



DOPING & ANTIDOPING



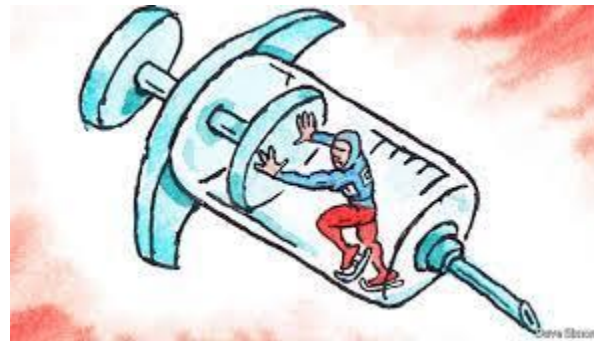
Todi de Jesus
Emergency Medicine

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1. Doping – definition
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3. Why it is matter in World of Sport
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DOPING VS ANTIDOPING



1. DOPING - Definition

- **Refers** to the use of banned substances in competitive sports or drugs used by athletes to improve their athletic performance (PEDs)
- **WADA Definition** is the occurrence of one or more of the anti-doping rule violations set forth as follows:
 - Presence of prohibited substances/metabolites or markers in athlete's sample
 - Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method
 - Evading, Refusing or Failing to Submit to Sample Collection
 - Tampering or Attempted Tampering with any part of Doping Control
 - Possession of a Prohibited Substance or a Prohibited Method
 - Trafficking or Attempted Trafficking in 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 any Prohibited Method that is prohibited Out-of-Competition
 - Prohibited Association
 - Complicity and Whereabouts failure

Source: <https://www.sportsmedtoday.com/doping-va-119.htm>
https://www.wada-ama.org/sites/default/files/resources/files/2021_wada_code.pdf



2. HISTORY

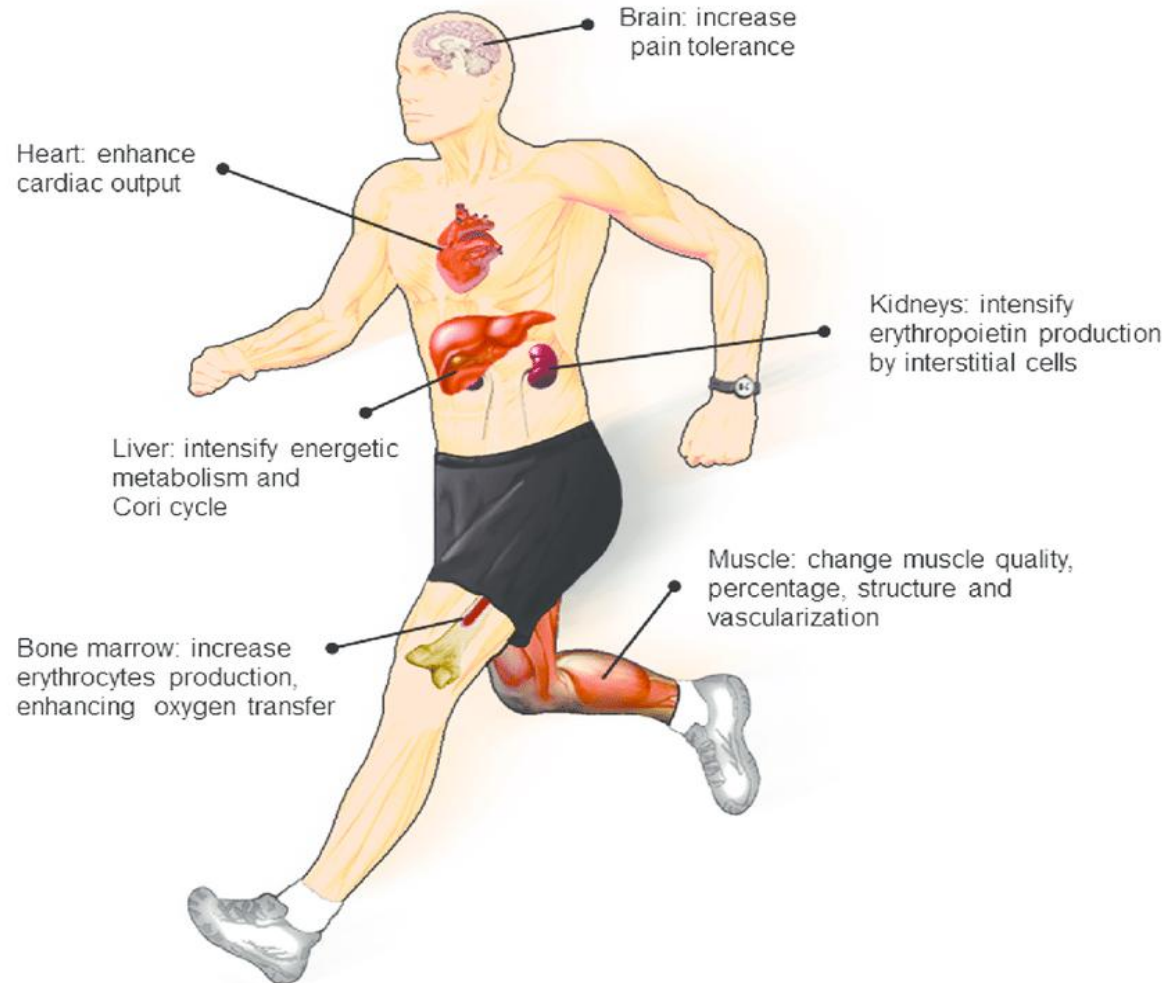
- Ancient Olympic Games (776-393 BC)
- Hans-Gunnar Liljenwall – swedish athlete (1968) – 1st disqualified athlete in OGs
- John Robert Woodyard – formally developed doping process
- Sochi Winter Olympics – 55 cases
- Italy has the most doping cases – 147 (2016)

3. DOPING: Why it is matter?



- Undermines the fundamental values of sport, such as health, fairness, commitment, integrity, and equal opportunities

4. DOPING – Effects in the body



5. DOPING- Types

Class	Definition
S1	Anabolic agents
S3	Beta-2 agonists
S4	Hormone and metabolic modulators
S5	Diuretics and masking agents
S6	Stimulants
S7	Narcotics
S8	Cannabinoids
S9	Glucocorticoids
P1	Beta-blockers

Classes of prohibited substances by WADA.

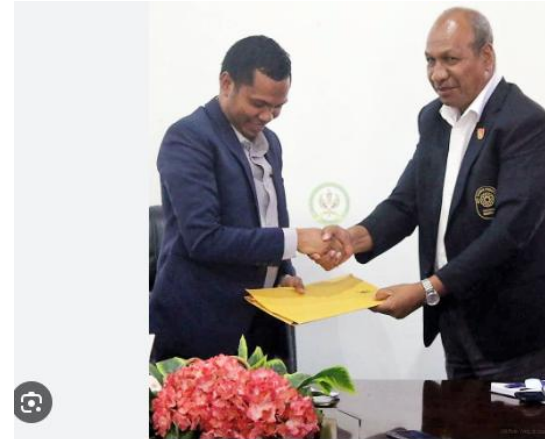


6. Anti Doping Policy – how to start in TL setting

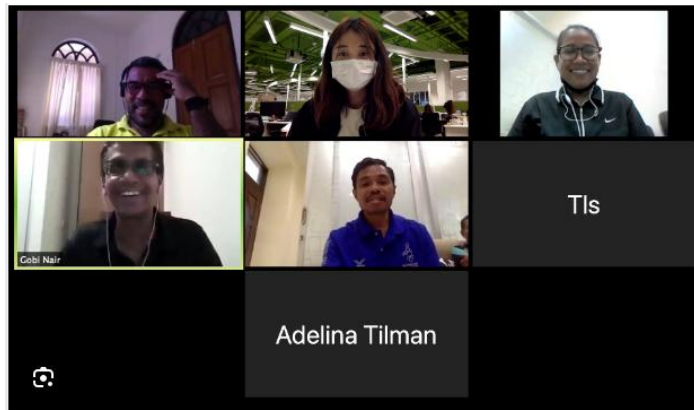
- TL becomes 188th member - ratified international convention against Doping in Sports 2018 - represented by CONTL
- The convention adopted in 2005 by UNESCO
- Member of SEARADO



Past Activities on Antidoping



SEJD-CONTL Koalia Estabelesimentu Autoridade Anti Doping iha Timor-Leste



SEARADO meeting with key stakeholders from Timor-Leste

[Visitar >](#)



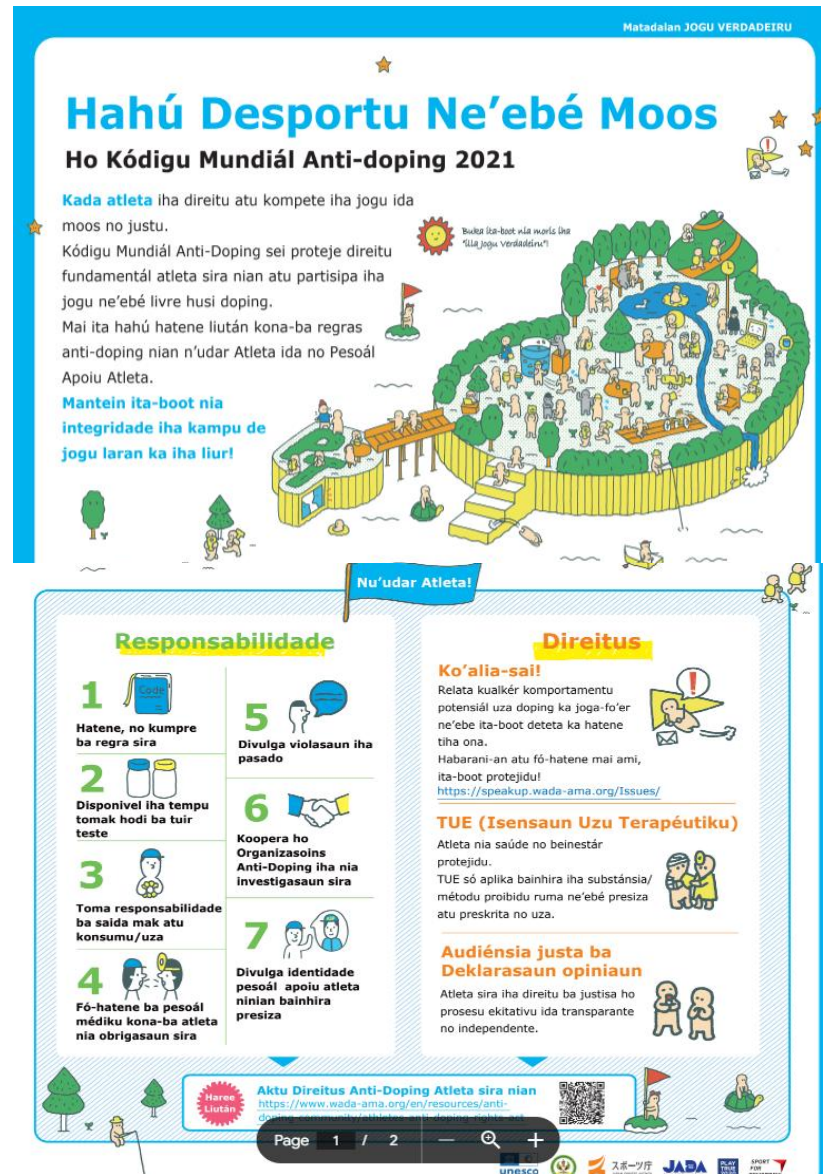
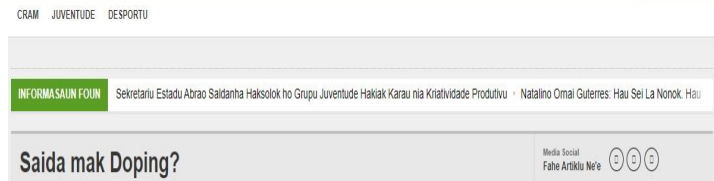
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Online Meeting Between Timor Leste Anti Doping and Bhutan Anti Doping Committee

08 SEP 2023

Previous works



cont



What we have already done

National Parliament Resolution No.2/2016 1st February

	Quarta-Feira, 1 de Fevereiro de 2017	Série I, N.º 5
JORNAL da REPÚBLICA		
PUBLICAÇÃO OFICIAL DA REPÚBLICA DEMOCRÁTICA DE TIMOR-LESTE		
SUMÁRIO		
PRESIDENTE DA REPÚBLICA:		
Decreto do Presidente da República N.º 2/2017 de 1 de Fevereiro	117	
Decreto do Presidente da República N.º 3/2017 de 1 de Fevereiro	117	
PARLAMENTO NACIONAL:		
Resolução do Parlamento Nacional N.º 2/2016 de 1 de Fevereiro		
Ratifica, para Adesão, a Convenção Internacional Contra a Doping no Desporto	118	
Resolução do Parlamento Nacional N.º 3/2016 de 1 de Fevereiro		
Ratifica a Constituição da Organização das Nações Unidas para a Educação, Ciência e Cultura	172	
MINISTRO DE ESTADO, COORDENADOR DOS ASSUNTOS ECONÓMICOS:		
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Cardo Tróvão	183	
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Diploma Ministerial N.º 8/2016 de 1 de Fevereiro		
Aprova o Regulamento do Licenciamento dos Estabelecimentos de Educação e Ensino	188	
DECRETO DO PRESIDENTE DA REPÚBLICA N.º 2/2017 de 1 de Fevereiro		
A Medalha de Mérito foi criada pelo do Decreto-Lei n.º 15/2009, de 18 de Março, para reconhecer e agradecer aos civis e militares, nacionais e internacionais, que tiveram um contributo significativo para a paz e estabilidade nacional.		
DECRETO DO PRESIDENTE DA REPÚBLICA N.º 3/2017 de 1 de Fevereiro		
No momento da despedida das FALINTIL-Forças de Defesa de Timor-Leste, no dia das FALINTIL-FDTL, o Presidente da República, reconhece e agradece ao Major-General Lare Anan Timor a forma altamente honrosa com que desempenhou as exigentes funções de Chefe do Estado-Maior General das FALINTIL-FDTL, e o valor dos serviços prestados durante a luta de libertação nacional à Pátria e ao Povo Timorense durante mais de quarenta e um anos de serviço.		
Assim, o Presidente da República, nos termos da alínea j) do artigo 85º da Constituição da República Democrática de Timor-Leste, conjugado com o n.º 5 do artigo 2.º e o artigo 3º do Decreto-Lei n.º 15/2009, de 18 de março, decreta:		
É condecorado com a "Medalha de Mérito", o Major-General Lare Anan Timor		
Publique-se		
Pálio: Nicolau Lebat, 31 de Janeiro de 2017.		
O Presidente da República Democrática de Timor-Leste,		
(TAURMATAN RUAK)		

ANEXO I Versão em língua inglesa	
International Convention against Doping in Sport	understanding of the factors affecting use in order for prevention strategies to be most effective,
The General Conference of the United Nations Educational, Scientific and Cultural Organization, hereinafter referred to as "UNESCO", meeting in Paris, from 3 to 21 October 2005, at its 33rd session,	Aware also of the importance of ongoing education of athletes, athlete support personnel and the community at large in preventing doping.
Considering that the aim of UNESCO is to contribute to peace and security by promoting collaboration among nations through education, science and culture,	Mindful of the need to build the capacity of States Parties to implement anti-doping programmes,
Referring to existing international instruments relating to human rights,	Aware that public authorities and the organizations responsible for sport have complementary responsibilities to prevent and combat doping in sport, notably to ensure the proper conduct, on the basis of the principle of fair play, of sports events and to protect the health of those that take part in them,
Aware of resolution 58/5 adopted by the General Assembly of the United Nations on 3 November 2003, concerning sport as a means to promote education, health, development and peace, notably its paragraph 7,	Recognizing that these authorities and organizations must work together for these purposes, ensuring the highest degree of independence and transparency at all appropriate levels,
Conscious that sport should play an important role in the protection of health, in moral, cultural and physical education and in promoting international understanding and peace,	Determined to take further and stronger cooperative action aimed at the elimination of doping in sport,
Noting the need to encourage and coordinate international cooperation towards the elimination of doping in sport,	Recognizing that the elimination of doping in sport is dependent in part upon progressive harmonization of anti-doping standards and practices in sport and cooperation at the national and global levels,
Concerned by the use of doping by athletes in sport and the consequences thereof for their health, the principle of fair play, the elimination of cheating and the future of sport,	Adopts this Convention on this nineteenth day of October 2005.
Mindful that doping puts at risk the ethical principles and educational values embodied in the International Charter of Physical Education and Sport of UNESCO and in the Olympic Charter,	
Recalling that the Anti-Doping Convention and its Additional Protocol adopted within the framework of the Council of Europe are the public international law tools which are at the origin of national anti-doping policies and of intergovernmental cooperation,	
Recalling the recommendations on doping adopted by the second, third and fourth International Conferences of Ministers and Senior Officials Responsible for Physical Education and Sport organized by UNESCO at Moscow (1988), Punta del Este (1999) and Athens (2004) and 32 C/Resolution 9 adopted	

I. Scope

Article 1 – Purpose of the Convention

The purpose of this Convention, within the framework of the strategy and programme of activities of UNESCO in the area of physical education and sport, is to promote the prevention of and the fight against doping in sport, with a view to its elimination.

Article 2 – Definitions

These definitions are to be understood within the context of the World Anti-Doping Code. However, in case of conflict the provisions of the Convention will prevail.

For the purposes of this Convention:

What Next

- Need a special taskforce to form - TL Antidoping Team (CONTL, MJDAC, MoH-LNS)
- TILADA vs TILADO ?? - Need to decide
- Contact SEARADO - Antidoping rep
- Ongoing education/training/conference (Antidoping) - SEARADO & WADA
- National Workshop “Antidoping” - once national guideline finalised and aproved