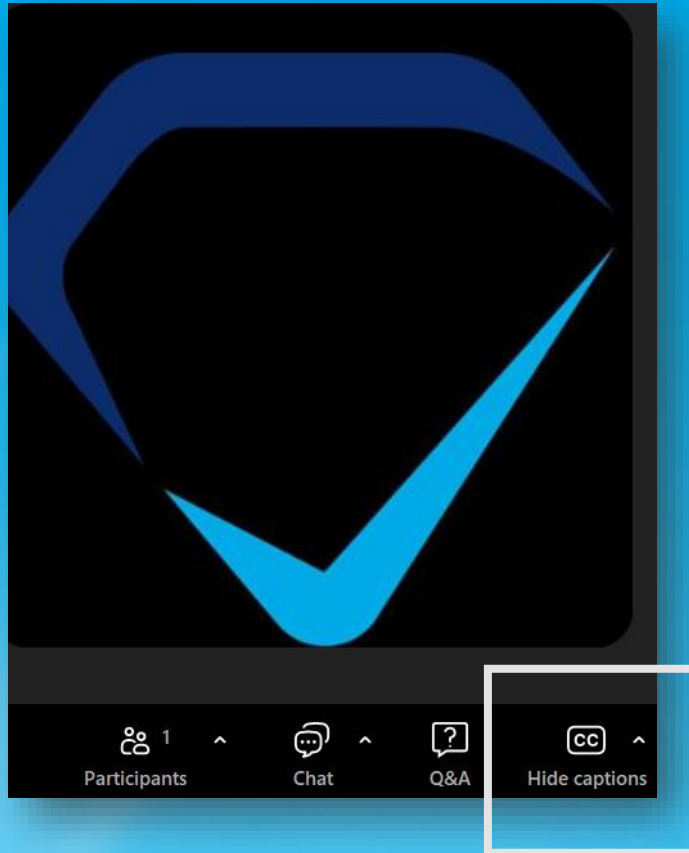


# IGF

# Clean Sport Education Webinar for Coaches, Captains and Managers

26 August 2025



# AUTOMATED TRANSLATED CAPTIONS

# INTERNATIONAL TESTING AGENCY (ITA)

- ✓ Independent international organisation that offers anti-doping services to International Federations (IFs), Major Event Organisers (MEOs), and other organisations.
- ✓ The ITA implements anti-doping programs for IFs, MEOs and other organisations requesting support.
- ✓ Manages various aspects of the anti-doping program (testing, results management, intelligence and investigations, education, etc.).

**INTERNATIONAL GOLF FEDERATION (IGF)**

**DR PATRICK SCHAMASCH MBE – IGF CMO**

**THE INTERNATIONAL TESTING AGENCY (ITA)**

**ARMANDO URBAN, MD – EDUCATION TEAM**

**WELCOME FROM IGF**





CHAT



Q&A



POLL

# #KeepingSportReal

“**COACHES AND PEERS** having a close and trusty relationship with the athletes were considered **MOST INFLUENTIAL** with respect to doping-related decisions”

(Barkoukis, 2019)



Entourage can prevent doping



Entourage can facilitate doping

even unknowingly through the motivational climate they create

# WHAT WE WILL COVER TODAY...

- ✓ Your anti-doping roles and responsibilities.
- ✓ How to influence athlete values and behaviours.
- ✓ How to foster anti-doping attitudes
- ✓ The Anti-Doping Rules.
- ✓ Checking medications.
- ✓ Therapeutic Use Exemptions
- ✓ Making informed decisions about supplement use.
- ✓ The testing process.
- ✓ How to report doping in sport.
- ✓ Recognising and supporting athletes during vulnerability moments.



**In your opinion, what role should coaches and team managers play in making sure the entire athlete support team understands clean sport?**

**Can you share a story where you promoted clean sport?**

# **ATHLETE SUPPORT PERSONNEL ROLES AND RESPONSIBILITIES**

# ATHLETE SUPPORT PERSONNEL

## Roles & Responsibilities

- ✓ To be knowledgeable of and comply with anti-doping policies and rules which are applicable to you and the athletes you support.
- ✓ To cooperate with the athlete Testing Program.
- ✓ **To use your influence on athlete values and behaviours to foster anti-doping attitudes.**
- ✓ To disclose to IGF and your National Anti-Doping Organisation if you have committed an Anti-Doping Rule Violation in the previous ten (10) years.

# ATHLETE SUPPORT PERSONNEL

## Roles & Responsibilities

- ✓ To cooperate with any Anti-Doping Organisation investigating Anti-Doping Rule Violations.
- ✓ Athlete Support Personnel must not possess any prohibited substance or prohibited method without a valid justification.
- ✓ Must not be offensive toward a Doping Control official or other person involved in Doping Control.

# POLL QUESTION

**CHOOSE TWO RESPONSES WHICH REFLECT YOUR APPROACH TO CLEAN SPORT:**

- ☐ Be a role model
- ☐ Take no shortcuts
- ☐ Build a clean culture
- ☐ There are consequences to your decisions
- ☐ Set the moral compass
- ☐ Report doping concerns
- ☐ Share and instil knowledge

# TO USE YOUR INFLUENCE ON **ATHLETE VALUES** **AND BEHAVIOURS TO FOSTER ANTI- DOPING ATTITUDES**

What do you need to do?

- ✓ Be a role model
- ✓ Be a clean sport ambassador
- ✓ Guide an athlete's moral compass
- ✓ Know the rules and understand the principle of Strict Liability
- ✓ Reinforce clean sport values
- ✓ Nurture a culture of being the best you can be, as opposed to winning at all costs
- ✓ Promote informed choices
- ✓ Signpost to support tools and resources

# ANTI-DOPING RULE VIOLATIONS

# POLL QUESTION

## HOW MANY ANTI-DOPING RULE VIOLATIONS ARE THERE?

- ☐ 1
- ☐ 5
- ☐ 7
- ☐ 11



**11.** Acts by an athlete or other person to **discourage or retaliate** against reporting to authorities.

**1. Presence** of a prohibited substance in 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 athletes in a Registered Testing Pool.

**5. Tampering or attempted tampering** with any part of doping control.

**6. Possession** of a prohibited substance or method.

**7. Trafficking or attempted trafficking** in any 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 ADRVs

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# 11 ADRVs

# THE SPORT INTEGRITY COMMISSION

PRESENTS



The Sport Integrity Commission presents



Sport Integrity  
Commission  
Te Kahu Raunui



# STRICT LIABILITY PRINCIPLE

**The 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.**



# MEDICATIONS

# POLL QUESTION SCENARIO

An athlete you work with is suffering with allergies. They go to the pharmacy and pick up a medication.

**COULD THERE BE AN ANTI-DOPING ISSUE  
IN THIS SCENARIO?**

- ☐ Yes
- ☐ No
- ☐ I am not sure

# ATHLETES MUST KNOW ABOUT THE PROHIBITED LIST UPDATED AT LEAST ANNUALLY



Includes substances and methods that are prohibited in sport and when:

- Prohibited at all times.
- Prohibited only during In-Competition.
- Prohibited only in particular sports.

## THE PROHIBITED LIST



**SCAN NOW!**

Substances can be found in some medications, supplements and recreational drugs.



# POLL QUESTION

## HOW CAN YOU CHECK A MEDICATION?

- ☐ With your National Anti-Doping Organisation
- ☐ With a team doctor
- ☐ Using an online resource such as Global DRO

# CHECK ALL MEDICATIONS BEFORE USE

- ✓ Ask a doctor or a pharmacist who is familiar with the Prohibited List and understands your anti-doping responsibilities as an athlete.
- ✓ Check with your National Anti-Doping Organisation.
- ✓ Use a reliable online resource such as [GlobalDRO](#).

NADOs list:



GlobalDRO:



**It is important to note that under the World Anti-Doping Code, athletes are strictly liable, meaning they are ultimately responsible for what they use or is in their systems – remember the principle of strict liability we just covered.**

# APPLY FOR A TUE IF YOU NEED TO USE A SUBSTANCE OR METHOD ON THE PROHIBITED LIST

Athletes may have a condition, illness or injury that requires a particular substance or method. If this substance or method appears on the Prohibited List, they may be granted a

## Therapeutic Use Exemption (TUE)

If strict conditions are met

which gives them permission to use it within the context of sports regulations.

The TUE process **avoids the risk of sanctions** due to a positive test.

Want to know more about TUEs?  
Go to [TUE Assistant - International Testing Agency \(ita.sport\)](https://ita.sport)



# SUPPLEMENTS

# POLL QUESTION SCENARIO

An athlete you work with is in the final month of preparation for the biggest competition of the year.

The athlete tells you that between training and their other responsibilities, they often get food in a hurry and don't always make the best choices. They say they are often tired and feel this is affecting their competition preparation.

They tell you they have seen supplements in the supermarket which are promoted as '**optimal for a healthy diet**' and '**sustainably improves performance**' .

## THEY ASK WHAT YOU THINK. WHAT WILL YOU SAY?

- ☐ Sounds great!
- ☐ Let's talk to an expert first
- ☐ Don't take it

# UNDERSTAND THE RISKS OF SUPPLEMENTS

✓ **CAN CONTAIN PROHIBITED SUBSTANCES AS THEIR MAIN INGREDIENTS**

✓ **CONTAMINATION**

Inadvertent  
ingestion of  
prohibited  
substances

✓ **MISLABELLING**

✓ **A RISK TO HEALTH** – testing of supplements has shown some to contain heavy metals and pesticides.

REMEMBER, no supplement is 100% risk free and may lead to an Anti-Doping Rule Violation!





# POLL QUESTION:

## WHAT IS THE PROHIBITED INGREDIENT ON THE SUPPLEMENT LABEL?

- ☐ Acetyl L Carnitine
- ☐ Higenamine
- ☐ Paradoxine

### Supplement Facts

Serving Size : 1 Scoop (4.2g) Servings per container: 30

	Amount Per Serving	%DV
Vitamin B12 (as Cyanocobalamin)	200mcg	3,333%
Chromium (as Chromium Picolinate)	100mcg	83%
Vitamin B6 (as Pyridoxine HCl)	2mg	118%
Vitamin B3(as Niacin)	15mg	94%
Acetyl L Carnitine	1000mg	**
Caffeine Anhydrous	300mg	**
KSM-66® (KSM-66Ashwagandha Root Extract)	150mg	**
5 HTP (Griffonia Simplicifolia) (seed) (extract)	100mg	**
Cocoabuterol® (Theobroma Cacao L. Extract) (seed)	100mg	**
Synephrine HCl	50mg	**
Higenamine HCl	50mg	**
Paradoxine® (Grains of Paradise (12.5% 6-paradol))	25mg	**
ProGBB™ (Gamma-butyrobetaine Ethyl Ester Chloride)	25mg	**
AstraGin® (Astragalus membranaceus & Panax notoginseng Root Extract)	25mg	**
Huperzine A (Huperzia Serrata leaf std. extract)	50mcg	**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*\*Daily Value not established

Other Ingredients: Citric Acid, Malic Acid, Silicon Dioxide, Natural and Artificial Flavors, Sucralose. Contains Milk



# Supplement Facts

Serving Size : 1 Scoop (4.2g) Servings per container: 30

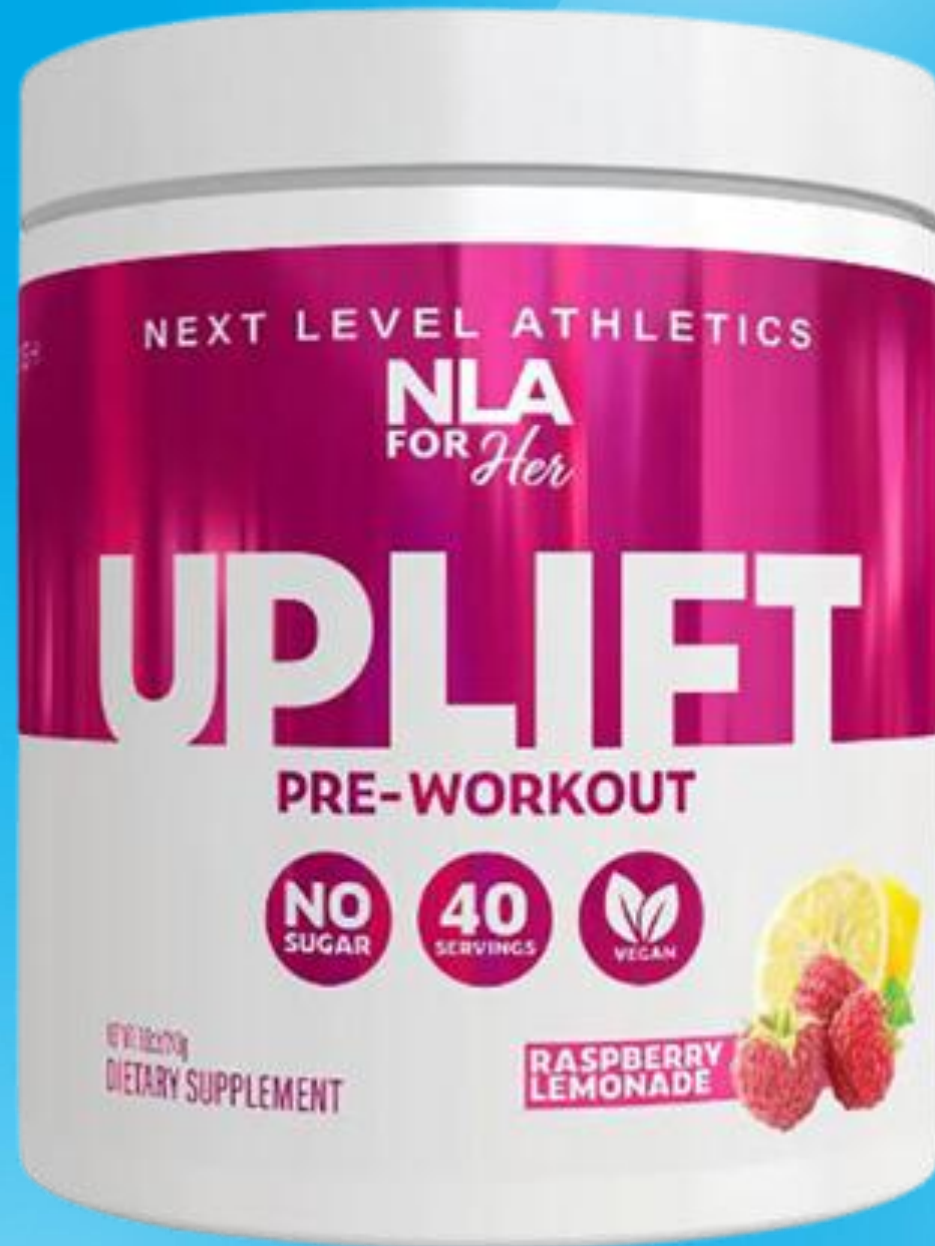
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Vitamin B3(as Niacin)	15mg	94%
Acetyl L Carnitine	1000mg	**
Caffeine Anhydrous	300mg	**
KSM-66® (KSM-66Ashwagandha Root Extract)	150mg	**
5 HTP (Griffonia Simplicifolia) (seed) (extract)	100mg	**
Cocoabuterol® (Theobroma Cacao L. Extract) (seed)	100mg	**
Synephrine HCl	50mg	**
Higenamine HCl	50mg	**
Paradoxine® (Grains of Paradise (12.5% 6-paradol))	25mg	**
ProGBB™ (Gamma-butyrobetaine Ethyl Ester Chloride)	25mg	**
AstraGin® (Astragalus membranaceus & Panax notoginseng Root Extract)	25mg	**
Huperzine A (Huperzia Serrata leaf std. extract)	50mcg	**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*\*Daily Value not established

Other Ingredients: Citric Acid, Malic Acid, Silicon Dioxide, Natural and Artificial Flavors, Sucralose. Contains Milk

- Higenamine
- S3 Beta-2 Agonists
- Prohibited at all times



# POLL QUESTION:

## WHAT IS THE PROHIBITED INGREDIENT ON THE SUPPLEMENT LABEL?

- ☐ Beta Alanine
- ☐ Phenylethylamine
- ☐ L-Tyrosine

SUPPLEMENT FACTS		
Serving Size: Approximately 1 scoop (6g/0.21oz)		
Servings Per Container: 30		
	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	2g	1%*
Niacin (as Niacinamide)	12mg NE	73%
Vitamin B6 (as Pyridoxine Hydrochloride)	1.5mg	88%
Vitamin B12 (as Cyanocobalamin Dicalcium Phosphate)	18mcg	750%
Beta Alanine	500mg	**
Caffeine	169mg	**
Glycine	100mg	**
L-Arginine Alpha Ketoglutarate	100mg	**
L-Carnitine Tartarate	100mg	**
L-Lysine Hydrochloride	100mg	**
Theobromine	50mg	**
Inositol	38mg	**
PABA (Para-Amino Benzoic Acid)	38mg	**
L-Phenylalanine	25mg	**
Phenylethylamine	25mg	**
HCIMethyl Liberine Powder (Dynamine™)	25mg	**
L-Tyrosine	19mg	**
Choline (as Choline Bitartrate)	8mg	**
Schisandra ( <i>Shisandra chinensis</i> ) Berry Powder	8mg	**
L-Isoleucine	1mg	**
L-Threonine	1mg	**
L-Histidine HydroChloride	1mg	**
DMAE (Dimethylaminoethanol Bitartrate)	1mg	**
L-Valine	1mg	**
L-Leucine	1mg	**
Agmatine Sulfate	1mg	**
*Percent Daily Values are based on a 2,000 calorie diet.		
**% Daily Value (DV) not established.		
Other Ingredients: Maltodextrin, Citric Acid, Natural Flavors, Tartaric Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Acesulfame Potassium		

# SUPPLEMENT FACTS

Serving Size: Approximately 1 scoop (6g/0.21oz)

Servings Per Container: 30

	Amount Per Serving	% DV
Calories	15	
Total Carbohydrate	2g	1%*
Niacin (as Niacinamide)	12mg NE	73%
Vitamin B6 (as Pyridoxine Hydrochloride)	1.5mg	88%
Vitamin B12 (as Cyanocobalamin Dicalcium Phosphate)	18mcg	750%
Beta Alanine	500mg	**
Caffeine	169mg	**
Glycine	100mg	**
L-Arginine Alpha Ketoglutarate	100mg	**
L-Carnitine Tartarate	100mg	**
L-Lysine Hydrochloride	100mg	**
Theobromine	50mg	**
Inositol	38mg	**
PABA (Para-Amino Benzoic Acid)	38mg	**
L-Phenylalanine	25mg	**
Phenylethylamine	25mg	**
DCI (Dynamine™) Powder (Dynamine™)	25mg	**
L-Tyrosine	19mg	**
Choline (as Choline Bitartrate)	8mg	**
Schisandra ( <i>Shisandra chinensis</i> ) Berry Powder	8mg	**
L-Isoleucine	1mg	**
L-Threonine	1mg	**
L-Histidine Hydrochloride	1mg	**
DMAE (Dimethylaminoethanol Bitartrate)	1mg	**
L-Valine	1mg	**
L-Leucine	1mg	**
Agmatine Sulfate	1mg	**

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*% Daily Value (DV) not established.

**Other Ingredients:** Maltodextrin, Citric Acid, Natural Flavors, Tartaric Acid, Sucralose, Silicon Dioxide, Calcium Silicate, Acesulfame Potassium

- Phenylethylamine
- S6 Stimulant
- Prohibited in-competition



Athletes **should only consider using supplements that have been batch tested** by an independent supplement certification company for substances prohibited in sport.

## INDEPENDENT SUPPLEMENT CERTIFICATION COMPANIES



[sport.wetestyoutrust.com](https://sport.wetestyoutrust.com)



[nsfsport.com](https://nsfsport.com)



[koelnerliste.com](https://koelnerliste.com)



[bscg.com](https://bscg.com)

**Remember, no supplement is 100% risk-free  
and may lead to an Anti-Doping Rule Violation**

# TESTING

# FOR CLEAN, TRUE SPORT

## DOPING CONTROL PROCEDURE

[MANGA Doping Control Procedure Anime – JADA - Japan Anti-Doping Agency YouTube channel](#)

# ADVICE FOR ATHLETE SUPPORT PERSONNEL

- ✓ Athlete Support Personnel play a **key role in developing the narrative around testing** – make sure this is positive! e.g., 'Testing is recognition of your hard work and success.'
- ✓ You may act as an Athlete Representative during Doping Control - **observe the process is being followed correctly and support your athlete** with tasks like checking the sample codes and adding any comments to the Doping Control Form.
- ✓ If you are an Athlete Representative during Doping Control you should **sign the form** in addition to the athlete and DCO to indicate you are satisfied it is accurate.



# REPORTING

# WHO CAN REPORT?

# WHAT CAN I REPORT?



Anyone within the sport community can report anything they see, hear, know or suspect.



Something from the past, something happening now, or something someone intends to do in the future.



About athletes, coaches, team doctors, physios, or otherwise athlete support persons, administrators or parents of athletes and entourage.



All information is important, no matter how big or small.

# RE✓EAL

## ITA'S REPORTING PLATFORM

**REVEAL is the ITA's secure reporting platform designed to help uncover doping violations through the confidential sharing of information.**

- ✓ Confidential or anonymous sharing of any doping suspicion.
- ✓ Processed with the highest level of integrity and rigour by the ITA's Intelligence & Investigations department.
- ✓ The protection of the identity of the Proactive Reporter is at the heart of the ITA's intelligence and investigation's work.
- ✓ You can report in any language.



**Secure platform & Mailbox**

[www.reveal.sport](http://www.reveal.sport)



**WhatsApp anonymous messaging**

+41 79 807 85 18



**Anonymous email**

[information@ita.realresponse.ch](mailto:information@ita.realresponse.ch)



BY REPORTING YOU ARE PROTECTING:

**YOURSELF**  
**YOUR ATHLETES**  
**YOUR SPORT**

**REPORTING MAKES A DIFFERENCE**

**Could you describe a time when an athlete approached you in a moment of vulnerability, and how you provided support?**

# VULNERABILITY MOMENTS





Ref. WADA Social Science Research video, 2018



**THIS IS BASED ON A TRUE STORY**

**If you were Johnny's  
coach, what would you  
say to him in this situation?**

**WRITE IN THE CHAT**

# WHAT DID JOHNNY DECIDE?

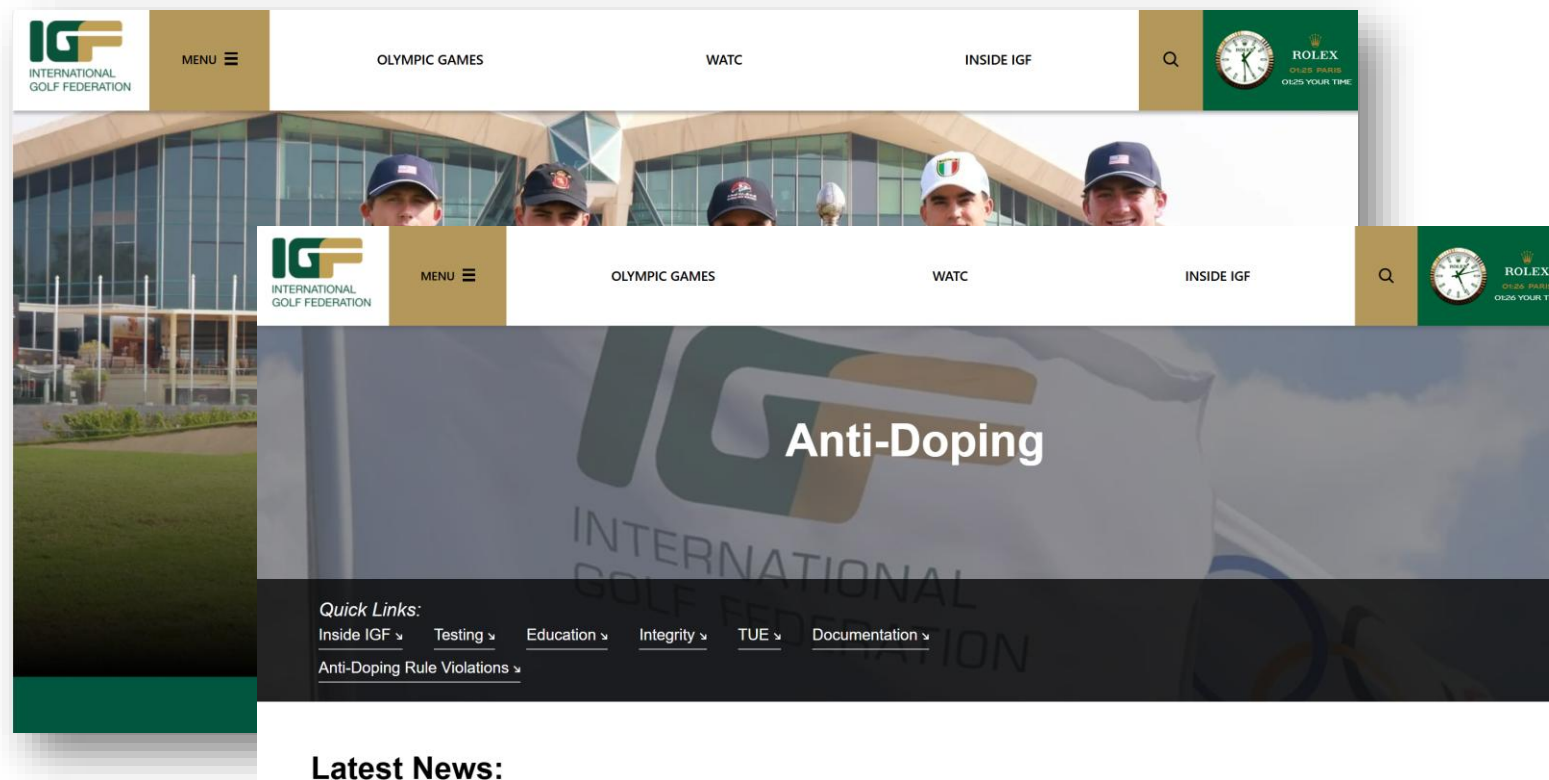
- ✓ Chose not to dope.
- ✓ A key factor in this decision was his coach who said to him 'Johnny, you are one of the best athletes in the world, athletes have to take drugs to keep up with you.'
- ✓ Through this conversation, Johnny realised that if he did take drugs and was caught, then all his achievements would have been tainted.
- ✓ Johnny won an Olympic bronze medal.

**What are your top clean sport tips?**

# IN SUMMARY...

- ✓ As **a Coach**, or any other Athlete Support Personnel, you are a **key part of clean sport**.
- ✓ You should demonstrate clean sport behaviours and support athletes to **be and stay clean**.
- ✓ You should **advocate for your athletes** anti-doping rights.
- ✓ You should **assist** athletes in fulfilling their **anti-doping responsibilities**.
- ✓ Remember, **you** are also bound by the anti-doping rules.
- ✓ **Be an active part of clean sport!**

# CLEAN SPORT RESOURCES



### Latest News:

- The International Golf Federation (IGF), in collaboration with the International Testing Agency (ITA), is pleased to announce the official launch of the **2025 WATC golf-specific anti-doping education webinars**. These sessions are designed to promote the values of clean sport and enhance awareness around anti-doping practices within the golfing community.

**Webinar No. 1 -Tuesday, 26 August 2025- 14:00-15:00 CEST**

[\*\*GO TO IGF – CLEAN SPORT WEBPAGE\*\*](#)





[GO TO 2025 CLEAN SPORT EDUCATION HANDBOOK](#)

# FIND US AT THE IGF OFFICES IN THE TANAH MERAH COUNTRY CLUB (TMCC)



**Alessandro Spegno**  
IGF Project Manager



**Dr Margo Mountjoy**  
IGF Medical Committee  
member



**Dr Patrick Schamasch MBE**  
IGF CMO

# ITA AMBASSADORS ON SITE



**JANICE LYN**

**28-29 SEPTEMBER 2025**



**ANA JELUSIC, OLY**

**5-6 OCTOBER 2025**

# ITA IF SERIES

WEBINAR SERIES

1

27 Aug

from 14:00 to 15:00 CEST

**INTRODUCTION TO ANTI-DOPING**

العربية | ENGLISH | ESPAÑOL | FRANÇAIS | РУССКИЙ | 普通话



WEBINAR SERIES

2

3 Sep

from 14:00 to 15:00 CEST

**THE PROHIBITED LIST, MEDICATIONS, TUES, AND SUPPLEMENTS**

العربية | ENGLISH | ESPAÑOL | FRANÇAIS | РУССКИЙ | 普通话



WEBINAR SERIES

3

10 Sep

from 14:00 to 15:00 CEST

**TESTING**

العربية | ENGLISH | ESPAÑOL | FRANÇAIS | РУССКИЙ | 普通话



[REGISTER HERE](#)



## NEXT WEBINAR FOR ATHLETES AND ASP

[REGISTER HERE](#)



✓ **ITA Athlete Hub**

A collection of resources to support an athlete's clean sport career.

✓ **ITA Monthly webinars**

Open to all, tackling a key anti-doping subject every month with expert panellists. Delivered in English, with simultaneous translation in Arabic, French, Russian and Spanish. Subscribe [here](#) to receive the ITA newsletter, including webinar registration details.

✓ **WADA ADEL**

A free online platform for anyone who wants to learn about clean sport, including e-learning courses in different languages for different anti-doping stakeholders including athletes, coaches and medical personnel.

✓ **Contact your National Anti-Doping Organisation**

To find out about their clean sport education programs and initiatives.

# RESOURCES

## Key organisations

[World Anti-Doping Agency \(WADA\)](#)  
[The International Testing Agency \(ITA\)](#)

## Key documents

[The World Anti-Doping Code](#)  
[Athletes' Anti-Doping Rights Act](#)  
[The Prohibited List](#)

## ADRVs

[The Sport Integrity Commission video: Anti-Doping Rule Violations](#)  
[ITA Monthly webinar - Ask the Expert: The Anti-Doping Rule Violations](#)

## The Doping Control Process

[An athlete's guide to testing](#)  
[JADA Manga Doping Control Process](#)  
[ITA monthly webinar: Testing – what you need to know](#)

## Testing pools and Whereabouts

[ITA Tutorials](#)  
[ITA monthly webinar: Whereabouts: A practical guide](#)  
[ITA ADAMS & Whereabouts quick reference card Athlete Central](#)

## Checking medications

[List of NADOs](#)  
[Global DRO](#)  
[ITA Athlete Hub – a guide for checking medications](#)

## TUEs

[ITA TUE page](#)  
[ITA TUE assistant](#)

## Supplements

[ITA Athlete Hub – a guide to making informed decisions about supplement use](#)  
Independent batch-testing companies – [Informed Sport](#), [Kolner List](#), [NSF](#)  
[ITA Monthly webinar: Navigating Supplements: Reducing your Risk of an Anti-Doping Rule Violation](#)

## Proactive reporting

[ITA Reveal platform](#)  
[ITA Monthly webinar: Ask the Expert: Intelligence & Investigations](#)  
[ITA Monthly webinar: Proactive Reporting - your questions answered](#)



# Q&A

