

WHAT IS DOPING?

“Doping” is any practice involving banned substances / methods to give an athlete an unfair advantage, and that includes the presence of a banned substance in an athlete’s urine or blood sample.

An athlete commits a doping offense if he or she:

- a. Refuses to be tested,
- b. Tampers with the testing process,
- c. Possesses or sells banned substances,
- d. Helps or tries to administer banned substances / methods

WHAT ARE BANNED SUBSTANCES?

Banned substances are drugs that are used intentionally or unintentionally to enhance performance. Some examples include steroids, hormones, stimulants, and drugs taken to mask the presence of banned substances.

WHY ARE BANNED SUBSTANCES DANGEROUS?

Banned substances can damage your heart, or otherwise affect your development. In teenagers, drug use can stunt your growth, lead to serious injury, or even kill you!

WHAT ARE THE CONSEQUENCES OF USING BANNED SUBSTANCES?

Athletes caught taking banned substances can be banned, and can lose awards and titles from previous competitions, depending on what sort of substance they are using. Teenagers who excel in any sport and are caught using banned substances jeopardize their chances of a future career in the sport, and bring shame and dishonour to themselves, their teams, families, communities, and the sport itself.

CAN BANNED SUBSTANCES BE FOUND IN OVER-THE-COUNTER MEDICATIONS?

Yes. Some banned substances can be found in food, ordinary medicine or supplements. **ALL** medications and supplements should be double-checked against the World Anti-Doping Agency (WADA) list, which can be scrutinized at wada-ama.org, caribbeanrado.com or globaldro.com. Check the updated list for banned substances that are added annually.

WHAT IF MY CHILD TAKES A BANNED SUBSTANCE WITHOUT KNOWING?

The athlete is responsible for any banned substance found in his / her body. Being given something by a coach, doctor or teammate is not an excuse. Always make sure you know what your child is taking.

WHAT ROLE DOES MY CHILD’S DOCTOR PLAY

As the parent of an athlete, you must let your child’s doctor and pharmacists know that he / she is engaging in competitive sports and may need to be tested for banned substances. A regular physician or pharmacist may not be aware of the banned substances list, and so may recommend or prescribe something without knowing the potential repercussions. It is important to ask your medical advisor to check any medication, including its ingredients, against the WADA list before providing it to your child.

WHAT SHOULD I KNOW ABOUT THE COACH?

Familiarise yourself with the history of the people who help shape your child’s future. Find out their views on doping, and possible past involvement in doping, as a player or as a coach. If a coach recommends supplements, talk it over and do your research to protect against the possibility of accidental doping.

Do you really know what is in your child’s supplements or gym bag?

