

2024 SENIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP



Executive Director of the Jamaica Anti-Doping Commission (JADCO), June Spence Jarrett (right) engages with members of the University of the West Indies (UWI) Mona (Faculty of Sport) during the 2024 Senior Athletes Anti-Doping Education Workshop, held at the Terra Nova All-Suite Hotel in St. Andrew on November 18.

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Editorial

As we step into the dawn of a new year, we take this moment to reflect on our shared commitment to clean sport and the values that guide us in this mission. To our dedicated stakeholders, athletes, coaches, administrators, and supporters—we extend our heartfelt wishes for a prosperous, healthy, and successful 2025. We recognise the resilience and passion that each of you bring to the table, and we thank you for your continued collaboration in ensuring that sport remains a beacon of integrity and fairness.

The journey of anti-doping is ever-evolving, and we stand ready to embrace the challenges and opportunities that the new year will bring. At the Jamaica Anti-Doping Commission (JADCO), our commitment to upholding the highest standards of anti-doping efforts is unwavering, and we look forward to working with all of you to promote the true spirit of sport.

On January 1, 2025, the World Anti-Doping Agency's (WADA) Prohibited List came into effect. As always, it is vital for all athletes and their support personnel to stay informed about the substances and methods prohibited in sport. We urge you to review the new list carefully and ensure you remain compliant with the updated regulations. Knowledge is a key part of prevention, and we are here to support you in understanding how these changes may affect your training and competition preparations.

As we continue to advocate for a level playing field, we remind all athletes and their support personnel that doping not only jeopardises individual careers but undermines the very essence of sport. Together, we can protect the purity of athletic competition and promote a culture of fairness and respect.

We are excited to announce the upcoming JADCO Symposium on January 30. This event will bring together thought leaders, experts, and stakeholders in the field of anti-doping to discuss the latest developments, challenges, and innovations in our shared efforts to protect the integrity of sport. The symposium will offer invaluable opportunities for learning, networking, and collaboration. We encourage you to

register and attend what promises to be an engaging and informative event. Stay tuned for further details!

We wish all our stakeholders a safe, successful, and inspiring year ahead. Thank you for your unwavering dedication to clean sport. Let's continue to work together to uphold the True Spirit of Sport in 2025 and beyond.



For questions and feedback on this publication, please email us at truespirit@jadco.gov.jm.



Message

Debby-Ann Brown Salmon

Chairperson, JADCO

As we enter the new year, I am filled with optimism and anticipation for the ongoing success of our mission at the Jamaica Anti-Doping Commission (JADCO) and reflecting on past achievements.

On behalf of the Commission and our dedicated Board of Directors, I extend my heartfelt wishes for a bright, healthy, and prosperous 2025 to all our stakeholders, partners, and supporters. Together, we will continue advancing our core values of integrity, fairness, and maintaining a higher standard; always challenging ourselves, by promoting clean sport.

The past year has been one of great dedication and achievement, and I am proud of the strides we have made together in promoting clean sport and ensuring fair competition, always. This coming year, we remain steadfast in our commitment (to our country and our athletes) and our principles of integrity, accountability, and education.

The road ahead will certainly present new challenges, but I am confident that with your continued support, we will meet them head-on. Let us work together to protect the integrity of Brand Jamaica and maintain the high standards that have made us a proud leader in anti-doping efforts.

To the athletes who inspire us with their hard work and dedication, to the coaches and support staff who guide them, and to all those who stand behind the values of fairness and clean sport—thank you for your unwavering commitment. Let 2025 be another year of excellence, collaboration, and achievement in the true spirit of sport.

Wishing you all a year filled with success, growth, and unity as we continue to work towards a future where clean sport thrives.

Happy New Year!



Message

June Spence Jarrett, JP
Executive Director, JADCO

The arrival of 2025 presents an opportunity to celebrate our accomplishments, express gratitude, and set our sights on future goals. For the Jamaica Anti-Doping Commission (JADCO), 2024 was a year of remarkable progress, marked by milestones that have strengthened our resolve to uphold the values of clean sport and preserve the integrity of our athletes.

A particularly proud milestone for JADCO in 2024 was reaching the final stages of achieving ISO 9001 certification, bringing us closer to officially receiving this distinguished recognition. This milestone reflects our relentless pursuit of excellence, demonstrating our adherence to international standards of quality and our commitment to continuous improvement. This success would not have been possible without the unwavering support of our Board of Directors and the tireless efforts of our dedicated staff. Your collective vision and hard work have propelled JADCO to new heights, and for that, I extend my deepest gratitude.

As we strive to uphold the values of fair play and integrity, I am reminded of the powerful words of Marcus Garvey:

“With confidence, you have won before you have started.”

Let these words inspire us as we move into 2025 with confidence, resilience, and a shared vision for a brighter future in Jamaican sport.

To our stakeholders, partners, and the wider sporting community, we value your ongoing collaboration and support. Your trust in JADCO fuels our mission to promote a culture of clean sport and protect the integrity of Jamaican athletics on the global stage.

As we enter the new year, I extend my best wishes for a year filled with success, good health, and prosperity. Together, let us continue to build on the foundation we have laid, remaining steadfast in our dedication to fostering excellence and fair play in every endeavour. May 2025 be a year of progress, unity, and shared triumphs for all.

God bless you all. Happy New Year!

2024 SENIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP

The Jamaica Anti-Doping Commission (JADCO) continues to champion the well-being of athletes, hosting its Senior Athletes Workshop with a strong focus on mental health at the Terra Nova All-Suite Hotel in St. Andrew on Saturday, November 18. The event, held as part of JADCO's ongoing commitment to fostering a healthier and more ethical sporting environment, highlighted the importance of prioritising athletes' mental well-being alongside their physical performance.

The workshop brought together senior athletes, coaches, as well as medical and support personnel to discuss the growing challenges faced by athletes in their personal and professional lives. Experts emphasised that issues such as performance anxiety, competition setbacks, and the pressures of maintaining a rigorous training schedule can have a significant impact on mental health.

"Mental health is just as important as physical fitness," noted, Sports psychologist Dr. Jason Scott Hamilton. "Athletes need to develop not only their bodies but also their minds to perform at their best. Workshops like this aim to provide the tools and support needed for them to thrive holistically."

One of the highlights of the session was a presentation by Olympian Chad Wright, who shared his personal story of resilience and determination.

"My Olympic dream began in 2008, but the road was anything but smooth," Wright said. "After failing to qualify for the 2012 and 2016 Olympics, I learned to focus on my mental strength, which was key to overcoming the setbacks. Positive affirmations and the support of my team made all the difference."

Wright also praised JADCO for its role in his journey, noting that the anti-doping seminars he attended early in his career provided him with critical knowledge and mental clarity. "Education is empowerment," he said. "Knowing I'm competing fairly gives me peace of mind and helps me focus on what really matters."

Attendees praised the workshop for its relevance and impact. Nicholas Wilson, Jamaica's national overall champion in bodybuilding and fitness, shared how mental health awareness has transformed his approach



Olympian Chad Wright, sharing his personal story of resilience and determination at the 2024 Senior Athletes Anti-Doping Education Workshop on Saturday, November 18.

to the sport. "Understanding the connection between mental health and performance is a game-changer. This workshop is exactly what athletes need," he said.

Britannia McBayne, a student administrator at The Mico University College, described the session as "eye-opening," while Marco Walters, vice-president of the Jamaica Darts Association, said it deeply resonated with him.

The workshop also emphasised the role of anti-doping education in safeguarding athletes' mental health. Research has shown that understanding and adhering

to anti-doping regulations not only ensures fair play but also reduces stress and anxiety among athletes.

JADCO's Senior Athletes Workshop is part of a broader initiative to support athletes beyond competition. By addressing mental health, ethical practices, and personal development, the commission is taking a holistic approach to athlete empowerment.

As Jamaica's athletes continue to shine on the global stage, JADCO's focus on mental health and education serves as a reminder that true success comes from nurturing both the body and the mind.



June Spence Jarrett, executive director, JADCO, engages in conversation with Sports Psychologist Dr. Jason Scott Hamilton (centre) and Felipe Sanchez, boxing coach.

June Spence Jarrett, executive director, shares a moment with Anthony Johnson (right), chairman, Jamaica Football Rugby Union. Sharing in the moment are Delano Jarrett (2nd left) and Jordan Martin, members of the union.



2024 SENIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP

Highlights



2025 WADA PROHIBITED LIST EFFECTIVE - WHAT'S NEW?

Every year, the World Anti-Doping Agency (WADA) publishes an updated Prohibited List. For 2025, there are no major status changes where a substance changes from permitted to prohibited or vice versa, but the 2025 Prohibited List includes new examples of prohibited substances and a few clarifications.

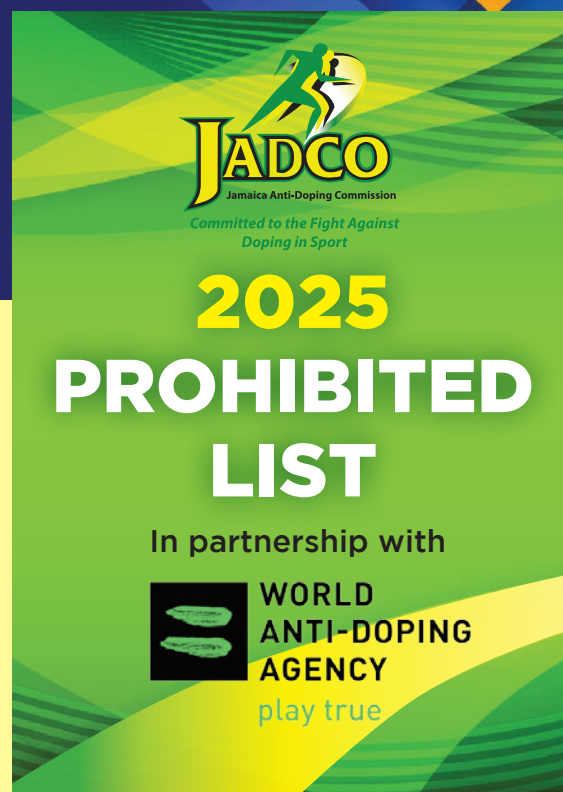
It's important to keep in mind that the WADA Prohibited List is not exhaustive and there could be substances that are not specifically listed but still belong to a category on the Prohibited List. Before taking medications, it is important to check [GlobalDRO.com](https://www.globaldro.com) and search by brand name or ingredients for the most up-to-date anti-doping status information.

It is important to note that under the World Anti-Doping Code, athletes are strictly liable, meaning they are ultimately responsible for what is in their systems.

New Examples and Clarifications

S0. Non-Approved Substances

In the category of S0- Non-Approved Substances, WADA has added two new examples, specifically S-107 and S48168 (ARM210). These experimental compounds are ryanodine receptor-1-calstabin complex stabilizers, which are involved in skeletal muscle function. Keep in mind, the S0 category could include substances that are not specifically indicated on the Prohibited List. If a substance is not approved for clinical use by any governmental regulatory authority and has performance enhancing potential, it may be prohibited under the S0 category.



S3. Beta-2 Agonists

The category of S3. Beta-2 Agonists has been updated with a change to the permitted use of inhaled formoterol. Formoterol continues to be permitted by inhalation up to a maximum of 54 micrograms over 24 hours, but importantly, athletes can only use a maximum of 36 micrograms over 12 hours. This is to allow athletes to use formoterol therapeutically but prevent someone from using a large dose all at once that may allow a performance benefit. We recommend checking the metered dose carefully so that the permitted inhaled dosage is not exceeded. Beta-2 agonists used by all other routes of administration remain prohibited at all times.

S4. Hormone and Metabolic Modulators

There were a few examples of S4. Hormone and Metabolic Modulators added to the Prohibited List, including elacestrant (added as an anti-estrogen), S519 and S597 (examples of insulin-mimetics), and MOTSc (an example of an AMP-activated protein kinase activator). Athletes should be aware that MOTSc is sometimes marketed

by wellness/anti-aging clinics and on social media as a weight loss peptide, even though it is an experimental peptide not approved for human therapeutic use.

M.1 Manipulation of Blood and Blood Components

For 2024, WADA made a change to the M.1 category so that plasma donation (also known as plasmapheresis) is not prohibited when performed in a collection centre accredited by the relevant regulatory authority of the country in which it operates. For 2025, WADA has added the clarification that this includes blood donation by apheresis, which is the medical technology that separates out the blood components and returns some of the components back to the donor. It is understood that blood components such as red blood cells will be removed and reintroduced to the circulatory system. This is normally prohibited, but WADA is allowing this procedure for donation purposes only. However, it is critical that athletes only go to legitimate donation centres and can provide documentation of the donation procedure upon request.

S5. Diuretics and Masking Agents

In the category of S5. Diuretics and Masking Agents, xipamide was added as an example.

S6. Stimulants

In the category of S6. Stimulants, midodrine and tesofensine were added as examples of prohibited stimulants, and guanfacine (sometimes prescribed for ADHD) was clarified as permitted. Athletes should be on the lookout for tesofensine in dietary supplements as it has been more commonly appearing on product labels.

The 2025 List of Prohibited Substances and Methods, approved by WADA's Executive Committee (ExCo) on September 12, 2024, came into effect on January 1, 2025.

Click [here](#) to view the 2025 Prohibited List.

2025 PROHIBITED LIST

In partnership with **WORLD ANTI-DOPING AGENCY** play true

The World Anti-Doping Agency (WADA) was established in 1999 as an international, independent agency composed and funded equally by the Sports Movement and Governments of the world. Its key activities include scientific research, education, developing of anti-doping capacities and monitoring of the World Anti-Doping Code (Code) – the document harmonizing anti-doping policies in all sport and all countries.

The Jamaica Anti-Doping Commission (JADCO) is the National Anti-Doping Organization designated by the Government of Jamaica as the agency responsible for regulating and controlling doping in sport. JADCO has several functions including creating anti-doping rules, disseminating information, implementing public education programmes and testing athletes.

TABLE OF CONTENTS

Please note that the list of examples of medical conditions below is not inclusive.

SUBSTANCES & METHODS PROHIBITED AT ALL TIMES

S0 Non-approved substances

S1 Anabolic agents

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. male hypogonadism.

S2 Peptide hormones, growth factors, related substances, and mimetics

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. anaemia, male hypogonadism, growth hormone deficiency.

S3 Beta-2 agonists

Some of these substance(s) may be found, without limitation,

in medications used for the treatment of e.g. asthma and other respiratory disorders.

S4 Hormone and metabolic modulators

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. breast cancer, diabetes, infertility (female), polycystic ovarian syndrome.

S5 Diuretics and masking agents

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. heart failure, hypertension.

M1 – M2 – M3 Prohibited Methods

SUBSTANCES & METHODS PROHIBITED IN-COMPETITION

S6 Stimulants

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. anaphylaxis, attention deficit hyperactivity disorders (ADHD), cold and influenza symptoms.

S7 Narcotics

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. pain, including from musculoskeletal injuries.

S8 Cannabinoids

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. allergy, anaphylaxis, asthma, inflammatory bowel disease.

S9 Glucocorticoids

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. allergy, anaphylaxis, asthma, inflammatory bowel disease.

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

P1 Beta-blockers

Some of these substance(s) may be found, without limitation, in medications used for the treatment of e.g. heart failure, hypertension.

THE 2025 PROHIBITED LIST WORLD ANTI-DOPING CODE

VALID 1 JANUARY 2025

Introduction

The Prohibited List is a mandatory International Standard as part of the World Anti-Doping Program.

The List is updated annually following an extensive consultation process facilitated by WADA. The effective date of the List is 01 January 2025.

The official text of the Prohibited List shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

Below are some terms used in this List of Prohibited Substances and Prohibited Methods.

Prohibited In-Competition

Subject to a different period having been approved by WADA for a given sport, the In-Competition period shall in principle be the period commencing just before midnight (at 11:59 p.m.) on the day before a Competition in which the Athlete is scheduled to participate until the end of the Competition and the Sample collection process.

Prohibited at all times

This means that the substance or method is prohibited In- and Out-of-Competition as defined in the Code.

Specified and non-Specified

As per Article 4.2.2 of the World Anti-Doping Code, "for purposes of the application of Article 10, all Prohibited Substances shall be Specified Substances except as identified on the Prohibited List. No Prohibited Method shall be a Specified Method unless it is specifically identified as a Specified Method on the Prohibited List". As per the comment to the article, "The Specified Substances and Methods identified in Article 4.2.2 should not in any way be considered less important or less

dangerous than other doping substances or methods. Rather, they are simply substances and methods which are more likely to have been consumed or used by an Athlete for a purpose other than the enhancement of sport performance."

Substances of Abuse

Pursuant to Article 4.2.3 of the Code, Substances of Abuse are substances that are identified as such because they are frequently abused in society outside of the context of sport. The following are designated Substances of Abuse: cocaine, fentanyl, heroin, methylenedioxymethamphetamine (MDMA/"ecstasy"), tetrahydrocannabinol (THC).

S0 NON-APPROVED SUBSTANCES

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are Specified Substances.

Any pharmaceutical substance which is not addressed by any of the subsequent sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.

This class covers many different substances including but not limited to BPC-157, 2,4'-dinitrophenol (DNP), ryanodine receptor-1-calstabin complex stabilizers (e.g. S-107, S48168 [ARM210]) and troponin activators (e.g. redesemtiv and tirasemtiv).

S1 ANABOLIC AGENTS

PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

All prohibited substances in this class are non-Specified Substances.

Anabolic agents

S1.1. ANABOLIC

When administered:

- 1-Androstenediol
- 1-Androstenedione
- 1-Androsterone
- 1-Epiandrosterone
- 1-Testosterone
- 4-Androstenediol
- 4-Androstenedione
- 4-Hydroxytestosterone
- 5-Androstenediol
- 7-Androstenediol
- 7-Keto-DHEA
- 17-Androstenediol
- 17-Androstenedione
- 19-Norandrosterone
- 19-Norandrostenediol
- Androst-4-en-3-one
- [11-ketotestosterone]
- Androstanoic acid
- androstan-3-one
- Androstenediol
- Androstenedione
- Bolasterone
- Boldenone
- Boldione
- Boldionone
- Calusterone
- Clostebol
- Danazol (11-ketotestosterone)
- Dihydrochloromethylandrosterone
- Desoxymethyl

WADA ACKNOWLEDGES ANTI-DOPING PROGRESS IN THE CARIBBEAN DURING ANNUAL FORUM WITH SPORT MINISTERS



Caribbean Sports Ministers at the 4th Annual WADA Forum for Sports Ministers, held in the Cayman Islands from January 15-16. Jamaica's Sports Minister, the Hon. Olivia Grange (second right), joins WADA President Witold Bańka (centre) and other regional ministers and representatives at the event.

The World Anti-Doping Agency (WADA) hosted the fourth annual WADA Forum with Ministers Responsible for Sport in the Caribbean in George Town, Cayman Islands.

The Forum, which was co-hosted by the Government of the Cayman Islands, featured ministers and officials from nine countries, as well as the Caribbean

Regional Anti-Doping Organisation (Caribbean RADO) and Canadian Centre for Ethics in Sport (CCES). The forum is part of a series of events that WADA has been holding to gather and exchange views with governments around the world.

In his opening address, president of the World Anti-Doping Agency (WADA) Witold Bańka said, "WADA

is appreciative of the efforts that are being made by the Cayman Islands Government and the Cayman Islands Olympic Committee in promoting clean sport throughout the Caribbean. This meeting has become a fixture on the anti-doping calendar and, with the high level of enthusiasm around the table, it is an energizing way to kick off the new year.

“Sport is a massive part of the culture throughout the Caribbean, with countless athletes from the region having produced iconic moments on the world stage. Caribbean nations have made great strides in establishing effective anti-doping programs to protect the integrity of those performances.”

He adds, “I urge those nations to proactively share their insight at the Sport Council of the Americas (CADE) meeting in Montego Bay, Jamaica, in April. The pan-continental forum provides an important opportunity to share best practices and collaborate with regional peers. It is by working together that we can continue to ensure that the anti-doping system is robust and protects the values of clean sport. We all stand to learn from one another.”

Bańka also highlighted the progress made across the Caribbean in 2024, noting that for the first time all Caribbean countries collected test samples from athletes. He emphasised the role of testing as the cornerstone of a credible anti-doping program and the importance of maintaining that standard in the region.

Specifically, the forum’s agenda focused on:

- The progress made in the Caribbean region in 2024
- An overview of the anti-doping programs implemented in the region
- An update on the partnership between the Canadian Centre for Ethics in Sport (CCES) and the Caribbean RADO
- The future of anti-doping in the Caribbean and the roadmap for 2025
- Anti-doping program funding
- The 2027 World Anti-Doping Code Update



The Hon. Olivia Grange, Minister of Culture, Gender, Entertainment and Sport (right), along with Debby-Ann Brown Salmon, chairperson (left), and June Spence Jarrett, executive director, both of JADCO, engaged in a discussion during the fourth WADA Forum in the Cayman Islands. Minister Grange also delivered a presentation at the forum.



The Hon. Olivia Grange (3rd right), Minister of Culture, Gender, Entertainment and Sport, joins the Hon. Isaac Rankine (2nd right), Minister of Youth, Sports and Heritage for the Cayman Islands, and Witold Bańka, President of the World Anti-Doping Agency, for a photo. Also pictured are Debby-Ann Brown Salmon, June Spence Jarrett (left), and Florette Blackwood (right), board director, JADCO.

JUNIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP – REGIONS 3 & 4

1st Place
REGION 3



June Spence Jarrett (left), executive director presents Montego Bay High School for Girls with a cheque for \$40,000 for first place in the JADCO Dub Poetry Competition for Region three at the 2024 Junior Athletes Anti-Doping Education Workshop at the SeaGarden Beach Resort in Montego Bay, St. James on Wednesday, October 14. Sharing in the moment is Gillian Haughton (2nd right), director, communication and education.

The Junior Athletes Workshop, an annual event, organised by the Jamaica Anti-Doping Commission (JADCO), serves as a platform to educate young athletes about the importance of clean sport while encouraging creative expression through dub poetry. Last year's competition showcased exceptional talent and dedication from students in Region three, who used their performances to convey powerful anti-doping messages.

Holland High School claimed second place and received a cheque for \$35,000 for their outstanding performance, which also emphasized the critical importance of clean sport and anti-doping education.

St. James High School also made an impressive showing, claiming third place and receiving a cheque for \$25,000. Their performance reflected the same commitment to the anti-doping message, demonstrating the impact of creative arts in fostering awareness among young athletes.

In Region four, Annotto Bay High School captured first place with a standout performance that secured them the top prize. York Castle High School earned second place with a presentation that resonated with the audience and judges alike, while Ocho Rios High School delivered a strong performance to claim third place, leaving a lasting impression on the panel.

The JADCO Dub Poetry Competition continues to be a meaningful addition to the Junior Athletes Anti-Doping Education Workshop, inspiring students to use their voices and creativity to champion the cause of fair play. Through initiatives like this, JADCO remains committed to nurturing a generation of athletes who uphold the true spirit of sportsmanship.

**2nd Place
REGION 3**



June Spence Jarrett (left), executive director of JADCO, presents student-athletes from Holland High with a cheque valued at \$35,000 for securing second place in the JADCO Dub Poetry Competition for Region Three. The presentation occurred during the 2024 Junior Athletes Anti-Doping Education Workshop, held at the SeaGarden Beach Resort in Montego Bay, St. James, on Wednesday, October 14. Sharing the moment is Gillian Haughton (right), director of communication and education.

**3rd Place
REGION 3**



June Spence Jarrett (left), executive director of JADCO, presents St. James High with a cheque valued at \$25,000 for securing third place in the JADCO Dub Poetry Competition for Region Three. The presentation took place during the 2024 Junior Athletes Anti-Doping Education Workshop, held at the SeaGarden Beach Resort in Montego Bay, St. James, on Wednesday, October 14. Sharing the moment is Gillian Haughton (right), director of communication and education.

**1st Place
REGION 4**



June Spence Jarrett (left), executive director, JADCO, presents Annotto Bay High School with the winning trophy and \$40,000 for first place in the JADCO Dub Poetry Competition for Region four at the 2024 Junior Athletes Anti-Doping Education Workshop at the Cardiff Hotel & Spa in Runaway Bay, St. Ann on Wednesday, October 30. Sharing in the moment is Gillian Haughton (2nd right), director, communication and education.

**2nd Place
REGION 4**



June Spence Jarrett (left), executive director of JADCO, presents York Castle High with a trophy and a cheque valued at \$35,000 for securing second place in the JADCO Dub Poetry Competition for Region four. The presentation took place during the 2024 Junior Athletes Anti-Doping Education Workshop, held at the Cardiff Hotel & Spa in Runaway Bay, St. Ann on Wednesday, October 30. Sharing the moment is Gillian Haughton (right), director of communication and education.

3rd Place
REGION 4



June Spence Jarrett (left), executive director of JADCO, presents Ocho Rios High with a trophy and a cheque valued at \$25,000 for securing third place in the JADCO Dub Poetry Competition for Region four. The presentation took place during the 2024 Junior Athletes Anti-Doping Education Workshop, held at the Cardiff Hotel & Spa in Runaway Bay, St. Ann on Wednesday, October 30. Sharing the moment is Gillian Haughton (right), director of communication and education.

Highlights

BELOW ARE HIGHLIGHTS FROM REGION 3



Highlights

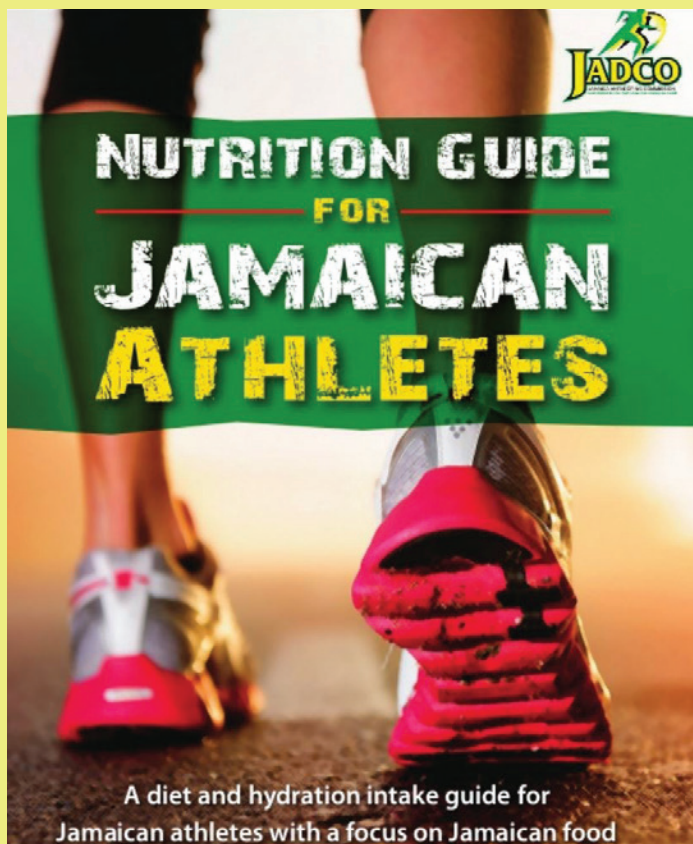
BELOW ARE HIGHLIGHTS FROM REGION 4





JADCO'S NUTRITION CORNER

Off-season Nutrition: What Athletes Need to Know



For most athletes, the off-season is a welcome period of rest, recovery, and rejuvenation. After months of intense training and competition, it's a time to reset both physically and mentally. But with reduced training loads during this period, many athletes find themselves questioning how to adapt their nutrition to support recovery while maintaining overall health and performance. Below, we tackle some common questions about nutrition during the off-season and provide practical tips to guide you.

1. Should I Adjust My Calorie Intake?

Yes, adjusting your calorie intake during the off-season is essential. When training volume and intensity decrease, your body requires fewer calories to sustain daily activities. Overeating during this period can lead to unwanted weight gain, which might make returning to training more challenging.

Tips to Adjust Calories:

- **Monitor Portions:** With less energy expenditure, consider reducing portion sizes, especially for high-calorie meals and snacks.
- **Focus on Quality:** Prioritise nutrient-dense foods like fruits, vegetables, lean proteins, whole grains, and healthy fats.
- **Avoid Overcompensating:** While reducing calorie intake is important, don't drastically restrict calories. Your body still needs fuel for recovery and to maintain muscle mass.

2. How Should My Macronutrient Balance Change?

During the off-season, the balance of carbohydrates, proteins, and fats in your diet may shift to match your activity level and recovery needs.

Carbohydrates: Since carbohydrates are the primary fuel for high-intensity exercise, you may not need as many during the off-season. However, they're still vital for recovery and energy.

- Opt for complex carbohydrates like oats, quinoa, sweet potatoes, and whole grains.
- Reduce portion sizes slightly, but don't eliminate carbs entirely.

Protein: Protein remains crucial for muscle repair and maintenance during the off-season. Maintain a steady intake to prevent muscle loss.

- Incorporate high-quality protein sources such as eggs, fish, poultry, beans, and tofu.



- Aim for 1.2-2.0 grams of protein per kilogram of body weight, depending on your goals.

Fats: Healthy fats support overall health, including hormone regulation and joint recovery. Continue including sources like avocados, nuts, seeds, and olive oil in moderation.

3. Should I Focus More on Recovery Foods?

Absolutely. The off-season is an excellent time to emphasize foods that promote recovery, reduce inflammation, and support overall health.

Top Recovery Foods:

- **Fruits and Vegetables:** Rich in antioxidants, vitamins, and minerals, they help combat inflammation and support immune health.
- **Omega-3 Fatty Acids:** Found in fatty fish like salmon, walnuts, and flaxseeds, these fats can reduce inflammation and support joint health.
- **Hydrating Foods:** Watermelon, cucumber, and oranges can help maintain hydration levels.
- **Fermented Foods:** Yogurt, kefir, and kimchi support gut health, which is essential for nutrient absorption and immunity.



4. Is It Okay to Indulge a Little?

Yes! The off-season is a time to relax, and enjoying occasional treats is perfectly fine. Balance is key. Overly restrictive diets can lead to burnout or feelings of deprivation, so allow yourself the flexibility to enjoy your favourite foods in moderation.

Tips for Smart Indulgence:

- Practice mindful eating by savouring treats and paying attention to hunger and fullness cues.
- Pair indulgent foods with healthier options. For example, enjoy a slice of pizza with a side salad.
- 5. What About Hydration?
- Hydration remains critical during the off-season, even with a reduced training load. Proper hydration supports digestion, joint health, and recovery.
- Hydration Tips:
 - Aim to drink water consistently throughout the day.
 - Include hydrating beverages like herbal teas or coconut water.
 - Monitor urine colour—a light yellow shade usually indicates adequate hydration.

6. Can the Off-season Be Used to Address Nutritional Weaknesses?

Yes, the off-season is an ideal time to evaluate and improve your overall nutrition. Without the pressure of peak performance, you can focus on:

- **Experimenting with New Recipes:** Try new meals that align with your goals and preferences.
- **Building Better Habits:** Incorporate meal prepping or mindful eating practices into your routine.
- **Addressing Deficiencies:** Work with a sports nutritionist to identify and correct any nutrient deficiencies, such as low iron or vitamin D levels.
- The off-season is a vital phase in an athlete's yearly cycle, offering an opportunity to rest, recover, and reset—and nutrition plays a pivotal role in this process. By making mindful adjustments to your calorie intake, macronutrient balance, and recovery strategies, you can set yourself up for a stronger return to training. Remember, the off-season is about finding balance: nourishing your body while enjoying some well-deserved flexibility and downtime.

For more information check out our nutritional guide, click [here](#).

Annual Staff Devotion sets tone for the New Year



Bishop Christine Haber delivering the sermon at JADCO's Annual Staff Devotion on January 6, 2025.

The Jamaica Anti-Doping Commission (JADCO) welcomed the new year with spiritual renewal and inspiration at its sixth annual Staff Devotion, held on Monday, January 6, 2025. The event, which has become a cherished tradition within the organisation, provided an opportunity for employees to gather in faith and reflection as they embarked on another year of commitment to their mission.

This year's devotion was graced by the presence of esteemed guest speaker, Bishop Christine Haber of Christine Haber International Ministries. Drawing from the powerful teachings of Matthew 5, Bishop Haber delivered an uplifting message centred on the Beatitudes, emphasising the virtues of humility, mercy, and righteousness. Her sermon encouraged JADCO's staff to embrace these values not only in their personal lives but also in their professional duties as guardians of fair play in sport.

"Blessed are those who hunger and thirst for righteousness, for they will be filled," Bishop Haber reminded the staff, reinforcing the importance of integrity and perseverance—qualities that align seamlessly with JADCO's mission to uphold ethical sporting practices in Jamaica.

Throughout the devotion, staff members and specially invited guests participated in moments of worship, prayer, and personal reflection, setting a

positive and purpose-driven tone for the year ahead. The atmosphere was one of unity and renewed determination.

JADCO's annual staff devotion continues to serve as a spiritual foundation for the organisation, fostering a sense of community and moral fortitude among its staff.





2025 JADCO SYMPOSIUM



CLEAN SPORT: SHAPING JAMAICA'S GLOBAL REPUTATION

JAN 29

Registration: 8:30 a.m.

Terra Nova All-Suite Hotel
17 Waterloo Road

www.jadco.gov.jm

STAY INFORMED: The Importance of Anti-Doping Education

At JADCO, we believe that as an athlete, your first experience with anti-doping should be through education. Before you are subject to doping control, and before you leave your country for your first competition as an international-level athlete, it is important that you are aware of, among other things:

- Your rights and responsibilities in the doping control process
- List of Prohibited Substances and Methods
- Therapeutic Use Exemptions
- Doping Control Process
- Consequences of doping (health and sport)



Education is everyone's responsibility.

While the World Anti-Doping Code (Code) makes it mandatory for all Anti-Doping Organisations (ADOs) to deliver robust education programmes, it is also up to athletes and their support personnel to seek information to ensure they are training and competing in line with the values of clean sport and the anti-doping rules.

JADCO is committed to ensuring athletes at all levels are informed and educated about clean sport. Whether you are a recreational or national-level athlete, JADCO is your primary resource for anti-doping education. JADCO encourages athletes and their support personnel to take full advantage of these educational tools to stay informed and uphold the values of fair play.

Click to view the [Anti-Doping Education and Learning](#) (ADEL) platform.



THE ANTI-DOPING PROCESS



Yanique Dunn, director, technical services at JADCO demonstrates the doping control process with a student athlete from the Queen's School on October 1 at the 2024 Junior Athletes Anti-Doping Education Workshop at the Jamaica Conference Centre.

Doping control (testing) is one tool that Anti-Doping Organisation (ADOs) use to level the playing field and protect clean sport.

If you are competing at the national or international level, you are subject to doping control and may be tested anytime or anywhere. You may be tested by National Anti-Doping Organisations (NADOs), International Federations (IFs) and Major Event Organisations (MEOs). When you are selected for doping control, you have a series of rights and responsibilities.

Notification

- The athlete is notified by a doping control officer (DCO) or chaperone that they have been selected for doping control (testing) and they are informed under which ADO's authority they are being tested.

Reporting to the Doping Control Station

- The athlete must report to the doping control station immediately (although they may be excused for medal ceremonies etc. once they've checked in).

Choosing sample collection vessel (urine sample) and/or blood collection kit (blood sample)

- The athlete will choose a urine sample collection vessel from a minimum of three provided by the doping control personnel.
- If a blood sample is collected, the athlete will choose a blood collection kit from a minimum of three provided by the doping control personnel.

Providing a sample

- The DCO or chaperone will witness the passing of the urine sample when the athlete is ready to provide it.
- A blood collection officer (BCO) will draw blood from the athlete using two vials (which will become the A & B sample).

Splitting of the sample

- The athlete will divide their urine into the A and B bottles, saving a residual amount of urine in the sample collection vessel. The B sample affords the athlete the opportunity to have second analysis performed in the event their 'A sample returns an adverse analytical finding (a 'positive' result)
- If a blood sample is collected, the blood vials will be placed in the A and B blood sample collection bottles. Only one vial may be necessary if the blood sample is collected as part of an Athlete Biological Passport (ABP) programme..

Sealing of the sample

- The athlete will seal the A and B bottles.

Measuring specific gravity (urine)

- The DCO measures the specific gravity of the athlete's urine to determine whether it meets laboratory standards. If the sample is too diluted, the athlete will be asked to provide additional sample(s).

Completing the Doping Control Form (DCF)

- The athlete completes the DCF, either in paper or digital format, with the DCO. The athlete is asked to provide personal information, a list of substances or methods used, and any comments they may have related to the doping control process. The athlete receives a print or digital copy of the DCF.

The sample is sent to the laboratory

- The athlete's sealed sample is secured and sent to a WADA-accredited laboratory. A blood sample collected as part of the ABP programme may be analysed by a WADA-approved laboratory. The laboratory copy of the DCF that accompanies the sample is anonymised, indicating only the sample bottle number, sport and the athlete's gender.

JADCO AND YOU



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, January 29, 2025 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, January 30, 2025:

KLAS ESPN: 5:30 a.m.
NCU FM: 5:50 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.
Kool 97 FM: 8:00 p.m.
Love 101 FM: 9:35 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. Be sure to include your name and contact information in order to obtain credit for your submission.



JADCO OUT AND ABOUT

The JADCO team continues to be devoted to raising awareness about anti-doping across the island. Below are some activities that took place this quarter:

Civil Service Week

The Jamaica Anti-Doping Commission (JADCO) set up an informative booth at the 2024 Jamaica Civil Service Exposition and Health Fair on Tuesday, November 19, at Emancipation Park. Under the theme *“Advancing the Vision: Building a Nation,”* JADCO educated attendees on the importance of clean sport and drug-free living, reinforcing its commitment to national development through fair play and integrity.



Kingston College Drug Awareness Day 2024



Students of Kingston College proudly pose during their Drug Awareness Day activities on Friday, November 22, while reinforcing the message: "You don't need dope to cope." The event focused on educating students about the importance of clean sport and healthy lifestyles.

Board of Directors' Luncheon



JADCO hosted its annual Board Christmas Luncheon on Wednesday, December 11, at the ROK Hotel in Kingston. The festive event brought together board members and stakeholders to celebrate the holiday season and reflect on the year's achievements.

Board of Directors' Luncheon



Kingston College Anti-Doping Education Workshop

On Wednesday, December 18 the JADCO team held an anti-doping education workshop with athletes from Kingston College as part of their Christmas camp programme.









An Agency of the Ministry of Culture, Gender, Entertainment and Sport.

**Prepared by the Communication and Education Department of JADCO.
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