

International Federation of Sports Physical Therapy Guideline on Anti Doping

Revised Version Oct 2022

Table of contents

Introduction

Origin

- IFSPT

- SPA Project

- World Anti-Doping Code, WADC

Purpose

Scope

Article 1: Definitions

Article 2: Application

Article 3: Roles and Responsibilities

Article 4: Obligations and prohibitions

Article 5: Education

Article 6: Disciplinary Rules

Reference otherwise:

https://www.wada-ama.org/sites/default/files/resources/files/2022list_final_en.pdf

Introduction - Origin

IFSPT

The International Federation of Sports Physical Therapy (IFSPT) is a worldwide 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.

SPA Project

IFSPT was the 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 the use of prohibited substances and prohibited methods.

The International Sports Physical Therapy Code of Conduct on Doping was developed in 2010 (revised in 2014) as part of the SPA project. IFSPT further developed the Code into this guideline, revised in 2022.

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 second international document containing anti-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.

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. This IFSPT guideline is 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 <https://www.wada-ama.org/en/resources/world-anti-doping-program/world-anti-doping-code#resource-download> will be used to assist in the understanding and interpretation of the provisions in the IFSPT guideline

More specifically its purpose is

- To protect the Athletes' fundamental rights to participate in doping-free sport and thus promote health, fairness and equality for athletes worldwide, and
- To ensure harmonized, coordinated and effective anti-doping programs at the international and national level with regard to the prevention of doping, including:
 - o Education — to raise awareness, inform, communicate, to instill values, develop life skills and decision-making capability to prevent intentional and unintentional anti doping rule violations.
 - o Deterrence — to divert potential dopers, through ensuring that robust rules and sanctions are in place and salient for all stakeholders.
 - o Detection — an effective Testing and investigations system not only enhances a deterrent effect, but also is effective in protecting clean Athletes and the spirit of sport by catching those committing anti-doping rule violations, while also helping to disrupt anyone engaged in doping behavior.
 - o Enforcement — to adjudicate and sanction those found to have committed an anti doping rule violation.
 - o Rule of law — to ensure that all relevant stakeholders have agreed to submit to the Code and the International Standards, and that all measures taken in application of their anti-doping programs respect the Code, the International Standards, and the principles of proportionality and human rights.

Purpose

The main purpose of this guideline is to educate and inform Sports Physical Therapists on responsibilities and obligations regarding anti-doping and care for their athletes. These rules are laid down to prevent problems that could arise for Sports Physical Therapists due to involvement or negligence related to an anti-doping rule violation as part of best practice. This is also in a bid to ensure high standards of professionalism and code of ethics are implemented and to avert issues that may arise when they have an understanding of the ethical code.

Another purpose is to make sure that all Sports Physical Therapists members of the IFSPT are aware of whether conduct is allowed, or prohibited, while treating or accompanying athletes. It should be an instrument in the education on anti-doping issues and should facilitate consequences in case of non-compliance.

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

Scope

This guideline sets forth specific anti-doping rules and principles that are to be followed by all the IFSPT Member Organizations 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 educated, informed of and agree to be bound by this guideline. Most definitions used in this guideline are based on the WADC, while others 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 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 are encouraged to use this guideline to uphold certain competence requirements for the Sports Physical Therapists regarding anti-doping. Other organizations representing Sports Physical Therapists that may not be affiliated to IFSPT are encouraged to accept and implement this guideline.

This guideline applies to all Sports Physical Therapists, as members of the IFSPT, whether working with athletes across the broad spectrum of participation from amateur to elite sports.

Article 1: Definitions

Anti-Doping Organization: WADA or 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, other Major Event Organizations that conduct Testing at their Events, 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 (WADC).

Competencies: Competencies are the knowledge, skills and attitudes obtained through formal, not formal or informal learning which constitute the ability to perform occupation-specific tasks and duties in an effective manner.

Contaminated Product: A product that contains 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 2.11 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, manage test results and conduct Results Management 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.

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 or intends to exercise control over the Prohibited Substance or Prohibited Method or the premises in which a Prohibited Substance or Prohibited Method 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.

RISPT: Registered International Sports Physical Therapist - SPT list approved by the IFSPT.

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.

Strict Liability: The rule which provides that under WADC Article 2.1 and WADC Article 2.2, it is not necessary that intent, Fault, Negligence, or knowing Use on the Athlete's part be demonstrated by the Anti-Doping Organization to establish an anti-doping rule violation.

Tampering: Intentional conduct which subverts the Doping Control process, but which would not otherwise be included in the definition of Prohibited Methods. Tampering shall include, without limitation, offering or accepting a bribe to perform or fail to perform an act, preventing the collection of a Sample, affecting or making impossible the analysis of a Sample, falsifying documents submitted to an Anti-Doping Organization or TUE committee or hearing panel, procuring false testimony from witnesses, committing any other fraudulent act upon the Anti Doping Organization or hearing body to affect Results Management or the imposition of Consequences, and any other similar intentional interference or Attempted interference with any aspect of Doping Control.

Therapeutic Use Exemption (TUE): A Therapeutic Use Exemption allows an Athlete with a medical condition to Use a Prohibited Substance or Prohibited Method, but only if the conditions set out in WADC Article 4.4 and the International Standard for Therapeutic Use Exemptions are met.

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 authority 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 further definitions see WADC 2021, page 164: https://www.wada-ama.org/sites/default/files/resources/files/2021_wada_code.pdf

Article 2: Application

2.1. These rules are applicable to all Member Organizations, 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 should, as a condition of their membership, adopt and implement this guideline to ensure that their anti-doping policies conform to the guideline. Member Organizations should declare that these rules are applicable to their individual members.

Member Organizations shall require as a condition of membership 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 use their influence on Athlete values and behavior to foster anti-doping attitudes.

d) To disclose to their National Anti-Doping Organization and International Federation any decision by a non-signatory finding that they committed an

anti-doping rule violation within the previous ten (10) 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. Athletes are subject to the rules of strict liability. 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 know 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 prohibited substances and prohibited methods could constitute an anti-doping violation on the athlete's part, even if the athlete was unaware of what was being administered, because athletes are subject to the rules of strict liability.

3.1.5. Sports Physical Therapists must know that nutritional supplements can be contaminated and the ingestion by an athlete could unintentionally lead to a positive doping test result. Notwithstanding the strict liability 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. Trafficking, attempted trafficking, 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.

3.1.7 Prohibited Association by an Athlete or Other Person subject to the authority of an Anti Doping Organization in a professional sport-related capacity with any Athlete Support Person who:

- If subject to the authority of an Anti-Doping Organization, is serving a period of Ineligibility; or
- if not subject to the authority of an Anti-Doping Organization, and where Ineligibility has not been addressed in a Results Management process pursuant to the Code, has been convicted or found in a criminal, disciplinary or professional proceeding to have engaged in conduct which would have constituted a violation of anti-doping

rules if Code-compliant rules had been applicable to such Person. The disqualifying status of such Person shall be in force for the longer of six (6) years from the criminal, professional or disciplinary decision or the duration of the criminal, disciplinary or professional sanction imposed; or

- Is serving as a front or intermediary for an individual described in WADC Article 2.10.1.1 or 2.10.1.2.

3.2 IFSPT

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

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

3.2.3 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.

3.2.4. 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. This could include an assessment of the effectiveness of the guideline and the results of the educational system.

3.3 Member Organizations

3.3.1. Member Organizations 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 shall take appropriate action to discourage non compliance with this guideline.

Article 4: Obligations and prohibitions

4.1. Notwithstanding the confidential nature of the physical therapist-athlete relationship which will be recognized, the administration or attempted administration of a prohibited substance or Prohibited Method by a Sports Physical Therapist to any athlete, or assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or Attempted complicity involving an anti-doping rule violation, any attempted anti-doping rule violation or violation of WADC Article 10.14.1 by another Person, is prohibited.

4.2. Possession by an Athlete Support Person In Competition of any Prohibited Substance or any Prohibited Method, or Possession by an Athlete Support Person Out-of-Competition of any Prohibited Substance or any Prohibited Method which is prohibited Out-of-Competition in connection with an Athlete, Competition or training, unless the Athlete Support Person establishes that the Possession is consistent with a TUE granted to an Athlete in accordance with WADC Article 4.4 or other acceptable justification.

4.3. Trafficking or attempted trafficking in any prohibited substance or Prohibited Method by a Sports Physical Therapist is prohibited.

4.4. Tampering, or Attempted Tampering with any Part of Doping Control is prohibited

4.5 Acts by Sports Physical Therapist to Discourage or Retaliate Against Reporting to Authorities is prohibited

4.6. Athletes have the right to be accompanied by a representative and/or interpreter present throughout the doping control process. Potentially the representative can be the Sports Physical Therapist. Any Athlete Support Personnel is obliged to cooperate fully with the athlete testing program (IFSPT guidelines article 3.1.c).

The cooperation might include:

- a) Signing the doping control form.
- b) Identifying the athlete to the doping control officer.
- c) Accompanying an athlete for sample collection if requested by the athlete and, if applicable, considered appropriate by the team manager.

4.7. 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.

4.8. If confronted while working with an athlete with his or her use of prohibited substances without any medical indication and to enhance the athlete's performance, it is the Sports Physical Therapist duty to discourage the use of these substances.

Article 5: Education

5.1. All Member Organizations 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 anti-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:

- Principles and values associated with clean sport
- Use of medications, the Prohibited List and Therapeutic Use Exemptions (TUE) - Risks of supplement use
- The principle of Strict Liability
- Anti-Doping Rule Violations
- Consequences of doping
- Testing procedures
- Athletes' rights and responsibilities
- Speaking up to share concerns about doping

5.4. All Member Organizations 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 Member Organizations in cooperation with IFSPT shall develop an educational system, consisting of courses and educational material, with updated information on anti-doping policies, to enable Sports Physical Therapists to comply with the required competencies on doping issues and regulations as set forth by IFSPT. It is in our knowledge that WADA has made provision for medical personnel including Sports physical therapists to participate in periodic online courses which can be found in their official website.

Article 6: Disciplinary Rules

6.1. Member Organizations:

6.1.1. All Member Organizations 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.

6.1.2. The system referred to in the previous section may be part of existing disciplinary mechanisms at a national level regarding Sports Physical Therapists, for instance to discipline violations of ethical codes or codes of conduct.

6.1.3. All Member Organizations should incorporate this guideline into their disciplinary system to ensure proper sanctioning according to their own disciplinary rules.

6.1.4. Besides the imposition of disciplinary measures according to the applicable system referred to in 6.1.1., 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.

6.2. IFSPT:

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

6.2.2. Revocation or denial of (re)registration will be imposed for a limited period up to a period for life according the duration of his/her sanction.

6.3. Other Organizations:

6.3.1. 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.

6.3.2. Violations of these rules, which also violate non-sporting laws and regulations,

will be reported to the competent administrative, professional, or judicial authorities.

6.4. Burden of Proof:

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

6.4.2. Facts related to anti-doping rule violations may be established through the National or International Sports Organization.

Revised on July 2022

Annemarie Haahr Kristensen, Senior Education Manager, Anti Doping Denmark Bente A S Andersen, MSc, IFSPT Reg. Spec. Sports PT, Danish Association of Sports Physical Therapy Denmark (DSSF)

Revised on behalf of the IFSPT EB by Carlo Ramponi and Ummukulthoum Bakere on Oct 2022