



TOKYO 2020



Highlights of the Anti-Doping Rules and Tips for Tokyo 2020 Olympic Games

The IOC Anti-Doping Rules applicable to the Tokyo 2020 Olympic Games are in line with the 2021 World Anti-Doping Code and the relevant International Standards.



Hong Kong Anti-Doping Committee
香港運動禁藥委員會
www.antidoping.hk

Highlights of the Anti-Doping Rules

1. Period of the Tokyo 2020 Olympic Games (the Games)

- Starts from the opening of the Olympic Village up until and including the day of the Closing Ceremony of the Games (i.e. **13 July 2021 – 8 August 2021**)

2. Testing during the Games

In-Competition

(applicable to all sports at the Games except for **Equestrian* and Tennis**):

The period commencing at **11:59 p.m.** on the day before a Competition in which the Athlete is scheduled to participate through to the end of such Competition and the sample collection process related to such Competition.

*In-Competition for Equestrian:

The period commencing 1 hour before the beginning of the first Horse inspection the day before a Competition in which the Athlete/rider is scheduled to participate through to the end of the last Competition at the Event for that Athlete/rider or the sample collection process related to such Competition.

Out-of-Competition

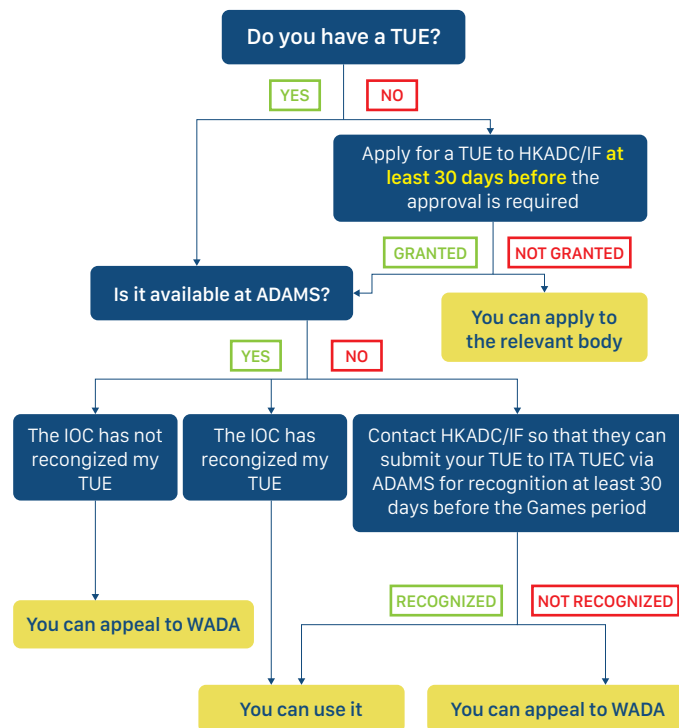
Any period that is not "In-Competition".

- All Athletes shall be subjected to Doping Controls initiated by the International Testing Agency (ITA) **at any time or place without advance notice.**
- Athletes will be asked to provide a urine and/or blood sample.

3. Whereabouts Submission

- Athletes are required to submit the sufficient details in ADAMS/Athlete Central as follows:
 - Block and Room Number** in the Olympic Village
 - Place and Time of Training**
 - Accommodation information** such as hotel name, address and room number for Athletes not staying in the Olympic Village
- Athletes are responsible for maintaining **accurate and detailed** whereabouts information during the Games Period, and should realize the importance of full compliance with whereabouts requirements.

4. Therapeutic Use Exemption (TUE) Before the Period of the Games (before 13 July 2021):



If an Athlete needs a TUE during the Period of the Games (13 July 2021 – 8 August 2021):

Dedicated ITA TUE staff will be available at the **Polyclinic in the Olympic Village and phone number will be provided** to support Athletes and their physicians in the TUE application process during the Games.

Anti-Doping Tips

1. Familiarize yourself with the 11 Anti-Doping Rules Violations (ADRVs)



Please visit HKADC website for more details.

2. Acquaint yourself with the 2021 Prohibited List

- Stay away from all prohibited substances / prohibited methods listed in the 2021 Prohibited List.
- Bring along the 2021 Prohibited List and show it to your Physician during medical consultation.
- Download the 2021 Prohibited List by scanning the QR Code:



3. Check the prohibition status and seek medical advice before using any medication

- Athletes are strongly advised to check the prohibition status of the medication they are taking or intend to take through the following online databases:

DrugInSport (DIS): www.druginsport.hk
Global Drug Reference Online: www.globaldro.com

4. Prepare for Doping Test

- The Athlete will be escorted during the whole process. Refuse to submit to doping test is a violation of the Anti-Doping Rules.
- A representative can be present with the Athlete throughout the entire process. Athletes under the age of 18 **must** be accompanied by an adult.
- Bring along the **Games Accreditation (AD card)** & valid TUE (if any).
- Report to the Doping Control Station as soon as possible after being notified.
- Provide detailed records of any **medicine/supplements** used over the past 7 days.
- Remember!** If there are any concerns about the doping control process, write them down on the Doping Control Form.

5. Complete the "ADEL for Tokyo 2020 Olympics" course

- WADA has created the "ADEL for Tokyo 2020 Olympics" course to help Athletes to understand the Anti-Doping Rules and key information for the Games. Athletes are encouraged to complete the course before the Games.

ADEL webpage: adel.wada-ama.org

The mobile app "ADEL by WADA": Download from the App Store/Google Play

**Enjoy the great and clean Games!
Wish you every success at the Games.**

Disclaimer: This pamphlet is published for reference purpose only, and is not intended to give any legal/medical advice by HKADC who shall disclaim any liability arising therefrom. Relevant individuals are recommended to refer to the Anti-Doping Rules of the Games and HKADC, and seek for professional/legal advice on important decisions.

Hong Kong Anti-Doping Committee

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🌐 www.antidoping.hk

📺 [HKAntiDoping](https://www.youtube.com/HKAntiDoping)

📘 [Hong Kong Anti-Doping Committee](https://www.facebook.com/HongKongAntiDopingCommittee)



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