



*The International Federation  
of Sports Physical Therapy*

# GUIDELINE ON DOPING

Revised Version November 2014



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## **Introduction**

### **Origin**

#### **IFSPT**

The International Federation of Sports Physical Therapy (IFSPT) is a world wide organization, recognized as a subgroup of the World Confederation for Physical Therapy (WCPT), representing national organizations of Sports Physical Therapy. The efforts of IFSPT are directed towards Member Organizations and their individual members in serving athletes of all ages and abilities through excellence in education, research, practice, and clinical specialization.

The intention of the IFSPT is to be the international resource for Sports Physical Therapists, to promote Sports Physical Therapy through the International Olympic Committee (IOC), International Paralympic Committee (IPC), International Sports Federations (IF's) and other professional Organizations.

One of the main objectives of IFSPT is to improve the quality of Sports Physical Therapy worldwide on the level of knowledge, skills, attitude and professional responsibility. Another objective is to utilize organizational structure and policy to promote international harmonization in order to achieve the overall mission of the IFSPT.

In order to achieve these objectives, IFSPT encourages high standards of Sports Physical Therapy by evaluating, developing and harmonizing guidelines, ethics and rules of conduct specific to Sports Physical Therapy. In addition IFSPT has developed a register of Sports Physical Therapists that are recognized by IFSPT. The registration requirements include compliance with the articles that form this guideline.

#### **SPA Project**

IFSPT was promoter of the Sports Physical Therapy for All projects (SPA) in 2000-2006. The main goal of SPA was to establish core standards, benchmarks and procedures for the accreditation of educational and professional qualifications for Sports Physical Therapists. This led to a common system of recognition of professional qualifications for Sports Physical Therapists 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 was 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 Physical Therapy Code of Conduct on Doping was developed as part of the SPA project. IFSPT further developed the Code into this guideline, For more about the SPA projects read: <http://ifspt.org/education/the-spa-project/>

## **World Anti-Doping Code**

The importance of anti-doping rules has been recognized 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 Physical Therapists, violating anti-doping rules.

The WADC is the fundamental and universal document upon which the World Anti-Doping Program in sport is based. The purpose of the WADC is to advance the anti-doping effort through universal harmonization of core anti-doping elements.

More specifically its purpose is

- to protect the athletes' fundamental rights to participate in doping-free sport and thus promote health, fairness and equity for athletes worldwide, and
- to ensure harmonized, 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 harmonization 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 Code has been drafted giving consideration to the principles of proportionality and human rights.

The WADC stipulates regulations for the conduct of all athlete support personnel, including Sports Physical Therapists who fall under the jurisdiction of sports federations. To ensure that other Sports Physical Therapists are bound by these global anti-doping rules as well, this IFSPT guideline will be based on the WADC in order to further regulate and educate all Sports Physical Therapists. In cases of conflict or unclear situations, the official English text of the WADC ([www.wada-ama.org](http://www.wada-ama.org) – accessed 28/10/2014). will be used to assist in the understanding and interpretation of the provisions in the IFSPT guideline

### **Purpose**

The main purpose of this guideline is to educate and inform Sports Physical Therapists on their responsibilities and obligations with regard to doping. These rules are laid down to prevent problems that could arise for Sports Physical Therapists 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 Physical Therapists represented by IFSPT 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 IFSPT, as well as the disciplinary systems of the respective Member Organizations.

This guideline enables the IFSPT and the Member Organizations to take disciplinary measures in case of non-compliance of a particular Sports Physical Therapist, it also protects the image and credibility of Sports Physical Therapists and the profession in general.

## Scope

This guideline sets forth specific anti-doping rules and principles that are to be followed by all Member Organizations, Special Members and their individual members. These Member Organizations are responsible for adopting, implementing or enforcing these rules within their authority. Each Member Organization shall establish procedures to ensure that all Sports Physical Therapists under the authority of the Member Organization 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 Physical Therapists”.

By their participation in sport, athlete support personnel are bound by anti-doping rules based on the WADC by virtue of their membership, accreditation, or participation in sports organizations or events subject to the WADC. Each Member Organization however, shall take the necessary steps to ensure that all Sports Physical Therapists within its authority, including those not working with elite athletes but for instance at a recreational level, are bound by this guideline.

The Member Organizations and Special Members shall implement the guideline provisions through policies, statutes, rules, regulations and education according to their authority and within the relevant spheres of responsibility. The Member Organizations and Special Members are encouraged to use this guideline to uphold certain competence requirements for the Sports Physical Therapists with regard to doping. Other organizations representing Sports Physical Therapists that may not be affiliated to IFSPT will be encouraged to accept and implement this guideline.

This guideline applies to all (Sports) Physical Therapists whether working with elite athletes or with athletes at a lower level.

## Article 1: Definitions

Anti-Doping Organization: A Signatory that is responsible for adopting rules for initiating, implementing or enforcing any part of the Doping Control process. This includes, for example, the International Olympic Committee, the International Paralympic Committee, and other Major Event Organizations that conduct Testing at their Events, WADA, International Federations, and National Anti-Doping Organizations.

Anti-Doping rule violation: A violation of one or more anti-doping rules according to the WADC

Athlete: Any Person who competes in sport at the international level (as defined by each International Federation), or the national level (as defined by each National Anti-Doping Organization). An Anti-Doping Organization has discretion to apply anti-doping rules to an Athlete who is neither an International-Level Athlete nor a National-Level Athlete, and thus to bring them within the definition of “Athlete.”

Athlete Support Personnel: Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other person working with, treating or assisting an athlete participating in or preparing for sports Competition.

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.

Code: The World Anti-Doping Code.

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.

Contaminated Product: A product that contain a prohibited substance that is not disclosed on the product label or in information available in a reasonable internet search.

Doping: Doping is defined as the occurrence of one or more of the anti-doping rule violations set forth in Article 2.1 through Article 2.10 of the World Anti-Doping Code.

IFSPT: International Federation of Sports Physical Therapy.

IFSPT Stakeholders: Organizations involved in, or able to influence, the profession of Sports Physical Therapy, subscribing and committing to the IFSPT policies, and willing to take responsibility actively to contribute to the implementation and dissemination of those policies. These organizations involve the WCPT and its Member Organizations and subgroups, other international medical health allied professional Organizations, national and international sports organizations, national and international sports related educational institutes, National Olympic Committees, competent national regulation authorities and relevant insurance companies.

Member Organization: Any organization affiliated to the IFSPT. National Sports Physical Therapy organizations that are recognized by their national parent organizations, that are a Member Organization(MO) of the WCPT, are eligible for membership in the IFSPT.

International-Level Athlete: Athletes who compete in sport at international level, as defined by each International Federation, consistent with the International Standard for Testing and Investigations (ISTI).

International Standard: A standard adopted by WADA in support of the Code. Compliance with an International Standard (as opposed to another alternative standard, practice or procedure) shall be sufficient to conclude that the procedures addressed by the International Standard were performed properly. International Standards shall include any technical documents issued pursuant to the International Standard.

National Anti-Doping Organization: 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 at the national level. If designation has not been made by the competent public authority (ies), the entity shall be the country's National Olympic Committee or its designee.

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National-Level Athlete: Athletes who compete in sport at the national level, as defined by each National Anti-Doping Organization, consistent with the International Standard for Testing and Investigations.

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).

Prohibited List: The list identifying the prohibited substances and prohibited methods.

Prohibited Method: Any method so described on the WADA prohibited list.

Prohibited Substance: Any substance, or class of substances, so described on the WADA prohibited list.

Special Members: Sports Physical Therapy organizations, granted Special Membership by the IFSPT Executive Board or voting representatives at an IFSPT General Meeting in accordance with the IFSPT articles of federation.

Sports Physical Therapist: IFSPT uses the title "Physical Therapist" instead of "Physiotherapist" which is consistent with the term used by the World Confederation of Physical Therapy (WCPT) <http://www.wcpt.org/>

Sports Physical Therapist: A Sports Physical Therapist is a recognized 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 practice.

Tampering: Altering for an improper purpose or in an improper way; bringing improper influence to bear; interfering improperly; obstructing, misleading or engaging in any fraudulent conduct to alter results or prevent normal procedures from occurring.

Therapeutic Use Exemption (TUE): A valid written statement allowing an athlete with 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.

Trafficking: Selling, giving, transporting, sending, delivering or distributing (or possessing for any such purpose) a prohibited substance or prohibited method (either physically or by any electronic or other means) by an athlete, athlete support person or any other person subject to the jurisdiction of an anti-doping organization to any third party; provided, however, this definition shall not include the actions of "bona fide" medical personnel involving a prohibited substance used for genuine and legal therapeutic purposes or other acceptable justification, and shall not include actions involving prohibited substances which are not prohibited in out-of-competition testing unless the circumstances as a whole demonstrate such prohibited substances are not intended for genuine and legal therapeutic purposes or are intended to enhance sport performance.

Use: The utilization, application, ingestion, injection or consumption by any means whatsoever of any Prohibited Substance or Prohibited Method.

WADA: The World Anti-Doping Agency.

WADC: World Anti-Doping Code. For more about WADC, link here: [www.wada-ama.org](http://www.wada-ama.org).

## **Article 2: Application**

2.1. These rules are applicable to all Member Organizations and Special Members, any other Sports Physical Therapy organization that adopted this guideline, as well as to the individual members of the respective organizations.

2.2. Member Organizations 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 Organizations 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 provided by IFSPT (<http://ifspt.org/registration/>).

Member Organizations and Special Members shall require as a condition of membership or recognition that Sports Physical Therapists 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 Physical Therapists are bound by virtue of their agreements for membership, accreditation or participation in sports Organizations or sports events subject to the rules of these Organizations.

## **Article 3: Roles and Responsibilities**

### **3.1. Sports Physical Therapists:**

3.1.1. The role and responsibility of a Sports Physical Therapist 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.

d) To disclose to his or her National Anti- Doping Organization and International Federation any decision by a non-signatory finding that he or she committed an anti-doping rule violation within the previous ten years.

e) To cooperate with Anti-Doping Organizations investigating anti-doping rule violations

f) Sports Physical Therapists or other athlete support personnel shall not use or possess any prohibited substance or prohibited method without valid justification.

3.1.2. Sports Physical Therapists should take into account that a sanction on the athlete could not be eliminated based on no fault or negligence if a personal Sports Physiotherapist without disclosure to the athlete administered a prohibited substance.

3.1.3. Sports Physical Therapists 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 Physical Therapists 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 Physical Therapists must be aware of the fact that nutritional supplements can be contaminated and the ingestion by an athlete could unintentionally lead to a positive doping test result. Notwithstanding the ultimate responsibility of the athlete, the Sports Physical Therapist 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 Physical Therapists should bear this in mind when discussing the athlete's nutritional needs with the athlete and other professionals around the athlete.

3.1.6. Administration, attempted administration, assistance, encouragement, aiding, abetting, covering up, or any other type of complicity involving an attempted or actual adverse analytical finding (ADRV) constitute an anti-doping rule violation.

## **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 Physical Therapists 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 Organizations.

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 Organizations and Special Members**

3.3.1. Member Organizations and Special Members are responsible for adopting and implementing this guideline and for ensuring that their anti-doping policies and rules comply with its applicable provisions.

3.3.2 Member Organizations and Special Members shall take appropriate action to discourage non-compliance with this guideline.

### **3.4 IFSPT**

3.4.1 IFSPT, their Member Organizations and Special Members, have the responsibility to require all Sports Physical Therapists within their jurisdiction to recognize and be bound by this guideline.

3.4.2. IFSPT has the responsibility to integrate this guideline in its core standard of proficiency and according competencies.

3.4.3 With regard to the stakeholders, IFSPT is responsible for:

- a) Dissemination of the guideline among the stakeholder Organizations;
- b) Stimulating further dissemination of the guideline by those Organizations among their relations and professional network;
- c) Providing the Organizations with further information on the guideline;
- d) Enhancing commitment to the guideline and to the IFSPT anti-doping policy;
- e) Encouraging implementation of the guideline within the Organizations.

3.4.4. IFSPT has the responsibility to raise awareness of anti-doping policies within its sphere of influence through education. The IFSPT is responsible for updates on the anti-doping policy and corresponding education material.

3.4.5. IFSPT is responsible for providing and approving a registration system in accordance with article 6.

3.4.6. IFSPT 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 recognized, the administration or attempted administration of a prohibited substance by a Sports Physical Therapist 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 Physical Therapist 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, if 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 Physical Therapists duty to discourage the use of these substances.

## **Article 5: Education**

5.1. All Member Organizations and Special Members will take appropriate action to ensure that all Sports Physical Therapists 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 Physical Therapists should educate and counsel athletes regarding anti-doping policies and rules adopted pursuant to the WADC.

5.3. Sports Physical Therapists 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 Physical Therapists should endorse the above information if provided by another agency.

5.4. All Member Organizations, Special Members and Sports Physical Therapists, shall cooperate with each other and with other sports Organizations to coordinate their efforts in anti-doping information and education.

5.5. IFSPT shall develop an educational system, consisting of courses and educational material, with updated information on doping policies, to enable Sports Physical Therapists to comply with the required competencies on doping issues and regulations as set forth by IFSPT.

5.6. This guideline should be used in postgraduate Physical Therapy educational programs relating to sport.

## **Article 6: IFSPT Registration**

6.1. To qualify for IFSPT registration, Sports Physical Therapists need to meet the core standards of Sports Physical Therapy competencies and professional qualifications determined by IFSPT.

6.2. The IFSPT will install an independent body that will be responsible for registration and reregistration of individual Sports Physical Therapists in the IFSPT register.

6.3. Educational criteria linked to the Sports Physical Therapy 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. IFSPT will facilitate the recognition of these qualifications through the universities or other educational institutions and registration systems within each Member Organization, utilizing existing quality assurance mechanisms.

## **Article 7: Disciplinary Rules**

### **7.1. Member Organizations and Special Members:**

7.1.1. All Member Organizations and Special Members are required to ensure a disciplinary system is in place to determine whether violation of, or noncompliance 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 Physical Therapists 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 Physical Therapists, for instance to discipline violations of ethical codes or codes of conduct.

7.1.3. All Member Organizations 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 Organizations and Special Members are required to employ Sports Physical Therapists who have not been proven to have violated or acted against the guideline or any other anti-doping rule.

### **7.2. IFSPT:**

7.2.1. In addition to any sanction imposed by a Member Organization or Special Member, violation of, or non-compliance with these rules can, upon the decision of the IFSPT registration body, lead to immediate revocation of the IFSPT registration or the denial of (re-)registration.

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

### 7.3. Other Organizations:

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

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

### 7.4. Burden of Proof:

7.4.1. The Member Organization 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.

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