



Doping & Medication Control Guide

Leitfaden zur Doping- und Medikamentenkontrolle

والأدوية المنشطات تعاطي دليل

兴奋剂和药物控制指南

Guía de control de dopaje y medicamentos

Guide de contrôle du dopage et des médicaments

ドーピング&薬物管理ガイド

Guia de Controle de Doping e Medicação

Руководство по контролю над допингом и лекарствами

Doping & Medication Control Guide for the Tokyo 2020 Paralympic Games For Clean and Successful Games

Congratulations

Congratulations on being selected for Tokyo 2020, the 16th summer edition of the Paralympic Games. Equestrian has been on the Paralympic programme since 1996, and once again will be represented by Para Dressage and we are thrilled that you are a part of the adventure!

Equestrian sport is unique in the relationship it presents on the field of play, and it is truly remarkable to have the opportunity to showcase the wonderful and mutually beneficial partnership between humans and horses and what can be achieved together.

With honour comes responsibility... In order to help you and your support personnel prepare adequately, we have created this Anti-Doping Guide which summarises key points and outlines equestrian-specific considerations for the Games. You will also find useful links to resources which contain details regarding rules, procedures and deadlines. Please note, that this Guide must also be read in conjunction with the resources provided by the International Paralympic Committee (IPC), which contain all relevant details.

Ensuring that athletes and their entourage have all the knowledge at their fingertips is a top priority for us, so that participation at the Tokyo 2020 Paralympic Games is not only successful but also CLEAN...

Don't hesitate to contact us should you have any further queries, good luck and enjoy the Games!

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WHAT WILL ANTI-DOPING BE LIKE IN TOKYO 2020?

Humans

The **IPC (International Paralympic Committee)'s anti-doping rules** will apply during the Period of the Tokyo 2020 Paralympic Games.

- During the period of the Games, the IPC has testing authority over all athletes (including guides) competing at the Games. The period of the Games begins on 17 August 2021 (the day the Athlete's Village opens) and ends on 05 September 2021 (the day of the Closing Ceremony).
- Athletes will be requested to submit whereabouts information to the IPC.
- For athletes who need a Therapeutic Use Exemption (TUE) for the Games, dedicated procedure and timelines apply.
- In equestrian sports, athletes will be considered to be in competition during the period commencing one (1) hour before the beginning of the first horse inspection in their Discipline, and ending after their last competition at the Games (or the sample collection process related to such competition).

Please refer to the corresponding sections in this Guide for details.

Horses

- Testing will be extensive and will be carried out by testing teams in the same manner as all other FEI events.
In-Competition Testing may take place at any time during the FEI On-site Jurisdiction Period which starts from the day of the horses' arrival at the Paralympic stables until the day of the last competition.
- Samples will be analysed in exactly the same way as in all other FEI events. Samples analysis will be carried out at the Laboratory of Racing Chemistry, Tokyo.
- Athletes are the Person Responsible (PR) for the horse and carry the ultimate responsibility for them. This includes legal proceedings should your horse test positive. Members of your support team may be held liable in addition to you.

WHAT IS PROHIBITED?

Humans

Anything that is included in the **World Anti-Doping Agency (WADA)'s List of Prohibited Substances and Methods ("the List") 2021** is prohibited. Substances that have a similar chemical structure or biological effect to those listed are also prohibited. If you are tested and your sample is positive for one of the substances on the List this will be considered as an anti-doping rule violation unless you hold a corresponding Therapeutic Use Exemption (TUE).

In addition to testing positive for a prohibited substance, there are 10 other categories of anti-doping rule violations. Seven (7) of these anti-doping rule violations can be committed not only by athletes but also by other persons, including athlete support personnel.

The 11 categories of anti-doping rule violations are:

- **Presence**
(An athlete tests positive).
- **Use**
(An athlete uses or tries to use a prohibited substance or method).
- **Evading sample collection**
(An athlete does not go to the Doping Control Station when notified for testing, or refuses to take a test, or does not provide a complete sample).
- **Whereabouts failures**
(A Registered Testing Pool athlete is not where they said they will be in their whereabouts information, or miss a test during their 60 minutes time slot, or does not submit their whereabouts on time, or submit incomplete or wrong information).
- **Tampering**
(An athlete or other person interferes with the testing or doping control process, including during the prosecution of a case).
- **Possession**
(An athlete or athlete support personnel has a prohibited substance in their possession).
- **Trafficking**
(An athlete or other person handles, transports, sells or attempts to sell prohibited substances).
- **Administration to an athlete**
(An athlete or other person gives or tries to give a prohibited substance to an athlete).
- **Complicity**
(An athlete or other person helps or tries to help cover up an ADRV, or is involved in an ADRV in any way).
- **Prohibited association**
(An athlete or other person works with or seeks help or services from an athlete support personnel who is serving a period of suspension).
- **Discourage or retaliate**
(An athlete or other person frightens someone from reporting suspected doping, or seeks revenge against those who have reported doping).

For further information please refer to the online courses "ADEL for Tokyo 2020 Paralympics" on [WADA's ADEL online educational platform](#).

Horses

- The FEI publishes the [Equine Prohibited Substances List](#) Any substance featured on the list must not be present in the horse's body during the FEI On-site Jurisdiction Period.
- Substances that have a similar chemical structure or biological effect are also prohibited.
- Care must be taken to ensure that prohibited substances are not still present in the horse's body following an earlier treatment and that any feeds, supplements or topical preparations used do not contain prohibited substances.
- You can find out how to check if a substance can be used [here](#).
- The Equine Prohibited Substances List is also produced as a [database](#) and a mobile app.

It is not only a positive test that can result in an EADCM violation. Any of the following actions may result in legal proceedings and the possibility of disqualification and loss of medals.

- Refusing to submit the horse for sampling when selected.
- Possession of a banned substance.
- Tampering with any part of the sampling equipment and process.

WHAT'S AT RISK?

Humans

- Reminder: as an athlete, you are strictly liable for any prohibited substance found in your system, regardless as to how it got there or whether you had any intention to cheat. This principle is called "strict liability".
- If you use a substance without having received a corresponding TUE, you will be liable if you test positive for the substance in question.
- If you test positive, you (and all of your team members in the case of a team competition) will lose your medals and be disqualified.
- Depending on the anti-doping rule violation, consequences and sanctions may include: results disqualification, ineligibility and exclusion from the Games. Consequences and sanctions will be made public.

For further information please refer to the online course "ADEL for Tokyo 2020 Paralympics" on [WADA's ADEL online educational platform](#).

Horses

- If your horse tests positive, you (and all of your team members in the case of a team competition) will lose your medals and be disqualified.
- Further information can be found in the [Equine Anti-Doping and Controlled Medication Regulations](#).

HOW SHOULD YOU PREPARE?

Humans

1. Take the Tokyo 2020 anti-doping online course.
All anti-doping processes for the Tokyo 2020 Paralympic Games are explained in the online course "ADEL for Tokyo 2020 Paralympics" on [WADA's ADEL online educational platform](#). Taking this course is absolutely essential for you if you are an athlete or athlete support personnel going to Tokyo 2020.
2. Read:
 - The [IPC \(International Paralympic Committee\)'s anti-doping rules for Tokyo 2020](#) and the [Tokyo 2020 Doping Control Guidebook](#).
 - The [IPC's website page dedicated to athlete doping control at the Tokyo Games](#).
3. Participate in any Pre-Games anti-doping education programmes coordinated by your National Paralympic Committee (NPC) and/or National Anti-Doping Organisation (NADO).

4. Follow the steps indicated in this Guide's "Pre-Arrival To-Do List".

Horses

- Work closely with your team veterinarian before and during the Paralympics. The lead up to the competition is an important time for ensuring your horse is free from prohibited substances.
- You can only access the stables at night if you are accompanied by an FEI Steward.
- Veterinary Forms need to be filled in should your horse need treatment and permission must be granted by the Veterinary Commission before your horse is treated.
- Horses cannot be treated in their individual stable/box during the Paralympics. Treatment boxes must be used unless the Veterinary Commission has given you permission otherwise.
- Don't be afraid of asking questions – there are many people on hand to help and advice and information is available on the **FEI Clean Sport** website.

YOUR PRE-ARRIVAL TO-DO LIST

Humans

1. Medication check

- With your team doctor's help, review all existing or foreseen medical treatments against the **2021 Prohibited List**.
- Apply for a TUE for any prescribed treatment involving prohibited substances and /or methods.
- If your medication check reveals that you are taking non-prescribed treatments containing Prohibited Substances, discontinue the treatment and find a non-prohibited alternative if necessary.

List all the medications you will need to have with you in Tokyo and make sure you obtain an import permission where needed. Sometimes an export permit is necessary in order to bring back home the unused medication a visit in Japan. Refer to the **Tokyo 2020 Customs and Freight Forwarding Guide** (in particular section 7.3) and the **Tokyo 2020 supplementary Information on import procedures for medicines medical equipment and cosmetics**. This is crucial for anyone intending to bring medication from a home country into Tokyo, as the Japanese law is very strictly enforced.

2. Supplements

- Avoid using supplements. There is no way to know whether they contain undisclosed prohibited substances. For further information please refer to the "Supplements" section in the **Human Anti-Doping Course on the FEI Campus platform**.

3. Tokyo 2020 Therapeutic Use Exemptions (TUEs) process and timelines

- **From 3 August until 5 September 2021, all** athletes registered to compete at the Games must require a TUE **in advance** of taking any medication that contains a prohibited substance or method. Retroactive TUEs will apply in the event of a medical emergency or treatment for an acute medical condition.

- Existing TUEs must be submitted to the IPC for review, in ADAMS, by 3 August.
- **Before 3 August**, athletes should follow the rules and guidance of their National Anti-Doping Organisation (NADO) or the FEI regarding TUE requirements. In practice, this means that:
 - Athletes who fall under the FEI's definition of "International-Level Athlete" must obtain their TUEs in advance from the FEI. The FEI's definition of "International-Level Athlete" is rankings based, you can find it at:
<https://inside.fei.org/fei/cleansport/humans/tues>.
 - Athletes who are not considered as "International-Level Athletes" must follow their NADO's rules on TUEs. If the NADO's rules do not require a TUE in advance, the athlete must apply for a TUE to the IPC as explained below.
- **From 3 August**, all new TUE applications must be submitted to the IPC TUE Committee for approval, either through ADAMS or by email to tue@paralympic.org.

4. Whereabouts

- All athletes included in a testing pool during the Games period must continue to maintain accurate and up-to-date whereabouts information as is normally required, including accommodation details whilst in Japan (e.g. room numbers if staying in the Athletes' Village).
- For athletes not included in a testing pool, the IPC requires National Paralympic Committees (NPCs) to provide whereabouts information during the Games period, including travel schedules, accommodation details and training schedules.

For details please refer to the [Tokyo 2020 Doping Control Guidebook](#) and the online course "ADEL for Tokyo 2020 Paralympics" on [WADA's ADEL online educational platform](#).

Horses

- You can check your horse is free from prohibited substances before you travel to Tokyo by carrying out Pre-Arrival Testing.
- Samples submitted to the Pre-Arrival Testing programme will be analysed in exactly the same way as those taken during the Paralympics.
- Find out how to [submit a sample](#) via your NF.

WHAT HAPPENS DURING TESTING?

Humans

- Here is a [short video](#) to give you an overview of the testing procedure.
- Once notified for testing, you must report immediately to the Doping Control Station, unless you are granted a delay to do so. A delay may be granted to an equestrian athlete in the following cases:
 - Prize giving ceremony.
 - Fulfilment of Media commitments (including Press and Broadcast Mixed Zones and press conferences).

- Competing again in further competitions or completing a training session:
 1. The athlete competes again in further competitions.
 2. The athlete must perform or complete a training session. Training sessions are essential for the horse and are part of the schedule for the day. They cannot be skipped or moved to another time without causing disruption.
- Performing a cool down (athletes may take their horse for a cool down in the training area following competition).
- Obtaining necessary medical treatment.
- Locating a representative and/or interpreter.
- Obtaining photo identification.
- Making necessary arrangements for the care of the horse, including accompanying the horse in the stables or to the veterinary clinic.
- Having to attend a horse inspection, including accompanying the horse to the veterinary clinic.
- Take a shower under the following exceptional circumstances: need to clean a gaze due to injury (or as part of other medical treatment), if visibly dirty (e.g. covered in mud), or need to perform an official duty.
- Any other exceptional circumstance which can be justified, and which shall be documented by the Chaperone.

Horses

- Here is a **short video** to give you an overview of the testing procedure;
- It is not necessary for the athlete to accompany the horse to the testing boxes. The athlete may ask any designated person to accompany the horse. e.g. groom, team veterinarian;
- Once selected for testing the horse can be cooled down, untacked and washed off before being taken to the testing boxes;
- Water can be brought to the testing boxes for your horse, but bringing feed or hay is not permitted.

KEY DATES

Humans

03 August 2021	Existing TUEs must be submitted to IPC for review by this date
	Athletes requiring a new TUE must apply to IPC from this date
17 August 2021	Opening of the Games Village (start of the Games period)
24 August 2021	Tokyo 2020 Opening Ceremony
05 September 2021	Closing Ceremony (end of the Games period)

Horses

FEI On-site Jurisdiction Period (In-Competition testing) starts on the day of the horses' arrival at the Paralympic stables until the day of the last competition.

ONE WORD FOR ATHLETE SUPPORT PERSONNEL (ASP)

The term "Athlete Support Personnel" (ASP) refers to the athlete's entourage: anyone working with, treating or helping an athlete participating in or preparing for sport competition. In equestrian sport, this term applies to people working with both athletes and horses.

The entourage can include grooms, coaches, trainers, managers, agents, team staff, officials, medical personnel, paramedical personnel, parents, horse owners or any other person.

While they are not tested for prohibited substances or methods, ASP can be sanctioned for doping violations. Out of the 11 current categories of anti-doping rule violations, 7 can be committed by athlete support personnel.

If you are an ASP going to Tokyo 2020, please read this guide and take the online course "ADEL for Tokyo 2020 Paralympics" on [WADA's ADEL online educational platform](#).

CONTACT DETAILS FOR HELP & ADVICE

Humans

- If you have questions before arriving in Tokyo, please contact Catherine Bollon, Athlete Services & Human Anti-Doping Advisor: catherine.bollon@fei.org.
- If you have any questions or need any advice while competing in Tokyo, consult your team doctor in the first instance. For further help, you and your team doctor can obtain advice from the FEI Chief Medical Officer (Dr Holger Holtschmit) at the Clinic.
- A representative from the FEI Legal Department will also be on site and available for advice:
Anna Thorstenson, FEI Legal Counsel: anna.thorstenson@fei.org (+41 78 750 15 70)

Horses

- If you have questions before arriving in Tokyo, please contact Caterina Termine, FEI Veterinary Advisor: caterina.termine@fei.org.
- If you have any questions or need any advice while competing in Tokyo, consult your team veterinarian in the first instance. Should you require further help, you and your team veterinarian can obtain advice from the Veterinary Commission.

A representative from the FEI Veterinary Department will be available for advice:

Caterina Termine, FEI Veterinary Advisor: caterina.termine@fei.org (+41 78 750 61 48)