

KEY CLEAN SPORT INFORMATION FOR ATHLETES AT PARIS 2024 OLYMPIC GAMES

SO YOU CAN FOCUS ON
WHAT YOU ARE THERE TO DO
– PERFORM AT YOUR BEST!

ITA - KEEPING SPORT REAL

The International Testing Agency (ITA) is an independent organisation delivering the Paris 2024 Anti-Doping Program to protect athletes and clean sport. This guide for athletes was developed by the ITA with the support of the Agence Luxembourgeoise Antidopage (ALAD).

AN ATHLETE'S GUIDE TO TESTING

Having earned the title of Olympian, you are probably familiar with the testing process. If you are tested in-competition or out-of-competition* during the Games you may be asked to provide a urine sample, a blood sample or both. You also have rights and responsibilities during testing.

Find key information on the [Doping Control Process here](#) (available in 12 languages):

***In-competition** period commences at 11:59 pm on the day prior to the competition in which the athlete is scheduled to compete, until the end of the competition and the sample collection process related to such competition.

*WADA approved exceptions to this definition of in-competition apply to Equestrian and Tennis. Please check the International Federation rules for these sport-specific definitions.

***Out-of-competition** refers to any period which is not in-competition.

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WHEREABOUTS

Remember to keep your whereabouts up-to-date during the Games, this includes details such as your village block and your room number. Make sure a Doping Control Officer is able to find you!

Update your whereabouts: [Athlete Central App](#)

[Tutorials for using ADAMS and submitting Whereabouts](#)

CHECK YOUR MEDICATION

As an athlete you should always check the [Prohibited List](#) before using a medication.

You can check with your NADO or use [Global DRO](#).

Remember medications of the same brand can have different ingredients abroad!

Remember that you as an athlete are responsible for what is found in your system, regardless of how it got there.

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THERAPEUTIC USE EXEMPTIONS (TUES)

An athlete may have a condition, illness or injury for which treatment requires a prohibited substance or method.

A TUE permits an athlete to use a prohibited substance or method for health reasons within the context of sport regulations, without the risk of a sanction due to a positive test.

If you have a TUE approved by your NADO or International Federation in ADAMS this will follow the IOC recognition process and there is no need to re-submit your TUE.

If you need to apply for a TUE during the Games (from the 18th July) this webpage [Therapeutic Use Exemptions \(TUEs\) - Olympic Games Paris 2024](#) explains the process.

SUPPLEMENTS

Make an informed-decision about supplements.

You know supplements are a risk for athletes and that there is no guarantee that a supplement is free from prohibited substances. To read more about what these risks are, what batch-testing is, and how to make informed decisions, visit the ITA webpage [Making an informed decision on supplements – ITA guide for athletes.](#)

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ATHLETE'S RIGHTS

As an athlete you have a right to clean sport, the Paris 2024 Anti-Doping Program is in place to uphold this right.

[The Athletes' Anti-Doping Rights Act](#) collates 14 of your most important rights from the Code and International Standards - check them out!

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REVEAL

If you see, hear, know or suspect doping in sport including during Paris 2024 you can report confidentially and anonymously using the [ITA Reveal](#) platform.

WANT TO KNOW MORE?

[An Athlete's guide to clean sport at the Olympic Games Paris 2024](#)

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