



## **Strict Liability & Medication Guidance Policy**

### **Overview**

The integrity of sport depends on clean competition and adherence to anti-doping rules. Athletes and Athlete Support Personnel must understand their responsibilities when it comes to medications, supplements, and prohibited substances.

A key principle in anti-doping is Strict Liability, which places responsibility on the athlete for any prohibited substance found in their body.

This policy outlines the principle of strict liability and provides guidance on how athletes can verify medications and minimize risks associated with supplements.

### **The Principle of Strict Liability**

Under the World Anti-Doping Agency (WADA) Code, the principle of Strict Liability applies to all athletes.

Strict Liability means:

- Athletes are responsible for any prohibited substance found in their body.
- This applies regardless of intent, fault, negligence, or how the substance entered the body.

If a prohibited substance, its metabolites, or markers are detected in an athlete's sample during doping control, an anti-doping rule violation may occur, even if the athlete did not knowingly take the substance.

Because of this rule, athletes must take proactive steps to ensure that everything they ingest or use complies with anti-doping regulations.

For more information on the WADA Code, visit:

<https://www.wada-ama.org/en/what-we-do/world-anti-doping-code>

### **The WADA Prohibited List**

The WADA Prohibited List identifies substances and methods that are banned in sport.

The list is updated annually and includes substances that are prohibited:

- At all times (in and out of competition)
- In competition only
- In specific sports

A substance or method may be included on the Prohibited List if it meets at least two of the following criteria:

- It has the potential to enhance sport performance
- It presents a health risk to athletes

- It violates the spirit of sport

Athletes and support personnel should review the Prohibited List regularly to ensure compliance.

Access the current Prohibited List here:

<https://www.wada-ama.org/en/prohibited-list>

## **Checking Medications**

Before taking any medication, athletes should verify that the product does not contain a prohibited substance.

### **Use GlobalDRO**

The recommended tool for checking medications is GlobalDRO (Global Drug Reference Online).

GlobalDRO allows athletes, coaches, and medical professionals to check whether medications are permitted under anti-doping rules.

### **Visit GlobalDRO:**

<https://www.globaldro.com>

### **How to Check a Medication**

1. Go to GlobalDRO.com
2. Enter the brand name or active ingredient of the medication
3. Select the country where the medication was purchased
4. Review the result, which will indicate whether the medication is:
  - Permitted
  - Prohibited
  - Prohibited in competition
  - Prohibited unless a Therapeutic Use Exemption (TUE) is approved

If a prohibited medication is required for legitimate medical reasons, the athlete may need to apply for a Therapeutic Use Exemption (TUE) through their relevant Anti-Doping Organization. Please reference the IPTPA TUE Application if you require the application process to be initiated.

Learn more about TUEs here:

<https://www.wada-ama.org/en/what-we-do/science-medical/therapeutic-use-exemptions>

## **Supplement Risks**

Dietary supplements present a significant anti-doping risk.

Unlike medications, supplements are often not strictly regulated, and products may contain:

- Undeclared ingredients
- Contaminated substances
- Prohibited substances not listed on the label

Even trace amounts of a prohibited substance can result in a positive doping test.

Because of this risk:

- Athletes should use supplements with extreme caution
- Athletes should consult qualified professionals before taking any supplement
- Athletes should understand that they remain responsible for any substance found in their body

More information about supplement risks can be found here:

<https://www.wada-ama.org/en/resources/science-medicine/dietary-supplements>

### **Athlete Responsibilities**

To comply with anti-doping rules and protect themselves from violations, athletes should:

- Review the WADA Prohibited List each year
- Verify medications through GlobalDRO before using them
- Exercise caution when considering dietary supplements
- Consult a physician, pharmacist, or anti-doping professional if unsure about a substance
- Apply for a Therapeutic Use Exemption (TUE) when medically necessary

Athletes are ultimately responsible for everything they ingest or use.

Understanding and following these responsibilities helps protect both the athlete and the integrity of sport.

If you have any questions about strict liability, please reach out to the IPTPA Anti-Doping contact; Brad Guye  
[Brad@IPTPA.com](mailto:Brad@IPTPA.com)