

General Information

UCI Anti-Doping Program & UCI Anti-Doping Rules

IN GENERAL

As the International Federation for the sport of cycling, the UCI is making every effort to ensure that all riders can compete in a doping-free sporting environment. This includes conducting testing on riders in competitions and out-of-competition, providing education programs and sanctioning those who breach the anti-doping rules.

The UCI has delegated most of its anti-doping activities to the Cycling Anti-Doping Foundation (CADF), which is an independent entity from the UCI. The CADF's role is to manage the UCI Anti-Doping Program for all riders of all disciplines, in compliance with the UCI Anti-Doping Rules and the World Anti-Doping Code¹.

If you wish further information on the UCI Anti-Doping Program and/or CADF activities, please consult the Clean sport section of the UCI website (www.uci.org/inside-uci/clean-sport/anti-doping) or CADF website (www.cadf.ch/).

TESTING

Like any other cycling events registered on the UCI Calendar, anti-doping tests can take place at any leg of the Enduro World Series. Testing can be initiated and directed by the CADF on behalf of the UCI, by a National Anti-Doping Organization² or by any other competent authority (e.g. World Anti-Doping Agency - WADA).

If you are selected for doping control, please follow the Doping Control Officer's instructions. We thank you in advance for your full cooperation and collaboration.

¹ The World Anti-Doping Code (Code) drafted and maintained by the World Anti-Doping Agency (WADA) is the core document that harmonizes anti-doping policies, rules and regulations within sport organizations and among public authorities worldwide. As a signatory of the Code, the UCI has implemented the principles of the Code in the UCI Anti-Doping Rules.

² National Anti-Doping Organizations (NADOs) are Government-funded organizations responsible for testing national athletes in- and out-of-competition, as well as athletes from other countries competing within that nation's borders, adjudicating anti-doping rules violations and providing anti-doping education.

If you wish further information on the doping control protocol, please consult Annex D (Collection of Urine Sample) of the UCI Testing and Investigations Regulations.

THE PROHIBITED LIST

In General

The Prohibited List (the “List”) identifies the substances and methods that are prohibited in- and out-of-competition, and in particular sports.

The List of Prohibited Substances and Methods is updated annually by WADA and adopted by the UCI. It can be downloaded at www.wada-ama.org/en/resources/science-medicine/prohibited-list.

Substances and Methods Classification

You will notice that the substances and methods on the List are classified by different categories (e.g. steroids, stimulants, narcotics or cannabinoids).

The List makes a distinction between **substances and methods prohibited at all times** (in- and out-of-competition- e.g. S1 Anabolic Agents or S5 Diuretics) and **substances and method prohibited in-competition only** (e.g. S6 Stimulant or S8 cannabinoids).

Within the meaning of the Prohibited List, **In-Competition is the period commencing twelve hours before a Competition in which the rider is scheduled to participate through the end of such Competition and the Sample collection process related to such Competition.**

Unless a quantitative threshold is specifically identified in the List, the presence of any quantity of a Prohibited Substance or its Metabolites or Markers in a rider’s sample when collected shall constitute an Anti-Doping Rule Violation (ADRV).

This means that if a substance is ingested out-of-competition, but that substance is still present in the rider’s body when tested at a competition, he/she may be held responsible for an ADRV.

Please note also that use and possession of a substance prohibited in competition is prohibited during the competition.

STRICT LIABILITY

The principle of strict liability is applied in situations where urine/blood samples collected from a rider have produced adverse analytical results.

It means that each rider is strictly liable for the substances found in his or her bodily specimen, and that an Anti-Doping Rule Violation (ADRV) occurs whenever a prohibited substance (or its metabolites or markers) is found in bodily specimen, whether or not the rider intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault.

While an ADRV occurs regardless of the rider's intention, there is flexibility in the sanctioning process to consider the circumstances.

THERAPEUTIC USE EXEMPTION (TUE)

A Therapeutic Use Exemption (TUE) is a special permission to use a prohibited substance or method for a legitimate medical condition.

Riders, like everyone else, may have illnesses or condition which requires a particular medication. If a substance contained in your medication or the method used appears on the Prohibited List, you must apply for a TUE and be granted a TUE before starting the treatment.

There may be situation of urgency where you should not wait to obtain the approval from the TUE Committee. However, those instances are rare and in any case, you must document and keep all medical files.

Full Information on the TUE request process is available at www.uci.org/inside-uci/clean-sport/anti-doping/therapeutic-use-exemptions.

MEDICATION USE

Please be aware that it is the responsibility of the rider to determine whether a substance that he/she is using or considering using is prohibited.

Therefore, we can only urge you to check the status of all medications with a specialist. If, further clarification is required, you should check with your National Anti-Doping Organisation and/or the UCI.

Whilst a third party should assist you to ensure a medications and/or supplements are not included on the Prohibited List, you remain responsible at all times for what goes into your body.

Therefore, we repeat that you must always check at least the Prohibited List and consult a specialist such as a doctor before taking any medications or nutritional supplements.

SUPPLEMENT USE

The use of dietary supplements by riders is strongly discouraged considering that in many countries the manufacturing and labelling of supplements may not follow strict control. It is nowadays common knowledge that such products may be contaminated with banned substances or mislabelled and could lead to an Anti-Doping Rule Violation (ADRV).

Therefore, extreme caution is recommended regarding their use.

If you are using dietary supplement, you have to accept the inherent risk associated to the use of such products. Utmost awareness, caution, education and common sense must be exercised when considering their use.

Advice:

- *Assess the need:*

Rider should seek advice from a medical professional on their need to use supplement product.

- *Assess the risk:*

Seek advice from a medical professional, check the label, conduct research on the product and the manufacturer.

Avoid product in the bodybuilding, weight loss, pre-workout/energy, or sexual enhancement categories.

ANTI-DOPING RULE VIOLATIONS

Anti-Doping Rule Violation (ADRV) is defined as the occurrence of one or more of the following:

1. Presence of a Prohibited Substance in a Rider's Sample
2. Use or Attempted Use of a Prohibited Substance or Method
3. Evading, Refusing or Failing to Submit to Sample Collection
4. Failure to file athlete whereabouts information & missed tests (i.e. three whereabouts failures within a period of 12 months for Rider included in a Registered Testing Pool)³
5. Tampering or Attempted Tampering with any part of Doping Control process
6. Possession of a Prohibited Substance or Method
7. Trafficking a Prohibited Substance or Method

³ Only rider included in a Registered Testing Pool (RTP) shall provide whereabouts information. You will be informed accordingly, if you are included in a RTP.

8. Administration or Attempted Administration of a Prohibited Substance or Method to any Rider
9. Complicity in an ADRV
10. Prohibited Association with sanctioned Athlete Support Personnel

Sanctions for ADRVs may range from a reprimand to a lifetime ban. The period of ineligibility⁴ may vary depending on the type of ADRV, the circumstances of an individual case, the substance, and the possible repetition of an anti-doping rule violation.

In any event, the concerned person is entitled to a fair hearing and to appeal any decision regarding a positive test or sanction imposed on him/her following an anti-doping rule violation.

HELP US TO PROTECT CLEAN CYCLING

The UCI and the CADF encourage anyone who becomes aware of, or suspects, any breach of the UCI Anti-Doping Rules, to report such concerns in confidence via reportdoping@cadf.ch.

This confidential email will only be accessed by CADF, the independent body mandated by the UCI to implement its anti-doping program.

⁴ Ineligibility means the Rider is barred on account of an anti-doping rule violation for a specified period of time from participating in any Competition or other activity.

TO KEEP IN MIND

YOU and only YOU remain responsible for what goes into your body!

Check every single medication or substances before you use it, even if you have used it before.

Basic Precautions:

- 1) Always cross-check the ingredients with the Prohibited List**
- 2) Consult a sport specialist (Show him the Prohibited List)**
- 3) Avoid supplements or be extremely careful**
- 4) Be informed of the clearance time of a substance prohibited in-competition before using it**
- 5) Do not bring substance prohibited in-competition on site**

FURTHER INFORMATION

Further information is available on the UCI website under Clean Sport Section (www.uci.org/inside-uci/clean-sport/anti-doping) and on CADF website (www.cadf.ch/).

We also invite you to consult the World Anti-Doping Agency website, where documentation and different educational tools are available (www.wada-ama.org/en).

Otherwise, please do not hesitate to contact UCI Legal Anti-Doping Services (lads@uci.ch) for further questions on the UCI Anti-Doping Programme and/or the UCI Anti-Doping Rules.

