

- The 'Code' is central to how World Anti-Doping Agency (WADA) manage and regulate anti-doping. It governs & harmonises all processes in particular, testing, investigation and education. In total there are 8 different International Standards that WADA regulate.
- Each country has a National Anti-Doping Organisation (NADO). Each NADO has its own set of anti-doping rules, but all comply with the 'Code'. UK Anti-Doping (UKAD) is the NADO for the United Kingdom.

The following are some of the headline components which apply to athletes (and staff) found within Article 21 of the 'Code'.

**1** Responsibility to know and comply with the 'Code' the policies, and anti-doping rules.

No notice testing anytime, anywhere.

**3** Responsibility for what's in your system (Strict Liability).

Obligation to cooperate with investigations & share information of any suspected rule violation.

**5** Without a valid medical reason possession, use or attempted use of a prohibited substance or method.

Co-operate with any anti-doping organisation, i.e., UKAD, WADA, IOC, etc.

**6**