

DURING THE TESTING PROCEDURE

YOUR RIGHTS...

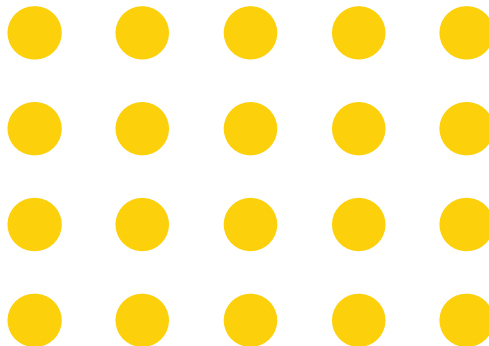
You have the right to:

- Have a representative.
- Have an interpreter, if available.
- Ask for additional information about the sample collection process.
- Request modifications to the sample collection process.
- Request a delay in reporting to the doping control station for valid reasons (e.g., medical, ceremony, media commitment, further competition or warm down). You must remain in sight of the Doping Control Officer (DCO) or Chaperone at all times during the delay.

...AND RESPONSIBILITIES

You have the responsibility to:

- Comply with the sample collection procedure (failure to do so could result in an Anti-Doping Rule Violation).
- Provide appropriate photo identification to the DCO or Chaperone.
- Report immediately to the doping control station unless there are valid reasons for a delay.
- Remain within direct observation of the DCO or Chaperone at all times from the point of notification until the sample collection procedure is complete.



The Jamaica Anti-Doping Commission

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 JamaicaAntiDopingCommission

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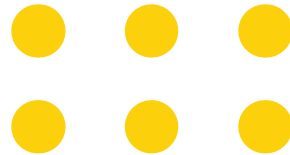
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Jamaica Anti-Doping Commission

Quick Reference Card



REMEMBER!!

- The Strict Liability principle states that athletes are responsible for any prohibited substance found in their sample, whether or not they intentionally or unintentionally used a prohibited substance.
- If you can't find information about a substance or medication, DO NOT assume it is safe to use.
- Marijuana is a prohibited substance and can remain in your body for a month or more.
- Vitamins, herbal products and nutritional supplements may contain prohibited substances. If you choose to consume these products, you do so at your own risk. Please seek the advice of a qualified medical practitioner or nutritionist before consuming these products.
- The Prohibited List outlines which substances and methods are prohibited in sport. A new version of the list comes into effect every year on January 1. However, it may be changed from time to time so it is important that you check for changes on a regular basis.

CHECK YOUR MEDICATION

Ingredients

Ask your doctor or pharmacist to check that all the ingredients in your medication are permitted for use in sport.

Correct Spelling

Please ensure that you have the correct spelling of a product and/or its ingredients to avoid any mishaps with a similar product when checking the Prohibited List.

Route of Administration

The status of a substance may vary depending on how it is used (e.g., orally, by injection etc).

Substances Prohibited in Particular Sport

Consult the Prohibited List to see if your sport prohibits substances that are specific to it.

Up to Date Information

Check the status of each ingredient in any medication that you buy, even if you have bought that medication before, as previously acceptable ingredients may have changed in status or new prohibited ingredients may have been added.

Changes to the Prohibited List

Check any existing medication against the current Prohibited List and plan ahead to take any changes into account.

Permitted Alternatives

If your medication includes a prohibited substance, try to find a suitable alternative. Most common ailments can be treated with products that do not contain a prohibited substance.

Therapeutic Use Exemptions

If a permitted alternative is not available, you may need to apply for a **Therapeutic Use Exemption (TUE)** from JADCO.

THE SPIRIT OF SPORT CORE VALUES

1. *Ethics, fair play and honesty*
2. *Health*
3. *Excellence in performance*
4. *Character and education*
5. *Fun and joy*
6. *Teamwork*
7. *Dedication and commitment*
8. *Respect for rules and laws*
9. *Respect for self and other participants*
10. *Courage*
11. *Community and solidarity*



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