

# ANTI-DOPING KEY FACTS



THE BASICS FOR DRIVERS  
AND CO-DRIVERS

[WWW.FIA.COM/RACETRUE](http://WWW.FIA.COM/RACETRUE)

# WHAT IS DOPING?

- **Presence of a Prohibited Substance** in an Athlete's sample
- **Use, or attempted use,** of a Prohibited Substance or a Prohibited Method
- **Evading, refusing or failing to submit** to sample collection
- **Whereabouts failures**
- **Tampering, or attempted tampering,** with a Doping Control\*
- **Possession** of a Prohibited Substance or a Prohibited Method\*
- **Trafficking, or attempted trafficking\***
- **Administration, or attempted administration,** to any Athlete in-competition of any Prohibited Substance or Prohibited Method\*
- **Complicity** - assisting, encouraging, aiding, abetting, conspiracy to, or covering up acts constituting an anti-doping rule violation\*
- **Prohibited association** - association of an Athlete with any Athlete Support Personnel having violated anti-doping rules (for example a person who is serving a period of ineligibility)\*

\* **Support Personnel:** this includes any coach, trainer, manager, agent, team staff, official, medical or paramedical personnel, parent or any other person working with, treating or assisting an Athlete. Support Personnel are also liable for violations such as tampering, possession, trafficking, administration, complicity and prohibited association.



## CONSEQUENCES OF AN ANTI-DOPING RULE VIOLATION

- 1** Loss of points and prizes at the competition in which you tested positive (both individual and possibly team results);
- 2** A period of ineligibility from Motor Sport, and all other sports, for up to four (4) years, or even a lifetime in some cases; this includes training and other participation;
- 3** A financial sanction, such as a fine and/or an order to pay associated costs.

## FIA RACE TRUE E-LEARNING CAMPUS

The FIA provides an online course covering all aspects of anti-doping that are important for Athletes to understand. The campus hosts this course and is freely available to everyone.

**A simple registration is required to access the campus:** <https://racetrue.fia.com>

For your convenience, the campus is available in several languages.

# AVOIDING AN ANTI-DOPING RULE VIOLATION

- **CONSULT THE CURRENT WADA PROHIBITED LIST** and show this to your doctor, pharmacist or other reliable specialist whenever you require medical treatment, or need to take/use a substance about which you are unsure. Explain that you are an Athlete and that you should not use any substance or method on the WADA Prohibited List: <http://list.wada-ama.org>

For the purpose of harmonisation across sports, the FIA Anti-Doping Regulations refer to Drivers/ Co-Drivers as 'Athletes'.



- **CONSULT YOUR NATIONAL ANTI-DOPING ORGANISATION** (NADO – the government-funded organisation responsible for anti-doping in your country) if you are still unsure whether something is on the WADA Prohibited List.  
FIND YOUR NADO: [www.wada-ama.org/en/code-signatories](http://www.wada-ama.org/en/code-signatories)
- **REQUEST A THERAPEUTIC USE EXEMPTION (TUE)** when there is no medical alternative and you need to use a medicine/substance listed on the WADA Prohibited List. For emergency treatment and exceptional cases it is possible to request a Retroactive TUE.

For Athletes participating in international competitions, TUE Applications must be submitted to the FIA for review and, where appropriate, approval by the FIA TUE Committee.

TUE INFORMATION: [www.fia.com/tue](http://www.fia.com/tue)  
TUE CONTACT: [tue@fia.com](mailto:tue@fia.com)

For Athletes participating in national competitions, TUE Applications should be submitted through your NADO.

- **ALCOHOL IS PROHIBITED IN-COMPETITION FOR MOTOR SPORT.** You must avoid alcohol during the entire period of a competition (starting from 12 hours before the competition begins until the end of the competition).



VIEW THE WADA  
PROHIBITED LIST

**DOPING IS CHEATING:** CHEATING YOURSELF, OTHER ATHLETES, YOUR TEAM, THE ORGANISERS, THE SPONSORS AND YOUR FANS.

# ANTI-DOPING WARNINGS

- **It is your personal duty** to ensure that no Prohibited Substance enters your body.
- **You are responsible** for any Prohibited Substance detected in your doping control sample – regardless of whether or not you knowingly ingested, or otherwise used, this Prohibited Substance.
- If you need to use a substance or method that is normally prohibited, be sure to complete and send a **Therapeutic Use Exemption request** to the FIA or NADO.
- **A lack of intention** to dope or use a substance or method listed on the WADA Prohibited List is not a valid defence in the case of a positive doping test.
- **The content of a specific drug preparation may vary between countries**, so try to take any medications that you may need with you when travelling abroad.

- **Nutritional supplements (pills, gels, etc.) carry several risks** – for example, they may not fully list the ingredients contained or may be contaminated.
- **Even medications that appear harmless**, such as eye drops, nose sprays or throat lozenges **may contain Prohibited Substances**.
- Elimination times can vary – **substances may be detected for a long time** after you have taken them.
- **Intravenous infusions and injections are Prohibited Methods** if they exceed 50ml per 6 hour period – unless legitimately received in the course of hospital admissions, surgical procedures or clinical investigations.

## CONSULT

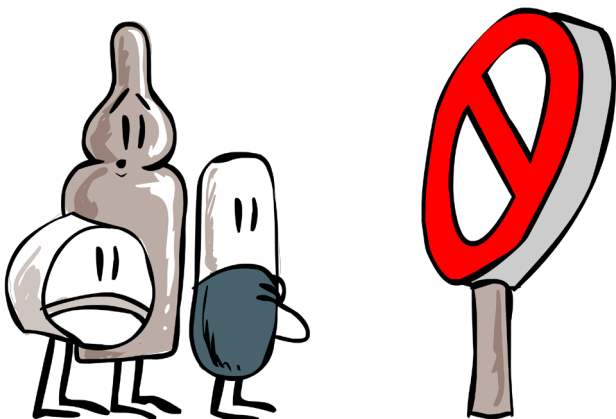
THE PROHIBITED LIST

## SEEK

ADVICE

## REQUEST

A THERAPEUTIC USE EXEMPTION (TUE), WHEN NECESSARY



CONTACT THE FIA RACE TRUE TEAM: [RACETRUE@FIA.COM](mailto:RACETRUE@FIA.COM)

In partnership with

