



**International Federation**  
**of Sports Physiotherapy**



**Guideline On Doping**

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© First author: Hetteke Frima, NeCeDo  
Second author: Laetitia Dekker-Bakker, IFSP

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## **Introduction**

### **Origin**

#### **IFSP**

The International Federation of Sports Physiotherapy (IFSP) is a world-wide Federation, recognised as a subgroup of the World Confederation for Physical Therapy (WCPT), representing national organisations of Sports Physiotherapy. The efforts of IFSP are directed towards Member Organisations and their individual members in serving athletes of all ages and abilities through excellence in education, research, practice, and clinical specialisation. The intention of the IFSP is to be the international resource for Sports Physiotherapists, to promote Sports Physiotherapy through the International Olympic Committee (IOC), International Paralympic Committee (IPC), International Sports Federations (IF's) and other professional organisations.

One of the main objectives of IFSP is to improve the quality of Sports Physiotherapy worldwide on the level of knowledge, skills, attitude and professional responsibility. Another objective is to utilise organisational structure and policy to promote international harmonisation in order to achieve the overall mission of the IFSP.

In order to achieve these objectives, IFSP encourages high standards of Sports Physiotherapy by evaluating, developing and harmonising guidelines, ethics and rules of conduct specific to Sports Physiotherapy. In addition, before 2007 IFSP will develop a register of Sports Physiotherapists that are recognised by IFSP. The registration requirement will include compliance with the articles that form this guideline.

#### **SPA Project**

IFSP is promoter of the Sports Physiotherapy for All project, the SPA project. The main goal of Sports Physiotherapy for All is to establish core standards, benchmarks and procedures for the accreditation of educational and professional qualifications for Sports Physiotherapists. This will lead to a common platform of learning and system of recognition of professional qualifications for Sports Physiotherapists throughout the European Union and beyond, ensuring a common approach to prevention and treatment in sports at all levels and more broadly in health-enhancing and leisure sectors.

One of the specific goals of the SPA project is to ensure a common approach to doping issues. At national and international levels, athletes of all ages and abilities need expert support and guidance to maintain training and fitness at the required peak, without using doping. The International Sports Physiotherapy Code of Conduct on Doping has been developed as part of the SPA project. IFSP further developed the Code into this guideline, to achieve enforceability of the Code of Conduct provisions.

#### **World Anti-Doping Code**

The importance of anti-doping rules has been recognised at a global level, resulting in the World Anti-Doping Code (WADC). This is the first international document containing doping regulations, that provides for the possibility of action against athlete support personnel, including Sports Physiotherapists, violating anti-doping rules. The WADC is a universal document upon which the World Anti-Doping Program in sport is based. The general purpose of the WADC is to advance the anti-doping effort through universal harmonisation of core anti-doping elements. More specifically its purpose is to protect the athletes' fundamental right to participate in doping-free sport and thus promote health, fairness and equity for athletes worldwide. In addition, the WADC is developed to ensure harmonised, coordinated and effective anti-doping programs at the international and national level with regard to deterrence and prevention of doping. The WADC is intended to be specific enough to achieve complete harmonisation on issues where

uniformity is required, yet general enough in other areas to permit flexibility on how agreed upon anti-doping principles are implemented. The WADC lays down regulations for the conduct of Sports Physiotherapists who fall under the jurisdiction of sports federations. To ensure that other Sports Physiotherapists are bound by these global anti-doping rules as well, this guideline will be based on the WADC in order to further regulate and educate all Sports Physiotherapists. In cases of conflict or unclear situations, the official English text of the WADC will be used to assist in the understanding and interpretation of the provisions in this guideline.

## **Purpose**

Resulting from the SPA project and based on the WADC, the main purpose of this guideline is to educate and inform Sports Physiotherapists on their responsibilities and obligations with regard to doping. These rules are laid down to prevent problems that could arise for Sports Physiotherapists as a result of involvement in a doping offence, as well as to prevent problems by guaranteeing a certain level of practice in the profession. Another purpose is to make sure that all Sports Physiotherapists represented by IFSP are aware of conduct that is allowed, or prohibited, while treating or accompanying athletes. It should be an instrument in the education on doping issues and should facilitate consequences in case of non-compliance. The guideline is designed to provide a basis for the application of disciplinary measures by means of a registration system to be developed by IFSP, as well as the disciplinary systems of the respective Member Organisations.

This guideline will be part of a set of core competencies through benchmarking and measurable core standards of proficiency against which each IFSP Member Organisation can measure its provisions. This not only enables the IFSP and the Member Organisations to take disciplinary measures in case of non-compliance of a particular Sports Physiotherapist, it also protects the image and credibility of Sports Physiotherapists and the profession in general.

## **Scope**

This guideline sets forth specific anti-doping rules and principles that are to be followed by all Member Organisations, Special Members and their individual members. These Member Organisations are responsible for adopting, implementing or enforcing these rules within their authority. Each Member Organisation shall establish procedures to ensure that all Sports Physiotherapists under the authority of the Member Organisation are informed of and agree to be bound by this guideline. Most definitions used in this guideline are based on the WADC, while others marked with an asterisk are directly derived from the SPA project document 'Competencies of Sports Physiotherapists'.

By their participation in sport, athlete support personnel should be bound by anti-doping rules based on the WADC by virtue of their membership, accreditation, or participation in sports organisations or events subject to the WADC. Each Member Organisation however, shall take the necessary steps to ensure that all Sports Physiotherapists within its authority, including those not working with elite athletes but for instance at a recreational level, are bound by this guideline. The Member Organisations and Special Members shall implement the guideline provisions through policies, statutes, rules or regulations according to their authority and within the relevant spheres of responsibility. The Member Organisations and Special Members are encouraged to use this guideline to uphold certain competence requirements for the Sports Physiotherapists with regard to doping. Other organisations representing Sports Physiotherapists that may not be affiliated to IFSP will be encouraged to accept and implement this guideline. This guideline applies to all (Sports) Physiotherapists whether working with elite athletes or with athletes at a lower level.

## **Article 1**      **Definitions**

- 1.1. Anti-doping rule violation: A violation of one or more anti-doping rules according to the WADC.
- 1.2. Athlete: Any person who participates in sport at international level or national level and any additional person who participates in sport at a lower level if designated by the person's national anti-doping organisation.
- 1.3. Athlete Support Personnel: Any coach, trainer, manager, agent, team staff, official, medical or para-medical personnel working with or treating athletes participating in or preparing for sports competition.
- 1.4. Attempt: Purposely engaging in conduct that constitutes a substantial step in a course of conduct planned to culminate in the commission of an anti-doping rule violation. Provided, however, there shall be no anti-doping rule violation based solely on an attempt to commit a violation if the person renounces the attempt prior to it being discovered by a third party not involved in the attempt.
- 1.5. Competencies\*: Competencies are the knowledge, skills and attitudes obtained through formal, non-formal, or informal learning which constitute the ability to perform occupation-specific tasks and duties in an effective manner.
- 1.6. Doping: Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in the World Anti-Doping Code.
- 1.7. IFSP: International Federation of Sports Physiotherapy.
- 1.8. IFSP Stakeholders: Organisations involved in, or able to influence, the profession of Sports Physiotherapy, subscribing and committing to the IFSP policies, and willing to take responsibility to actively contribute to the implementation and dissemination of those policies. These organisations involve the WCPT and its Member Organisations and subgroups, other international medical health allied professional organisations, national and international sports organisations, national and international sports related educational institutes, National Olympic Committees, competent national regulation authorities and relevant insurance companies.
- 1.9. Member Organisation: Any organisation affiliated to the IFSP. National Sports Physiotherapy organisations that are recognised by their national parent organisations, that are a Member Organisation of the WCPT, are eligible for membership in the IFSP.
- 1.10. National Anti-Doping Organisation: The entity(ies) designated by each country as possessing the primary authority and responsibility to adopt and implement anti-doping rules, direct the collection of samples, the management of test results and the conduct of hearings, all at the national level. If this designation has not been made, the entity shall be the country's National Olympic/Paralympic Committee or its designee.
- 1.11. Possession: The actual, physical possession, or the constructive possession (which shall be found only if the person has exclusive control over the prohibited substance/method or the premises in which a prohibited substance exists).
- 1.12. Prohibited substance or method: Any substance or method so described on the WADA prohibited list.
- 1.13. Special Members: Sports Physiotherapy organisations, granted Special Membership by the IFSP Executive Board or voting representatives at an IFSP General Meeting in accordance with the IFSP Articles of Federation.
- 1.14. Sports Physiotherapist\*: A Sports Physiotherapist is a recognised professional, who demonstrates advanced competencies in adapting rehabilitation and training interventions for the purposes of enhancing sports performance, preventing injury and restoring optimal function in athletes of all ages and abilities, while ensuring a high standard of professional and ethical practise.

- 1.15. Tampering: Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly to alter results or prevent normal procedures from occurring.
- 1.16. Therapeutic Use Exemption: A valid written statement allowing an athlete with a documented medical condition requiring the use of a prohibited substance or prohibited method, to temporarily and in strict accordance with existing criteria use that particular substance or method.
- 1.17. Trafficking: To sell, give, administer, transport, send, deliver or distribute a prohibited substance or prohibited method to an athlete either directly or through one or more third parties, but excluding the sale or distribution of a prohibited substance for genuine and legal therapeutic purposes.
- 1.18. WADC: World Anti-Doping Code.
- 1.19. WCPT: World Confederation for Physical Therapy.

## **Article 2. Application:**

- 2.1. These rules are applicable to all Member Organisations and Special Members, any other Sports Physiotherapy organisation that adopted this guideline, as well as to the individual members of the respective organisations.
- 2.2. Member Organisations and Special Members are required as a condition of membership or recognition, to adopt and implement this guideline to ensure that their anti-doping policies conform to the guideline. Member Organisations and Special Members are required to declare that these rules are applicable to their individual members, as well as to comply with the registration system as will be provided by IFSP. Member Organisations and Special Members shall require as a condition of membership or recognition that Sports Physiotherapists submit themselves to this guideline and to the applicable disciplinary rules.
- 2.3. These rules do not replace or eliminate the anti-doping rules by which Sports Physiotherapists are bound by virtue of their agreements for membership, accreditation or participation in sports organisations or sports events subject to the rules of these organisations.

## **Article 3. Roles and Responsibilities**

- 3.1. Sports Physiotherapists:
  - 3.1.1. The role and responsibility of a Sports Physiotherapist is:
    - a) To be knowledgeable of and comply with all anti-doping policies and rules adopted pursuant to the WADC and which are applicable to them or the athletes whom they support.
    - b) To cooperate with the athlete testing program.
    - c) To encourage athletes to uphold anti-doping values and anti-doping attitudes and to support compliance with anti-doping rules.
  - 3.1.2. Sports Physiotherapists should take into account that a sanction on the athlete could not be completely eliminated on the basis of no fault or negligence if a

prohibited substance was administered by a personal Sports Physiotherapist without disclosure to the athlete.

- 3.1.3. Sports Physiotherapists should be aware of the fact that if an athlete is of substantial assistance in discovering or establishing anti-doping rule violations by athlete support personnel, the period of ineligibility of the athlete may be eliminated or reduced.
- 3.1.4. Sports Physiotherapists should be conscious of the fact that administration of doping could constitute an anti-doping violation on the athlete's part, even if the athlete was unaware of what was being administered.
- 3.1.5. Sports Physiotherapists must be aware of the fact that nutritional supplements can be contaminated as a result of which ingestion by an athlete could unintentionally lead to a positive test result. Notwithstanding the ultimate responsibility of the athlete, the Sports Physiotherapist has the responsibility to raise awareness of the fact that nutritional supplements could be contaminated and that the use of supplements can put an athlete at risk. Sports Physiotherapists should bear this in mind when discussing the athlete's nutritional needs.

### 3.2. Athletes:

- 3.2.1. It is each athlete's personal duty to ensure that no prohibited substance enters his or her body. Athletes are responsible for any prohibited substance or its metabolites found to be present in their bodily specimens. Accordingly, it is not necessary that intent, fault, negligence or knowing use on the athlete's part is demonstrated in order to establish an anti-doping violation under the applicable rules of their sport.
- 3.2.2. It is the responsibility of athletes to inform Sports Physiotherapists of their obligation not to use prohibited substances and prohibited methods and to take responsibility to make sure that any medical treatment received does not violate these rules or anti-doping policies and rules adopted by sports organisations.
- 3.2.3. If athletes have the choice of who would be their medical personnel, they are responsible for their choice and for advising the medical personnel that they cannot be given any prohibited substance.

### 3.3. Member Organisations and Special Members:

- 3.3.1. Member Organisations and Special Members are responsible for adopting and implementing this guideline and for ensuring that their anti-doping policies and rules are in compliance with its applicable provisions.
- 3.3.2. Member Organisations and Special Members shall take appropriate action to discourage non-compliance with this guideline.

### 3.4 IFSP:

- 3.4.1 IFSP, their Member Organisations and Special Members, have the responsibility to require all Sports Physiotherapists within their jurisdiction to recognise and be bound by this guideline.
- 3.4.2 IFSP has the responsibility to integrate this guideline in its core standard of proficiency and according competencies.
- 3.4.3 With regard to the stakeholders, IFSP is responsible for:
  - a) dissemination of the guideline among the stakeholder organisations;
  - b) stimulating further dissemination of the guideline by those organisations among their relations and professional network;
  - c) providing the organisations with further information on the guideline;
  - d) enhancing commitment to the guideline and to the IFSP anti-doping policy;
  - e) encouraging implementation of the guideline within the organisations.
- 3.4.4 IFSP has the responsibility to raise awareness of anti-doping policies within its sphere of influence through education. The IFSP is responsible for updates on the anti-doping policy and corresponding education material.
- 3.4.5 IFSP is responsible for providing and approving a registration system in accordance with article 6.
- 3.4.6 IFSP will evaluate its anti-doping policy on a regular basis. This includes an assessment of the effectiveness of the guideline and the results of the educational system.

### **Article 4. Obligations and prohibitions**

- 4.1. Notwithstanding the confidential nature of the physiotherapist-athlete relationship which will be recognised, the administration or attempted administration of a prohibited substance by a Sports Physiotherapist to any athlete, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted violation, is prohibited.
- 4.2. Possession of a substance that is prohibited in out-of-competition testing or a prohibited method by a Sports Physiotherapist in connection with an athlete, competition or training is prohibited, unless the Sports Physiotherapist establishes that the possession is pursuant to a therapeutic use exemption granted to an athlete in accordance with the International Standard for Therapeutic Use Exemptions or other acceptable justification.
- 4.3. Trafficking in any prohibited substance by a Sports Physiotherapist is prohibited.
- 4.4. Tampering, or attempting to tamper, with any part of the doping control procedure is prohibited. This article prohibits conduct, which would not be included in the typical definition of prohibited methods.

- 4.5. If required, athlete support personnel are obliged to cooperate fully, in a timely manner and to give any necessary assistance to the sample collection procedure. Refusing or non-observance of this provision constitutes a violation of these rules, provided that consideration of circumstances and other applicable guidelines or rules are acknowledged.

The cooperation might include:

- a) signing the doping control form;
  - b) identifying the athlete to the doping control official;
  - c) accompanying an athlete for sample collection if requested by the athlete and, if applicable, considered appropriate by the team manager.
- 4.6. Encouraging athletes in any way to refuse, or fail without compelling justification, to submit to sample collection after notification or otherwise evading sample collection, constitutes a violation of these rules.
- 4.7. If confronted while working with an athlete with his or her use of prohibited substances without any medical indication and in order to enhance the athlete's performance, it is the Sports Physiotherapists duty to discourage the use of these substances.

## **Article 5. Education**

- 5.1. All Member Organisations and Special Members will take appropriate action to ensure that all Sports Physiotherapists working with athletes of all ages and abilities at a national and international level are educated and informed about the doping rules, including this guideline.
- 5.2. Sports Physiotherapists should educate and counsel athletes regarding anti-doping policies and rules adopted pursuant to the WADC.
- 5.3. Sports Physiotherapists should provide athletes with updated and accurate information at least on the following issues:
- Substances and methods on the prohibited list
  - Health consequences of doping
  - Doping control procedures
  - Athletes' rights and responsibilities.
- Sports Physiotherapists should endorse the above information if provided by another agency.
- 5.4. All Member Organisations, Special Members and Sports Physiotherapists, shall cooperate with each other and with other sports organisations to coordinate their efforts in anti-doping information and education.
- 5.5. IFSP shall develop an educational system, consisting of courses and educational material, with updated information on doping policies, to enable Sports Physiotherapists to comply with the required competencies on doping issues and regulations as set forth by IFSP.
- 5.6. This guideline should be used in post graduate physiotherapy educational programs relating to sport.

## **Article 6. IFSP Registration**

- 6.1. To qualify for IFSP registration, Sports Physiotherapists need to meet the core standards of Sports Physiotherapy competencies and professional qualifications determined by IFSP.
- 6.2. The IFSP will install an independent body that will be responsible for registration and re-registration of individual Sports Physiotherapists in the IFSP register.
- 6.3. Educational criteria linked to the Sports Physiotherapy competencies will form the basis for registration to determine whether a Sports Physiotherapist meets the required level of competencies and professional qualifications in formal and non-formal learning. IFSP will facilitate the recognition of these qualifications through the universities or other educational institutions and registration systems within each Member Organisation, utilizing existing quality assurance mechanisms.

## **Article 7. Disciplinary Rules**

- 7.1. Member Organisations and Special Members:
  - 7.1.1. All Member Organisations and Special Members are required to ensure a disciplinary system is in place to determine whether violation of, or non-compliance with these rules has occurred and to impose proper sanctions. This system should contain basic principles, such as the right to appeal and the right to respond relative to ensuring a fair hearing for Sports Physiotherapists asserted to have violated these rules.
  - 7.1.2. The system referred to in the previous section may be part of existing disciplinary mechanisms at a national level with regard to Sports Physiotherapists, for instance to discipline violations of ethical codes or codes of conduct.
  - 7.1.3. All Member Organisations and Special Members will incorporate this guideline into their disciplinary system to ensure proper sanctioning according to their own disciplinary rules.
  - 7.1.4. Besides the imposition of disciplinary measures according to the applicable system referred to in 7.1.1., sanctions may involve a warning, a reprimand, imposition of a certain period of ineligibility, as well as ineligibility for credentials, membership and other sport benefits.
  - 7.1.5. Besides providing for the disciplinary system as prescribed in 7.1.1., in order to fully comply with the guideline, all Member Organisations and Special Members are required to employ Sports Physiotherapists who have not been proven to have violated or acted against the guideline or any other anti-doping rule.
- 7.2. IFSP:
  - 7.2.1. In addition to any sanction imposed by a Member Organisation or Special Member, violation of, or non-compliance with these rules can, upon the decision

of the IFSP registration body, lead to immediate revocation of the IFSP registration or the denial of (re-)registration.

7.2.2. Revocation or denial of (re)registration will be imposed for a limited period of time up to a period for life.

7.3. Other organisations:

7.3.1. Violations of the guideline, also violating the rules of sports organisations, are subject to the rules adopted by these organisations. Therefore the imposition of sanctions according to the guideline does not alter the fact that Sports Physiotherapists may also be sanctioned by the competent body of a sports organisation whose regulations they are bound to comply with.

7.3.2. Violations of these rules, which also violate non-sporting laws and regulations, may be reported to the competent administrative, professional or judicial authorities.

7.4. Burden of Proof:

7.4.1. The Member Organisation or Special Member shall have the burden to establish that violation of, or non-compliance with these rules has occurred.

7.4.2. Facts related to anti-doping rule violations may be established by any reliable means, including admissions.