

MEAT CONTAMINATION

ADVICE
FOR ATHLETES

Athletes traveling to countries identified in the [World Anti-Doping Agency's Stakeholder Notice regarding potential meat contamination](#)—specifically China, Mexico, and Guatemala—should take the following precautions:

- 1

EVALUATE MEAT CONSUMPTION

Consider alternative protein sources, such as plant-based options, to remove risk.
- 2

CHOOSE REPUTABLE SOURCES

Opt for meat from trusted establishments, such as athlete villages or well-regarded hotels.
- 3

INQUIRE ABOUT SOURCING

Seek out imported meats from regions with strict regulations, and consider certified-organic options. If possible, obtain proof of the meat's source.
- 4

KEEP DETAILED RECORDS

Maintain a comprehensive log of your travel, including dates, accommodations, restaurants (with addresses), types of meat consumed, estimated quantities, photos of the menu, and receipts.

In the event of a positive test for a known meat contaminant at or below 5 ng/mL, a WADA-accredited laboratory will report this as an Atypical Finding, triggering an investigation. The more information you can provide related to the steps above, the easier it will be to establish that no Anti-Doping Rule Violation has occurred.

REMEMBER THE PRINCIPLE OF STRICT LIABILITY

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.