

**X****DOPING**

Doping or doping methods is contrary to the spirit of good and fair sportsmanship and is forbidden. A competitor who is found to have used doping substances or methods and any person who has aided the competitor in the use of doping substances or methods is subject to the disciplinary action by SAFSA and the ISU (where applicable).

**1 Definition**

Doping is the detection of any substance or method, potentially dangerous to the athletes' health and/or capable of enhancing his/her performance, or the presence in the athletes' body of a substance, or ascertaining the use of a method in the current International Olympic Committee's list of doping classes and methods by the competitor or the administration or supply of these substances or methods to a competitor by another person such as a coach, official, medical and/or paramedical staff, team leader, physiotherapist, parent or other person and is forbidden.

**2 Doping Methods**

2.1 Blood doping is any use of transfusions of blood, blood products or artificial oxygen carriers, either obtained, stored and re-infused from the competitor, or obtained from another individual and transfused into the competitor in order to increase athletic performance and is forbidden.

2.2 Pharmacological, chemical and physical manipulation is any use of forbidden substances or methods to enhance the athletes' performance including those that alter the integrity or validity of the urine or blood samples used in doping controls and is forbidden.

**3 Classes of Drugs subject to certain Restrictions**

These classes of drugs are as listed by ISU Rule 139 and any relevant ISU communications.

**4 Doping Classes and Methods**

The current International Olympic Committee's list of doping classes and methods is recognised by SAFSA and the ISU.

## **5 Doping Control Tests**

Doping control tests may be carried out without notice on all members of SAFSA, including suspended members, during or out of competitions and/or training. Doping control tests may be done by a doping control agency approved and appointed by SAFSA. At all ISU Championships/Competitions organised by SAFSA doping control tests shall be carried out according to ISU regulations.

## **6 Selection of Skaters/Team**

Any skater/team may be selected to undergo testing that shall be according to ISU regulation Rule 139. However, the Council of SAFSA may deviate from such regulations should circumstances arise beyond the control of SAFSA that require such deviation. However, such deviation must not cast substantial doubt on the reliability of the finding. It shall be the skaters' responsibility to ensure that he/she has not been selected for doping control before leaving the competition site.

## **7 Sample - taking procedure and analysis**

The sample taking procedure and analysis shall be performed according to current International Olympic Committee and ISU regulations. Any skater who refuses or fails to give a sample for doping analysis is subject to disciplinary action as listed below.

## **8 Disciplinary Action**

Skaters found to have used doping substances or methods are subject to the following disciplinary actions and sanctions:

8.1 All International Olympic Committee prohibited/restricted classes of substances and methods not listed in 8.2 are subject to the following sanctions:

8.1.1 2 years for the first offence,

8.1.2 at least 3 years for the second offence beginning on the day of the sample taking.

8.2 Ephedrine, phenylpropanolamine, pseudoephedrine, caffeine, strychnine and related substances:

8.2.1 3 months for the first offence,

8.2.2 2 years for the second offence,

8.2.3 at least 3 years for the third offence beginning on the day of the sample taking.