

## JADCO HEALTH AND WELLNESS FAIR



June Spence Jarrett (right), executive director and Chevauni Blair (left), public relations and education officer sharing a moment with teachers and students from Kingsway High at the Commission's second health and wellness fair held Friday May, 31, 2024

### WHAT'S INSIDE

JADCO HEALTH AND WELLNESS FAIR	PAGE 2
JADCO LEADS THE CHARGE ON WADA PLAY TRUE DAY	PAGE 7
JADCO ROAD SHOW	PAGE 9
PARIS 2024 OLYMPICS	PAGE 11
JADCO'S NUTRITION CORNER	PAGE 15
TUE - DID YOU KNOW? (PARIS 2024)	PAGE 17
TESTING AND INVESTIGATIONS AT THE PARIS OLYMPICS	PAGE 21
ROAD TO PARIS	PAGE 26
JADCO AND YOU	PAGE 28
DOPE-FREE CREATIVE CORNER	PAGE 30
JADCO OUT AND ABOUT	PAGE 30

This summer, the world's stage awaits as the pinnacle of athletic achievement unfolds. Here at the Jamaica Anti-Doping Commission (JADCO), we celebrate the dedication and resilience of Jamaica's athletes as they prepare to inspire on the global stage.

Building on the success of our recent Health and Wellness Fair and Road Shows, we remain committed to empowering athletes and support personnel with the knowledge and tools needed to excel – not just in competition, but throughout their lives.

This edition of the True Spirit extends beyond competition victories. It's about safeguarding athlete health, fostering a culture of clean sport, and building champions for life. In this issue, you'll find invaluable resources for navigating the summer games, including anti-doping regulations, proper nutrition strategies, and prevention tips.

Remember, true champions prioritise their well-being. Let's continue this journey together, ensuring Jamaican athletes not only shine on the world stage, but do so with integrity and a commitment to clean sport!

For questions or feedback on this publication, please email us at [truespirit@jadco.gov.jm](mailto:truespirit@jadco.gov.jm).

## JADCO'S HEALTH AND WELLNESS FAIR TO BECOME FLAGSHIP EVENT



June Spence Jarrett (left), executive director, JADCO poses with representatives from the Centre for HIV/AIDS Research and Education Services (C.H.A.R.E.S) at the Commission's Health and Wellness Fair.

The Jamaica Anti-Doping Commission (JADCO) held its second Health and Wellness Fair on Friday, May 31 on the grounds of the Commission. The event which the Commission says will be held annually, saw a significant increase in the turnout, with over 200 patrons in attendance this time around.

Attendees included students, teachers and coaches from several secondary schools in and outside the corporate area. A special invitation was extended to them as the Commission aims to build a stronger rapport with student athletes, thereby fostering a dope-free environment in schools. Businesspersons and residents of the surrounding community also turned out in their numbers at the Health and Wellness Fair.

The event, according to JADCO's executive director, June Spence Jarrett, evoked positive feedback. "Today was great. We had persons journeying from Spanish Town, St. Catherine and from the hills of St. Andrew, just to be here. The services provided by our partners were excellent and they as well as members of the community have asked for this to be a flagship event and I am planning for this because this is how we will reach the public," she said.

Additionally, Spence Jarrett said this year's turnout marked a significant stage in JADCO's efforts to increase awareness of its role as the national anti-doping organisation. "Last year it was great and this year it was even better because of the publicity. We utilised our social media platforms, a town crier, broadcast and print media and we distributed flyers, put up posters, visited the schools and the athletes came out in large numbers. We want the public to see JADCO as their friend and not their enemy."

Rajae McBean, business development representative at the Heart Foundation of Jamaica said it was a great experience. "It was informative, and we learnt a lot from the presentations on nutrition. It was also good seeing persons benefitting from the services provided and we look forward to partnering with JADCO for many more health fairs."

For a second time, Dr. Dayna Pryce, owner of Pure Smiles Jamaica, was pleased with the event, noting there were a lot more people than the first time. She added: "The students were much more interactive and knowledgeable about their oral health, so that was really exciting and encouraging to hear."

"I believe not just the outer community is impacted but the wider Jamaica. Two years ago, I was not very familiar with JADCO but there has since been increased awareness, which is a good thing, not only for the athletes but for all Jamaicans," she added.

Odale Neil, peer navigator/prevention strategist at the Centre for HIV/AIDS Research and Education Services (C.H.A.R.E.S.) at the University Hospital of the West Indies, said the event was good and he along with his team had great interactions with the patrons. "What I would love to see is the initiative extended to more persons from the community so they can build a relationship with JADCO and access a range of services available to them. People tend to question the importance of HIV tests in this process but with a virus that attacks the immune system, we are happy to be a part of this initiative where the public can benefit from the services we offer." "I must say JADCO is doing a great job," he added.

Echoing his sentiment was Raglan Wynter, sales and marketing manager at Jamaica Post. "When we got the invitation to participate, I really wanted to go beyond that; I wanted to partner with JADCO. We know what the Commission is doing, we see its ambition and Jamaica Post is on board. Everything about the health and wellness fair was just great and I love the market you were able to attract," he said. "JADCO, it has been 15 years and I am looking forward to your 50th. To increase the awareness just keep doing what you are doing but be a bit more assertive. JADCO is likkle but tallawah and Jamaica Post is here to support," he added.

One patron, Adiel Thomas lauded the Commission for what he described as a well-organised and timely health fair. "I have a brand-new yoga mat and that was very thoughtful of JADCO to include these things. I really enjoyed the booth interactions and food sampling. The event was excellently executed."

### The partners at the Health and Wellness Fair were:

- Yummy Bakery Jamaica
- Lasco Distributors Limited
- Pure Smiles Jamaica
- Centre for HIV/AIDS Research and Education Services (C.H.A.R.E.S.)
- Sagikor Life Jamaica
- Heart Foundation of Jamaica
- Foundation for International Self-Help (F.I.S.H.) Medical, Dental and Eye Clinic
- Jamaica Athletes' Insurance Plan (JAIP) - Ministry of Culture, Gender, Entertainment and Sport (MCGES)
- Consumer Affairs Commission (CAC)
- Maranatha Food Stores
- Jamaica Information Service (JIS)
- Chas E. Ramson Limited
- Women's Centre of Jamaica Foundation

Patrons benefited from free dental and eye screening, heart, blood pressure and blood sugar checks, HIV and syphilis tests among other services. There was also food sampling, and giveaways.

A popular aspect of the fair was the nutrition corner which included a consultation with Dr. Christine Fray-Aiken, master sports nutritionist and associate professor at the University of Technology, Jamaica. She's also author of JADCO's Nutritional Guide for Jamaican Athletes. Presentations were also delivered by Dr. Fray-Aiken and Dr. Joan Lamle, certified naturopath and owner of Maranatha Health Food Stores.



Rajae McBean, business development representative at the Heart Foundation of Jamaica checks the blood pressure of a resident of the community at the Commission's Health and Wellness Fair on Friday, May 31, 2024.



Dr. Dayna Pryce (center), chief executive officer of Pure Smiles Jamaica, and Chantal Richards (left), dental hygienist, conduct an oral screening on a resident of the community.



Dave McNeish (right), coach and his students from Kingsway High pose at the Commission's Health and Wellness Fair.



St. Andrew Technical High students and their coach pose with Leo (JADCO mascot) at the Commission's Health and Wellness Fair.



June Spence Jarrett (right), executive director, JADCO, engages in a discussion with Shanton King (left), category manager, Lasco Distributors Limited. Sharing in the moment is Shaneek White, Lasco promoter.



Chevauni Blair (right) shares a moment with representatives of the Jamaica Information Service (JIS).

# JAMAICA JOINS THE GLOBAL CHORUS FOR CLEAN SPORT: JADCO CHAMPIONS WADA PLAY TRUE DAY 2024

The global sporting community united on April 19, 2024, as the World Anti-Doping Agency's (WADA) Play True Day called for a commitment to clean competition. This year, the Jamaica Anti-Doping Commission (JADCO) played a leading role, actively engaging the nation's future athletic stars in the fight for fair play.

JADCO took the message straight to the source, visiting schools across the corporate area. These weren't just lectures; the Commission's representatives fostered crucial dialogue with student athletes, discussing anti-doping and the importance of ethical competition.

JADCO representatives addressed student questions and cleared up misconceptions about anti-doping regulations. They explained the dangers of performance-enhancing drugs and emphasised the importance of healthy training practices.

"For me, playing true is about being a player with integrity," said Jindu Powell, a Manning Cup athlete (football) from St. George's College. "It's about wanting to win, but winning the right way."

Akilah Burgher, a track and field athlete from The Queen's School, shared her perspective: "As a track athlete, playing true means pushing myself to excel without enhancements, giving everyone a fair shot at success."

JADCO's commitment to Play True Day reflects its dedication to building a strong foundation for clean sport in Jamaica. By educating young athletes about sportsmanship and ethical conduct, the Commission is cultivating a generation of competitors who value integrity.

"Playing true means competing without performance-enhancing drugs," said Chad Wright, an athlete with Legacy Athletics. "I believe in hard work and smart training."

This initiative sends a clear message: JADCO stands with the WADA in its fight for a level playing field. The success of Play True Day relies on active participation, and JADCO's school outreach programme embodies this spirit. By engaging student athletes, Jamaica is not only safeguarding its own sporting future but also contributing to a world where clean competition thrives.

The inspiration for Play True Day originated from an Education Conference hosted by WADA in 2013, attended by 17 Latin American countries.



Student athletes from St. George's College pose on Play True Day, endorsing the say no to doping message.



Share your **#OnePlayTrueTeam**

Kingston College students endorsing the say no to doping message on Play True Day.



Calabar High School sixth formers endorsing the anti-doping message on Play True Day.

The Queen's School girls representing on Play True Day.





# JADCO'S SOUTH COAST ROADSHOW TARGETS SECONDARY SCHOOLS



June Spence Jarrett, executive director of JADCO, presents Petersfield High School with the winning cheque for \$30,000 and a gift basket.

**T**he Jamaica Anti-Doping Commission (JADCO) hosted its second road show on Thursday, April 25, 2024, under the theme, “Protecting Brand Jamaica Through Clean Sport”. The event took place at the Cecil Charlton Park, Mandeville and Independence Park, Savanna-la-Mar.

Secondary schools in Manchester and Westmoreland were the primary focus of the roadshow as JADCO aims to increase awareness of doping in sport and its consequences as well as the spirit of fair play, thereby fostering a dope-free environment in schools and building a stronger rapport with student athletes.

The highlight of the roadshow was the ‘No Dope To Cope’ jingle/dance competition for student athletes of both parishes. Speaking at the event, executive director of JADCO, June Spence Jarrett said the roadshow was fruitful, describing the Westmoreland leg of the journey as a fulfilling one. “I think the vibe in Westmoreland was greater than anything. The children immersed themselves into the ‘No Dope To

Cope’ theme for the jingle/dance competition and we are very happy. Today we had three schools who participated and did very well and I am so proud of them and happy to be in Westmoreland.”

“This morning, we were in Mandeville and it was great also. Bishop Gibson High School for Girls and DeCarteret College participated and we are happy about that. The initiative has absolutely spread the message to the populace and in particular, the budding athletes that we want to know about JADCO and they have grasped it,” she added.

Bishop Gibson High School for Girls was the winner for Manchester and Petersfield High, the winner for Westmoreland, each taking home \$30,000 and a gift basket. DeCarteret College placed second for Manchester and Belmont Academy, placed second for Westmoreland while Manning’s School placed third. The schools which placed second and third were awarded \$25,000 and \$20,000 respectively, along with a gift basket.

Student athlete of Bishop Gibson High School for Girls, Tonishae Smith, while lauding the initiative, said, "I think it targets the youth and it is very important that they know about drug use because it is something that is incessant in our society. My charge for the Commission is to continue doing the great work and target more schools — especially those in rural areas — because getting the message across is very important."

Acting head of department, physical education at Petersfield High, Nicole Johnson expressed that it was the school's first time at a roadshow and they enjoyed it. "This is a very important initiative because it goes back to the school curriculum. Although the students who participated are athletes, they are also sitting CSEC and CAPE exams and this provided them with more insight about JADCO and doping, allowing them to make the right decisions. JADCO should keep up the good work," she said.

Meanwhile, acting guidance counsellor at Belmont Academy, Natoya Chambers was pleased with the jingle/dance competition. "This was a healthy competition and that is what JADCO is all about. I am happy you took this initiative to Westmoreland."

Sports director at Manning's School, Courtney Hughes, commended the Commission for what he deemed a job well done. "As a sports enthusiast myself, we send all the accolades we can, to JADCO, for such an awesome job. Sensitising our youngsters — especially within the schools — given the time we are living in and what persons turn to in order to achieve success, is a beautiful initiative indeed. Once the message gets across, a life is saved, a community is saved and a country is in good hands," he said.

The Commission hosted its first-ever roadshow in August 2023 along the North Coast; in the Ocho Rios Town Centre, St. Ann and Sam Sharpe Square, Montego Bay, St. James. The activities were part of JADCO's 15th anniversary celebrations.

JADCO's executive director says the roadshow will be an annual initiative as the Commission reinforces its efforts to educate the public about its role in keeping sport clean in Jamaica. "We will be taking this on annually because the people need to know about the Jamaica Anti-Doping Commission – our functions and responsibilities and what we do. Last Saturday, when we were walking the town of Savanna-la-Mar, into the markets and along the streets, some people did not know about JADCO, so we are taking JADCO to the people," she said.



Executive director of JADCO, June Spence Jarrett presents the second-place cheque for \$25,000 and a gift basket to DeCarteret College. The institution participated in the 'No Dope to Cope' jingle/dance competition at the Commission's roadshow held at the Cecil Charlton Park in Mandeville, Manchester on Thursday, April 25, 2024.



Executive director of JADCO, June Spence Jarrett presents the second-place cheque for \$25,000 and a gift basket to Belmont Academy.



JADCO's executive director June Spence Jarrett presents Bishop Gibson High School for Girls with the winning cheque for \$30,000 and a gift basket for their participation in the 'No Dope to Cope' jingle/dance competition.



JADCO's executive director June Spence Jarrett presents Manning's School with the third-place cheque for \$20,000 and a gift basket for their participation in the 'No Dope to Cope' jingle/dance competition.



Jerry D engages with Mandeville residents in a dance competition on stage.



Peta-Gaye Rookwood, senior legal officer, explains the doping control process to Bishop Gibson High students and teachers.



# PARIS 2024 OLYMPICS

**T**he City of Lights is about to ignite the global sporting spirit! The Paris 2024 Olympic Games are fast approaching, with the Opening Ceremony set for July 26. As athletes from around the world prepare to take centre stage, the air crackles with anticipation.

For many, the Olympics represent the pinnacle of athletic achievement. Years of relentless training culminate in the chance to compete on the biggest stage, to push the boundaries of human potential. To all the athletes embarking on this incredible journey, the Jamaica Anti-Doping Commission offers a resounding cheer!

Remember, the Olympics are more than just medals. They are a celebration of dedication, perseverance, and the pursuit of excellence. Give it your all, strive for your personal best, and leave everything you have on the field. Let your passion for your sport shine through, inspiring others with your commitment and skill.

The world will be watching, captivated by your athletic prowess and the stories you bring to life. But remember, fair play and sportsmanship are just as important as

victory. Uphold the Olympic spirit of respect for your fellow competitors, your country, and the sport itself.

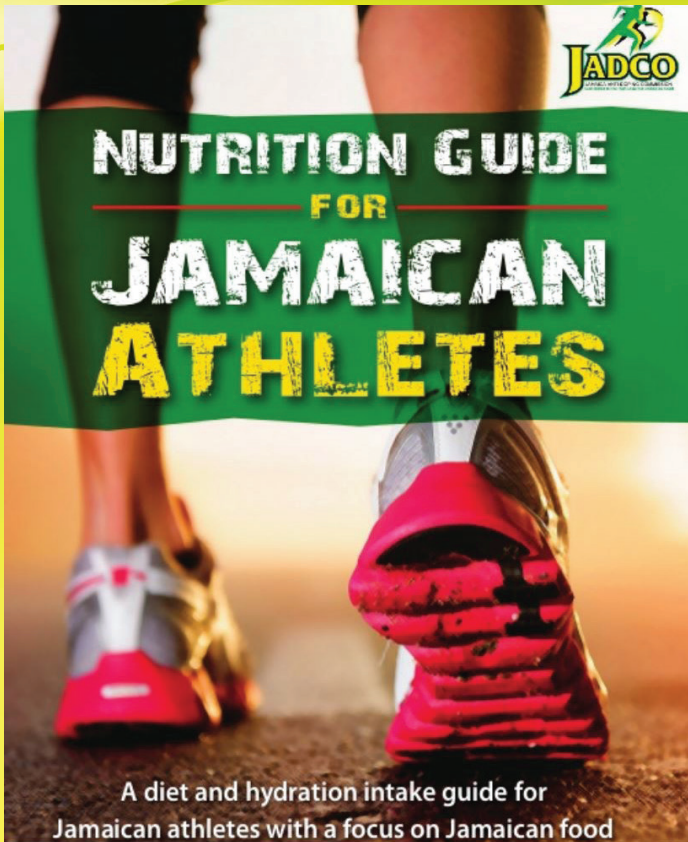
Paris 2024 promises to be a Games unlike any other. Iconic landmarks like the Eiffel Tower will provide a spectacular backdrop for athletic feats, while two exciting new sports – breaking and kayak cross – will make their Olympic debut.

So, athletes embrace the pressure, revel in the energy, and compete with integrity. Let the Games in Paris be a testament to your talent, your sportsmanship, and the unwavering spirit of athleticism. The world is cheering you on!



# JADCO'S NUTRITION CORNER

## Fuelling for Gold: How Athletes Can Find Balance on the Road to Paris 2024



Complex carbohydrates, such as whole grains, fruits, and vegetables, offer sustained energy release compared to simple carbohydrates found in sugary drinks and processed foods.

Protein is vital for building and repairing muscle tissue, critical for athletes constantly pushing their bodies. Lean protein sources like chicken, fish, beans, and lentils provide the necessary amino acids for muscle growth and recovery.

Healthy fats are essential for hormone regulation, brain function, and nutrient absorption. Athletes should prioritize unsaturated fats found in avocados, nuts, seeds, and olive oil. These fats provide satiety and support overall health.

Micronutrients like vitamins and minerals play a critical role in various bodily functions, including energy production, immunity, and muscle function. Athletes have higher requirements for certain micronutrients, making it essential to consume a variety of fruits, vegetables, and whole grains to meet these needs.

### Beyond the Plate: Hydration

The 2024 Paris Olympics are fast approaching, and with the intense training regimens underway, Jamaican athletes are laser-focused on peak performance. While rigorous training is essential, so too is proper nutrition. Striking a balance between fuelling the body for Olympic glory and maintaining a healthy relationship with food is crucial for success.

Water is paramount for athletes. Dehydration can significantly impact performance and recovery. Athletes should prioritize staying hydrated throughout the day, especially during training sessions.

### The Science of Sports Nutrition

Athletes have specific dietary needs based on their sport, training intensity, and body composition. A balanced diet provides the essential macronutrients (carbohydrates, protein, and fat) and micronutrients (vitamins and minerals) needed for optimal performance, recovery, and overall health.

Carbohydrates are the primary source of energy for athletes, providing fuel for muscles during exercise.



## Finding the Balance: Avoiding Nutritional Pitfalls

While striving for peak performance, athletes can fall prey to unhealthy eating habits. Restrictive diets, fad cleanses, and skipping meals can hinder performance and lead to nutrient deficiencies. Overeating, particularly calorie-dense, processed foods, can lead to weight gain and sluggishness.

Developing a healthy relationship with food is essential for athletes. Here are some tips:

- **Work with a registered dietitian or sports nutritionist:** They can create a personalised meal plan to meet individual needs and goals
- **Practice mindful eating:** Pay attention to hunger and fullness cues, and avoid distractions while eating
- **Focus on whole foods:** Prioritise unprocessed fruits, vegetables, whole grains, and lean protein sources
- **Plan and prepare meals:** This helps ensure access to healthy options and avoids unhealthy choices when pressed for time
- **Don't deprive yourself:** Allow for occasional treats in moderation to maintain a positive relationship with food



## Success Beyond the Podium

Proper nutrition goes beyond just winning medals. By developing healthy eating habits now, athletes set themselves up for a lifetime of well-being. By prioritising balanced meals, staying hydrated, and making informed decisions on hydration, athletes fuel their bodies for peak performance while fostering a healthy relationship with food – a valuable asset that extends far beyond the Olympic stage.





# THERAPEUTIC USE EXEMPTIONS (TUEs) AT PARIS 2024



# DID YOU KNOW ?



[www.jadco.gov.jm](http://www.jadco.gov.jm)



If you have a *medical condition requiring treatment with a prohibited substance or method*, then you need to have a **Therapeutic Use Exemption (TUE)** granted by the TUE Committee.





**Be aware that certain sports organisations are non-signatories of the World Anti-Doping Agency (WADA) and may have different requirements.**

**This includes some collegiate-level sports, university teams or clubs, and certain professional sport leagues.**

***Source: WADA***



# BE IN THE KNOW!



If you're an athlete who will be competing at the Olympic or Paralympic Games, you should:

- Check if any **required medication you are taking is on WADA's Prohibited List**
- Ensure that you have a **valid TUE that is not expired, or submit your TUE application** before the Games

# TESTING AND INVESTIGATIONS AT THE PARIS OLYMPICS

## ARTICLE 5 – TESTING AND INVESTIGATIONS

### 5.1 Purpose of Testing and Investigations

**5.1.1** Testing and investigations may be undertaken for any anti-doping purposes. They shall be conducted in conformity with the provisions of the International Standard for Testing and Investigations and any specific protocols of the IOC and/or the ITA (within the scope of its delegation) supplementing that International Standard, provided that such protocols are compliant with the Code and International Standard for Testing and Investigations.

**5.1.2** Testing shall be undertaken to obtain analytical evidence as to whether the Athlete has violated Article 2.1 (Presence of a Prohibited Substance or its Metabolites or Markers in an Athlete's Sample) or Article 2.2 (Use or Attempted Use by an Athlete of a Prohibited Substance or a Prohibited Method) of these Rules.

### 5.2 Authority to Test

**5.2.1** In accordance with Article 5.2.3 of the Code, the IOC shall have In- Competition and Out-of-Competition Testing authority over all Athletes in connection with the Olympic Games Paris 2024.

**5.2.2** Accordingly, the ITA may conduct In-Competition and Out-of-Competition Testing on the IOC's behalf, on any Athlete entered to or who may be entered to participate in the Olympic Games Paris 2024. The ITA may notably conduct Out-of-Competition Testing on these Athletes starting from the Period of the Pre-Olympic Games Paris 2024.

**5.2.3** The ITA may require any Athlete over whom the IOC has Testing authority to provide a Sample at any time and at any place.

**5.2.4** Subject to Article 5.3 of the Code, the ITA

shall have exclusive authority to conduct Testing at the Event Venues during the Period of the Olympic Games Paris 2024. In accordance with Article 5.3.1 of the Code, not only the ITA, but also Anti-Doping Organisations with Testing authority over Athletes participating at the Olympic Games Paris 2024 may test such Athletes during the Period of the Olympic Games Paris 2024 outside of the Event Venues. Such Testing shall be communicated to and coordinated with the ITA.

**5.2.5** If an Anti-Doping Organisation, which would otherwise have Testing authority but is not responsible for initiating and directing Testing at the Olympic Games Paris 2024, desires to conduct Testing of Athletes at the Event Venues during the Period of the Olympic Games Paris 2024, the Anti-Doping Organisation shall first confer with the ITA to obtain permission to conduct and coordinate such Testing.

**5.2.6** Notwithstanding the above, WADA shall have In-Competition and Out-of-Competition Testing authority as set out in Article 20.7.10 of the Code.

### 5.3 Delegation of responsibility, overseeing and monitoring of Doping Control

**5.3.1** Subject to the International Standard for Code Compliance by Signatories and Article 5.3.2 of these Rules, the IOC has delegated some of its obligations and responsibilities pursuant to these Rules, including the implementation of all or part of the Doping Control in relation to the Olympic Games Paris 2024, including without limitation, test distribution planning, TUEs and Results Management, to the ITA. The references in these Rules to the ITA shall, where applicable, be construed and interpreted as references to the ITA acting on

behalf of the IOC within the scope of the above-mentioned delegation.

The ITA may in turn sub-delegate the responsibility for implementing all or part of the Doping Control in relation to the Olympic Games Paris 2024 to the organising committee for the Olympic Games Paris 2024 (Paris 2024) or any Anti-Doping Organisation or other Delegated Third Parties it deems to be appropriate (such as a Sample collection agency). In such event, Paris 2024 and such Anti-Doping Organisations or Delegated Third Parties shall act in accordance with these Rules and any further requirements and instructions provided by the ITA.

The delegation of obligations or responsibilities to the ITA shall continue in effect until revocation or withdrawal of such delegation by the IOC at any time and at its own discretion. In the event of revocation or withdrawal, any references to the ITA in the Rules shall be deemed to be references to the IOC.

**5.3.2** Notwithstanding the aforementioned delegation to the ITA or other Delegated Third Parties and, to the extent applicable, any sub-delegation by the ITA as indicated in these Rules, the IOC remains ultimately responsible for Doping Control and for the Code compliance of any Doping Control conducted by the ITA and/or any Anti-Doping Organisation or other Delegated Third Parties acting under its authority at the Olympic Games Paris 2024.

**5.3.3** Doping Control may be monitored by qualified Persons so authorised by the ITA and/or the IOC.

## 5.4 Test Distribution Planning

The ITA shall develop, conduct, update and implement an effective test distribution plan for the Olympic Games Paris 2024 complying with the requirements of the International Standard for Testing and Investigations. The ITA shall be responsible for overseeing the implementation of such test distribution plan and any subsequent

changes thereto. The ITA shall provide the IOC and WADA, promptly upon request, with a copy of such test distribution plan, including any subsequent changes thereto.

## 5.5 Coordination of Doping Control

In order to deliver an effective anti-doping programme for the Olympic Games Paris 2024 and to avoid unnecessary duplication in Doping Control, the ITA, in collaboration with the IOC, Paris 2024, WADA, the International Federations, other Anti-Doping Organisations and the NOCs shall ensure that there is coordination of Doping Control during both the Period of the Pre-Olympic Games Paris 2024 and the Period of the Olympic Games Paris 2024.

The ITA shall also report information about all completed tests, including results, to the members of the Independent Observers Programme.

Where reasonably feasible, Testing shall be coordinated through ADAMS in order to maximise the effectiveness of the combined Testing effort and to avoid unnecessary repetitive Testing. All relevant information regarding Doping Control and Sample Collection should be promptly entered into ADAMS.

## 5.6 Athlete Whereabouts Information

**5.6.1** Where an Athlete is in a Registered Testing Pool or other types of Testing pools, the ITA, in collaboration with Paris 2024, may access the Athlete's Whereabouts Filings (as defined in the International Standard for Testing and Investigations) for the period for which the Athlete is subject to the IOC's Testing authority in accordance with Article 5.2 of these Rules. Such Athletes shall be subject to Consequences for violations of Article 2.4 of these Rules as provided in Article 10.3.2 of the Code. The IOC and the ITA will access the Athlete's Whereabouts Filings primarily via ADAMS and/or the International Federations or National Anti-Doping Organisation that is receiving the Athlete's Whereabouts Filings.

**5.6.2** In addition, each NOC shall provide the ITA with further details with respect to the location and arrival/departure dates of all Athletes belonging to their delegation (including Athletes not forming part of a Registered Testing Pool or other types of Testing pools) during the Period of the Olympic Games Paris 2024; such information shall include, without limitation, the name of the building and room number at which an Athlete is staying at the Olympic Village, detailed accommodation information for Athletes not staying in the Olympic Village, and Athlete's training schedules and venues. Such information shall be provided to the ITA as soon as the NOC becomes aware of Athlete's whereabouts information. For the avoidance of doubt, the ITA may use this information for the purposes of investigations and Doping Controls in connection with the Olympic Games Paris 2024. The NOCs shall also monitor and manage the whereabouts information and provide any further reasonable assistance requested by the ITA in order to locate Athletes belonging to their delegations during the Period of the Olympic Games Paris 2024. Without prejudice to any other Consequences, which, depending on the circumstances, might be applicable if such failure constitutes an anti-doping rule violation pursuant to these Rules, failure to provide the above-mentioned assistance may give rise to measures or sanctions in application of Rule 59.1 and/or Rule 59.2 of the Olympic Charter.

**5.6.3** Upon request by the ITA, Athletes and the NOC shall directly provide to the ITA (or make available to the ITA) information regarding Athletes' location during the Period of the Olympic Games Paris 2024 (information as mentioned above under Article 5.6.2), in the manner requested by the ITA. Athletes shall respect any time-limit imposed by the ITA for the provision of such information. Without prejudice to any other Consequences, which, depending on the circumstances, might be applicable if such failure constitutes an anti-doping rule violation pursuant to these Rules, failure to provide the above-mentioned information may give rise to measures or sanctions in application of Rule 59.2 of the Olympic Charter.

## **5.7 Investigations and Intelligence Gathering**

The ITA and the IOC shall have the capability to conduct, and shall conduct, investigations and gather intelligence as required by the International Standard for Testing and Investigations and the International Standard for Results Management.

## **5.8 Independent Observer Programme**

The IOC shall authorise and, in collaboration with the ITA and Paris 2024, facilitate the Independent Observer Programme at the Olympic Games Paris 2024.

## **ARTICLE 6 – ANALYSIS OF SAMPLES**

Samples shall be analysed in accordance with the following principles:

### **6.1 Use of Accredited Laboratories, Approved Laboratories and Other Laboratories**

In accordance with the Code and for purposes of directly establishing an Adverse Analytical Finding under Article 2.1 of these Rules, Samples shall be analysed only in laboratories (or satellite facilities) accredited or otherwise approved by WADA.

As provided in Article 3.2 of these Rules, anti-doping rule violations may be established by any reliable means. This would include, for example, reliable laboratory or other forensic testing conducted outside of WADA- accredited or approved laboratories.

### **6.2 Purpose of Analysis of Samples and Data**

Samples and related analytical data or Doping Control information shall be analysed to detect Prohibited Substances and Prohibited Methods and other substances as may be directed by WADA pursuant to the Monitoring Programme described in Article 4.5 of the Code; or to assist in profiling relevant parameters in an Athlete's urine, blood or other matrix, including for DNA or genomic profiling; or for any other legitimate anti-doping purpose.

### **6.3 Research on Samples and Data**

Samples, related analytical data and Doping Control information may be used for anti-doping research purposes, although no Sample may be used for research without the Athlete's written consent. Samples and related analytical data or Doping Control information used for research purposes shall first be processed in such a manner as to prevent Samples and related analytical data or Doping Control information being traced back to a particular Athlete. Any research involving Samples and related analytical data or Doping Control information shall adhere to the principles set out in Article 19 of the Code.

### **6.4 Standards for Sample Analysis and Reporting**

**6.4.1** Laboratories shall analyse Samples and report results in conformity with the International Standard for Laboratories.

**6.4.2** Laboratories at their own initiative and expense may analyse Samples for Prohibited Substances or Prohibited Methods not included on the standard Sample analysis menu, or as requested by the ITA. Results from any such analysis shall be reported to the ITA and have the same validity and Consequences as any other analytical result.

### **6.5 Further Analysis of a Sample Prior to or During Results Management**

There shall be no limitation on the authority of a laboratory to conduct repeat or additional analysis on a Sample prior to the time the ITA notifies an Athlete that the Sample is the basis for an Article 2.1 anti-doping rule violation charge. If after such notification the ITA wishes to conduct additional analysis on that Sample, it may do so with the consent of the Athlete or approval from a hearing body.

### **6.6 Further Analysis of a Sample After it has been Reported as Negative or has Otherwise not Resulted in an Anti-Doping Rule Violation Charge**

After a laboratory has reported a Sample as negative, or the Sample has not otherwise resulted in an anti-doping rule violation charge, it may be stored and may be subject to further analyses at any time for the purpose of Article 6.2 of these Rules by the IOC, the ITA or WADA. Any other Anti-Doping Organisation with authority to test the Athlete that wishes to conduct further analysis on a stored Sample may do so with the permission of the IOC or WADA, and shall be responsible for any follow-up Results Management. Such further analysis of Samples shall conform with the requirements of the International Standard for Laboratories applicable at the time of the further analysis.

### **6.7 Split of A or B Sample**

Where the IOC, the ITA, WADA and/or a WADA-accredited laboratory (with approval from the IOC, the ITA or WADA) wishes to split an A or B Sample for the purpose of using the first part of the split Sample for an A Sample analysis and the second part of the split Sample for confirmation, then the procedures set forth in the International Standard for Laboratories shall be followed.

### **6.8 WADA's Right to Take Possession of Samples and Data**

WADA may, in its sole discretion at any time, with or without prior notice, take physical possession of any Sample and related analytical data or information in the possession of a laboratory or the ITA. Upon request by WADA, the laboratory or the ITA in possession of the Sample or data shall immediately grant access to and enable WADA to take physical possession of the Sample or data. If WADA has not provided prior notice to the laboratory or the ITA



before taking possession of a Sample or data, it shall provide such notice to the laboratory and to the ITA whose Samples or data have been taken by WADA within a reasonable time after taking possession. After analysis and any investigation of a seized Sample or data, WADA may direct another Anti-Doping Organisation with authority to test the Athlete to assume Results Management responsibility for the Sample or data if a potential anti-doping rule violation is discovered.

## **ARTICLE 7 – RESULTS MANAGEMENT, RESPONSIBILITY, INITIAL REVIEW, NOTICE AND PROVISIONAL SUSPENSIONS**

Results Management under the Code and these Rules (as set forth in Articles 7, 8 and 12) establishes a process designed to resolve anti-doping rule violations matters in a fair, expeditious and efficient manner.

### **7.1 Responsibility for Conducting Results Management**

**7.1.1** For Results Management relating to a Sample collected by the ITA on behalf of the IOC in accordance with Article 5 of these Rules or an anti-doping rule violation occurring during the Olympic Games Paris 2024, the IOC shall assume Results Management responsibility to determine whether an anti-doping rule violation was committed

and, if so, all Consequences flowing from the anti-doping rule violation(s), including the applicable Disqualifications and other Consequences under Articles 9, 10.1, 10.2 and 11 of these Rules, the forfeiture of any medals, diplomas, points and prizes from the Olympic Games Paris 2024, and any recovery of costs applicable to the anti-doping rule violation. However, as part of its delegated responsibilities, the ITA shall be responsible to represent the IOC and act on its behalf and name in the conduct of the Results Management process for anti-doping rule violations arising under these Rules. Without limitation, the ITA shall notably conduct the reviews provided for in this Article 7.

**7.1.2** Responsibility for the completion of Results Management and the conduct of hearings for anti-doping rule violations arising under these Rules in relation to Consequences that extend beyond the Olympic Games Paris 2024 shall be referred to the Athlete or other Person's International Federation.

# 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 public. The feature is aired quarterly on Television Jamaica (TVJ) and monthly on 13 radio stations.

The JADCO and You television programme will be aired on TVJ on Wednesday, July 31, 2024 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, July 25, 2024:

- 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.
- Love 101 FM: 9:35 p.m.
- TBC Radio: 10:00 p.m.



#PLAYFAIR

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

---

**REPORT DOPING TODAY!**



**888-429-5232**



**JADCO.GOV.JM**


**REPORT ANONYMOUSLY**

## 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

### GUYS HILL HIGH SCHOOL 2024 GRADUATION CEREMONY



June Spence Jarrett, executive director, JADCO, presents subject awards to a student of Guys Hill the institution's 2024 graduation ceremony on Thursday, June 27.

# Health Fair Highlights





# ROAD SHOW HIGHLIGHTS





**Prepared by the Communication and Education Department of JADCO.  
Contact us at:**

The Jamaica Anti-Doping Commission  
Ballater Multiplex  
1 Ballater Avenue  
Kingston 10

Website: [jadco.gov.jm](http://jadco.gov.jm)

Tel (876) 960-2416 | 929-3500



Email: [truespirit@jadco.gov.jm](mailto:truespirit@jadco.gov.jm)



[JamaicaAntiDopingCommission](https://www.facebook.com/JamaicaAntiDopingCommission)



[Ja\\_antidoping](https://twitter.com/Ja_antidoping)



[Ja\\_antidoping](https://www.instagram.com/Ja_antidoping)