



# **CISM**

## **Anti-Doping Educational Handbook**

**ETHICS, FAIR PLAY AND HONESTY**



**PUBLICATION OF  
INTERNATIONAL MILITARY SPORTS COUNCIL  
(CISM)**

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CISM

# Presentation







Hello, CISM family! My name is “Sangue-Bom”. I represent the CISM spirit of fair play, health, performance, fun, dedication, respect for rules and laws which are posed to all participants.

“Sangue-Bom”, in Portuguese, is an expression that literally means “good blood”, but it is also a slang to describe a person with good character, a true “comrade”, “buddy”, in essence, a good partner.

You know! My torch is made of diamond, which means purity and transparency, as a clean athlete.

In short, my name is a simple tribute to all athletes who carry in their heart the real spirit of sport. I am a Honey Badger. Did you know that I am considered the most fearless animal in nature? YES! You can trust me. I will overcome the barriers of language, distance and time, to take this important message to you:

**YOU MUST ALWAYS ACHIEVE YOUR DREAMS WITH HONOR AND INTEGRITY.**

I want to be with all of you athletes, to be your partner in all the CISM competitions and whenever else you need me; the symbol of a clean and true athlete; the anti-doping symbol of CISM. We can do it!

My daily struggle will be to deliver all the necessary information about being doping-free in all CISM championships.

Together, we can preserve the spirit of sport, avoid problems, confirm great results and help competitors to be real champions!

**ARE WE TOGETHER?**

**FRIENDSHIP THROUGH SPORT!**



# The Right Stuff

The mission of this guide is to help you understand the anti-doping rules.

This document is merely a guide. It is no substitute for the language of the Code. To emphasize: the language of the Code is always the primary source. This guide is thus provided purely for the purpose of understanding and is in no way a binding legal document.

The Code, in its first few pages, speaks of the intrinsic value of the “spirit of sport.” That spirit is what drives forward the primary goal of any antidoping program: prevention.

That is, to prevent the intentional or unintentional use of prohibited substances or methods.





# The Code

## What, exactly, is the World Anti-Doping Code?

The Code is the anti-doping system framework. It has been accepted by the entire Olympic movement as well as by various sports bodies and National Anti-Doping Organizations throughout the entire world. It also has been recognized by more than 170 governments, through the UNESCO Convention against Doping in Sport.

The purpose of the  
World Anti-Doping  
Code is to protect  
the rights of the clean  
athlete.

**SPORT, LIFE, HAPPINESS... THERE IS A WAY**



# Application of the Code



## Who is subject to the Code?

a.If you are a national – or international - level athlete, the Code applies to you. “International-level” athletes are defined by the athletes’ International Federation. “National-level” athletes are defined by the athletes’ National Anti-Doping Organization.

b.Each National Anti-Doping Organization can decide whether and how the Code will apply if you are an athlete competing domestically at a level that does not identify you as “national-level.” If you are competing at this level, the National Anti-Doping Organization tests you, and if you return a positive test or tamper with the doping control process or commit another anti-doping rule violation, the Code then requires that sanctions be imposed.

c.If you are not participating in competition but merely engaging in recreational or in fitness activities, National Anti-Doping Organizations also have discretion to decide whether and how the Code will apply.

## What is the World Anti-Doping Agency?

The World Anti-Doping Agency (WADA) was established in 1999 as an international independent agency composed and funded equally by the sport movement and governments of the world. Its key activities include scientific research, education, development of anti-doping capacities, and monitoring of the World Anti-Doping Code (Code) – the document harmonizing anti-doping policies in all sports and all countries.

This Agency was founded with the aim of bringing consistency to anti-doping policies and regulations within sport organizations and governments right across the world. This seek to preserve what is intrinsically valuable about our sport.



# Roles & Responsibilities

## As an athlete:

- You must know and comply with all “applicable anti-doping policies and rules”;
- You must take responsibility for what you “ingest”;
- You must be available for sample collection;
- You must inform medical personnel that they are strictly forbidden for prescribe you prohibited substances or methods; and
- You must cooperate with anti-doping organizations investigating anti-doping rule violations.

For more details, see the code.

As coaches, trainers, managers, agents and other support personnel are often role models for athletes. They, too, have certain rights and responsibilities. These include:

- They must cooperate with the athlete-testing program;
- They must use their considerable influence to promote a clean sport philosophy; and
- They must not use or possess any prohibited substance or method without a valid justification.



**ETHICS IN SPORTS, THE WAY OF THE WINNER**



# Doping

## Why is it important to be a Fair Play Athlete?

When you cheat, you take yourself out of the game, stop competing in the spirit of sport, and there is no longer a fair contest. Also, violating anti-doping rules the same as violating completion rules, which all athletes accept as a condition to participate and compete fairly.

## What do we have to know concerning doping and health consequences?

Doping can have serious health consequences for us and effects can be complicated.

- Negative effects are hard to determine because doped athletes do not talk about it and substances and methods for sick people or animals have different effects on healthy athletes.
- Negative effects can be more serious in athletes use higher doses than patients. Athletes combine and methods multiply their effects.

## What is doping?

As an athlete, the Code specifically says that you are responsible for knowing what makes up an anti-doping rule violation. Such violations can involve more than just a positive test – which, in the language of the Code, is called an “Adverse Analytical Finding.” For example, it is also an anti-doping rule violation to use and possess prohibited substances and methods.

## There are also other types of anti-doping rule violations. The Code spells these out:

- Presence of a prohibited substance or its metabolites or markers in an athlete's sample.
- Use or attempted use by an athlete of a prohibited substance or a prohibited method.

## COMMUNITY AND SOLIDARITY





- Evading, refusing, or failing to submit to sample collection.
  - Whereabouts failures.
  - Tampering or attempted tampering with any part of doping control.
  - Possession of a prohibited substance or a prohibited method.
  - Trafficking or attempted trafficking of any prohibited substance or prohibited method.
  - Administration or attempted administration to any athlete in-competition of any prohibited substance or prohibited method, or administration or attempted administration to any athlete out-of-competition of any prohibited substance or prohibited method that is prohibited out-of-competition.
  - Complicity: this covers a wide range of acts: assisting, encouraging, aiding, abetting, conspiring, covering up or "any other type of complicity" involving an anti-doping rule violation or attempted violation by "another person."
  - Prohibited association by an athlete or other person subject to the authority of an Anti-Doping Organization in a professional or sport-related capacity with any athlete support person who:
    - I. Is serving a period of ineligibility related to one of the above ADRVs;
    - II. Has been convicted outside of sport to have engaged in conduct that would be considered an ADRV
- You should be aware that an anti-doping rule violation can be proven by any reliable means. This includes laboratory results and other evidence - the term used is, "non-analytical" proof. This evidence can include but is not limited to the "Athlete Biological Passport" (a study over time of a number of your biological parameters), admissions, witness testimony and various types of documentary evidence.

## **DOPING-FREE SPORT**



# Consequences of an anti-doping

## What is an Adverse Analytical Finding (AAF)?

A report from a WADA – accredited laboratory or other WADA - approved laboratory that, consistent with the International Standard for Laboratories and related Technical Documents, identifies in a Sample the presence of a Prohibited Substance or its Metabolites or Markers (including elevated quantities of endogenous substances) or evidence of the Use of a Prohibited Method.

## What are the consequences of an anti-doping rule violations?

Disqualification of results in a particular competition or event; Fines; Forfeiture of any medals, points, and prizes; Team disqualification and forfeiture; Loss of benefits, grants, awards, employment, and training facilities; An ineligibility period that may vary according to circumstances; Public announcement.

## What is Strictly Liability?

You must take responsibility for what you ingest, meaning what you eat and drink and anything that may enter your body. The essential rule is this: if it is in your body, you are responsible for it. This is called 'strict liability'.

All athletes need to be proactive in asking questions so they do not jeopardize their sporting careers. If you have a question –ASK! If you cannot be 100% sure of the ingredients or do not know the status of a substance – DO NOT TAKE IT!!

## Does intent matter when it comes to an anti-doping rule violation?

As noted before, you are responsible – “strictly liable” – for substances in your body. To establish an anti-doping rule violation for use or presence of a prohibited substance, it is not necessary to demonstrate intent, fault, negligence or knowing use on your part.

It is not a defense to an anti-doping rule violation that, for instance, someone in your entourage or camp gave you a substance; or that a banned substance was not listed on a product label; or that a prohibited substance or method would not have improved your performance.

If you use or try to use a prohibited substance or method, that is doping. The “success” or “failure” of the use or attempted use does not matter. It is considered doping.



# rule violations



## What substances and methods are prohibited?

CISM and WADA keep a list of substances and methods that are banned. It updates this Prohibited Substances and Methods List periodically, and at least annually.

The list is divided into substances that are:

1. banned at all times; and
2. those prohibited during the in-competition period (as defined by each sport but often within 24 hours of the competition).

Those substances banned at all times would include (but are not limited to): hormones, anabolics, EPO, beta-2 agonists, masking agents and diuretics.

Those substances prohibited only in-competition would include but not be limited to: stimulants, marijuana, narcotics and glucocorticosteroids. Also banned at all times: methods such as blood transfusion or manipulation, or intravenous injections in some situations.

The List is updated annually. You can find it in CISM website (<http://www.milspport.one>) or ([www.wada-ama.org/en/content/what-is-prohibited](http://www.wada-ama.org/en/content/what-is-prohibited)).

If a Substance or Method is not defined in this list, please verify with your Anti-Doping Organization.



**PLAY TRUE**



# Therapeutic Use Exemptions

## What is Therapeutic Use Exemption?

One of the key principles of the anti-doping effort is to protect your health.

In case, you need to take a prohibited substance or use a prohibited method. You may do so under the Code. The key is that you must obtain what is called a “Therapeutic Use Exemption” or TUE.

Several criteria must be met to secure a TUE, such as: the use of the prohibited substance (or method) is necessary for your health; its use should not result in performance enhancement beyond a return to normal health; and there is no reasonable therapeutic alternative to the use of the prohibited substance or method.

The International Standards for TUE establish the criteria that must be met to grant a TUE. ([www.wada-ama.org](http://www.wada-ama.org)).

## Who determine whether your application for a therapeutic Use Exemption, allowing you to use a prohibited substance for medical necessity, is approved or denied?

After submitting a TUE to your relevant Anti-Doping Organization (CISM/International Federation; NADO and Major Event Organization, where applicable), it will have your request appropriately dealt with by a panel of independent physicians called Therapeutic Use Exemption Committee (TUEC).

## The TUE program provides athletes the opportunity to request treatment of a serious medical condition by using a prohibited substance. TUE stands for:

International level athletes should submit their Therapeutic Use Exemption (TUE) request to their International federation and national level or military athletes should submit their forms to their National Anti-Doping Agency or International Military Sports Council. TUEs are granted for a specific medication with a defined dosage and for a specific period.

**PROTECT THE INTEGRITY OF SPORT**



## (TUE)



### When to apply the TUE?

To get approval to use a prohibited substance, you must apply before using the medication and at least 30 days before a national or international competition.

### Here some TUE tips:

- declare the substance on the doping control form;
- specify that a TUE has been granted;
- try to have a copy of the TUE approval to show the DCO;
- you have the right to medical treatment;
- you have the right to appeal a denied TUE for review by CISM/WADA;
- you have the responsibility to check before taking any medication;
- you have the responsibility to apply for a TUE for a prohibited substance; and
- a tue must be obtained in advance, as only in special occasions it can be granted retroactively.

### Is it always okay to accept medication from someone you trust, even if you do not know what the medication contains?

You should always know what you are putting into your body. Taking medication without knowing what it contains could result in a positive drug test and could also be dangerous to your health.

### How can you tell if medications are safe to use in all countries?

You cannot tell if a medication is safe to use in all countries.

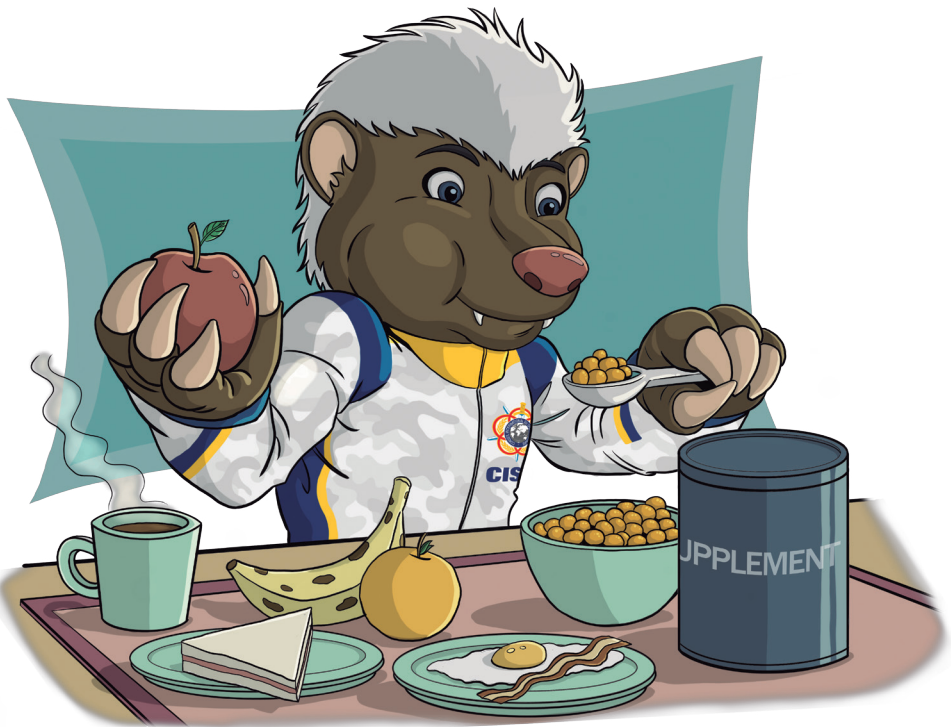
### Can prohibited substances be found in common medicines?

Yes. Any number of common medications, including painkillers and treatments for colds and the flu, can contain prohibited substances. For even more information, see other resources made available by your International Federation, National Anti-Doping Organization and International Military Sports Council -CISM.

**DOPING IS FUNDAMENTALLY CONTRARY  
TO THE SPIRIT OF SPORT!**



If a nutritional supplement is bought from a pharmacy (over-the-counter), does it mean that it is definitely permitted in sport? Taking supplements and/or any substance is at your own risk. Many supplements contain prohibited substances. As a supplement may not be regulated in many countries, it is important to be completely confident you know what is inside the product. WORDS OF WISDOM: if it sounds too good to be true – it is probably prohibited ! An alternative to using supplements is to adapt your nutritional program.



## NATURAL TALENT





If you know a supplement has been through a quality control process, can you take for granted that it does not contain any substance on the prohibited list?

There is no way to guarantee that the supplements are free of prohibited substance as this industry is not regulated. No organization can guarantee the safety of any dietary supplement or its content. Eating a balanced diet of natural, whole foods is the best way to improve athletic performance.

Who has testing authority?

**- National Anti-Doping Organizations have authority over athletes:**

- a) Who are nationals, residents, license-holders or members of sports organizations of that country, or
- b) Who are present in that National Anti-Doping Organization's country, or
- c) Where the rules of an International Federation otherwise grant them broader authority.

**- International Federations have authority over athletes who are subject to their rules:**

- a) Including athletes who compete in certain international events and
- b) Athletes who are members or license holders of that International Federation (or its direct or indirect members).

**- Major event organizations,** generally have authority over athletes entered in their events.

WADA does not normally initiate testing but it does have the authority to test. In the event WADA initiates testing, it outsources the actual conduct of the test to other Anti-Doping Organizations.

The sample collection process is standardized. For more about the process, and your rights under that process, please check for more information about sample collection process.

In order to establish a violation based on the presence of a prohibited substance in an athlete's sample, only those laboratories that have been accredited or specifically approved by WADA may analyze the samples.

**FUN AND JOY**



**WINNING IS BEYOND THE MEDAL!**







## More questions



How is the anti-doping test conducted on an athlete during a competition?

You could be chosen by random selection, your finishing position and a particular reason.

When you are notified for doping control, do you need to report immediately to the doping control station?

When you are notified by a doping control officer (DCO) or chaperone about your selection for doping control, you have to report to the doping control station immediately, unless there are valid reasons for a delay. Even with a valid delay, you must remain within direct observation of the DCO and/ or chaperone at all times until the sample has been collected.

Can the “chaperone” accompany the athlete during the collection?

A doping control officer the same gender as you will witness you pass a urine, after that, you will divide the urine sample into “B” and “A” bottles and seal them and you will sign a doping control form and finish. The samples are sent to the WADA accredited laboratory in strict confidentiality.

What is the consequence for an athlete who insults a DCO or chaperone?

He may be asserted of having committed an Anti-Doping Rule Violation (ADRV).

Who is authorized to carry out the blood sample collection?

A Blood Collection Officer (BCO) is an official who is qualified and has been authorized by the Anti-Doping Organization (ADO) to collect a blood sample from an athlete.

What happens when an athlete cannot give the required amount of urine during a doping control session?

The athlete must provide more urine.

Where can an athlete register any concerns about the doping control process while being tested?

On the Doping Control Form.



**PROTECT THE HEALTH OF ATHLETES**



## SAMPLE COLLECTION PROCESS

While drug testing may not be the most glamorous part of an athlete's career, it is critical to global fight for clean sport. By participating in the anti-doping program, athletes are doing their part to help protect the integrity of competition.

The following information provides an overview of the 11 steps of sample collection process:

### 1 ATHLETE SELECTION

You can be selected for doping control at any time and any place. They will ask the athlete to provide photo identification.

### 2 NOTIFICATION

A Doping Control Officer or chaperone will notify you that you have been selected for doping control. The DCO or chaperone will inform you of your rights and responsibilities. These include the right to have a representative present throughout the process. You will be asked to sign a form confirming that you have been selected for doping control.

### 3 REPORTING TO THE DOPING CONTROL STATION

You should report immediately to the doping control station. The DCO or chaperone may allow you to delay reporting to the station for an activity such as a news conference or to complete a training session. However, once you have been notified that you have been selected for doping control, the DCO or chaperone will accompany you until the completion of the sample collection process.

### 4 SELECTION OF A COLLECTION VESSEL

You will be given a choice of individually sealed collection vessels. You may select one. You should verify that the equipment is intact and has not been tampered with.

## RESPECT FOR RULES AND LAWS





## 5 PROVIDING A SAMPLE

During the sample provision, only you and the DCO or chaperone of the same gender are permitted in the washroom. You will be asked to wash your hands.

You will then be asked to raise or lower your clothing so that the DCO or chaperone has an unobstructed view while you provide the sample.

## 6 VOLUME OF URINE

Athletes will be required to provide a urine sample of 90 mL under direct observation of a DCO or witnessing chaperone. Minor athletes will be required to be accompanied by a representative of their choice. If 90 mL are not immediately provided, athletes will use additional collection vessels to provide the remainder when capable.

## 7 SPLITTING THE SAMPLE

You will be given a choice of individual sealed sample collection kits. Choose one. You should verify the equipment is intact and has not been tampered with. Open the kit. Confirm the sample code numbers on the bottles, the lids and containers all match. Now you are going to split the sample, pouring at least 30 mL into the B bottle and the remaining urine into the A bottle. You will be asked to leave a small amount in the collection vessel. The reason for this is so the DCO can measure its specific gravity.

## 8 SEALING THE SAMPLES

Seal both the A and B bottles. You (or your representative) and the DCO should verify that the bottles are sealed properly.

## 9 MEASURING SPECIFIC GRAVITY

The DCO is required to measure the sample's specific gravity. If it does not meet certain requirements, you will be asked to provide another sample.



**NEVER DESTROY YOUR DREAM! NEVER!**



**ALWAYS FOLLOW YOUR DREAM WITH INTEGRITY!  
CLEAN SPORT! ALWAYS.**



## 10 COMPLETING THE DOPING CONTROL FORM

On this form, you should provide information about any medication – prescription or non-prescription – or dietary supplements you have taken recently. This form is also the place to note any comments you may have regarding any part of the doping control process.

You will be asked whether you consent to have your sample used anonymously for research once the analysis of doping control purposes is completed. You may say yes or no. Be absolutely certain everything is correct, including the sample code number. Make sure, too, that the laboratory copy of the form does not include any information that could identify you.

You will be asked to sign the form. At the completion of collection, you will receive a copy of your doping control form.

## 11 THE LABORATORY PROCESS

Your samples are packed for shipping by a secure process. Your samples are sent to a WADA-accredited laboratory. Your A sample is analyzed. Your B sample is securely stored. It may be used to confirm an Adverse Analytical Finding from the A sample. The Lab will report the result of your sample analysis to the CISM and to WADA.

### [What about blood sample collection?](#)

The same conditions that apply for urine sample collection also apply to the collection of blood samples with regards to notification, identification, escorting and explanation of the procedure.

### [When selected for testing, athletes have the RIGHT to:](#)

- Have a representative accompany the athlete throughout the doping control process;

## DEDICATION AND COMMITMENT





- Have the testing procedures explained to the athlete, including how the sample collection equipment works;
- Request to view the DCO's credentials;
- Choose a collection vessel and sample collection kit;
- Receive a copy of the sample collection documentation used to document the processing of the athlete's sample;
- Request a delay in reporting to the doping control station for valid reasons; and
- Request modifications if the athlete has a disability.

#### During a test, athletes are RESPONSIBLE for:

- Complying with the sample collection procedure;
- Reporting immediately to the doping control station unless there are approved reasons for delay;
- Presenting government issued photo identification at the time of notification;
- Staying in direct observation of the DCO or notifying chaperone from the time of notification until the sample collection session is complete;
- Keeping the collection vessel in their possession and in view of the DCO at all times;
- Having control of the sample until it is sealed in the sample collection bottles (the DCO may assist upon request);
- Ensuring the sample code number is correctly documented on the sample collection documentation; and
- Ensuring all appropriate sample collection documentation is accurate, complete, and signed.

#### When and where does an athlete report for testing?

In-competition testing: An athlete, their representative (if applicable), and the notifying chaperone will report to the on-site doping control station immediately, unless there is a valid reason for delay and it's approved by the DCO, which may include:

## TEAMWORK



- A medal ceremony;
- Media commitments;
- Medical obligation;
- Warming/cooling down; and
- Competing in further events.

### Can athletes eat and drink liquids after being notified for testing?

After notification, in order to discourage excessive hydration before providing a urine sample, athletes are encouraged to limit their consumption of liquids. However, they may consume food at their own risk.

### What is the maximum number of times an athlete can be tested each year?

There is no limit to the number of times you can be tested each year including in-competition, out of competition, random and target testing. So, Unlimited!

### How long are samples kept?

Samples may be frozen, stored and re-analyzed for 10 years. Technology is rapidly advancing. Some prohibited substances and methods, which are not detectable today, may well be in the future. The potential that stored samples will be subject to further analysis should serve as a powerful deterrent if you, or anyone you know, should for any reason be considering doping. When samples are no longer used for anti-doping purposes, they will be made anonymous and used for quality assurance purposes, discarded or, with your prior written consent on the doping-control form, used for research.

### Hearings and Appeals!

All athletes are entitled to fair hearings before impartial panels. They also are entitled to have their cases heard in

**TRUE SPORT**





a timely fashion. If your case stems from participation in an international event or if you are an international-level athlete, you and other Anti-Doping Organizations may appeal decisions exclusively to the Court of Arbitration for Sport. Otherwise, decisions may be appealed to an independent and impartial national reviewing body.

**Is it possible which the Hearing Panel to conducted in the host country of the athlete?**

Yes, but it depends on your level and if the International Federation or National Anti-Doping Organization of your country agrees to conduct the case. If not, prepare your money for yourself and your lawyer to appear at the panel.

**After the Panel, if you are banned in your sport, can you compete in another sport?**

If you are sanctioned as a result of committing an Anti-Doping Rule Violation (ADRV), you cannot participate in competitions or actives in any level of sport during the period of ineligibility.

**How long is the period of ineligibility?**

A strong consensus has emerged worldwide, and in particular among athletes, that intentional cheaters should be ineligible for four years.

**Is it always four years?**

No.

**What range of factors does the period of ineligibility depend upon?**

The type of violation, the prohibited substance or method used, the nature of the athlete's conduct and the athlete's degree of fault.

**PLAY CLEAN**



### What are the consequences for your team?

If more than two members of a team in a Team Sport are found to have committed an anti-doping rule violation during an Event Period, the ruling body of the Event shall impose an appropriate sanction on the team (loss of points, disqualification from competition or event, or other sanction) in addition to any consequences imposed upon the individual athletes committing the anti-doping rule violation.

### If you have a test positive in your country, can you compete for another country?

If you have committed an Anti-Doping Rule Violation (ADRV) in your country, your ADRV record will be recognized by all other Signatories of the World Anti-Doping Code. Therefore, during your period of ineligibility, you will not be able to compete for another country.

### Returning to competition following retirement!

If you retire while you are in the registered testing pool of an International Federation, International Military Sports Council or National Anti-Doping Organization, you must give six months prior written notice of your desire to return to competition. During those six months, you must agree to be subject to the anti-doping rules and make yourself available for testing before you will be allowed to compete again.

### Financial Consequences?

The Code does not impose fines for doping. That said, it does not prevent Anti-Doping Organizations from providing for fines in their rules. Financial sanctions can never replace or reduce a period of ineligibility. Wealthy athletes cannot pay their way out of serving a period of ineligibility.

## FAIR PLAY



### Mandatory Public Disclosure?

If you are found to have committed an anti-doping rule violation, that fact will be made public. The idea is that this serves as an important deterrent to doping.

An Anti-Doping Organization must, except in the case of a minor, publish the name of an athlete, the nature of the rules violation and the consequences within 20 days after a final ruling.

If the final decision was that there was no violation, the decision may only be disclosed publicly with the consent of the athlete.

### Is there a course to educate athletes about doping?

YES – we can find for example in this site. (<https://adel.wada-ama.org/>). This the anti-doping e-learning platform (ADeL) offers access to all topics related to clean sport and anti-doping.

### What is True Sport?

True Sport is the essence of sport, the spirit of Sport, that inspire athletes, coaches, parents, and administrators to change the culture of youth sport through cornerstone lessons of sportsmanship, character building, and clean and healthy competition.



**YOUR LIFE IS YOUR MESSAGE:  
"PLAY TRUE"**



## Speak Up

Help us protect the clean athlete and the integrity of sport. Every time someone steps forward with information on doping, we move closer to a clean and fair playing field for all.

We know that coming forward with sensitive information is a big decision – one that you would not enter into lightly. We applaud the courage and conviction required to raise concerns about cheating.

You have chosen to put your trust in us and we take this very seriously. This website is a secure way for you to report activity that you think goes against anti-doping rules.

Whether you decide to open a secure mailbox, or provide us with your contact information, everything you tell us is strictly confidential.

For more details:



<https://speakup.wada-ama.org/WebPages/Public/FrontPages/Default.aspx>

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- International Military Sports Council, CISM, (2015) - CISM Anti-Doping Rules, Belgium
- WADA, World Anti-Doping Agency, Retrieved from <https://www.wada-ama.org/>
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## THE SPORTS SPIRIT LIVES HERE

There is something extraordinary, available to anyone in a simple way, that makes no distinction: the sport. Essential component for the “Well Being”, it is rare to find those who are totally unable to practice it.

However, for the ones who decide to compete, there are rules that must be followed in order to maintain the respect for the limits and for the physical and mental integrity of all athletes.

In their desires for victory and for career recognition, the sports competitors can be led to carry out actions that may bring terrible consequences, not only for their professional, but also for their personal lives. The worst of these actions is the “doping”, defined by the use of chemicals which are not allowed in sports.

Initially, such a practice can make the athletes stronger, faster and even having their results improved. Subsequently, the doping, which is considered a kind of “cheating”, ends up providing unfair advantages and harmful effects to the competitor's health.

Keeping athletes, coaches and managers aware and taught about the damages caused by these chemicals and having sports values as a priority, this mistake can be avoided.

In this context, CISM presents “Sangue-Bom”, the CISM Anti-Doping Symbol, bringing information about these values, which traces the goals of all our activities: ETHICS, HONESTY and CLEAN PERFORMANCE.

Join CISM and “Sangue-Bom” in this campaign. We want to help our athletes make their dreams come true, in a loyal and healthy way, playing fair, with joy, and following the rules that are common to everybody, for the best of each player and for the magnificence of the sport.

**THE BIGGEST TROPHY OF A COMPETITION IS WINNING ...  
WITHOUT STAINS!!!**

**FRIENDSHIP THROUGH SPORT!**

**WE ARE SANGUE-BOM!**







#### SPECIAL THANKS TO

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