**NATIONAL ANTIDOPING PROGRAM**

The World Anti-Doping Code requires athletes and sports support personnel to know and comply with all rules adopted under the Code (Articles 21.1.1 and 21.2.1). In accordance with Article 20.3.13 of the Code, NADO MKD is obliged to plan, implement, evaluate, and promote anti-doping education in accordance with international standards. The education plan is the key to ensuring a unified, coordinated, and effective fight against doping in sport both internationally and nationally (Code, Article 18.1).

From the beginning, NADO MKD adheres to the rule that the athlete's first encounter with anti-doping should be through education, and not through testing (doping control), according to the International Standard for Education, Article 7.2.1. At the national level, anti-doping educational programs are coordinated by NADO MKD in cooperation with the competent national sports federations, the Union of Sports Federations of the Republic of North Macedonia (USF), the National Olympic Committee of North Macedonia (MOC), the Paralympic Committee of North Macedonia (POK) and educational institutions. Even though the USF, MOC and POC are not direct signatories to the Code, as members of the International Sports Federations and the MOC, they are obliged to act in accordance with the Code and relevant international standards.

**IMPORTANCE OF PREVENTIVE ANTI-DOPING PROGRAMS**

Preventive anti-doping programs on the one hand guarantee the athletes' right to clean and fair competition, and on the other hand, they discourage athletes from intentionally or unintentionally using illegal substances and methods and promote behavior in accordance with the values of clean sport. Education should be a key element of any anti-doping program that aims to ensure clean and fair sport. Preventive anti-doping programs are important to ensure and/or promote:

• athlete's right to education and right to fair competition

• that the athletes' first anti-doping experience is gained through education, not through testing

• positive values related to sports

• that athletes and their support staff receive education from a professional education team

• that the athletes and their support staff are involved and actively participate in the programs

• that the programs are designed to accompany the athlete in his sports career, which means that they are systematically upgraded and contain content, methodology and method of intervention depending on the level of the athlete.

1.Principles and values associated with clean sport - According to the International Standard for Education (ISE) are the following principles

• PROVIDING PROTECTION OF SPORTS INTEGRITY

• PROVIDING PROTECTION OF THE PHYSICAL HEALTH AND MENTAL INTEGRITY OF ATHLETES

• ENSURING EQUAL CONDITIONS FOR ALL COMPETITORS

• RESULTS TO BE A FAIR REFLECTION OF THE NATURAL ABILITY OF THE COMPETITORS

Values-based educational activities are for everyone! It is for all athletes and Athlete Support Personnel (ASP).

**2. Athletes’, Athlete Support Personnel’s and other groups’ rights and responsibilities** - according to the Code of the World Anti-Doping Agency

During doping control, athletes have the following RIGHTS:

• an escort (representative) and, if necessary, an interpreter

• to request additional information about the doping control procedure

• request a delay in reporting to the doping station due to justified reasons (with the permission of the Doping Control Officer -DCO)

• to request a modification in the sample collection procedure (for athletes with impairments)

During doping control, athletes have the following RESPONSIBILITIES:

• remain under the supervision of the DCO/Chaperone throughout the duration of the doping control, until the sample collection is completed

• to provide a photo identification document

• immediately report to the doping control station

• comply with the sample collection procedure - failure to comply with the rules may constitute a violation of the anti-doping rules

**3. Consequences of doping, for example, physical and mental health, social and economic effects, and sanctions/anti-doping rule violation**

CONSEQUENCES ON THE HEALTH OF ATHLETES

o PSYCHIC DEPENDENCE

o INCREASED AGGRESSION

o MOOD CHANGES

o INCREASED RISK OF LIVER AND KIDNEY DISEASE

o INCREASED RISK OF CARDIOVASCULAR DISEASES: HIGH BLOOD PRESSURE, HEART INFARCTIONS, STROKE ETC.

o ACNE

o BALDNESS

CONSEQUENCES REGARDING SPORTS INTEGRITY

o The essential value of sport is the "sports spirit" characterized by ethics, honesty, perfection, respect for the rules, towards oneself and others.

o A defining element of sport is that it is based on respect for rules (technical, preventive, health, anti-doping)

o The rules ensure equal conditions for all participants in the competition.

o Doping is an even more slippery field, in order for the athlete to be on par with others who cheat, he has to cheat himself.

o Athletes will also bear the burden of health impairment due to doping

PUBLIC HEALTH CONSEQUENCES

o The claws of doping extend beyond athletes who strive for peak results.

o According to reports in England and America of an increase in the use of anabolic steroids by young teenagers as young as 12

o The use of anabolic takes on worrying dimensions, especially in fitness and body building clubs.

o THE INTERNET and Doping

Athletes: BEWARE, YOUR HEALTH AND CAREER ARE IN QUESTION!

* Avoid all medications that are not recommended by your doctor who knows that you are an athlete!
* Some medicines and supplements bought anywhere could contain prohibited substances even though it is not written on the package!
* Due to carelessness, you can be a victim of possible doping traps - possible sanctions.

**Violations of anti-doping rules**

Article 2 of the World Anti-Doping Code defines 10 types of anti-doping rule violations.

An anti-doping rule violation exists in the following cases:

* The presence of a prohibited substance or its metabolites or markers in an athlete's sample
* Use or attempted use of a Prohibited Substance or Prohibited Method by an Athlete.
* Avoiding, refusing or failing to provide a sample.
* Violations related to failure to fulfill the obligation of availability for testing (whereabouts failures).
* Interfering with or attempting to interfere with any part of doping control.
* Possession of a prohibited substance or prohibited method.
* Selling, transporting, sending, delivering or distributing any prohibited substance or method or attempting to do so.
* Administering or attempting to administer to any Athlete in Competition any Prohibited Substance or Prohibited Method, or administering or attempting to administer to any Athlete out of Competition any Prohibited Method or Prohibited Substance that is Prohibited Out of Competition.
* Complicity.
* Association prohibited.

4. The principle of Strict Liability

According to the principle of absolute responsibility defined by the World Anti-Doping Code, the athlete is responsible for everything he enters into his body. Unfortunately, the existing rules do not protect the athlete much even in the case of contamination of supplements, because according to the World Anti-Doping Agency, supplementation is solely the choice of the athlete, who must wear responsibility for it. Since the athlete will always be responsible for everything he enters into his body, even when it comes to prohibited substances that are not declared in the composition of the preparation, the athlete is advised not to use supplements if there is doubt about its composition.

**5. Risks of supplement use**

* A small, but still real risk of a doping positive case!
* Spending money on supplements that just don't work
* ime, money and beliefs should be ignored in favor of factors that scientifically and realistically speak to improving health, recovery and performance, and which require professional and human integrity.

Ergogenic effect of supplements

* Nutritional ergogenic assistance – providing nutriceuticals and other food constituents in amounts greater than the nutritional RDA levels or amounts typically provided by food
* The direct ergogenic effect of sports performance is mostly based on a pharmacological rather than a presumed physiological effect
* The use of supplements for a direct ergogenic effect is based more on theoretical or anecdotal support than on scientific evidence.
* In general, supplementation is not supported by sports nutrition experts, except in those cases where scientific evidence confirms an ergogenic effect

6.Substances and methods on the Prohibited List: at the following link in PDF [**https://ams.gov.mk/public-information/2023-prohibited-list-final-09-september-2022**](https://ams.gov.mk/public-information/2023-prohibited-list-final-09-september-2022)

7. Use of medications and Therapeutic Use Exemptions: (TUE) according to the International Standard (ISTUE)

WHAT DOES IT MEAN?

Athletes may have an illness or medical condition that requires the use of certain drugs or certain methods. If this drug or method is placed on the Prohibited List (2023 Prohibited List), the athlete together with his doctor will have to apply for a Therapeutic Use Exemption (TUE).

WHY?

A TUE ensures that athletes can receive treatment for a legitimate medical condition, even if that treatment involves using a prohibited substance or method. The TUE process avoids the risk or sanctions.

WHEN?

A TUE application should be submitted as soon as possible. For substances banned in competition, athletes should apply for a TUE at least 30 days before their next competition, unless it is an emergency or exceptional situation. In such cases, the TUE may apply for a retroactive TUE. (in case of an urgent life-threatening condition-eg: ANAPHYLAXIS).

WHO?

Any athlete who may be subject to testing (doping control) may receive a TUE if they are taking a prohibited substance or using a prohibited method, if the basic criteria for issuing a TUE are met.

You can follow the TUE procedure on the link by downloading the PDF at the following link <https://ams.gov.mk/public-information/tue-process>

**8. Testing procedures, including urine, blood, and the Athlete Biological Passport**

* **Selection:** an athlete is selected for doping control.
* **Notification:** Doping Control Personnel (DCP) will notify you to say you have been selected for testing and will show you, their identification. You will be told what samples are being collected and you will be told your rights and responsibilities. You will be asked to show your identification and then you need to sign the Doping Control Form to confirm you have been notified.
* **Reporting:** you will then be chaperoned (observed at all times) as you make your way to the Doping Control Station (DCS). This is where the testing will take place. You should report immediately to the DCS unless you request a delay for a permitted reason.
* **Selecting Sample Collection Equipment:** you should be given a choice of sample collection kits. Make sure the kit you select is sealed and has not been tampered with. This is important.
* **Providing a Urine Sample:** when ready, you will be asked to wash your hands or wear gloves and then to provide your sample. The DCP, who will be of the same gender as you, will directly observe you providing your sample. The DCP must have a clear view of the middle of your body, hands, and forearms. The DCP will instruct you to move clothing that restricts this view.
* **Providing a Blood Sample:** For venous blood samples, the Blood Collection Officer (BCO) - a qualified phlebotomist - will collect the blood sample from you.
* **Splitting the Sample (Urine only):** you will need to provide a minimum of 90ml of urine. This may be done on more than one occasion until you reach the required amount. Once you have 90ml or more, the DCO will ask you to split the sample between the A and B bottles, starting with the B bottle first. Again, you will be given a choice of A and B bottles and you should ensure these have not been tampered with. You should also check that the code on the bottles and lids match each other as well as the stickers and box.
* **Sealing the Sample:** once your samples are in the A & B bottles you will be asked to seal them. Make sure you check and recheck that the tamper-evident bottle lids are securely fastened.
* **Checking the Sample’s Concentration (Specific Gravity, Urine only):** for the lab to be able to analyze your sample it needs to be of a specific concentration. The DCO will test your sample to make sure it is within range. Should your sample not be in range, you will be asked to provide another sample.
* **Verifying the Sample:** you will need to complete the Doping Control Form and sign it to complete the process. You will be asked to add any medications and/or supplements you have taken within the last seven days and if you consent to your sample being used for research purposes. Make sure you receive your copy of the Doping Control form which you should keep.

Finally, don’t forget that your samples will be sent to a WADA Accredited Lab for analysis. Your A sample will be analyzed, and your B sample will be stored securely. Samples can be stored for up to 10 years.

**Requesting a Delay**

There may be situations where you would like to delay immediately reporting to the DCS. Athletes have the right to request a delay for the following permitted reasons. Any delay granted is a decision made by the DCP who has notified you.

For an In-Competition Test you can request a delay to:

* Participate in a medal ceremony.
* Fulfil media commitments.
* Compete in further competitions.
* Perform a warm-down.
* Obtain medical treatment.
* Locate a representative and/or interpreter!
* Obtain photo identification.
* Any other exceptional circumstances which may be justified, and which shall be documented.

For an Out-of-Competition Test you can request a delay to:

* Locate a representative.
* Complete a training session.
* Receive medical treatment.
* To obtain photo identification
* Any other exceptional circumstances which may be justified, and which shall be documented.

**9. Whereabouts and the use of ADAMS**

* The Whereabouts system allows NADO MKD and other testing agencies to test athletes with no advanced notice. For those athletes it means that you must be where you say you are!
* Updating it is critical for NADO MKD to conduct unannounced, out-of-competition testing, helping to protect clean sport.
* Remember: athletes can be tested any time, any place. If you are asked to provide Whereabouts information and do not do so, you risk receiving a Whereabouts Failure and possibly a ban from sport.

**What do you need to know about Whereabouts?**

* Athletes who are in a Testing Pool must provide Whereabouts information each quarter to enable out-of-competition testing. This information must be entered and updated in the [Athlete Central App](https://www.wada-ama.org/en/what-we-do/adams/adams-next-gen/athlete-central) or the [Anti-Doping Administration Management System (ADAMS)](https://adams.wada-ama.org/adams/login.do?prompt=true&nopopup=true), both managed by WADA
* If you are in a Testing Pool you must provide your quarterly Whereabouts information in ADAMS by 23:59 on the 15 December (Q1), 15 March (Q2), 15 June (Q3), and 15 September (Q4).
* For athletes on the National Registered Testing Pool (NRTP), you must provide the following information:
  + Overnight accommodation
  + 60-minute timeslot
  + Regular activities, such as training, work, or school
  + Competitions
  + Mailing address
* For athletes on the Domestic Testing Pool, you must provide all the above, except for the 60-minute timeslot.
* You must ensure that you provide clear instructions so that you can be easily located. For example, if your house/flat is in a rural area or not particularly obvious to a visitor, further guidance may be needed for the Doping Control Officer to find you. Access/buzzer codes, security numbers, hotel room numbers or side doors must be detailed in the ‘Additional Information’ section on ADAMS.
* Add all your regular overnight residences to your ADAMS address book - this will allow you to make changes easily.
* Whilst competing you must always include the competition title and the venue’s location on your Whereabouts profile. You must also continue to provide a 60-minute time slot (NRTP only), even on competition days.
* Whilst travelling abroad you should use the travel function in ADAMS. This should be used for all travel, and it **must**be used when you are unable to provide a 60-minute time slot between 5am and 11pm or an overnight accommodation entry due to travel. You should also include all travel details, e.g., flight numbers and air carriers.
* Last-minute, unplanned emergency changes to your Whereabouts information can be made either directly on the ADAMS website or via the Athlete Central App.
* If you retire from sport when you are in a Testing Pool, then you must let your National Governing Body and NADO MKD know as soon as possible. If you choose to return to sport, you must give six months’ written notice to your International Federation and NADO MKD If you do not provide NADO MKD with six months’ notice of your intentions to return to sport, any competitive results obtained during this period shall be disqualified.

**Whereabouts Failures**

If you file your Whereabouts late, forget to update any changes or are not where you say you are, you could receive a Whereabouts Failure.

**Filing Failure** – If an athlete on a testing pool provides inaccurate or insufficient Whereabouts information which means they’re not accessible for testing, they are subject to what is called a Filing Failure. These can also be issued if an athlete does not file the required Whereabouts information by the quarterly deadline.

**Missed Test (NRTP only)**– Athletes on the NRTP can be subject to a Missed Test if they are not available for testing during their 60-minute timeslot.

**Three Whereabouts failures in a rolling 12-month period leads to:**

**NRTP = Anti-Doping Rule Violation and a potential two-year ban from sport**  
**DTP = Added to the NRTP**

**10. Speaking up to share concerns about doping**

**Report Doping!**

[**https://speakup.wada-ama.org/frontpage**](https://speakup.wada-ama.org/frontpage)

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Description automatically generated

Ccontact person Ms. Tatjana Blazevska, e-mail: tatjanaams@yahoo.com;

Sports Sector - Agency for Youth and Sports, Republic of North Macedonia