

## ATHLETES - YOUR RIGHTS AND RESPONSIBILITIES

As an athlete, you need to play your part in clean sport and inspire the next generation of young athletes to train and compete clean, and protect their health. Athlete's actions, behaviours and choices determine how clean sport is. You and other athletes around the world need to commit to your anti-doping responsibilities.

### What you need to know

The World Anti-Doping Code states the roles and responsibilities that athletes have in relation to anti-doping.

As an athlete, you must:

- Know about and follow the Anti-Doping Rules, policies and practices of World ParaVolley and your National Anti-Doping Organization (NADO)
- Be available for testing (sample collection) at all times
- Take responsibility for what you ingest or use
- Tell medical professionals of your obligation not to use prohibited substances or methods as per the WADA Prohibited List, and that any advice or treatment you receive as an athlete from them should not violate the Anti-Doping Rules
- Tell World ParaVolley and your NADO if you have committed an Anti-Doping Rule Violation within the last 10 years
- Co-operate in any doping investigations when asked to do so
- Disclose the identity of your support personnel upon request from an Anti-Doping Organization

### Athlete's Anti-Doping Rights Act

In 2020, an Athletes' Anti-Doping Rights Act was published. This was developed by the World Anti-Doping Agency's Athlete's Committee in consultation with athletes and stakeholders worldwide. It is based on the 2021 Code and International Standards, and aims to ensure athlete rights within anti-doping are clearly set out in one place, accessible and universally applicable. This includes the right of an athlete to receive anti-doping education. You can find the [Athlete's Anti-Doping Rights Act here](#).

### What does all this mean?

This means you need to understand the principle of strict liability.

**Strict liability means that you are solely responsible for any banned substance you use, attempt to use, or is found in your system, regardless of how it got there or whether there was any intention to cheat. Not knowing is no excuse when it comes to anti-doping.**

It's no excuse -

- To say that you thought a medication was safe because a doctor gave it to you, or
- If you thought a supplement was okay to take because it says so on the label
- To say someone else advised you to take the substance, even if it was a fellow team member or your coach

### **What you should do**

- Know your anti-doping rights and responsibilities
- Attend education sessions when they are made available. Access education programs on the World Anti-doping Agency e-learning platform (ADEL for International-Level Athletes Education Program). You must have received education before attending a World ParaVolley international event!
- Speak to other athletes and your support personnel about clean sport

References:

WADA – Athletes Responsibilities Checklist

UKAD