibited in-competition
3. Substances prohibited in particular sports, such as those prohibited specifically for CMAS sports - see on the WADA prohibited list the note regarding beta blockers

*According to the Code, the in-competition is the period commencing at 11:59 p.m. on the day before a Competition in which the Athlete is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition*

The in-competition period is very important to understand when it relates to substances that are prohibited in-competition. When a substance is prohibited in-competition, it must leave the athlete's system by the time the said competition begins. It **does not** mean that the athlete must stop taking the substance by the time the in-competition period begins. Different substances take different amounts of time to leave the system – athletes must be extremely careful to make sure that they are not caught with a positive test as a result of taking a substance prohibited in-competition.

The most up-to-date version of the Prohibited List can be found [here](#).

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## **8. USE OF MEDICATIONS & RISKS OF SUPPLEMENTS USE**

### **Checking Medications**

We recommend using [Global Drug Reference Online](#) (Global DRO) to check all medications. Global DRO provides athletes and Athlete Support Personnel with



information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Here are a few tips and tricks to help athletes and Athlete Support Personnel navigate the Prohibited List and to be able to select medications that are safe to take within the context of sport:

- Only the medical ingredient names are listed on the Prohibited List - not the brand names
- Always check dosage restrictions, route administration of the medicine and any limitations for the use of the drug based on gender
- Check both over-the-counter and prescription medications before using them
- Inform your medical professional that you are an athlete and subject to anti-doping regulations
- Different substances take different amounts of time to leave your system – take that into account when taking substances prohibited in-competition
- Be careful when substituting one brand of medication for another – they may contain different medical ingredients
- Be careful when travelling – the same brand of a medication may contain different medical ingredients abroad
- Regularly check for updates to the Prohibited List

### **Risks of Supplements**

Extreme caution is recommended regarding supplement use. A number of positive tests have been attributed to the misuse of supplements, poor labelling or contamination of dietary supplements, and there is no guarantee that a supplement is free from prohibited substances.

Risks of supplements include:

- Manufacturing standards, which are often less strict compared with medicines. These lower standards often lead to supplement contamination with an undeclared prohibited substance;



- Fake or low-quality products which may contain prohibited substances – and be harmful to health;
- Mislabelling of supplements with ingredients wrongly listed and prohibited substances not identified on the product label;
- Misleading and false claims that a particular supplement is endorsed by Anti-Doping Organisations or that it is “safe for athletes”. Anti-Doping Organisations do not certify supplements.

All athletes should do a risk-benefit assessment if they are considering the use supplements. The first step of such an assessment is to consider whether a “food-first” approach meets the athlete’s needs. Whenever possible, such assessment should be done with a support of a certified nutritionist or other qualified professional who is familiar with the CMAS Anti-Doping Rules.

### **Checking Supplements**

If, after careful consideration, an athlete chooses to use supplements, they must take the necessary steps to minimise the risks. This includes:

- Thorough research on the type and dose of the supplement, preferably with the advice of a certified nutritionist or other qualified professional who is familiar with the CMAS Anti-Doping Rules.
- Selecting only those supplements that have been batch-tested by an independent company. Companies that batch-test supplements include [Informed Sport](#), [Certified for Sport](#) or [Kölner Liste](#).

Remember, no supplement is 100% risk-free but athletes and Athlete Support Personnel can take certain steps to minimise these risks.

For more information, please watch this [ITA webinar](#) on nutritional supplements.

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## **9. THERAPEUTIC USE EXEMPTIONS (TUEs)**

A section covering Therapeutic Use Exemptions (TUEs) is a Code requirement.



CMAS has delegated the management of the Therapeutic Use Exemptions to the ITA. Athletes are strongly encouraged to use the template provided by the ITA TUE team, and to link the anti-doping section of the IF website to the [ITA TUE web page](#) which provides the most complete and up-to-date TUE information.

The TUE application process is described on [CMAS website](#) under “Related Documents”

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## **10. TESTING PROCEDURES - URINE, BLOOD & THE ABP**

### **Introduction to Doping Control**

The aim of testing is to detect and deter doping amongst athletes and to protect clean athletes. Any athlete under the testing jurisdiction of CMAS may be tested at any time, with no advance notice, in or out-of-competition, and be required to provide a urine or a blood sample.

Athletes can be tested by CMAS, NADOs or Major Event Organisers. CMAS delegate a large part of its anti-doping program to the International Testing Agency (ITA). For more information on CMAS collaboration with the ITA, please visit <https://ita.sport/partners/#>

### **What to expect during the Doping Control Process**

The doping control process is clearly defined by the [World Anti-Doping Agency](#). This means that no matter where and when an athlete is tested, the process should remain the same.

The key steps of the doping control process are listed out in this [Doping Control resource](#) prepared by the International Testing Agency (also available in Arabic (عربي), Chinese (中文), French (français), German (deutsche), Italian (italiano), Japanese (日本語), Korean (한국어), Portuguese (português), Russian (русский) and Spanish (español)).



To learn more about the doping control process, please watch this [ITA webinar](#) on urine and blood sample collection.

## **Rights & Responsibilities during Sample Collection**

Athletes have a number of rights and responsibilities during sample collection.

Athlete rights during sample collection are to:

- Have a representative accompany them during the process
- Request an interpreter, if one is available
- Ask for Chaperone's/Doping Control Officer's identification
- Ask any questions
- Request a delay for a valid reason (e.g., attending a victory ceremony, receiving necessary medical attention, warming down or finishing a training session)
- Request special assistance or modifications to the process
- Record any comments or concerns on the Doping Control Form

Athlete responsibilities during sample collection are to:

- Report for testing immediately if selected
- Show valid identification (usually a government-issued ID)
- Remain in direct sight of the Doping Control Officer or Chaperone
- Comply with the collection procedure

## **Athlete Biological Passport (ABP)**

The [Athlete Biological Passport](#) (ABP) was introduced in 2009 and is a pillar method in the detection of doping. It is an individual electronic profile that monitors selected athlete biological variables that indirectly reveal the effects of doping. ABP is integrated directly into ADAMS.

If you wish to learn more about ABP, you can watch this ITA [webinar recording](#).

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## **11. REQUIREMENTS OF THE REGISTERED TESTING POOL**

### **Registered Testing Pool (RTP)**



The Registered Testing Pool (RTP) is the pool of highest-priority athletes established separately at the international level by CMAS and at the national level by National Anti-Doping Organisations.

Athletes included in the CMAS RTP are subject to both in-competition and out-of-competition testing as part of CMAS test distribution plan and are therefore required to provide Whereabouts information as provided in Code Art. 5.5 (Athletes Whereabouts Information) and the [International Standard for Testing and Investigations](#).

CMAS updates the composition of the RTP on a regular basis. Athletes are included in the RTP based on a set of criteria and are notified by the international testing agency/ CMAS upon inclusion.

Inclusion in the RTP is done via the CMAS Inclusion Letter – this document contains all the key information, deadlines and athlete's responsibilities as it relates to athletes' RTP obligations.

### **Whereabouts Requirements**

RTP Athletes must regularly provide whereabouts and contact information in [ADAMS](#), WADA's online anti-doping administration and management system. This information helps Anti-Doping Organisations with testing jurisdiction over the athlete to plan out-of-competition testing.

The Whereabouts requirements include but are not limited to:

- An up-to-date mailing address and phone number
- One daily specific 60-minute time slot between 5am and 11pm when the athlete is available and accessible for testing
- Athlete's overnight accommodation for each day
- Information about training and regular activities that are part of the athlete's regular routine (training at the gym, regular physio sessions, school, work, etc.)
- Competition, training and travel schedule
- Any additional relevant information that helps the Doping Control Officer locate the athlete (e.g., buzzer number or directions to a remote location)

Submitting late, inaccurate or incomplete whereabouts information may result in a Filing Failure.



An athlete may receive a Missed Test if they are not available for testing during the 60-minute timeslot indicated in ADAMS. Three Whereabouts Failures (any combination of a Filing Failure and a Missed Test) occurring within a 12-month period will lead to an Anti-Doping Rule Violation and a potential two-year ban from sport.

It is important to note that under the Principle of Strict Liability, the athlete remains responsible for the information submitted, even if they have delegated this task to a member of their support team.

Below are some helpful whereabouts tips for athletes:

- Set a calendar reminder of the key dates/deadlines to submit quarterly Whereabouts information
- Set an alarm for the start of the 60-minute time slot
- Be as specific as possible when submitting your Whereabouts information
- When in doubt, ask for help via CMAS or ITA website or the [ADAMS Help Centre](#)
- Make use of the [Athlete Central app](#) to submit your Whereabouts information on a mobile device

### **Retirement and Return to Competition**

All international level athletes who decide to retire from competition must inform CMAS by completing the form ( see [WADA](#) website ). For RTP Athletes, as soon as the retirement is officially confirmed to CMAS the athlete will be immediately withdrawn from the RTP.

If the athlete then wishes to return to competition, this athlete cannot compete in international or national events until they have given six months prior written notice to CMAS (Code Art. 5.6: Retired Athletes Returning to Competition).

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## **12. CONSEQUENCES OF DOPING**

### **The Consequences of Doping**





There are many risks associated with doping. From negative effects on mental and physical health, to loss of sponsorship or prize money, to permanent damage to an athlete's image and relationships, it is important to understand and consider all consequences of doping. Below is a list of some of the common consequences of not competing clean.

### **Health**

The use of Performance-enhancing Drugs (PEDs) may have long- and short-term impacts on the Athlete's physical and mental health.

Depending on the substance, the dosage and the duration of use, some PEDs have been proven to have severe side effects and can cause irreversible damage to an athlete's body.

In addition to the physical aspects, scientific research has shown that there is a considerable correlation between the use of PEDs and mental health issues. Most commonly, it was found that the use of doping substances can trigger anxiety, obsessive disorders or psychosis.

### **Social**

Being associated with doping or a doping offence will have an impact on the person's reputation and social relations. In the public view, Athletes or other persons convicted of doping are often considered "cheaters" and experience many forms of stigma.

Doping has a significant negative impact on the person's private life and social interactions as people may feel that they no longer want to be connected to someone who has damaged the reputation of a sport and displayed poor judgement.

### **Financial**

A ban resulting from an Anti-Doping Rule Violation (ADRV) will have a significant financial impact on the individual. For athletes, this includes, but is not limited to, the requirement to return prize money or a financial sanction. Other negative consequences of doping include termination of contracts and sponsorship deals, loss of government funding and other forms of financial support.

### **Sanctions**



An Anti-Doping Rule Violation (ADRV) will have an impact on an athlete's ability to train and compete. For coaches and other Athlete Support Personnel, a ban may mean that they are no longer able to work with athletes. A sanction resulting from an ADRV can range from a warning to a lifetime ban from all sport.

It is also important to note that individuals banned in the sport of CMAS will also be prohibited from playing, coaching or working with athletes in any other capacity in a different sport.

It is also a violation of the Code to work with Athlete Support Personnel who have been sanctioned by an ADO, as well as any coaches, trainers, physicians or other Athlete Support Personnel who are ineligible on account of an ADRV, or those who have been criminally convicted or professionally disciplined in relation to doping.

A full list of sanctioned athletes and Athlete Support Personnel in the sport of subaquatics can be found below in accordance with Code Art. 14.3 (Public Disclosure).

#### USEFUL REFERENCES:

[Effects of Performance Enhancing Drugs with Tyler Hamilton](#)  
[Effects of Performance Enhancing Drugs with Yulia Stepanova](#)  
[Andreas Krieger: Heidi's Farthest Throw](#)



### **13. REVEALING SUSPICIOUS ACTIVITY**

CMAS utilises [REVEAL](#), the ITA's doping reporting platform.

REVEAL is a platform where you can share information about doping suspicion in a completely anonymous and secure manner – managed independently by the International Testing Agency (ITA). Every piece of information is important in the fight for clean sport and through REVEAL you can support the investigation of anti-doping rule violations or criminal behaviour.



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### **14. DATA PRIVACY**



For more information on the processing of personal data in the context of the CMAS anti-doping programme, please read the CMAS Anti-Doping Privacy Notice uploaded on [CMAS website](#) under "Related Documents"

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## 15. CLEAN SPORT EDUCATION

### Clean Sport Education

With the enactment of the 2021 World Anti-Doping Code and the new [International Standard for Education](#), anti-doping education has become a key step towards ensuring a clean and fair field of play. Effective education and clean sport values-based education programs are important to create a strong doping-free culture.

CMAS supports this principle and has put in place a strong and comprehensive Education Program for sports athletes, Athlete Support Personnel and other members of the sport community.

It is strongly recommended that all CMAS athletes, coaches and other Athlete Support Personnel take the time to get educated and informed using the many available anti-doping educational tools and resources. Topic-specific resources are included as direct links within that topic, other, more general resources and materials are listed below.

### [WADA ADEL Platform](#)

ADEL is WADA's global Anti-Doping Education and Learning Platform. ADEL welcomes anyone who wants to learn about clean sport – the e-learning courses are free for all.

There are courses for athletes of different levels, as well as for coaches, and other support personnel. These include:

- Athlete's Guide to the 2021 Code
- Athlete Support Personnel Guide to the 2021 Code
- ADEL for Registered Testing Pool Athletes
- International-Level Athletes Education Program
- National-Level Athletes Education Program
- Parents of Elite Athletes Education Program
- High Performance Coaches' Education Program
- Medical Professional's Education Program



ADEL courses are available in many different languages. If your language is not available at the time of login, make sure to check the ADEL Roadmap section of the website to see what courses are currently being translated and to which languages.

### **[ITA Athlete Hub](#)**

CMAS recommends regularly visiting the International Testing Agency's Athlete Hub for the latest news, articles and informational resources. The [Resources section](#) is also helpful if you are looking for a specific document.

### **[ITA Monthly Webinars](#)**

All members of the CMAS community are invited to take part in the ITA webinar series. Each month, anti-doping experts or athlete guests discuss key anti-doping topics relevant to athletes and Athlete Support Personnel. All webinars are free and accessible to any interested member of the global sport community. The webinars are delivered in English with simultaneous translation to Arabic, French, Russian and Spanish.

Registration for each webinar opens 2-3 weeks prior to the live session on the [ITA Athlete Hub](#) and on the ITA social media channels. Previous webinars can also be viewed on the Athlete Hub.

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