

ANTI-DOPING AND WADA CODE GUIDANCE

NOTE FOR ATHLETES



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According to [World Skate Anti-doping rules](#), which are in compliance with the [WADA Code](#), it is the Athletes' personal duty to ensure that no Prohibited Substance enters their bodies. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their "collected anti-doping test" Samples. This means that an anti-doping rule violation is committed without regard to athlete's fault, negligence, intent or knowing use. You will be sanctioned for the mere presence of a prohibited substance in your body, regardless of your intentions.

To help athletes understand which substances they are allowed to use, the World Anti-Doping Agency (WADA) annually publishes a list of Prohibited Substances and Methods ([List](#)), which identifies the prohibited substances and methods in-and-out-of-competition, and in all particular sports. The substances and methods on the List are classified by different categories (e.g., steroids, stimulants, gene doping). Some substances and methods are prohibited [at all times](#) (in-and-out of competition), others are prohibited only [in competition](#) and some others only for [particular sports](#).

World Skate would like to take the opportunity to clarify some of the commonly shared and misunderstood information. Especially now, prior to the restart of the Olympic Qualification season 2021 and the Tokyo Olympic Games.

CANNABINOIDS

Focusing the attention on the cannabinoid, it is important to know that it is a compound produced by the cannabis (marijuana) plant or synthesized as a chemical (synthetic cannabinoid).

According to the List, all natural and synthetic cannabinoids are prohibited in competition except for cannabidiol (CBD), which is not prohibited. Cannabis, hashish and marijuana are prohibited. Products, including foods and drinks, containing cannabinoids, are also prohibited. All synthetic cannabinoids that mimic the effects of THC are prohibited.

CBD is not prohibited; however, athletes should be aware that some CBD oils and tinctures extracted from cannabis plants, may also contain THC and other cannabinoids that could result in a positive test for a prohibited cannabinoid.

[THC](#) (Tetrahydrocannabinol) is a cannabinoid and is considered by WADA as a substance of abuse because it is frequently abused in society outside the context of sport. THC is the only cannabinoid for which there is a urinary threshold, and it is set at 150 ng/mL. The threshold means there can be some THC in your system in-competition without it causing a positive test, as long as the concentration in the urine is below 150 ng/mL. If the level of THC in your urine goes above the threshold, then the labs report it as a positive test.

There are no threshold limits for any other cannabinoid (natural or synthetic). All other cannabinoids (except cannabidiol) are prohibited in-competition in any amount, including natural cannabinoids (e.g., cannabigerol, cannabichromene, cannabiol, and others) and synthetic cannabinoids (e.g., cannabinoid compounds denoted by the initials “JWH” and a number, HU-210, K2/Spice, AB-PINACA, and many others).

When an Athlete tests positive to THC in a percentage that overcomes the permitted threshold value, if he/she can establish that any ingestion or Use of these substances occurred Out-of-Competition and was unrelated to sport performance, then the period of Ineligibility shall be

three (3) months, with the opportunity for the athlete to reduce this sanction to one (1) month if he/she attends an education/rehab programme approved by results management authority.

To avoid and prevent any irreversible and regrettable situation, we advise all athletes to carefully consult the use of any food or other dietary supplements with their NGB staff, a licensed specialist or medical professional.

World Skate strongly recommends athletes and their supporting staff to follow the WSK Anti-Doping Rules and WADA Code.

Act responsibly at all times!