



ANTI-DOPING POLICY

Capitalised words take their meaning from the [World Anti-Doping Code](#).

1. All athletes in UTMB events (including this Race) are subject to both In and Out of Competition testing, and are responsible for understanding and complying with the World Anti-Doping Code and associated International Standards, as issued by the World Anti-Doping Agency (e.g., the International Standard for Therapeutic Use Exemptions, the List of Prohibited Substances and Prohibited Methods, and the International Standard for Testing and Investigations) and applicable anti-doping rules adopted by the race Organiser.
2. Any Race entrant who has been declared Ineligible (or is subject to a Provisional Suspension) by a WADA Code Signatory, may not, during a period of Ineligibility or Provisional Suspension, participate in any capacity in the Race.
3. **TESTING:**
 - a. ALL athletes are subject to testing, which includes both blood and urine.
 - b. Athletes are solely responsible for anything that athlete uses, attempts to use or is found in that athlete's system, regardless of how it got there and whether it was the athlete's intention to cheat.
 - c. Never been tested? Check out the video which illustrates the [Doping Control Process](#).
4. **PROHIBITED SUBSTANCES AND METHODS:**
 - a. BEFORE taking, athletes should check the status of all medications, substances, supplements and treatment methods against the [WADA Prohibited List](#).
 - b. Use [GlobalDRO.com](#) to do an online search.
 - c. Use the resources of the relevant [National Anti-Doping Agency](#)- use their online tools and speak to their staff when questions arise.
 - d. Confirm [Therapeutic Use Requirements](#) (TUE) if using or intending to use a prohibited substance or prohibited method.
5. **SUPPLEMENTS:**
 - a. All athletes need to be informed consumers when it comes to decisions related to supplements and sports nutrition products. Choosing supplements that have been screened for prohibited substances by an independent laboratory can significantly lower the risk of a positive test or an adverse health effect.
 - b. WADA does not certify, approve, endorse, or guarantee any supplement. Some products on the market imply, or state directly, that they are WADA certified or approved, but they are not.
 - c. Before taking a supplement, an athlete should:
 - i. Assess the need: seek advice from a medical professional or nutritionist on the need to use supplement products.
 - ii. Assess the risk: Thoroughly research any product an athlete considers taking. Look for products that have been screened for prohibited substances by an independent laboratory.
 - iii. It is important to know if a supplement is high-quality and free from prohibited substances **BEFORE** use. A thorough third-party certification program that tests for performance enhancing drugs is an important risk-reduction step.
 - iv. Being told by a supplement company that its products are "safe" and have been screened is not sufficient.
 - v. Unless a supplement has been independently certified by one of the following organisations listed below, it should be considered high-risk: [NSF Certified for Sport](#), [HASTA Certified](#), [Informed Sport Certified](#), [Informed Choice Certified](#).
 - vi. Any questions? Please reach out to iamtrue@ironman.com for assistance.