Clean Sport for Humans

The Fédération Equestre Internationale (FEI) is dedicated to ensuring fair competition and protecting athlete health through their human anti-doping program, aligned with the World Anti-Doping Code. As equestrian athletes, you have the power to uphold the values of integrity, fairness, and ethical competition.

Key principles of Clean Sport

1. Anti-Doping Rule Violations (ADRVs): More than a positive test!

Doping isn't just about taking steroids; a rule violation can result from use of recreational drugs, actions like refusing a test, being complicit or trafficking prohibited substances.

Read more: Full List of ADRVs

2. Strict liability: Own your responsibility!

An athlete is solely responsible for everything they use and that is found in their body regardless of whether there is an intention to cheat or not or if the athlete is at fault.

Learn more: The "Strict Liability" Principle

3. Know the Prohibited List: Stay informed!

The World Anti-Doping Agency (WADA) updates the Prohibited List at least annually, effective January 1 each year. Medications, supplements and recreational drugs may contain prohibited substances. Familiarise yourself with the list and check all your medications before use.

Learn more: Medications - A guide for athletes and their support personnel

4. Therapeutic Use Exemptions (TUEs): Your right to health!

If you need a prohibited substance or method for medical reasons, a TUE allows you to do so, if strict conditions are met, while complying with human anti-doping rules.

Learn more: FEI TUE Information

5. Supplements: Proceed with caution!

Positive tests can result from supplement use due to mislabelling and contamination. Remember, no supplement is 100% safe!

Learn more: Supplements - A guide for athletes and their support personnel

6. Testing overview: Know what to expect!

Athletes can be tested anytime, with no advance notice, both in- and out-of-competition. Know what to expect and your rights and responsibilities during testing.

What to expect: An Athlete's Guide to Testing

7. Athlete Support Personnel: Together for Clean Sport!

Coaches and other Athlete Support Personnel play an important role in promoting clean sport. Athletes rely on members of their entourage as vital sources of information and as mentors. This requires an understanding of human anti-doping rules and how they can positively influence an athlete's values and behaviours to Keep Sport Real.

Webinar for Coaches and ASP: Monthly webinar - The Athlete Support Personnel - Athlete Relationship in Clean Sport

8. Get educated: Knowledge is key!

All FEI athletes, coaches and ASP should take the time to invest in education. Here are some options for you!

- **WADA ADEL:** Anti-Doping Education and Learning
- **FEI Clean Sport for Humans:** Clean Sport for Humans - New | FEI
- **ITA Clean Sport Education:** ITA Athlete Hub
- **National Anti-Doping Organisation (NADO):** Visit your NADO website for country-specific resources and education programs.

Join us in being part of clean sport and integrity in equestrian!

HUMAN ANTI-DOPING INFORMATION FOR ATHLETES

The International Testing Agency is an independent organisation that manages the anti-doping program for the Fédération Equestre Internationale (FEI).

It leads its activities in compliance with the World Anti-Doping Code, without any real or perceived conflict of interest, following its main objective to protect the integrity of sport and athletes all over the world.

STRICT LIABILITY

An athlete is **solely responsible** for everything they use and that is found in their body, regardless of whether there was an intention to cheat or not or if the athlete is at fault.

11 ADRVs ANTI-DOPING RULE VIOLATIONS

APPLY TO ATHLETES ONLY

1. Presence of a prohibited substance in an athlete's sample
2. Use or attempted use of a prohibited substance or method
3. Evading, refusing or failing to submit to sample collection
4. Whereabouts Failures by an athlete in a Registered Testing Pool

APPLY TO ATHLETES AND ATHLETE SUPPORT PERSONNEL

5. Tampering or attempted tampering with any part of doping control
6. Possession of a prohibited substance or method
7. Trafficking or attempted trafficking of a prohibited substance or method
8. Administration or attempted administration of a prohibited substance or method
9. Complicity or attempted complicity in an ADRV
10. Prohibited Association by an athlete or other person
11. Acts by an athlete or other person to discourage or retaliate against reporting doping

CHECK YOUR MEDICATIONS

Some medications are prohibited in sport, you must check all medications before use.

1. Ask your National Anti-Doping Organisation
2. Use Global DRO
3. Ask a sports doctor or pharmacist

IMPORTANT! In-competition period commences one (1) hour before the beginning of the first Horse inspection the day before a Competition in which the Athlete/rider is scheduled to participate through to the end of the last Competition at the Event for that Athlete/rider or the sample collection process related to such Competition.

Make sure anything prohibited in-competition has left your system by this time.

Click here to learn more about checking medications.

TUEs

If you need to use a prohibited substance or method for health reasons you may be granted a Therapeutic Use Exemption (TUE) if strict conditions are met. This gives you permission to use it in the context of sport regulations.

Click here to find out more about TUEs.

CONSEQUENCES

- A ban from all sport
- Disqualification of results
- Loss of prize money and sponsorship
- Physical and mental health consequences
- Social consequences

BE AWARE OF SUPPLEMENT RISKS

There is no guarantee that any supplement is free from prohibited substances due to contamination or mislabelling. They can also be a risk for health. Therefore, a food-first approach is recommended. If an athlete is considering using supplements, they must only use those that have been batch-tested.

Click here to find out more about the risks, what batch testing is and how to make informed decisions.

DOPING CONTROL

Athletes can be tested anywhere at any time!

Click here to find out more about the process, including your rights and responsibilities.

REPORTING

REVEAL is the ITA's anti-doping platform where you can report any suspicious behaviour confidentially, and anonymously if you wish.

Click here to go to REVEAL.

WANT TO KNOW MORE?

- Contact your National Anti-Doping Organisation.
- Take a WADA ADEL course for International level athletes.
- Visit the ITA Athlete Hub.
- Email: education@ita.sport

ITA
KEEPING SPORT REAL

AN ATHLETE'S GUIDE TO TESTING

ENG

GUIDE DU SPORTIF POUR LES CONTRÔLES

FRA

DOPINGKONTROLLEN: LEITFADEN FÜR ATHLET*INNEN

GER

GUÍA DEL ATLETA PARA EL CONTROL ANTIDOPAJE

ESP

GUIA DO ATLETA PARA TESTES

POR

GUIDA DELL'ATLETA PER IL TEST

ITA

DOPPINGELLENŐRZÉSI ÚTMUTATÓ SPORTOLÓKNAK

HUN

ПАМЯТКА СПОРТСМЕНА ПО ТЕСТИРОВАНИЮ

RUS

运动员兴奋剂检查指南

CHN

선수를 위한 도핑검사 안내

KOR

ドーピング検査のためのアスリートガイド

JPN

دليل الرياضي للاختبار

ARA

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