



## WILL MY CHILD BE TESTED?

In the past, only elite athletes were targeted for random out-of-competition testing. Now, athletes are tested at all levels. Major regional and international competitions for adolescents and teenagers (CARIFTA, FIFA age-group World Cup Qualifiers, etc.) have doping control in place, and will conduct testing. This can be an intimidating process for young athletes, so those who are set for national representation must be prepared. Learn more about how doping control is done from the National Federation that governs your child's sport, or visit the WADA or Regional Anti-Doping Organisation (RADO) website.

## MY CHILD IS A MINOR - DO I HAVE TO GIVE PERMISSION FOR MY CHILD TO BE TESTED?

YES! However, your responsibility does not end there. Ask questions about the process. Minors MUST have someone from team management (such as a coach) or parent with them during testing. Different national federations require varying levels of consent from parents and guardians.

## WHEN IS MY CHILD MOST AT RISK FOR CONSUMING BANNED SUBSTANCES?

When children move on to a new level of competition, they may be encouraged to do something 'extra' to handle stronger competition. Sometimes athletes preparing for a major competition may feel pressured to do whatever it takes to win. This may be combined with peer pressure, the stress of school, romantic relationships, home life etc. Injuries also make athletes vulnerable, as they seek shortcuts to get back in the game.

## AT WHAT AGE SHOULD I TALK TO MY CHILD ABOUT DOPING?

Talk to athletes of all ages about correct preparation, proper nutrition, working with medical professionals, and knowing what to put in their bodies. Those conversations become more important as athletes hit puberty and enter their teen years, when different expectations are being thrust upon them. Age-appropriate material on doping, ethics, integrity and values can be shared with children as early as 7 years old.



*The only answer to winning is smart, hard work. **Nothing else!***

## WHAT IF MY CHILD IS SICK WITH THE FLU OR OTHER AILMENT - WHAT IS SAFE TO USE?

Always consult your doctor for advice on medication prescribed for your child. When in doubt, find out, before giving your child medication for flu, asthma or other illnesses. All banned substances are listed on the WADA website, ([www.wada-ama.org](http://www.wada-ama.org)), or the Global Drug Reference Online, ([www.globaldro.com](http://www.globaldro.com)).

## WHAT IF MY CHILD KNOWS OF A TEAMMATE WHO IS DOPING?

Encourage your child to talk to you and/or the coach if there is the slightest hint of wrongdoing. If one athlete on a team is found guilty of doping, the entire team can be disqualified.

### FOR MORE INFORMATION, CONTACT:

Caribbean Regional Anti-Doping Organisation [Barbados]

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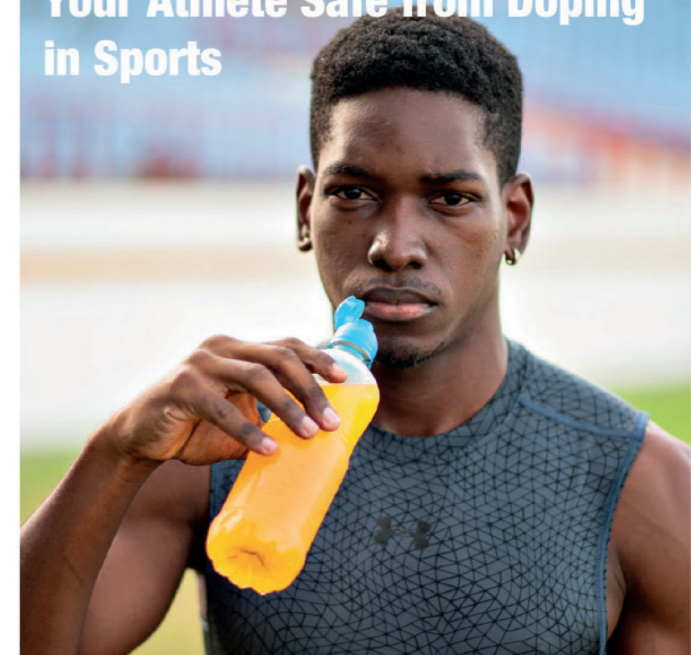
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**Visit website:** [caribbeanrado.com](http://caribbeanrado.com).

Or call your Local Olympic Committee, LOC

*Make The Right Choice! Most athletes become great by practicing fair play, working hard, and remaining honest and clean. There is no shortcut to lasting success.*

## A Parent's Guide to Keeping Your Athlete Safe from Doping in Sports



A positive drugs test will get you

# NONE OF THESE