

## GRANGE ANNOUNCES INITIATIVES TO FURTHER STRENGTHEN JADCO'S CAPABILITIES



Minister of Culture, Gender, Entertainment and Sport, the Hon. Olivia Grange, shares a moment with (from left) Alan Beckford, general manager, Sports Development Foundation; June Spence Jarrett, executive director, JADCO; Debby-Ann Brown Salmon, chairperson, JADCO; and Novlett Bewry, member of the Jamaica Darts Association, at the 2025 JADCO Symposium held on January 29 at the Terra Nova All-Suite Hotel in St. Andrew.

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# Editorial

## A Season of Growth and Continued Commitment to Clean Sport

**T**his edition of our True Spirit newsletter reflects on recent achievements and reaffirms our unwavering dedication to fostering a culture of clean sport within Jamaica and beyond.

A key highlight of our year so far was the 2025 JADCO Symposium, held in January. This event proved to be an invaluable platform for athletes, coaches, administrators, and stakeholders to converge, share insights, and collectively strengthen our commitment to fair play. We extend our sincere gratitude to all who participated in making the symposium a resounding success, and we look forward to building on the connections and knowledge gained.

Adding to our milestones, JADCO has achieved the prestigious ISO 9001:2015 certification. This internationally recognised standard underscores our commitment to quality management and operational excellence. It signifies our ongoing efforts to enhance efficiency, transparency, and accountability in all aspects of our work, ultimately strengthening our ability to effectively safeguard the integrity of sport.

Looking ahead, April 11 will bring the celebration of Play True Day, a global movement championed by the World Anti-Doping Agency (WADA). This day serves as a powerful reminder of the values that underpin clean sport: integrity, respect, and fair competition. JADCO will be actively participating in Play True Day, and we encourage all members of the sporting community to join us in celebrating and reinforcing the importance of competing clean.

Our dedication to international collaboration was further demonstrated by JADCO's attendance at WADA's annual symposium in Lausanne, Switzerland. This invaluable

opportunity allowed us to engage with global anti-doping leaders, share best practices, and stay abreast of the latest developments in the fight against doping. Such engagement is crucial in ensuring that Jamaica remains at the forefront of effective anti-doping strategies.

This edition also features a vital piece on Doping Control Forms and the crucial need for athletes to declare all medications and supplements. We urge all athletes to pay close attention to this information. Accurate and complete declarations are not just a procedural requirement; they are fundamental to protecting athletes and ensuring fair competition. Understanding the potential risks associated with various substances is paramount in navigating the complexities of anti-doping regulations.

Finally, we are delighted to continue providing valuable guidance through JADCO's Nutrition Corner. We recognise the significant role nutrition plays in athletic performance and overall well-being. This feature aims to empower athletes with evidence-based information to make informed choices that support their training and health, while remaining within the boundaries of clean sport.

As we move forward, the Commission remains steadfast in its mission to protect clean sport and the spirit of fair play. We are proud of the progress we have made, and we are energised by the challenges and opportunities that lie ahead.

Together, with the continued commitment of our athletes, coaches, and the entire sporting community, we will continue to champion the true spirit of sport.

# GRANGE ANNOUNCES INITIATIVES TO FURTHER STRENGTHEN JADCO'S CAPABILITIES

**M**inister of Culture, Gender, Entertainment and Sport, the Honourable Olivia Grange on Wednesday, January 29, 2025 announced several initiatives that the Jamaica Anti-Doping Commission (JADCO) will be implementing to further strengthen its capabilities.

Speaking at JADCO's annual symposium, Minister Grange said the Commission will finalise memoranda of understanding (MOU) with local and international partners, including the Jamaica Constabulary Force (JCF) and Jamaica Customs Agency (JCA) to strengthen its intelligence and investigation activities.

She also noted that, "The Commission will expand its contract testing and training services to other National Anti-Doping Organisations (NADOs), sharing its expertise and contributing to the global anti-doping effort."

Minister Grange said JADCO is moving to expand the sample collection pool through a national duty programme. "These initiatives will further enhance JADCO's capacity to effectively combat doping and ensure a level playing field for all Jamaican athletes," the minister noted.

She said maintaining Jamaica's leadership in clean sport requires ongoing vigilance, education, and strong collaboration.

Minister Grange congratulated JADCO on receiving ISO 9001:2015 certification, noting that this demonstrates the organisation's commitment to quality and



Minister of Culture, Gender, Entertainment and Sport, the Honourable Olivia Grange, delivering remarks on the role of clean sport; Jamaica's global brand at the 2025 JADCO Symposium on January 29.

adherence to international standards. She added that research indicates that "No other National Anti-Doping Organisation (NADO) has been recommended for ISO 9001:2015 certification."

While highlighting some of JADCO's achievements, Minister Grange said, "the government fully supports the Commission's mission with dedicated annual budgetary allocations." She noted that JADCO conducts the highest number of blood and urine tests in the Caribbean, reflecting a proactive and robust approach to testing.

In her remarks JADCO's Chairman, Debby-Ann Brown Salmon noted the Commission's pivotal role in ensuring a drug-free sporting legacy for decades to come. "This is why we continue to encourage partnership with you our athletes, support personnel and other stakeholders, so our mission doesn't become burdensome, but is instead one filled with pride and vigour."

Brown-Salmon said, "JADCO is already acknowledged as a leader in the region, and having been held in such high regard, the Commission must maintain a steady trajectory of promoting the ethics and spirit of sport through education, testing, advocacy, and coordination of an effective anti-doping programme in Jamaica." She also called on athletes to be fervent in competing honourably, despite whatever obstacles they may face. She encouraged them to protect their integrity at all costs.

JADCO's Executive Director, June Spence Jarrett, called on athletes and support personnel to build on the

foundation that has been laid, remaining steadfast in their dedication to fostering excellence and fair play in all endeavours.

Presenters included Alan Beckford, General Manager of the Sports Development Foundation (SDF) who addressed the issue of Governance Structure in Sporting Federations, Consultant Psychiatrist, Dr. Paula Dawson who looked at WADA-Compliant Pain Management and Athlete Health, and Dr. Ana-Kay Harvey from the Jamaica Medical Doctors' Association who shared details of the 2025 WADA Prohibited List.

Representatives from nearly 30 sporting federations and associations, tertiary and secondary institutions, as well as professional groups attended the symposium. Representatives from regional anti-doping associations as well as overseas-based athletes joined online.

The 2025 symposium was held under the theme, "Clean Sport: Shaping Jamaica's Global Reputation."



# Symposium Highlights



# JADCO Achieves ISO 9001:2015 Certification: *A Milestone in Anti-Doping Excellence*

**T**he Jamaica Anti-Doping Commission (JADCO) has reached a significant milestone, achieving ISO 9001:2015 certification. This prestigious certification underscores JADCO's commitment to quality management and its dedication to maintaining the highest standards in its operations.

ISO 9001:2015 is an internationally recognised standard that specifies requirements for a quality management system (QMS). It demonstrates an organisation's ability to consistently provide products and services that meet customer and regulatory requirements. For JADCO, this certification signifies a robust framework for managing its anti-doping programmes, ensuring efficiency, consistency, and continuous improvement.

Executive Director of JADCO, June Spence Jarrett said, "This achievement is a testament to JADCO's unwavering dedication to upholding the integrity of sport in Jamaica. By implementing a rigorous Quality Management System (QMS), JADCO has streamlined its processes, from sample collection and testing to results management and education programmes. This certification will undoubtedly enhance public trust and confidence in JADCO's ability to effectively combat doping in sport."

Spence Jarrett added, "Congratulations to JADCO on this remarkable achievement. This ISO 9001:2015 certification

is a significant step forward in our ongoing efforts to ensure clean and fair sport in Jamaica. The Commission's dedication to quality management will undoubtedly contribute to a stronger and more reputable sporting environment."

The journey to ISO 9001:2015 certification requires meticulous planning, implementation, and assessment. JADCO has demonstrated its commitment to these principles by:

- Defining its quality objectives and policies, ensuring alignment with its mission and vision
- Optimising its processes to ensure efficiency and consistency in all its operations
- Regularly monitoring and measuring its performance to identify areas for improvement
- Committing to ongoing improvement of its QMS, ensuring it remains effective and relevant

This certification is not just a badge of honour; it is a practical tool that will enable JADCO to:

- Enhance the quality and consistency of its services
- Improve operational efficiency and reduce errors
- Increase stakeholder satisfaction
- Strengthen its reputation as a leading national anti-doping organisation (NADO)



# 2025 WADA ANNUAL SYMPOSIUM



world  
anti-doping  
agency



World Anti-Doping Agency President, Witold Bańka delivers keynote address at 2025 Annual Symposium at the SwissTech Convention Centre in Lausanne, Switzerland on March 18.

**T**he World Anti-Doping Agency (WADA) hosted its 2025 Annual Symposium in Lausanne, Switzerland – a two-day event convening nearly 1,000 delegates from the global anti-doping community under the theme “Going Further Together”.

In line with the theme, WADA President Witold Bańka said, “In 2024, WADA celebrated its 25th anniversary, a testament to an exceptional alliance between the sport movement and governments of the world. Over the years, the anti-doping community has been significantly reinforced by the addition of many more dedicated

partners from around the globe. This has been the secret to our success. It is the work we all do together. It is the ongoing cooperation among individuals and organizations that share the same vision of a world where all athletes can participate in doping-free sport.”

Mr. Bańka added, “But of course, 2024 wasn’t just about celebration. It was also a year of challenges faced, in particular due to the serious matter of contamination. As has been the case over WADA’s history, we saw this as an opportunity to further strengthen the global anti-doping system -- this time as part of the World



Anti-Doping Code update process that is currently underway and will culminate in December at the sixth World Conference on Doping in Sport in Busan, Republic of Korea.

“The cases sparked an essential discussion about how we can better manage contamination. Nowadays, laboratories can detect smaller and smaller quantities of substances, which means that, more and more, we are seeing those who test positive putting forward contamination defenses. The challenge for WADA, other Anti-Doping Organisations and, ultimately, for tribunals adjudicating these cases is to distinguish between cases of genuine contamination, and cases of well-resourced cheats who fabricate a contamination defense. If the system is too rigid, innocent athletes will suffer injustice. If the system is too lenient, cheats will prosper. Accordingly, WADA is asking its Code Revision Team to reflect on this and consider the need for regulatory improvements – always with the goal of

ensuring harmonisation for athletes and Anti-Doping Organisations, which is at the core of WADA’s global collaborative movement for doping-free sport.”

In this regard, Bańka shifted gears to the antithesis of doping-free sport, the so-called Enhanced Games – a concept that promotes the abuse of prohibited substances and methods.

Bańka said: “To be clear, WADA condemns the Enhanced Games as a dangerous and irresponsible project. The health and well-being of athletes is WADA’s number one priority, and this event jeopardises that. I call on all Anti-Doping Organisations, all governments and all our clean sport partners, including athletes, to join us in condemning the Enhanced Games that organisers have suggested will be held in the United States.”

This year’s Annual Symposium was structured around WADA’s 2025-2029 Strategic Plan. The programme featured 15 informative and interactive sessions which

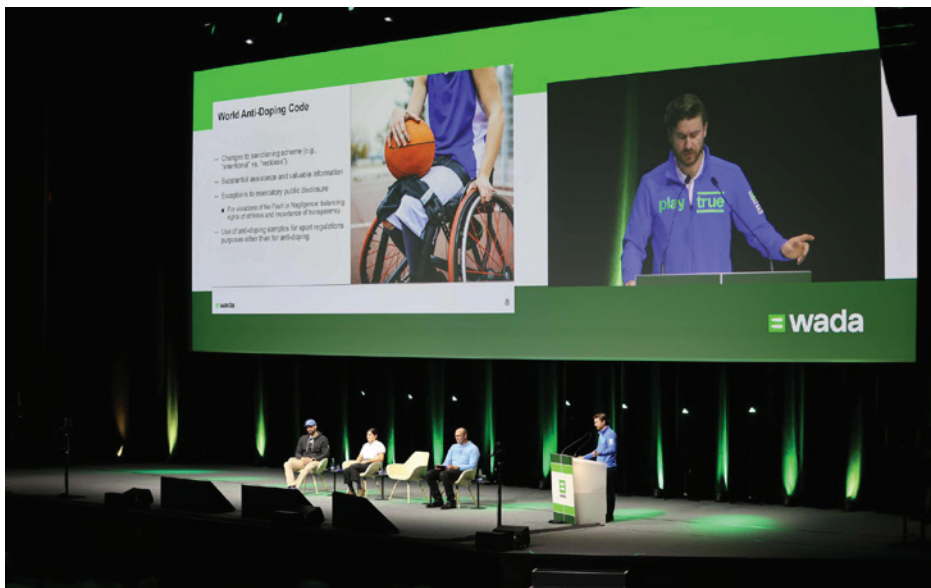


covered a wide range of anti-doping topics, including:

- How partnerships can take us further
- Key achievements and innovations in anti-doping research, and how anti-doping organisations can contribute to research endeavours
- Managing whistleblowers in anti-doping
- How knowledge sharing and ethical data governance can drive innovation, streamline processes, and foster fairness
- Preparing together for the 2027 Code and International Standards, and the protection of athlete rights in the 2027 Code framework.

Delegates were encouraged to actively participate during a number of sessions, focussing on amplifying the athlete voice; the issue of contamination; engaging with younger athlete audiences through strategic awareness campaigns, and generating new ideas together to respond to key challenges of the global anti-doping system.

The Annual Symposium brought together anti-doping practitioners from International Federations, National and Regional Anti-Doping Organisations and Major Event Organisations, as well as athletes, governments, WADA-accredited laboratories, Athlete Passport Management Units, service providers, researchers, and international media.



# 2025 JADCO SCHOOL TOUR



Student athletes from Morant Bay High engaged in an anti-doping session on Wednesday, February 19, 2025.

**T**he tour began on Wednesday, February 12, 2025, and engaged student-athletes, teachers, coaches, and other athlete support personnel in important discussions about clean sport, anti-doping education, and healthy, drug-free lifestyles.

JADCO's School Tour is part of the Commission's ongoing efforts to raise awareness about the dangers of doping in sport and to educate young athletes about the importance of integrity and fairness in competition. The tour featured presentations designed to inform students about the significance of adhering to anti-doping rules and the consequences of anti-doping rule violations (ADRVs).

"We were thrilled to bring this important initiative to the schools in St. Thomas and Portland," said June Spence Jarrett, JADCO's Executive Director.

She added, "By reaching students at a young age, we are able to help shape a future generation of athletes who understand the value of clean sport and make positive choices, both on and off the field. It's crucial that we educate and empower youth to make informed decisions about their health and athletic careers."

During the tour JADCO representatives engaged directly with students and staff to ensure a thorough understanding of anti-doping principles. Participants

received educational materials and resources to further their knowledge and help spread the message of clean sportsmanship throughout their communities.

The JADCO team visited Robert Lightbourne, Seaforth High, Paul Bogle High, Morant Bay High, and Yallahs High Schools in St. Thomas. Institutions visited in Portland were Port Antonio High, and Titchfield High.

# Highlights



# PLAY TRUE *Day*



## APRIL 11 MARKS PLAY TRUE DAY,

**a worldwide initiative led by the World Anti-Doping Agency (WADA) to champion clean sport.**

Since its inception in 2014, Play True Day has grown from a small regional effort into a global movement, uniting athletes, organisations, and support personnel in promoting the values of fair play and integrity in sports.

This year's theme, "Play True: It Starts with You," emphasises the individual responsibility each person holds in safeguarding the spirit of clean competition.

WADA encourages athletes, coaches, and all support personnel to reflect on their role in upholding these values and to actively participate in the digital campaign. Your voice and actions matter in strengthening the foundation of clean sport.

Play True Day serves as a powerful reminder that true victory is achieved through dedication, hard work, and fair play.

It's a day to celebrate the athletes who compete clean and to reinforce the importance of protecting the integrity of sport for generations to come.

*It  
starts with  
you*

# PLAY TRUE Tip



In its mission to stand with athletes to champion their right to clean sport, inspire true and healthy sport, and promote the integrity of sport, JADCO is unwavering in its belief that every athlete has the right to compete on a clean and level playing field, free from the pressures and influences of performance-enhancing drugs.

For this reason, JADCO makes available several ways to report the abuse of performance-enhancement drugs in sport in an effort to protect clean athletes and promote clean competition.

If you are willing to communicate directly with JADCO's Investigation Team regarding your tip, you may contact JADCO at 876-929-3500 or 876-929-6006.

All Play Clean Tips are considered confidential information and speaking to or otherwise communicating with JADCO does not change the confidential status of the information provided or waive your right to remain anonymous throughout JADCO's investigation of another person and any resulting disciplinary proceedings.

Thank you for your willingness to protect the rights of clean athletes and clean competition.



# DOPING CONTROL FORMS:

## WHY DO ATHLETES NEED TO DECLARE ALL MEDICATIONS AND SUPPLEMENTS?

Whether it's an in-competition or out-of-competition test, athletes are required to complete a doping control form during every sample collection session. On this form, athletes are required to declare any and all medications or supplements that they've ingested or used in the past seven days, and to certify that their declaration is accurate.

Some athletes, however, may not understand just how important the completeness and accuracy of this declaration is. The reality is that it can possibly mean the difference between a rule violation and a lengthy period of ineligibility, or even no period of ineligibility.

As we will see, there are some very good reasons to take the extra minute or two to make sure you have made a complete and accurate declaration of substances you have recently used. It is important to note that under the World Anti-Doping Code, athletes are held to a standard of strict liability, so they are ultimately responsible for what is in their systems.

### Establishing Intent

Inadvertent rule violations are relatively rare, but they are possible, and when they do occur they are typically the result of medications or supplements that have been insufficiently researched before using them and which contain a prohibited substance. Significant flexibility has been built into the system to try to ensure that inadvertent rule violations are addressed with less severe sanctions. An athlete can usually qualify for a reduced sanction if he/she is able to determine the source of his or her positive test and establish a lack

of intent to cheat. This is where a properly completed disclosure of medications and supplements used by the athlete can become so important.

The starting point for obtaining that flexibility in the event of a positive drug test is often whether the athlete has made a full and complete declaration of substances used on their doping control form. Frequently, where the athlete has declared a supplement or medication which later turns out to be the source of the positive test, the athlete's declaration is considered powerful evidence of the athlete's intent to comply with the rules and leads to a finding that the athlete had not intended to cheat.

On the other hand, when an athlete fails to disclose a substance on their doping control form and tests positive, the failure to disclose can cast doubt on the athlete's efforts to demonstrate that they were seeking to comply with the rules and this may result in a longer period of ineligibility.

Therefore, it is always in an athletes' best interest to declare all of his or her supplements and medications – both prescription and non-prescription – during every sample collection process.

Here are just a few more of the reasons why athletes should declare every product, every time:

### 1. Health and Safety

As an elite athlete, you need to know what's going into your body. By declaring the use of every medication and supplement during the sample collection process, you're

also performing an audit of your own consumption and the source of those substances. As such, it can be helpful to consult with a qualified physician prior to consumption to determine if a product is safe, medically necessary, and not on the prohibited list.

If you're finding it difficult to remember all of the products you've used, it might be helpful to start a list, on your phone or on paper, that you update at the time of use and keep on hand at all times. This process will save you from having to remember every product when a Doping Control Officer shows up at your door or an event.

## 2. Transparency and Trust

For athletes and their sport governing bodies, transparency and trust have always been vital in the fight for the integrity of sport. One of the best ways for athletes to uphold these principles is that every time they participate in the sample collection process they should declare on doping control forms, all the medications and supplements they ingest. It doesn't matter if you've used the product every day, or just once in the last seven days, it will only help you in the long run to declare every medication and supplement.

## 3. Clear Communication

As discussed above, an athlete's transparency and communication are treated favourably under the World Anti-Doping Code. More specifically, the inclusion of a prohibited substance or a product containing a prohibited substance on a doping control form, prior to a positive test, can lead to a more advantageous adjudication outcome for the athlete, as opposed to a situation in which the athlete neglected to properly complete their declaration.

If you need additional motivation to take the few extra minutes to make a full disclosure, keep in mind that in the event of a positive test, it will be weeks (and in some cases more than a month) before the laboratory results are received. If you have not properly and accurately completed the declaration portion of your doping control form, you may have trouble recalling what

the substances you were using and attempting to identify the cause of a positive drug test. It's crucial not to worsen the mistake of failing to properly research medications and supplements with the additional unforced error of failing to adequately disclose those products on your doping control form.

While the declaration process may seem repetitive and frustrating, remember these anti-doping protocols are designed to protect you and your sport so all athletes can compete clean. Embrace the process – take it upon yourself to fully research and disclose every product you use because this is the best way to ensure that you are competing clean.

**DOPING CONTROL OFFICER REPORT FORM**  
**FORMULAIRE DE L'AGENT DE CONTRÔLE DU DOPAGE**

STATION AUTHORITY / AUTORITÉ DE CONTRÔLE  
POSTAL COLLECTION AUTHORITY / AUTORITÉ DE PRÉLEVEMENT DES ÉCHANTILLONS

WEBSITE MANAGEMENT AUTHORITY / AUTORITÉ DE GESTION DES ÉCHÉANCES  
SPRINT CONTROL COORDINATOR / COORDONNATEUR DU CONTRÔLE DE DOPAGE

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**1. DESCRIPTION OF MISSION • DESCRIPTION DE LA MISSION**

TESTING ORDER CODE <small>CODE DE CONTRÔLE DE DOPAGE</small>	DATE OF SESSION <small>DATE DE LA SÉANCE</small>	NO. OF SAMPLES COLLECTED <small>NUMÉRO D'ÉCHANTILLONS PRÉLEVÉS</small>
NO. OF COMPETITION <small>NUMÉRO DE COMPÉTITION</small>	DATE: <input type="text" value="DD"/> <input type="text" value="MM"/> <input type="text" value="YYYYAAA"/>	NO. OF SAMPLE COLLECTION PERSONNEL <small>PERSONNEL DE PRÉLEVEMENT DES ÉCHANTILLONS-AGENTS DE CONTRÔLE</small>

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**2. ATHLETE SELECTION • SÉLECTION DU SPORTIF**

WERE ALL TESTS ON THE TESTING ORDER COMPLETED?  
LES CONTRÔLES DÉCRIS SUR LES ORDRES DE MESSAGING-AS-TOUTS-ÉFFECTUÉS?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

WERE ALL TESTS SELECTED ACCORDING TO THE TESTING ORDER?  
LES SPORTIFS ONT-ILS ÉTÉ SÉLECTIONNÉS CONFORMÉMENT À L'ORDRE DE MESSAGING?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

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**3. SAMPLE COLLECTION • PRÉLEVEMENT DE L'ÉCHANTILLON**

DID YOU RECEIVE INFORMATION ON ATHLETES OR ATHLETE SUPPORT PERSONNEL THAT YOU WOULD LIKE TO REPORT?  
AVEZ-VOUS REÇU DES RENSEIGNEMENTS SUR DES SPORTIFS OU DU PERSONNEL D'ENCADREMENT DU SPORTIF QUE VOUS VOUS RENDRIEZ COMPTER?  YES / OUI (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)  NO / NON

WERE THE FACILITIES ADEQUATE?  
LES PRÉFÉRENCES ÉQUIPEMENT-ELLES ADOQUATES?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

WERE ALL TESTS CONDUCTED AT A NO ADVANCE NOTICE?  
LES CONTRÔLES ONT-ILS ÉTÉ EFFECTUÉS SANS PRÉAVIS?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

WERE THE IDENTITIES OF THE ANALYTES COMPARED TO THE CONTROL SET BY THE TESTING AUTHORITY SAMPLE COLLECTION AUTHORITY?  
L'IDENTITÉ DE PRÉLEVEMENT DES ÉCHANTILLONS?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

WERE THE ATHLETES SHOWN THE LETTERS OF AUTHORITY?  
LES LETTRES D'AUTORISATION ONT-ILLES ÉTÉ PRÉSENTÉES AUX SPORTIFS?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

DID ANY ATHLETE REQUEST A DELAY IN REPORTING TO THE DOPING CONTROL STATION?  
UN SPORTIF A-T-IL DEMANDÉ UN DÉLAI POUR SE PRÉSENTER À L'AGENCE DE CONTRÔLE DU DOPAGE?  YES / OUI (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)  NO / NON

WERE THE APPLICABLE SAFETY PROCEDURES AT ALL TIMES FROM THE POINT INITIAL CONTACT THROUGH UNTIL THE END OF THE SAMPLE COLLECTION PROCESS?  
LES SPORTIFS ONT-ILS ÉTÉ EN SÉCURITÉ D'UN OBSERVATION CONSTANTE, APRÈS LA PRISE DE CONTACT, JUSQU'À LA FIN DE LA PRISE DE PRÉLEVEMENT DES ÉCHANTILLONS?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

WERE ANY ISSUES ENCOUNTERED WITH THE SAMPLE COLLECTION EQUIPMENT?  
AVEZ-VOUS RENCONTRÉ DES PROBLÈMES AVEC L'ÉQUIPEMENT DE PRÉLEVEMENT DES ÉCHANTILLONS?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

WERE ANY MODIFICATIONS TO PROCEDURES PUT IN PLACE TO ACCOMMODATE FOR ATHLETES WITH AN IMPAIRMENT AND/OR MINOR?  
LA PROCÉDURE A-T-ELLE ÉTÉ MODIFIÉE POUR TENIR COMPTE DES BESOINS DES SPORTIFS HANDICAPÉS OU DES MINORS?  YES / OUI (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)  NO / NON

WERE ALL SAMPLES STORED IN ACCORDANCE WITH THE INTERNATIONAL STANDARD FOR TESTING AND INVESTIGATION (ISTI) AND ANY RELEVANT TECHNICAL DOCUMENTS?  
LES ÉCHANTILLONS ONT-ILS ÉTÉ STOCKÉS EN CONFORMITÉ AVEC LE STANDARD INTERNATIONAL POUR LES CONTRÔLES ET LES DOCUMENTS TECHNIQUES APPLICABLES?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

WERE ALL SAMPLES (WET, PORTAL, SAMPLES) STORED IN ACCORDANCE WITH THE INTERNATIONAL STANDARD FOR TESTING AND INVESTIGATION (ISTI) AND ANY RELEVANT TECHNICAL DOCUMENTS?  
LES ÉCHANTILLONS POUR LES CONTRÔLES ET LES ÉCHANTILLONS PORTAL-LES ÉCHÉANCES ONT-ILLES ÉTÉ STOCKÉS EN CONFORMITÉ AVEC LE STANDARD INTERNATIONAL POUR LES CONTRÔLES ET LES DOCUMENTS TECHNIQUES APPLICABLES?  YES / OUI  NO / NON (PROVIDE FURTHER DETAILS IN SECTION 4 / FOURNISSEZ PLUS DE DÉTAILS DANS LA SECTION 4)

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**4. GENERAL COMMENTS AND SUGGESTIONS • COMMENTAIRES GÉNÉRAUX ET SUGGESTIONS**  
COMPLETE SEPARATE SUPPLEMENTARY REPORT FORM IF SPACE IS INSUFFICIENT • SI L'ESPACE EST INSUFFISANT, VOULEZ RÉDIGER UN FORMULAIRE DE RAPPORT SUPPLÉMENTAIRE

SUPPLEMENTARY REPORT FORM / FORMULAIRE DE RAPPORT SUPPLÉMENTAIRE: YES / OUI  NO / NON  NUMBER / NUMÉRO:

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**5. CONFIRMATION**

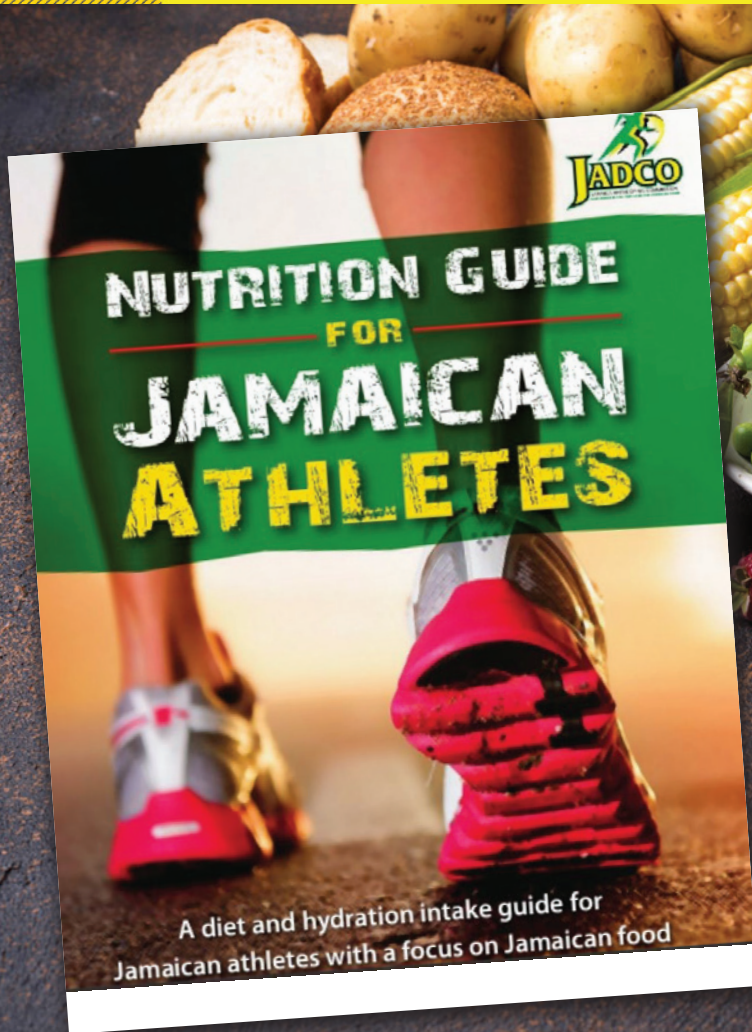
DOD NAME <small>NOM DE L'AG</small>	DOD SIGNATURE <small>SIGNATURE DE L'AG</small>	DATE: <input type="text" value="DD"/> <input type="text" value="MM"/> <input type="text" value="YYYYAAA"/>
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VERSION 7.00-2021 WADA-AMA



# JADCO's *Nutrition Corner*



**“How should I eat during a workout?”**

**“How does this change during competition?”**

These are some of the most common questions athletes have when it comes to fuelling their bodies for peak performance. While many athletes have dialled in their pre- and post-training nutrition, it can feel more complicated to create a nutrition strategy that provides the optimal fuel during training and competition.

## **What food should I eat during exercise?**

Athletes should focus on the larger picture before anything else: carbohydrate intake. Carbohydrates are any foods that contain sugar or starch. Common sources include sports drinks, fruit, bread, grain-based foods such as cereal and oatmeal, rice, pasta, and most sport-specific nutrition products. Eating carbohydrates during exercise will increase endurance capacity, increase the time it takes for muscles to become fatigued, and decrease the rate of perceived exertion.



While it's easy to identify what type of fuel is best during training and competition, keep reading to learn how to optimise that intake based on the type of exercise.

## Low to Moderate-Intensity Exercise

During low to moderate-intensity exercise, it was previously believed that people could only absorb 60 grams of carbohydrate per hour, so athletes were cautioned against going above this amount as this would increase the risk of gastrointestinal distress due to poor absorption. However, more recently, researchers are beginning to understand that when athletes undergo a period of "nutritional training," practicing their fuelling strategy in a graduated way to slowly build up their ability to digest higher amounts of carbohydrates, they can maintain higher effort for longer periods.

Over time, studies have shown that athletes have been able to tolerate up to 90 grams per hour of carbohydrates when exercising at an intensity that can be sustained for greater than two and a half to three hours when these athletes varied the types of carbohydrates they consumed. Ingesting a combination of glucose and fructose, two types of sugar molecules, allows people to increase the total amount of carbohydrates they can absorb.

In practice, this would look like combining starchy foods such as rice cakes, bars, and bananas with sweet foods such as gels, gummies, and sports drinks. Put simply, if you practice slowly increasing your carbohydrate intake and vary the sources of carbohydrates you eat, you can increase your capacity to use carbohydrates, up to 90 grams per hour, as you exercise to delay fatigue and decline in performance.

Typically, during longer, low-intensity bouts of exercise, the stomach is not as sensitive and athletes are able to eat a wider variety of foods with less risk of bloating, gas, and discomfort. Furthermore, the higher an athlete's daily carbohydrate intake, the more they can absorb during exercise, which is why

it is important that athletes maintain a diet high in carbohydrates even while not actively engaged in exercise.

## High-Intensity Exercise

The burden of carbohydrate intake is much lower at shorter, higher exercise intensities. At one hour and 75-80% intensity, it has been found that consuming carbohydrates during exercise will stimulate electrical conduction in the brain that results in performance improvements.

With this in mind, researchers believe that during shorter, higher intensity bouts of exercise, the benefit of ingesting carbohydrate is not related to the metabolic process of converting sugar to energy, rather, it's related to the brain signalling that follows carbohydrate ingestion. Small amounts of carbohydrate, about 20-30 grams total, may be enough to stimulate performance improvements. This is good news for athletes who struggle with nutrient intake during activity because you can get the optimal amount of carbohydrate with just one gel, a couple of energy chews, or a small bottle of sport-specific drink mix.

## *The Bottom Line*

This guidance can be daunting if you don't like eating during exercise 60-90 grams is a big number to reach, so it can be helpful to keep in mind that consuming some carbohydrates is better than none, even if you are not able to hit your fuelling targets entirely. Research has found that amounts as small as 22 grams per hour have performance benefits, which is roughly the amount found in three Oreos, 12 oz of Gatorade, or a small banana. So even if you just eat a small amount once per hour, you'll be better off than skipping the fuelling altogether.



# HEALTH & WELLNESS FAIR

THEME:

“HEALTHY CHOICES:  
WELLNESS BEYOND SPORT –  
YOUR RESPONSIBILITY”



Friday, May 30, 2025  
10:00 A.M – 4:00 P.M.



1 BALLATER AVENUE  
KINGSTON 10

## **SERVICES OFFERED**

- NUTRITION CONSULTATION
- DOCTOR CONSULTATION
- DENTAL SCREENING
- EYE SCREENING
- HEALTH CHECKS: HEART, BLOOD PRESSURE, BLOOD SUGAR, BMI
- HIV TEST
- JAMAICA ATHLETES' INSURANCE PLAN



PRIZES AND SURPRISES!

# 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 20 radio stations.

The JADCO and You television programme will be aired on TVJ on Wednesday, April 30, 2025 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on April 24, 2025:

STATION	TIME	STATION	TIME
Mello FM	4:40 a.m.	Power 106 FM	7:05 p.m.
Roots FM	7:00 a.m.	TBC Radio	7:30 p.m.
Nationwide 90 FM	8:25 a.m.	Radio Jamaica 94 FM	7:35 p.m.
Bridge FM	8:50 a.m.	Kool 97 FM	8:30 p.m.
Linkz FM	10:00 a.m.	Music 99 FM	8:30 p.m.
Bess 100 FM	11:00 a.m.	KLAS FM	8:30 p.m.
Gospel JA FM	11:55 a.m.	Love 101 FM	9:35 p.m.
Irie FM	1:40 p.m.	Hitz 92 FM	9:35 p.m.
NCU FM	1:55 p.m.	Suncity 104 FM	10:00 p.m.
Newstalk 93 FM	2:55 p.m.	Fame FM	10:35 p.m.

ADEL is a global platform created by the World Anti-Doping Agency (WADA) that provides 24 hour access to education and learning opportunities for those who wish to learn about anti-doping.

If you are an athlete or support personnel with the desire to learn about anti-doping, ADEL is the ideal platform for you.

ADEL offers a range of educational courses and resources that can be used to support the delivery of an education programme.

### On ADEL you can find:

- eLearning
- Resources for athletes
- Quizzes
- Videos
- Webinars



### Athletes who complete the courses will receive a certificate from WADA

#### FOR ATHLETES:

ADEL has education programmes for international and national athletes of all levels to help them play their part in keeping sport clean.



To complete the courses offered online, simply register on ADEL or log in to your existing account and scroll to the library section.

The courses are mobile-friendly and can be easily accessed through smart phones or tablets.

Register at [adel.wada-ama.org/learn](https://adel.wada-ama.org/learn)

#### COURSES MAY BE COMPLETED WHEN YOUR SCHEDULE ALLOWS AND INCLUDE:

- Education Programmes for International Level Athletes
- Education Programmes for National Level Athletes
- Education Programmes for Talented Athletes



**IF YOU PREFER TO LEARN ON THE GO, YOU MAY DOWNLOAD THE MOBILE APP 'ADEL BY WADA' WHICH IS AVAILABLE ON THE APPLE OR GOOGLE PLAY STORES.**



# 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.



## 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:

### CARIFTA TRIALS



Vere Technical High School students proudly 'Say No to Doping' at the 2025 CARIFTA Games at G.C. Foster College on Saturday, March 1, promoting clean sport and fair competition.

# ST CATHERINE HIGH SCHOOL HEALTH AND WELLNESS FAIR



Promoting integrity, wellness and fair play, St. Catherine High School students stand united against doping at their 2025 health and wellness fair on Friday, March 21.

## WYCLIFFE MARTIN HIGH SCHOOL HEALTH FAIR

JADCO was pleased to participate in the 2025 Wycliffe Martin High School Health Fair on Friday, March 28, promoting awareness about clean sport and healthy lifestyle choices.



# ISSA/GRACE KENNEDY BOYS AND GIRLS CHAMPIONSHIPS

JADCO participated in the 2025 ISSA/Grace Kennedy Boys and Girls Championships, held March 25-29 at the National Stadium. We engaged with student-athletes and coaches, encouraging them to compete fairly and honourably. We also educated them about the dangers of doping and the importance of proper nutrition for performance.








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

**Prepared by the Communication and Education Department of JADCO.  
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 [Ja\\_antidoping](https://twitter.com/Ja_antidoping)  
 [Ja\\_antidoping](https://www.instagram.com/Ja_antidoping)