

DOPING STATEMENT

When participating in competitions there is a chance that you will be confronted with doping controls.

In the Netherlands, the Doping Authority carries out these checks.

Abroad, foreign doping authorities commissioned by the motorsport federation, FIM Europe and/or FIM, can test athletes. You can find more information about doping, doping controls and your rights and obligations in this regard on www.dopingautoriteit.nl. In any event, you should consider the following:

What is doping?

You may receive many different answers to the question '*What is doping actually?*' One person will speak of 'stimulants' or about 'the use of un-natural substances' and another person will say 'anything that is banned on the doping list'.

They are all partly correct.

A brief, simple description of doping is "*Substances and methods that are prohibited by the*

World Anti-Doping Agency (WADA)." Basically, this means any violation of the provisions in the doping regulations. These provisions are:

- The presence of a prohibited substance(s) and/or prohibited method(s);
- The use or attempted use of a prohibited substance(s) and/or prohibited method(s)
- A failure to provide or an attempt to fail to provide sufficient cooperation;
- Providing or attempting to provide insufficient information;

- Manipulation or attempting to manipulate;
- Possession or attempting to possess;
- Trading or attempting to trade;
- Administering or attempting to administer;
- For less able athletes, the ban applies to 'boosting'.

This definition has been established by the WADA. This international anti-doping organisation sets the doping list (list of prohibited substances and methods) annually which comes into force on 1 January.

Doping Regulations

The KNMV has an agreement with the Instituut Sportrechtspraak (ISR). This means, inter alia that the KNMV members must comply with the Doping Regulations of the ISR. The ISR decides on all doping cases.

Doping list

As an athlete, you are responsible for what is in your body. It is therefore very important that you check all medication and nutritional supplements for the presence of doping substances. Whether regarding something prescribed by a doctor, or a substance you have bought from a pharmacy: in both cases, these may contain banned substances. Take special care with nutritional supplements bought on the internet. Even if it states that they contain no banned substances, you are responsible for checking this before using them.

When is a substance or method included in the doping list?

A substance or method can be included in the doping list if it meets at least two of the following three criteria:

1. Enhances or can possibly enhance performances.
2. Is or is potentially detrimental to health.
3. Conflicts with the 'Spirit of Sport'.

Use of medication

When you use medication that is included in the doping list for medical reasons, you can request an exemption. This is called dispensation in the Netherlands; the term used abroad is Therapeutic Use Exemption (TUE). If you will be eligible for doping controls, go to www.dopingautoriteit.nl/GDS where you should arrange an exemption.

Participants in EC and WC competitions must request an exemption from the FIM. Contact the KNMV for more information. Your request must be approved before you start taking the substance or medication.

Doping in your vitamin tablets

Nutritional supplements can be contaminated with doping. You could then unintentionally run the risk of testing positive during a doping control. The Netherlands Security System Nutritional Supplements Elite Sports (NZVT) has been developed to minimise the risk of such an unintentional positive doping test result. Only use nutritional supplements approved by the NZVT, then you keep the risk of testing positive to a minimum.

Nutritional supplements that comply with NZVT are the safest.

Drugs

The law of course prohibits drugs such as cannabis, ecstasy and cocaine. This is arranged differently under the anti-doping policy. If one of these substances or traces thereof is discovered in the urine outside of the competitive sphere, then this does not result in a positive doping test result.

However, do take note! Cannabis, for example, can still be found in the urine a few weeks to months after use. If it is found during doping controls in relation to a competition, even if you used it four weeks before, then you will test positive!

Doping controls

Make sure you are informed about your rights and obligations during doping controls. Then you will not be faced with any unpleasant surprises. If you have never had a doping test before, then watch the online video. The video explains in steps how the Doping Authority carries out the doping controls. Two types of doping tests are carried out for the KNMV, in- and out-of-competition controls. The out-of-competition controls are only for the A, B and HP categories.

100% Dope Free

100% Dope Free is a campaign whereby, as an athlete, you can say no to doping. It is a way of life whereby you take responsibility for drug free sport. Go to the website and sign the statement against doping and wear the 100% Dope Free - True Winner bracelet.

Because sport is too good for doping!

Other important matters

If, for example, you would like more information about the rights and obligations of minors or attendants, then visit the Doping Authority website.

- Minors
- Attending staff
- Sanctions and legal resources
- Guiding principle for reporting

Questions?

If after reading the above you still have questions, please send an e-mail to:

dopingvragen@dopingautoriteit.nl.