



RACE  
TRUE

# ANTI-DOPING AWARENESS

- Anti-doping rules keep sports fair and protect your health.
- Using banned substances can harm you and lead to suspensions.
- Regular testing makes sure everyone competes clean.

# WHAT IS DOPING?



## THERE ARE 11 ANTI-DOPING RULES VIOLATIONS

1. **Positive test result**
2. **Use** of a Prohibited Substance or a Prohibited Method
3. **Refusal to submit** a sample
4. **Whereabouts failure**
5. **Tampering** with a Doping Control
6. **Possession** of a Prohibited Substance or a Prohibited Method
7. **Trafficking**
8. **Administration** of any Prohibited Substance or Prohibited Method\*
9. **Complicity**
10. **Prohibited association** with a Support Personnel having violated anti-doping rules
11. **Obstruction** of Whistleblowing

**DOPING IS CHEATING.**

**IT CAN ALSO BE A RISK FOR YOUR HEALTH AND A DANGER FOR THE OTHER COMPETITORS.**

## IMPORTANT!

- **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 obtain a **Therapeutic Use Exemption**.
- 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.

## CONSEQUENCES OF AN ANTI-DOPING RULE VIOLATION

- ✗ Loss of points and prizes
- ✗ Suspension from motor sport, and all other sports
- ✗ Financial sanctions
- ✗ Side effects and damages on your body

# WHAT IS ON THE PROHIBITED LIST ?



- **As a driver**, you should not use any substance or method on the WADA Prohibited List
- **Consult the current WADA prohibited list** and show this to your doctor, whenever you require medical treatment, or need to take/use a substance about which you are unsure.
- **Consult your National Anti-Doping Organisation (NADO)** if you are still unsure whether something is on the WADA Prohibited List.
- **Use [globaldro.com](https://globaldro.com)** to check your medicine
- **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.
- Find more information on the TUE Application process [www.fia.com/anti-doping](https://www.fia.com/anti-doping)

## EDUCATION PROGRAMME



The FIA provides a set of tools covering all aspects of anti-doping that are important for drivers to understand. Check our website. You will also find e-learning courses on WADA's website that we strongly encourage you to visit.

Contact the FIA Race True team: [anti-doping@fia.com](mailto:anti-doping@fia.com)

## GETTING TESTED OUT-OF-COMPETITION

The FIA has two Testing Pools of highranked drivers, who must submit their whereabouts in order to be tested out-of-competition. If a driver is selected, he will be informed directly and will have to provide information regarding his localisation, competitions, and travels.

⚠ 3 Missed Tests of Filing Failures over a twelve-month period will lead to a suspension

⚠ The substances prohibited in and out-of-competitions may vary

⚠ Even if not part of a Testing Pool, any driver can be tested out-of-competition



**VIEW THE WADA PROHIBITED LIST**





# FIA ANTI-ALCOHOL REGULATIONS



The FIA is dedicated to improving safety in motor sport, notably by prohibiting substances that affect human behaviour and judgment and may impair driving ability, such as alcohol. This is why the FIA has implemented its own Anti-Alcohol regulations.

The presence of alcohol in a driver's body during an International Competition is prohibited.

In case a driver is tested positive during a control, he will be immediately disqualified from the event.

A fixed scale of additional sanctions (financial and suspension) will additionally be applied.

Waivers regarding specific medical conditions such as endogenous ethanol production can be requested.

## ZERO TOLERANCE FOR ALCOHOL DURING COMPETITION.



### TESTING PERIOD

- 3 hours before race/qualification/test
- Until 30 min after race/qualification/test (specific procedure taking into consideration the podium ceremony)

Visit the [FIA website](#) to learn more about our regulations