

HUMAN ANTI-DOPING INFORMATION FOR ATHLETES

The International Testing Agency is an independent organisation that manages the anti-doping program for the Fédération Equestre Internationale (FEI).

It leads its activities in compliance with the World Anti-Doping Code, without any real or perceived conflict of interest, following its main objective to protect the integrity of sport and athletes all over the world.

STRICT LIABILITY

An athlete is **solely responsible** for everything they use and that is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault.

11 ADRVs ANTI-DOPING RULE VIOLATIONS

APPLY TO ATHLETES ONLY	<ol style="list-style-type: none">1. Presence of a prohibited substance in an athlete's sample2. Use or attempted use of a prohibited substance or method3. Evading, refusing or failing to submit to sample collection4. Whereabouts Failures by an athlete in a Registered Testing Pool
APPLY TO ATHLETES AND ATHLETE SUPPORT PERSONNEL	<ol style="list-style-type: none">5. Tampering or attempted tampering with any part of doping control6. Possession of a prohibited substance or method7. Trafficking or attempted trafficking of a prohibited substance or method8. Administration or attempted administration of a prohibited substance or method9. Complicity or attempted complicity in an ADRV10. Prohibited Association by an athlete or other person11. Acts by an athlete or other person to discourage or retaliate against reporting doping

CHECK YOUR MEDICATIONS

Some medications are prohibited in sport, you must check all medications before use.

1. Ask your National Anti-Doping Organisation
2. Use Global DRO
3. Ask a sports doctor or pharmacist

IMPORTANT! In-competition period commences one (1) hour before the beginning of the first Horse inspection the day before a Competition in which the Athlete/rider is scheduled to participate through to the end of the last Competition at the Event for that Athlete/rider or the sample collection process related to such Competition.

Make sure anything prohibited in-competition has left your system by this time.

Click [here](#) to learn more about checking medications.

TUEs

If you need to use a prohibited substance or method for health reasons you may be granted a Therapeutic Use Exemption (TUE) if strict conditions are met. This gives you permission to use it in the context of sport regulations.

Click [here](#) to find out more about TUEs.

CONSEQUENCES

- A ban from all sport
- Disqualification of results
- Loss of prize money and sponsorship
- Physical and mental health consequences
- Social consequences

BE AWARE OF SUPPLEMENT RISKS

There is no guarantee that any supplement is free from prohibited substances due to contamination or mislabelling. They can also be a risk for health. Therefore, a food-first approach is recommended. If an athlete is considering using supplements, they must only use those that have been batch-tested.

Click [here](#) to find out more about the risks, what batch testing is and how to make informed decisions.

DOPING CONTROL

Athletes can be tested anywhere at any time!

Click [here](#) to find out more about the process, including your rights and responsibilities.

REPORTING

REVEAL is the ITA's anti-doping platform where you can report any suspicious behaviour confidentially, and anonymously if you wish.

Click [here](#) to go to REVEAL.

WANT TO KNOW MORE?

- [Contact your National Anti-Doping Organisation.](#)
- [Take a WADA ADEL course for International level athletes.](#)
- [Visit the ITA Athlete Hub.](#)
- Email: education@ita.sport