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KEEP THE BEST FOOD FORWARD

Always take the **Food First approach**, whatever sports you are in. There is no replacement for nutritious food and natural hydrating liquids.

Do keep in mind supplements may



- Contain prohibited substances without showing on the label
- Have unhealthy side effects
- Make false claims about health benefits

Do not forget

- Eat well
- Sleep well
- Stay hydrated



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BE A FAIR PLAY AMBASSADOR

If you are an athlete

- Train and compete clean
- Refrain from prohibited substances & methods
- Submit your samples in time
- Speak up if you come across ADRV

If you are a coach

- Educate your athletes about prohibited substances & methods
- Explain the importance of the doping control process
- Stay away from people serving a sanction
- Speak up if you come across ADRV

If you are a parent

- Inculcate the virtues of competing clean
- Educate your children about ADRV
- Encourage to stay away from prohibited substances
- Speak up if you come across ADRV



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ENJOY YOUR RIGHTS. KNOW YOUR RESPONSIBILITIES.

Doping Control Process is a serious matter.
Your sporting career depends on it. Understand
your **rights and responsibilities** as an athlete.



You have the RIGHT to:

- Nominate a representative of your choice to accompany you to the Doping Control Station
- Request information regarding the sample collection procedure
- Request a delay in reporting to the Doping Control Station
- Request modifications to standard sample collection procedures
- Request an interpreter if you need

You have the RESPONSIBILITY to:

- Be aware of and comply with your sports anti-doping policy
- Be available for and comply with sample collection procedures
- Remain in sight of the official throughout the sample collection procedures
- Ensure the sealed sample collection kit is secure and identified
- Make sure all appropriate documentation is accurate, complete and signed
- Be aware of prohibited substances

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IT IS YOUR CALL

You can help ensure clean sports.
It is your responsibility to call out any
case of Anti-Doping Rule Violations
or unethical practices in sports.

Speak up for clean sports, today!

Initiate an action. Mail at:

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ANTI-DOPING RULE VIOLATIONS

11 roads not to be taken
in your sporting journey as per
World Anti-Doping Code

ATHLETES



Presence

Presence of a prohibited substance or its metabolites or markers in an athlete's sample



Use or Attempt

Use or attempted use by an athlete of a prohibited substance or a prohibited method



Evasion

Evading, refusing or failing to submit to sample collection by an athlete



Whereabouts Failures

Failure to file whereabouts information and/or missed tests by an athlete

ATHLETES, ATHLETE SUPPORT PERSONNEL & OTHER PERSONS



Tampering

Tampering or attempted tampering with the doping control process by an athlete or other person



Possession

Possession of a prohibited substance or a prohibited method by an athlete or athlete support personnel



Trafficking

Trafficking or attempted trafficking of any prohibited substance or prohibited method by an athlete or other person



Administration

Administering or attempting to administer a prohibited substance or method to an athlete



Retaliation

Acts by an athlete or other person to discourage or retaliate against reporting to authorities



Complicity

Complicity or attempted complicity by an athlete or other person



Prohibited Association

Prohibited Association by an athlete or other person with a sanctioned ASP

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ALL ABOUT WHEREABOUTS

Testing is an important part of an anti-doping program and usually takes place with no advanced notice to the athlete. **Whereabouts information is a crucial part of any testing program helping to protect clean sport.**

Athletes in the Registered Testing Pool (RTP) are required to submit their whereabouts information including the following so that NADA India and other Anti-Doping Organizations (ADO) can locate them for testing, particularly out-of-competition testing:

- Home address, email ID and phone number
- An overnight accommodation address
- Regular activities, such as training, work, school or university with locations & time
- Competition schedules of the athletes
- A 60-minute time slot for each day where they'll be available and accessible for testing

Submitting and Updating Whereabouts

- Athletes in the RTP must update their whereabouts for each quarter latest by 15th of the previous month. Example: For the April-May- June quarter, whereabouts information is due on 15th March.
- Athletes can update their whereabouts through WADA's ADAMS platform or Athlete Central app.
- If an athlete's whereabouts information changes, they should immediately update their submission.
- Athletes cannot blame their representative or agent for inaccurately filing or forgetting to update their whereabouts information.

Whereabouts Failure & Consequences

- **Filing Failure:** If an athlete does not submit the whereabouts information by the quarter deadline, provides inaccurate information or gives insufficient details (example - missing house number and floor).
- **Missed Test:** If an athlete is not found for testing during the 60 minute time slot that they have provided in their whereabouts information.
- **Whereabouts Failure:** Any combination of 3 filing failures or missed tests may result in an Anti Doping Rule Violation.
- **Consequences:** In case of a whereabouts failure, an athlete can be sanctioned for up to 2 years of ineligibility.

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REALLY DO YOU KNOW YOUR SUPPLEMENTS?

Naturally-found nutritious food has no replacement. Taking the right food at the right time in the right quantity is the best policy. Nutritional Supplements may provide a temporary boost, but they may cause athletes more harm than nutrition. Indeed, there are many hidden dangers that may not come with immediate effect, but end up causing serious illness.

What are supplements?

Dietary or nutritional supplements are products used, commonly alongside a regular diet, to improve general health, increase the nutritional intake in a diet, assist with weight gain or loss and enhance sports performance or recovery. They come in different forms including tablets, drinks, energy bars, protein powders and meal replacements.

What are the risks associated with supplements?

Over the counter supplements may have various issues - quality, ingredients, labelling, fake claims and contamination.

1. Supplements can become the reason for athletes to unintentionally commit Anti-Doping Rule Violations (ADRV) and get them banned from their respective sports.
2. Supplements can adversely affect an athlete's health.
3. Supplements may contain prohibited substances although not listed in the labels.
4. Many supplements may also make the false claim of being WADA compliant.

How do athletes reduce the risk of taking supplements?

Athletes can reduce the risk of taking supplements by doing the following:

1. Consult a doctor, nutritionist, or other healthcare professionals before taking any supplement.
2. Read the label carefully and check for all ingredients listed and cross verify them with the current banned list of drugs on the WADA site.
3. Follow recommended dosages and avoid taking more than is necessary.
4. Stop taking supplements altogether if that is an available option.
5. Do not take food or dietary supplements bought over the internet as you run the risk of getting fake products.
6. Avoid supplements with ingredients that have numbers coupled with Greek letters (like 1 α or 1 β , 3 α or 3 β , 17 α or 17 β , etc.), or any of the suffixes such as -ol, -diol, -one, -dione, -dienone, -stene, -amine, -arine, -ermine, -heptane, -hexane, -pentane, -aminol.

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KNOW YOUR MEDICINE

NADA India's Know Your Medicine (KYM) app is a pioneering tool designed to empower athletes, support personnel, and sports enthusiasts with crucial information about medications.

Make informed choices:

KYM enables users to make informed choices by easily checking the prohibited status of medicines or their ingredients, aligning with the WADA Prohibited List. This helps athletes prevent inadvertent doping. Medical practitioners and support personnel can also use KYM to provide informed medicine recommendations. With user-friendly features such as image and audio search, KYM ensures that users can access the information they need quickly and conveniently.

To know more, visit:

www.kym.nadaindia.yas.gov.in

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