

CHECKLIST FOR ATHLETES

FOR ALL ATHLETES:

- Focus on getting a proper diet and plenty of rest and on staying well hydrated.
- Clearly express your commitment to doping-free sport and support your friends' decisions to do so as well.
- In October of every year, consult the new Prohibited List issued by the World Anti-Doping Agency, which will take effect on 1 January the next year. If you are taking medications for a chronic health condition, consult a health care specialist to ensure that this medication has not been added to the new Prohibited List.
- Know where to find the Prohibited List at all times (if you can, carry it with you every day).
- Constantly remind your physician and pharmacist that you are an athlete and are subject to anti-doping rules. They can ensure that the medication prescribed or recommended does not contain a prohibited substance (see the document Anti-Doping Guidance - Checking your Medication for more detail).
- Talk to your coach about any frustration that you may have with your sports results.
- Talk to a person you trust if you suspect that doping activities are taking place in your sports environment.
- Subscribe to newsletters from your national anti-doping organization or sports federation or regularly log on to their websites to stay informed of decisions that may affect you.

CHECKLIST FOR ATHLETES IN A TESTING POOL:

- See checklist For All Athletes above.
- Find out about the process for submitting your whereabouts information (schedules and deadlines, where to submit, what information is required).
- Obtain the form, fax number, or website address necessary to submit your whereabouts information.
- Include in your agenda a reminder to yourself to submit your whereabouts information on time.
- Remember to submit any last minute changes to your whereabouts information whenever they occur!
- Do not (unless your condition is life threatening) begin a treatment that involves a prohibited substance or method unless you have been granted a therapeutic use exemption.