



Unintentional Doping

What do you mean by 'Unintentional Doping'?

- Unintentional doping (also known as 'inadvertent' or 'accidental' doping) refers to the accidental consumption of performance-enhancing substances included on WADA's Prohibited list.

Unintentional Doping explained



It often occurs when an athlete uses a product (e.g., nutritional supplements, 'energy' drinks or products, and medical, herbal, or 'natural' products) that contains a prohibited substance or is exposed to the banned substance in routine situations (e.g., drug smoke, consumption of hormone-tainted foodstuff, etc.), while being unaware of the presence of the banned substance. These supplements are often used without full understanding or evaluation of the potential benefits and risks associated with their use and without consultation with a medical and sports nutrition professional.

Intentional vs Unintentional Consumption

Active adults and athletes are often enticed by effective supplement/medication marketing. The promises of enhanced performance among other claims are motivating factors to purchase alternative nutrition and /or supplements to achieve results. There are potential costs associated with all dietary supplements, including the risk of a positive doping test (also called an adverse analytic finding) because of the presence of prohibited substances that are not declared on the label. Such dietary supplements can also make athletes unwitting drugs cheats and victims of unintentional doping. Unintentional doping refers to positive Anti-Doping tests due to the use of any supplement containing prohibited substances of the WADA's Prohibited List. (You can read more on supplements on our [P.L.A.Y #4- Supplements Check](#))



Therapeutic consumption

Athletes who consume prohibited substances for therapeutic or medical purposes must know that the substances could also lead to the reporting of a positive test or adverse analytical finding in doping control and would be considered a breach unless a Therapeutic Use Exemption (TUE) has been applied beforehand and approved. (For more information on TUE's, check the [P.L.A.Y #2- What are TUE's](#))



What does WADA say?

Article 2.1 of the Code states that the Athletes are responsible for what they ingest and hence a positive test resulting from a 'mislabelled' or contaminated vitamin or nutritional supplement may not be an adequate defense. Only strong, non-circumstantial evidence would be sufficient to clear the Athlete's claim that it was an accidental case of doping. Otherwise, they would be considered to have violated the Anti-Doping rules and be served with the requisite penalty/sanction.

WADA's focus and active promotion on 'Education', as an excellent tool to raise awareness, inform, communicate, to instill values, develop life skills and decision-making capability and to prevent intentional and unintentional Anti-Doping rule violations.

Pure as Ice Approach



If an athlete is considering starting a supplement, he or she should take some time to discuss the risks, benefits, and alternatives with a physician and performance nutritionist who is familiar with their medical history and training regimen.

There are no guarantees that any supplement product is free from banned substances and athletes must be fully aware of the risks to their career if they chose to use a supplement product.

Any nutritional, vitamin or supplemental product taken by the athlete must be reported on the doping control form at the time of testing.

WADA, ISU, your National Anti-Doping organization, or any Anti-Doping organisation is not able to endorse or approve supplement products. And any product claiming it is 'safe for athletes to take' should be used with extreme caution. If a manufacturing company claims their product has been approved and/or certified by WADA or NADA, this statement is inaccurate.

Athletes are also advised to exercise good judgment and avoid consuming products with suspicious and exaggerated claims or names, which include marketing performance terms such as "stacked," "anabolic" "WADA approved" or "legal steroid "herbal stimulants", 'undetectable power juice' and similar terms.



FAQs

1. If my test is positive due to a contaminated supplement that I had no idea about, then

- a) I have not violated the Anti-Doping rules because I have not actively indulged in Doping
- b) I can expect a re-test in a few days because I did not know anything about the contamination
- c) I should not be sanctioned as I did not have any intent to dope or enhance my performance
- d) I have violated the Anti-Doping rules because the principle of strict liability states that every Skater is personally responsible for what they put in their body.

Here, **option d** is the correct choice as the Skater is responsible for what they consume and put in their body. It is important to have your supplements and medications be checked by a medical professional even if that product seems harmless and is widely used by others.

