



Integrity Education

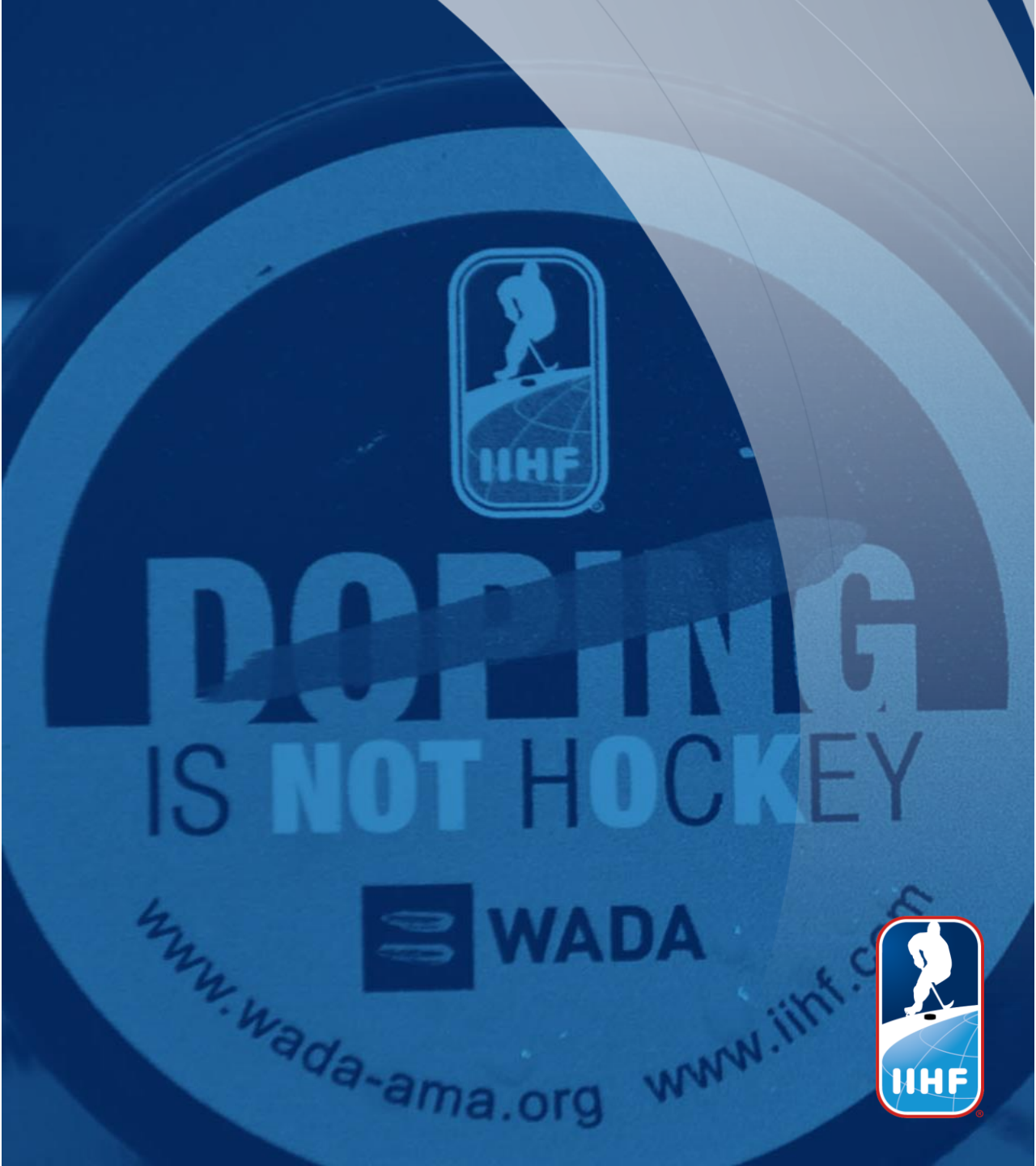
Anti-Doping

July 2022

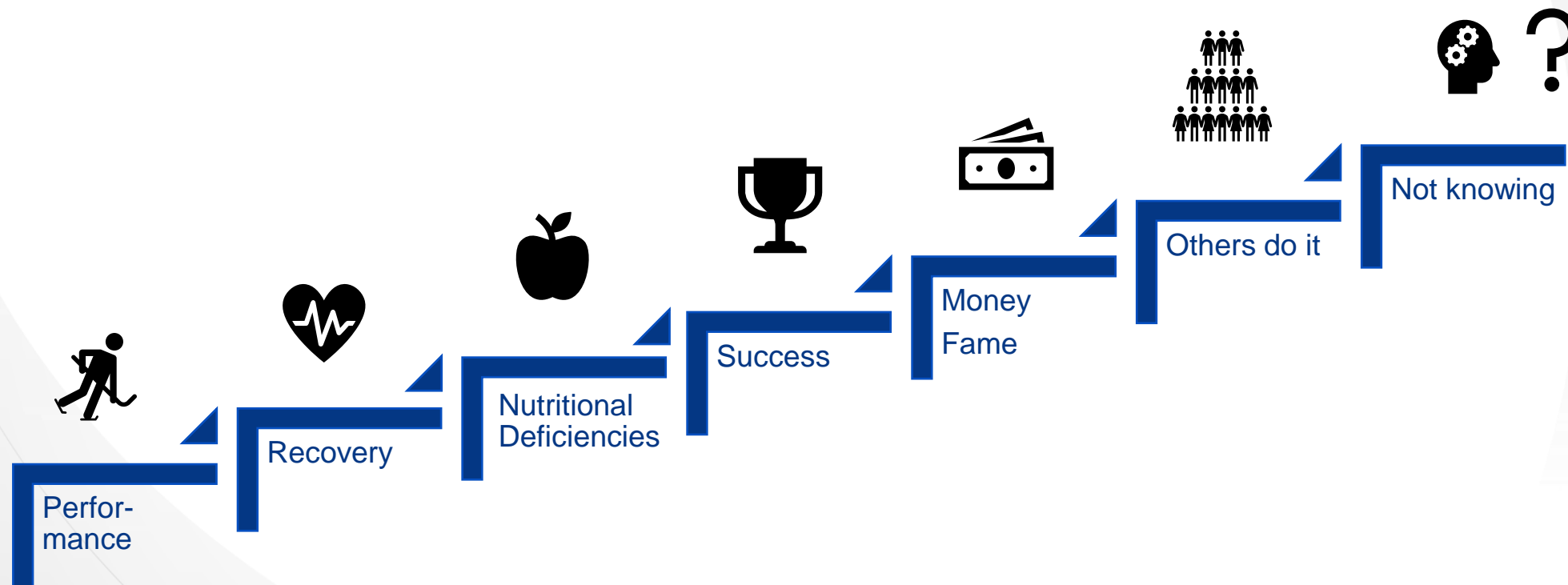


The phenomenon of Anti-Doping

- Presence of a prohibited substance
- Use or attempted use
- Refusing to submit sample
- Possession of a prohibited substance
- Banning drugs
- Testing Athletes
- Ensuring that the rules are the same worldwide
- Protecting Clean Athletes



Reasons





<https://files.iihf.com:5001/d/s/pIPnBwk1TuQdjmT7BwJ4T1pjLKTIDW3g/jDDQ52nJXXpnfgrat4WCg60yDa6tUL4i-CbeAHTeLuQk>



Roles & Responsibility

- Rolemodel
- Understand and comply with policies
- Protecting Clean Athletes / cooperate
- Encourage to say NO to Doping
- Reporting
- Right advise to Athletes / education & guidance

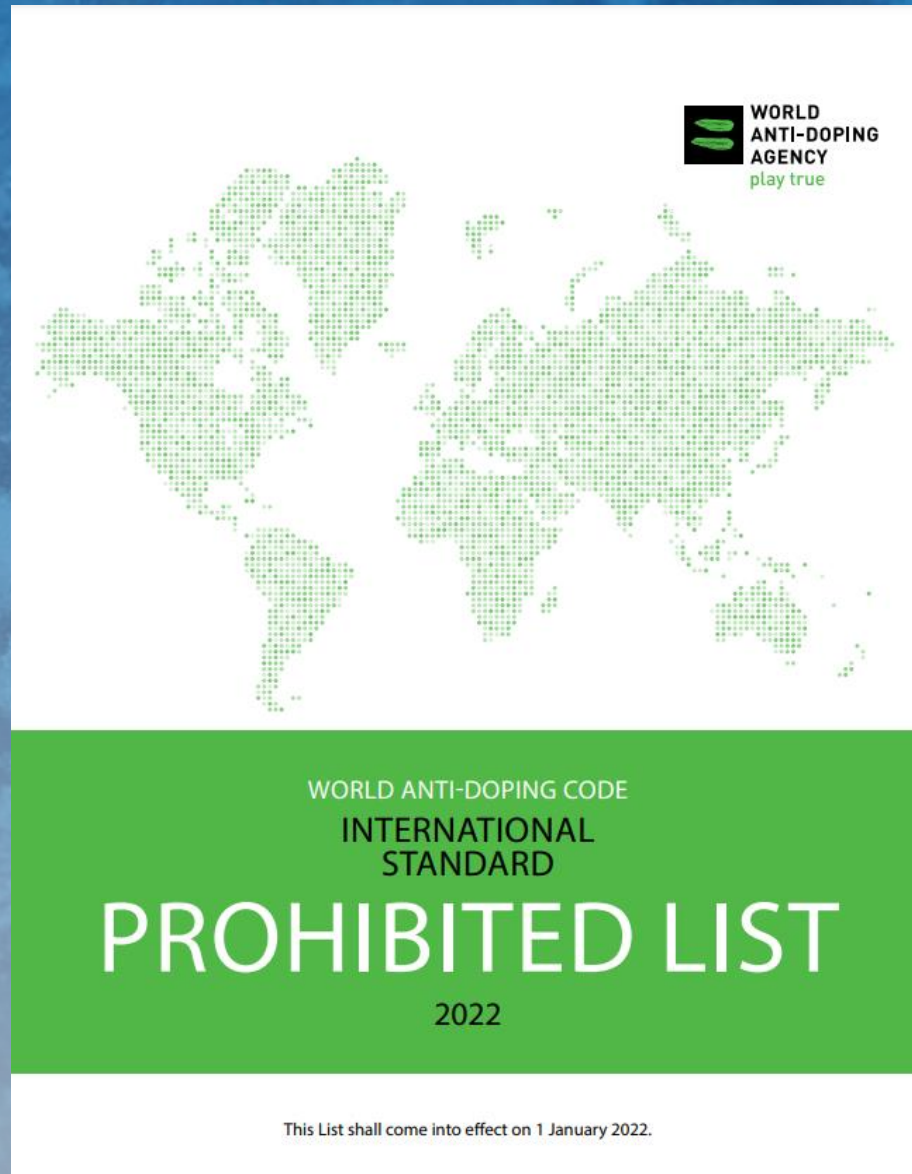




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Prohibited List



- List of prohibited substances and methods by WADA
- Updated versions always posted on WADA's and IIHF's websites at www.wada-ama.org and www.iihf.com
- Includes substances as well as methods that are prohibited in all sports in-and out-of-competition



Help

- NADOs
- Doctor
- Globaldro.com




TUE Process

- In case of injury or illness
- If medication contains prohibited substance, TUE application
- At least 30 days before next competition
- Wait for approval before taking drug
- Retrospective TUE possible
- IIHF TUE Committee that grants TUEs

Required for all IIHF Ice Hockey World Championship events, and for all Olympic ice hockey competitions and qualification events




INTERNATIONAL ICE HOCKEY FEDERATION
Therapeutic Use Exemption (TUE) Application Form

Please complete all sections in capital letters or typing. Athlete to complete sections 1, 2, 3 and 7; Physician to complete sections 4, 5 and 6. Illegible or incomplete applications will be returned and will need to be re-submitted in legible and complete form.

1. Athlete Information

Last Name: <u>Click or tap here to enter text.</u>	First Name(s): <u>Click or tap here to enter text.</u>
Female: <input type="checkbox"/> Male: <input type="checkbox"/>	Date of Birth: <u>Click or tap here to enter text.</u> <small>(dd/mm/yyyy)</small>
Address: <u>Click or tap here to enter text.</u>	
City: <u>Click or tap here to enter text.</u>	Country: <u>Click or tap here to enter text.</u>
Postcode: <u>Click or tap here to enter text.</u>	Telephone: <u>Click or tap here to enter text.</u> <small>(with international code)</small>
E-mail: <u>Click or tap here to enter text.</u>	
Sport: <u>Click or tap here to enter text.</u>	Discipline: <u>Click or tap here to enter text.</u>

2. Previous Applications

Have you submitted any previous TUE application(s) to any Anti-Doping Organization for the same condition?	
Yes <input type="checkbox"/> No <input type="checkbox"/>	
For which substance(s) or method(s)? <u>Click or tap here to enter text.</u>	
To whom? <u>Click or tap here to enter text.</u>	When? <u>Click or tap here to enter text.</u>
Decision: Approved <input type="checkbox"/> Not approved <input type="checkbox"/>	

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Common Substances

- **Stimulants** – increase concentration and reduce tiredness, but they can also damage the heart
- **Steroids** – can increase muscle and strength, but they harm the heart, liver and reproductive system and can cause sudden death
- **Hormones** – can have a variety of useful medical purposes, but they can be harmful when you are young and still growing
- **Cannabinoids** – act as relaxants but lead to loss of coordination & concentration
- **Diuretics** – may help with weight loss but they cover up the use of other banned drugs and can cause dehydration and fatigue
- **Narcotics** – can relieve pain but this could lead to a lasting injury
- **Cocaine** – helps to perform physical and mental tasks more quickly. Euphoric, energetic effects but leads to anxiety, depression..



Key Messages

- Ask yourself WHY
- Risk vs Benefit
- Doping is harmful and can have serious health consequences
- Ask for help, tips, support ..
Don't be shy!

