

## JADCO PRESENTS LAPTOPS TO STUDENT ATHLETES



The Hon. Olivia Grange (centre), Minister of Culture, Gender, Entertainment and Sport, hands over laptops to Cecil Donald (3rd left) Principal, Oswald Williams, Chairman (background), Carvill Walters (right) student and Shayanique Neil (2nd right) student, all of Guy's Hill High School on behalf of JADCO. Sharing in the moment are Alexander Williams, Chairman (2nd left) and June Spence Jarrett (left), Executive Director, both of JADCO. The occasion was the handing over of laptop computers at the JADCO office on Thursday, April 7, 2022.

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Since the start of the coronavirus (COVID-19) pandemic, there has been an increased reliance on the use of technology to learn, live and stay connected. The Jamaica Anti-Doping Commission (JADCO) is aware of the shortage of technological devices in many schools across the island and will continue to assist the Ministry of Education and Youth to fill this gap during 2022. We will tell you more about this initiative in

this edition of the True Spirit. We will also provide you with an update on the 2022 JADCO Symposium and the 2022 JADCO School Tour which were hosted virtually and provide you with an update on the 2022 Prohibited List. If you have queries or wish to share your feedback on this publication, send an email to [truespirit@jadco.gov.jm](mailto:truespirit@jadco.gov.jm).

## GUY'S HILL HIGH SCHOOL WINNERS FOR THE SECOND CONSECUTIVE YEAR



Alexander Williams (2nd right), Chairman and June Spence Jarrett (right), Executive Director, both of JADCO engage in dialogue with Cecil Donald (centre), Principal, Roshsean Renford (left) student and Shereka McDonald (2nd left), student, all of Guys Hill High School about the laptop computers presented to the school. The occasion was the handing over of laptop computers at the JADCO office on Thursday, April 7, 2022.

The Jamaica Anti-Doping Commission (JADCO) presented Guy's Hill High School, with a total of five laptops at a Handing Over Ceremony which was held at the JADCO office located at 1 Ballater Avenue in Kingston on Thursday, April 7, 2022.

Guy's Hill High School was presented with the laptops for having the most participants online at the eighth annual Junior Athletes Anti-Doping Education Workshop for region one. Region one includes secondary schools from Kingston and St. Andrew, St. Thomas and St. Catherine.

The 2021 series of workshops were held virtually for the second time due to the impact of the coronavirus (COVID-19) pandemic. The workshops were held via Zoom for four regions across the island during the month of October. Guy's Hill High School was declared the winner for the second consecutive year. During 2021, they were presented with 25 Samsung tablets for having the most participants online at the 2020 Junior Athletes Anti-Doping Education Workshop for region one.

Speaking at the Handing Over Ceremony, The Honourable Olivia Grange, Minister of Culture, Gender, Entertainment and Sport said, "I wish to commend and congratulate the awardees and to laud JADCO for the acquisition of 25 laptops at a cost of over \$4 million. We are aware that this is part of JADCO's continued effort to partner with the Ministry of Education and Youth to include anti-doping information in the curriculum of schools."

Also speaking at the event, Chairman of JADCO, Alexander Williams said, "We are delighted to have awarded Guy's Hill High school with five laptop computers for their participation in the 2021 Junior Athletes Anti-Doping Education Workshops. Today I urge the recipients to make use of the devices and take good care of them." He further added, "Throughout this year, we will be utilising our resources to reward five additional schools that participated in the 2021 Virtual Junior Athletes Anti-Doping Education Workshops with JADCO branded Lenova Thinkpad E15 series laptops. These schools had the most

participants online for the remaining regions across the island. I am also pleased to announce that the Commission intends to continue providing incentives to the student athletes who support the annual Junior Athletes Anti-Doping Education Workshops."

Principal of Guy's Hill High School, Cecil Donald said, "I personally want to laud the work being done by JADCO to provide technological equipment. I want you to know that they are coming into safe hands."

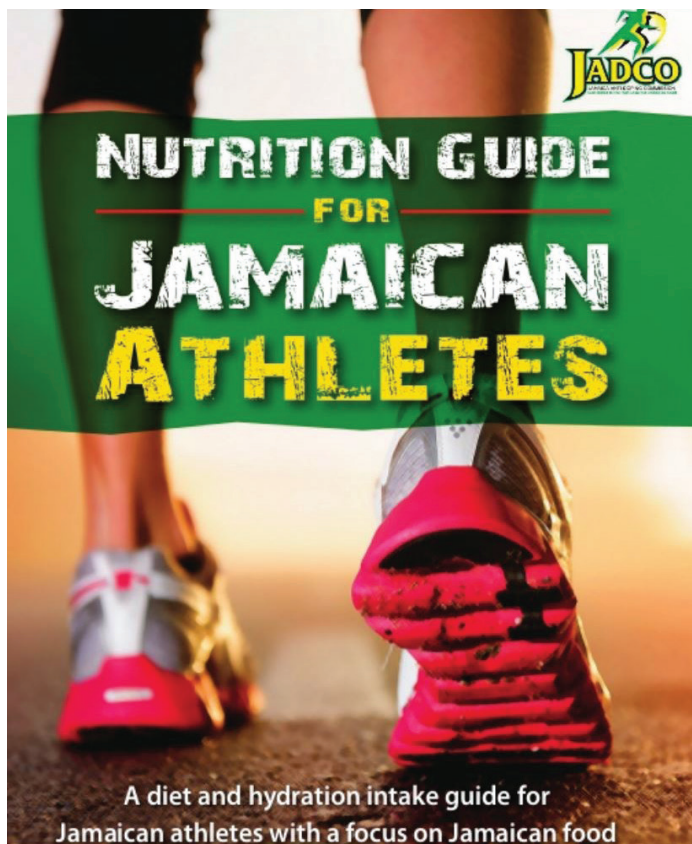
Head Girl and student athlete, Shyanique Neil of Guy's Hill High School said, "Not only once but twice JADCO has recognised our students and I realise it is very challenging for these students, especially without laptops. We are indeed very grateful to the JADCO family and the members who were on board, and we will take care of the laptops."

In the upcoming weeks, 18 laptops will be presented to schools from the remaining regions, which includes region two, with schools from Clarendon, Manchester and St. Elizabeth, region three with schools from Westmoreland, Hanover, St. James and sections of Trelawny and region four, which includes schools from St. Ann, St. Mary, Portland and sections of Trelawny. In addition, two laptops will be presented to two primary schools as part of our outreach activities.

Over 900 junior athletes and their support personnel from four regions across the island attended the virtual series of the 2021 Junior Athletes Anti-Doping Education Workshops.



## TIPS FOR VEGETARIAN ATHLETES



**“Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet.”**

**– Albert Einstein**

The Jamaica Anti-Doping Commission (JADCO) continues to encourage Jamaican athletes to develop healthy lifestyles. Nutrition is essential for supporting an athlete's general health and their training needs. Having a suitable diet provides athletes with enough energy and nutrients to meet the demands of training and exercise.

According to the JADCO Nutrition Guide there are different types of vegetarian athletes. Those who consume vegetarian diets that include foods from animals such as milk, eggs, cheese and fish are at a lower risk for the development of nutrient deficiencies than athletes who follow a plant

based only vegan diet. Vegans or strict vegetarians do not consume anything that is of animal origin.

The JADCO Nutrition Guide for Jamaican athletes states that nutrient concerns for vegetarian athletes is dependent on the level of limitation of the diet and their understanding of food complementation to maximize their nutrient intake. These concerns however may include the following, especially if the athlete is a vegan:

- Energy
- Protein
- Carbohydrate
- Fat
- Iron
- Zinc

The JADCO Nutrition Guide indicates that athletes can perform well on vegetarian diets. However, these diets must be carefully planned to decrease the risk of low bone mineral density and stress fractures, and to allow for the demands of training and competition.

The following are recommended as good sources of protein for vegetarian athletes:

- Beans
- Peas
- Nuts
- Seeds
- Cow's milk
- Soy milk
- Tofu

Except for cow's milk, all of the above protein sources can be consumed by vegans. Soy milk, rice milk and almond milk can be substituted as milk for vegans.

To get more tips from the JADCO Nutrition Guide for Jamaican Athletes, click on the link:

<http://ow.ly/930j30hfBW0>.

# 2022 VIRTUAL JADCO SYMPOSIUM



June Spence Jarrett, Executive Director, JADCO addresses stakeholders at the annual JADCO Symposium held on Thursday, January 27, 2022.

The Jamaica Anti-Doping Commission (JADCO) took another step to engage in dialogue with stakeholders by inviting the President of the World Anti-Doping Agency (WADA), Witold Bańka to address athlete support personnel at the eighth annual JADCO Symposium. The event was held on the Zoom platform on Thursday, January 27, 2022 under the theme, "Reporting Doping: See Something, Say Something".

Speaking at the event, President of the World Anti-Doping Agency (WADA), Witold Bańka, who was the keynote speaker said, "An important element of anti-doping education is ensuring athletes and others are aware that if they witness wrongdoing whether it is by athletes, coaches, doctors, administrators or anyone else involved in the anti-doping system, they can speak up as whistleblowers. The vast majority of successful

investigations begin with tips from people sharing information with the authorities." He further added, "Everyday we are inspired by the bravery and sacrifice of whistleblowers. As a result, we are determined to make constant improvements to the overall system. So, if you witness wrongdoing in anti-doping at any level please come forward with this information. If you know someone who has evidence that would help us in the protection of sport, encourage and support that person to approach us. In short, if you see something, say something. You can rest easy in the knowledge that our team will treat all approaches with respect, with integrity and with the utmost confidence. Together we can level the playing field and protect the dreams of athletes who want to wear the black, green and gold and represent Jamaica on the world stage with the same pride that so many great names have done before."

Speaking at the event, Minister of Culture, Gender Entertainment and Sport, The Honourable Olivia Grange said, "We must see it as our duty to report doping whenever we have credible information. Jamaica is a proud sporting nation with much to celebrate. Many often wonder about our excellence and achievements which belie our size. It is therefore up to every athlete, every sport administrator and support personnel to ensure that the pride that we feel and the achievements we boast are not tainted by those who would deliberately choose not to play fair. Through this symposium and various workshops held throughout the year, the Commission continues to do its best to ensure that the sporting community in Jamaica is provided with relevant and up to date information regarding the rights and responsibilities of athletes." She further added, "Information from JADCO is also available on the new website which is more user friendly and has the feature where one can discreetly report known incidences of doping or other possible Anti-Doping Rule Violations."

Also speaking at the symposium, Chairman of JADCO, Alexander Williams said, "Whether it is a personal decision or athletes are influenced to cheat to win, we want to make it clear that JADCO does

not support doping to win. We stand in support of the World Anti-Doping Agency's stance to report doping. If you see something say something. Use your influence to put an end to doping in sport in Jamaica." He further added, "Athlete support personnel, if you find out that someone you know is using prohibited substances, do not hesitate to contact us here at JADCO to report the matter. Your report will be anonymous and can be done via the JADCO website or our toll-free telephone number 888-429-5232."

Over 260 participants attended the symposium, including members of sporting associations and federations, professional groups, school principals, coaches and sport administrators and athletes. Participants who attended the virtual event received values-based education and were also provided with information on the functions and responsibilities of JADCO and the social consequences of doping. The JADCO Symposium has been held annually since January 2015 to facilitate continuous dialogue with athlete support personnel. The event was held virtually for the second consecutive year due to the ongoing coronavirus pandemic. The next JADCO Symposium will be held during January 2023.





#PLAYFAIR

**SEE SOMETHING, SAY SOMETHING**  
**MAKE THE RIGHT CALL**

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**REPORT DOPING TODAY!**



**888-429-5232**



**JADCO.GOV.JM**

**REPORT ANONYMOUSLY**

# 2022 VIRTUAL JADCO SCHOOL TOUR



## VIRTUAL SCHOOL TOUR

**FEBRUARY 2, 2022**  
CORNWALL COLLEGE

**FEBRUARY 9, 2022**  
GREEN POND HIGH SCHOOL

**FEBRUARY 10, 2022**  
HERBERT MORRISON TECHNICAL HIGH SCHOOL

**FEBRUARY 16, 2022**  
MALDON HIGH SCHOOL

**FEBRUARY 24, 2022**  
ST. JAMES HIGH SCHOOL

**MARCH 9, 2022**  
CEDRIC TITUS HIGH SCHOOL

*#NoDopeToCope*

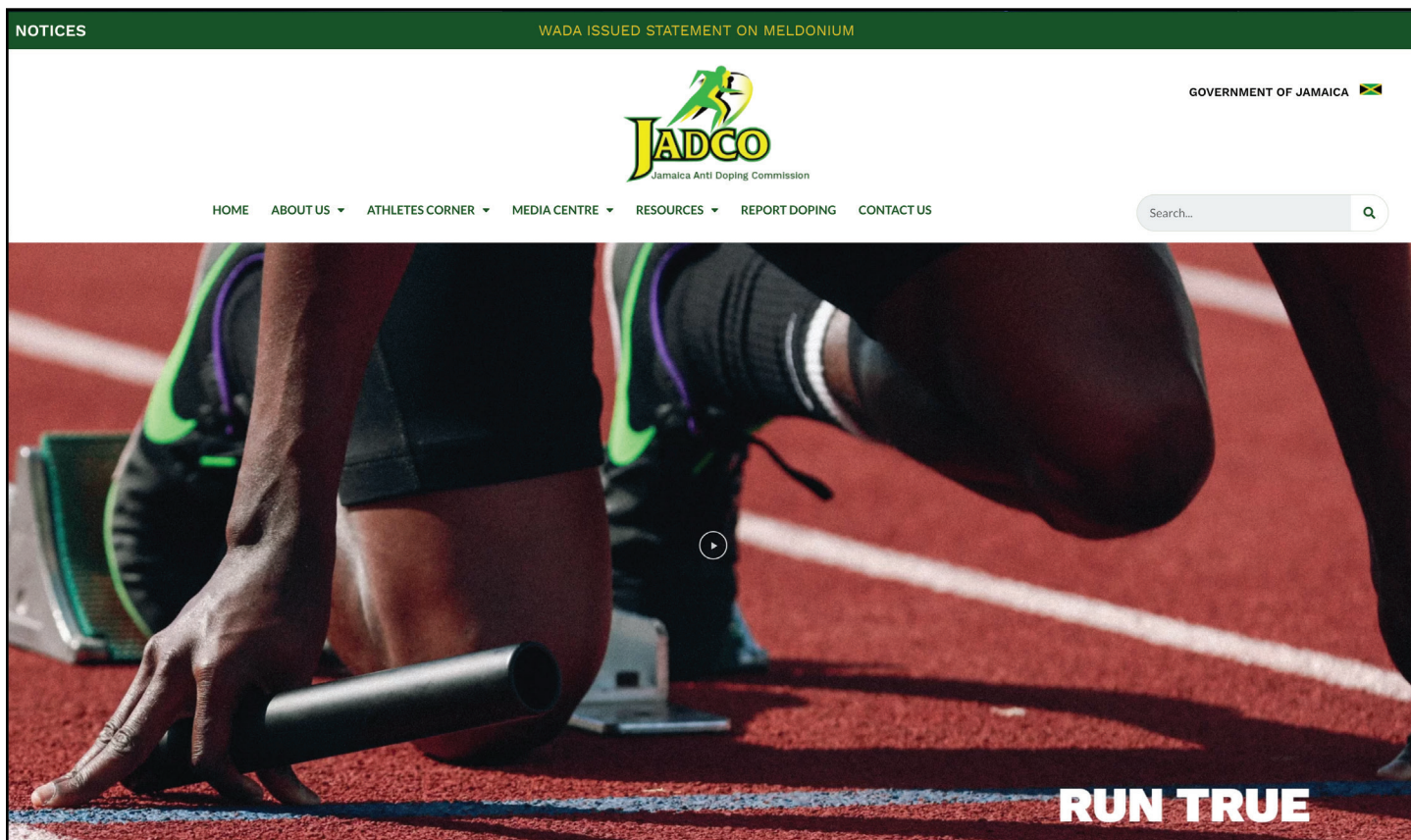
The 2022 series of the JADCO School Tour was held virtually for the second year due to the coronavirus pandemic and focused on the parishes of St. James and Trelawny. Over 150 athletes and their support personnel joined the workshops online from six secondary schools between February 2 and March 9, 2022.

Participants received values-based education and information on the rules governing anti-doping in sport and the doping control process.

The JADCO School Tour is one of several initiatives which targets junior athletes and their support personnel. The event is held annually during the months of February to April.



# REDESIGNED JADCO WEBSITE



During 2021, the website was redesigned based on feedback received from our local and international stakeholders. In an attempt to make the platform more user-friendly, JADCO partnered with Toucan Jamaica to redesign the website, starting in April 2021. Following this, on Thursday, October 14, 2021 the redesigned website was officially launched via Zoom and was also streamed live on YouTube.

Improvements to the JADCO website include the addition of an Athletes Corner, which puts information relevant to athletes in a central location. The section for Reporting Doping has also been made more prominent on the platform. The e-Learning section on the website was also improved and provides users with easy access to the World Anti-Doping Agency's e-Learning platform ADEL. Other improvements include the addition of videos and the news section to the homepage of the platform.

JADCO's website encapsulates information about the doping control process, prohibited substances and news on developments at JADCO. It also provides users with

easy access to the decisions made by the Independent Anti-Doping Disciplinary Panel (IADP) and Anti-Doping Appeal Tribunal (ADAT) and includes quick links for the World Anti-Doping Agency (WADA) and the Court of Arbitration for Sport (CAS).

The redesigned website also gives stakeholders an opportunity to learn about:

- JADCO's History
- JADCO's Core Values
- JADCO's Functions and Responsibilities
- JADCO's Testing Programme
- The Health and Social Consequences of Doping
- JADCO's Legislation and Rules
- Therapeutic Use Exemptions (TUE)
- And Whereabouts Information

The website also highlights the upcoming events being organised by the Commission. All this information and more can be found on JADCO's website. JADCO's website can be accessed by logging on to [www.jadco.gov.jm](http://www.jadco.gov.jm) using any smart phone, tablet or computer device.

# 2022 PROHIBITED LIST



Did you know that the 2022 Prohibited List came into effect on January 1, 2022?

The Prohibited List is updated annually following an extensive consultation process facilitated by the World Anti-Doping Agency (WADA) and goes into effect on January 1, each year. The Prohibited List identifies substances and methods prohibited in sport. The List is divided into three categories, identifying substances and methods prohibited at all times, substances prohibited only in competition and those prohibited in particular sporting disciplines.

With the recently published Prohibited List, WADA also published a Summary of Major Modifications and Explanatory Notes. Athletes and support personnel are advised to familiarise themselves with the 2022 Prohibited List and its updates.

Click on the links below for more information on this: <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents>

[https://www.wada-ama.org/sites/default/files/2022-01/2022list\\_draft\\_explanatory\\_list\\_en\\_0.pdf](https://www.wada-ama.org/sites/default/files/2022-01/2022list_draft_explanatory_list_en_0.pdf)

# JADCO AND YOU TELEVISION AND RADIO PROGRAMMES



JADCO and You, is a series of television and radio features which disseminates important information on anti-doping to the general public. The feature is aired quarterly on TVJ and monthly on 12 radio stations.

The JADCO and You television programme will be aired on Television Jamaica on Thursday, July 28, 2022 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, May 26, 2022:


- KLAS ESPN: 5:30 a.m.
- NCU FM: 5:50 a.m.
- Hot 102 FM: 5:55 a.m.
- Mello FM: 7:15 a.m.
- Free I Radio: 11:30 a.m.
- Suncity Radio: 12:35 p.m.
- Irie FM: 1:40 p.m.
- Roots FM: 1:55 p.m.
- Music 99 FM: 2:48 p.m.
- Talk Jamaica Radio: 3:05 p.m.
- Newstalk 93 FM: 4:55 p.m.
- TBC Radio: 10:00 p.m.

## DOPE FREE CREATIVE CORNER

Are you a creative writer?  
Do you want to be featured in the  
**DOPE FREE  
CREATIVE CORNER?**

If so, write a poem, song or creative piece on anti-doping and submit via email to [commed@jadco.gov.jm](mailto:commed@jadco.gov.jm). Be sure to include your name and contact information in order to obtain credit for your submission.



Poem  
Jingle 

## JADCO OUT AND ABOUT

The Jamaica Anti-Doping Commission (JADCO) remains committed to the fight against doping in sport, as we continue to share the anti-doping message across the island. Here are highlights of some of the outreach activities that the Commission has facilitated recently.

## JADCO SUPPORTS CARIFTA TRIALS



Vanessa Reid-Ledford, Director of Communication and Education at JADCO, discusses fair play with a student athlete during her visit to the JADCO booth at the 2022 CARIFTA Trials which was held at the National Stadium from March 11 to 13.



Chevauni Blair (left), Public Relations and Education Officer at JADCO, discusses JADCO's stance on the use of supplements with a student athlete during his visit to the JADCO booth at the 2022 CARIFTA Trials.

## LAPTOP HANDING OVER CEREMONY



The Hon. Olivia Grange (centre), Minister of Culture, Gender, Entertainment and Sport, engages in dialogue with Cecil Donald (centre), Principal, Shyanique Neil (2nd left) and Adjani Murphy (3rd left) all of Guys Hill High School about the laptop computers presented to the school. Looking on are Kerensia Morrison (2nd right), Member of Parliament, St. Catherine North-Eastern and June Spence Jarrett (right), Executive Director, JADCO. The occasion was the handing over of laptop computers at the JADCO office on Thursday, April 7, 2022.



June Spence Jarrett (right), Executive Director, Jamaica Anti-Doping Commission (JADCO), engages in dialogue with Shyanique Neil (left) and David Harris (centre) both of Guy's Hill High School about the laptop computers presented to their school. The occasion was the handing over of laptop computers at the JADCO office on Thursday, April 7, 2022.

## JADCO SUPPORTS ISSA/GRACEKENNEDY BOYS AND GIRLS CHAMPIONSHIPS



Vanessa Reid-Ledford (left), Director of Communication and Education at JADCO, assists student athletes as they take the WADA Play True Quiz at the 2022 ISSA/GraceKennedy Boys and Girls Championships which was held from April 5 to 9 at the National Stadium.



Student athletes from St. Jago High School endorse the No Dope To Cope Campaign at the 2022 ISSA/GraceKennedy Boys and Girls Championships which was held from April 5 to 9 at the National Stadium.



A student athlete from Calabar High School endorses the No Dope To Cope Campaign at the 2022 ISSA/GraceKennedy Boys and Girls Championships which was held from April 5 to 9 at the National Stadium.



# JADCO/CARIFTA GAMES ANTI-DOPING EDUCATION WORKSHOP



Vanessa Reid-Ledford (left), Director of Communication and Education, JADCO discusses JADCO's stance on the use of supplements with Dwayne Williams (right), Coach, St. Mary High School, Tina Clayton (2nd left and Tia Clayton (2nd right) both of Edwin Allen High School at the 2022 JADCO/ CARIFTA Games Anti-Doping Education Workshop being held at the office of the Jamaica Athletics Administrative Association (JAAA) on Wednesday, April 13.

# JADCO SUPPORTS CARIFTA GAMES



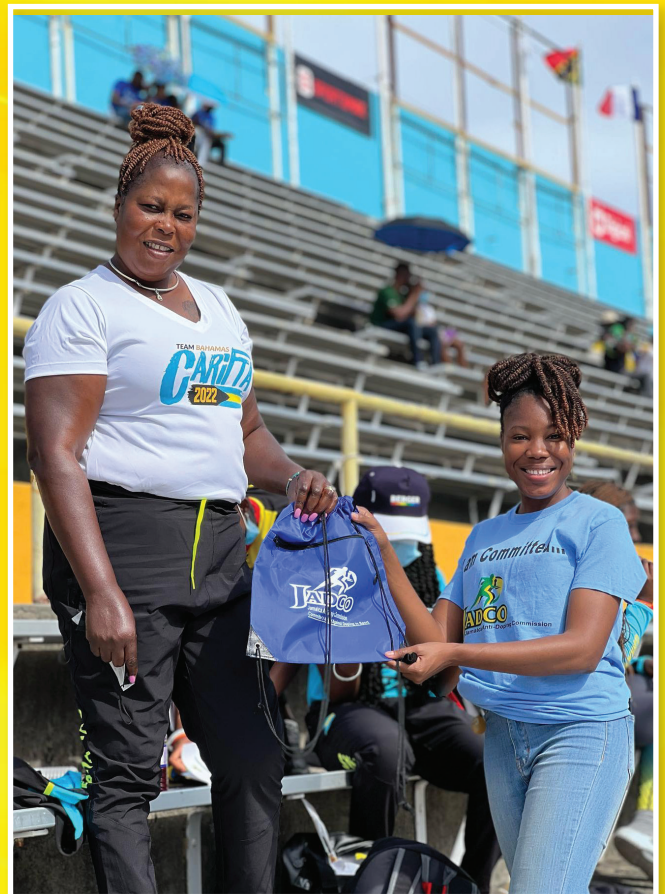
Student athletes from the Turks and Caicos Islands endorse the Play Fair Campaign at the 2022 CARIFTA Games which was held at the National Stadium from April 16 to 18.



Athlete support personnel endorse the Play Fair Campaign at the 2022 CARIFTA Games which was held at the National Stadium from April 16 to 18.



Chevauni Blair (left), Public Relations and Education Officer at JADCO, presents a token to an athlete from St. Lucia at the 2022 CARIFTA Games which was held at the National Stadium from April 16 to 18.







Colleen Cohen (right), Public Relations and Education Officer at JADCO, presents a token to an athlete support personnel from the Bahamas at the 2022 CARIFTA Games which was held at the National Stadium from April 16 to 18.



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