

## JADCO BRINGS RELIEF AND CHRISTMAS CHEER to Hurricane-Hit Siloah



**2026** UPCOMING  
EVENT

JADCO ANNUAL SYMPOSIUM

THURSDAY, JANUARY 22  
TERRA NOVA ALL-SUITE HOTEL  
8:30 A.M.

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

CLICK HERE!

Executive Director of JADCO June Spence Jarrett, shares a joyful moment during the Commission's visit to Siloah New Testament Church of God in St. Elizabeth on December 16, 2025.



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## Recovering From Melissa

As Jamaica turns the page on a challenging yet meaningful year, the work of the Jamaica Anti-Doping Commission offers a powerful reminder that sport integrity is about more than rules and regulations. It is about people, trust, resilience, and national responsibility. The New Year messages from Chairperson Debby-Ann Brown Salmon and Executive Director June Spence Jarrett set a clear tone for 2026. Both emphasise unity, vigilance, education, and accountability as cornerstones of Jamaica's anti-doping framework. Their words reflect an organisation that understands its mandate not only as a regulator of sport, but as a guardian of fairness, athlete welfare, and public confidence in "Brand Jamaica."

That philosophy was most visible beyond the track and field, courts, and testing rooms. In December, JADCO's humanitarian outreach in Siloah, St Elizabeth, following the devastation caused by Hurricane Melissa, demonstrated the Commission's human-centred approach. Hundreds of residents gathered at the Siloah New Testament Church of God for a day of food, gifts, counselling, fellowship, and renewed hope. In a parish left grappling with destroyed infrastructure, disrupted livelihoods, and emotional strain, the initiative provided more than temporary relief. It offered reassurance that national institutions could still show up with compassion. By supporting families, children, and student-athletes affected by the hurricane, JADCO reinforced the idea that protecting sport integrity also means protecting the people who sustain it.

## A Year of Growth

At the institutional level, 2025 was equally significant. JADCO deepened its international footprint through participation in the sixth World Conference on Doping in Sport, hosted by the World Anti-Doping Agency in Busan, Republic of Korea. Jamaica's presence at that table signalled that small states have an important voice in shaping global sport governance.

Closer to home, education remained central to JADCO's strategy. From junior athletes workshops and the launch of a national anti-doping quiz competition, to senior athletes sessions focused on nutrition and hydration, the Commission continued to invest in knowledge as the strongest line of defence against unintentional violations.

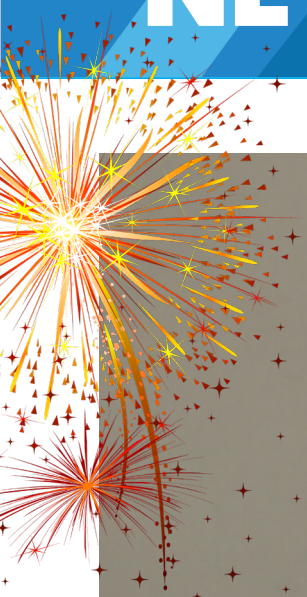
Leadership also came into focus with the national honour bestowed on June Spence Jarrett, who was conferred with the Order of Distinction for her contribution to the Jamaica Anti-Doping Commission and sport in Jamaica.

As 2026 begins, new challenges will inevitably emerge. Advances in science, evolving performance methods, and increasing commercial pressures will continue to test the global anti-doping system.

The past year showed that JADCO's role extends beyond compliance. It sits at the intersection of sport, community, ethics, and national development. If 2026 is guided by the same purpose, compassion, and resolve, Jamaica's pursuit of clean sport will remain credible, resilient, and worthy of trust.



# NEW YEAR'S MESSAGES



**Debby-Ann Brown Salmon**  
**Chairperson, JADCO**

## Happy New Year

As we welcome the dawn of a new year, I extend warm greetings and best wishes for a healthy, purposeful, and prosperous 2026 to our athletes, stakeholders, partners, and the wider sporting community. On behalf of the Board of Directors and the members of staff at the Jamaica Anti-Doping Commission, I thank you for your steadfast support throughout the past year as we continue to safeguard the values that define fair and ethical sport.

The year behind us reaffirmed the importance of vigilance, education, and partnership in the fight against doping. Through collective effort, we strengthened systems, expanded outreach, and reinforced our commitment to accountability and transparency. Each milestone achieved stands as a testament to your trust and to the unwavering dedication of our staff, partners, and volunteers.

As we move forward into 2026, JADCO remains resolute in advancing clean sport through robust education, effective testing, and international collaboration. While new challenges will undoubtedly emerge, we are confident that unity, innovation, and shared responsibility will continue to guide our path. Our commitment to protecting the integrity of Jamaican sport and upholding the global standards of anti-doping remains unwavering.

To our athletes, whose discipline and perseverance inspire the nation, to the coaches and support personnel who shape excellence, and to every partner who champions fairness and integrity, we express our sincere gratitude. May this year bring renewed determination, stronger partnerships, and continued progress in our collective pursuit of a sporting environment rooted in credibility and trust.

I wish you a New Year filled with purpose, progress, and success as together we continue building a future where clean sport flourishes in Jamaica and beyond.

*Happy*  
**2026**  
*New Year*





**June Spence Jarrett, OD, BH(L), JP**  
**Executive Director, JADCO**

In the words of Michael Josephson, "Approach the new year with resolve, to find the opportunities hidden in each new day."

## Holding Strong

For many of us and our families, the past couple of months have taken a toll on our well-being, having witnessed the catastrophic Hurricane Melissa, still, God has been merciful and has enabled us to lend support to others. Although the road to recovery is long and challenging, we are all on this journey together and must continue to appreciate life. We are resilient and we will rebuild and recover.

I must say that despite the recent devastation, we at the Jamaica Anti-Doping Commission have experienced great joy in bringing Christmas cheer to the people of Siloah, St. Elizabeth. They were bracing themselves for a gloomy Christmas after Hurricane Melissa left

a trail of destruction but not only did JADCO spread Christmas cheer, we rang in the festivities a week early. On December 16, 2025, we dedicated a day to entertainment, cooking, distributing gifts, care packages, back-to-school items and providing professional counselling to families in the community; the outreach spot, the Siloah New Testament Church of God.

Seeing the smiles on the children's faces and the relief among parents reminded us why community support is crucial and this warmed my heart. JADCO brought hope and joy to the people of Siloah, St. Elizabeth. This was a gargantuan moment for both the community and the commission as the initiative forms part of our commitment to national well-being, particularly in times of hardship. As Helen Keller posited, "Alone we can do so little; together we can do so much." we cannot only think of the outer man, we also have to consider the inner man. Certainly, athletes were among those severely impacted by hurricane melissa and the outreach initiative would not have been complete without extending support to those at the Sydney Pagon STEM Academy in the parish.

Last year we also had another successful staging of our annual road show and health fair, bringing more awareness to the commission. Certainly, we accomplished great things in 2025. I appreciate each member of staff and your unwavering dedication to carrying out JADCO's mandate. Similarly, I am grateful for our Minister, the Honourable Olivia Grange and her team, our chairperson, Mrs. Debby-Ann Brown Salmon and the board of directors for their continued support in all we do.

As we navigate 2026, let us remain steadfast in all our endeavours with God always at the centre. Protecting Jamaica's sporting legacy remains top priority.



# JADCO VISITS SILOAH



*Team members from the Jamaica Anti-Doping Commission paused after a fun-filled day at the Siloah New Testament Church of God in St. Elizabeth on December 16 for the Commission's outreach effort to those affected by Hurricane Melissa.*

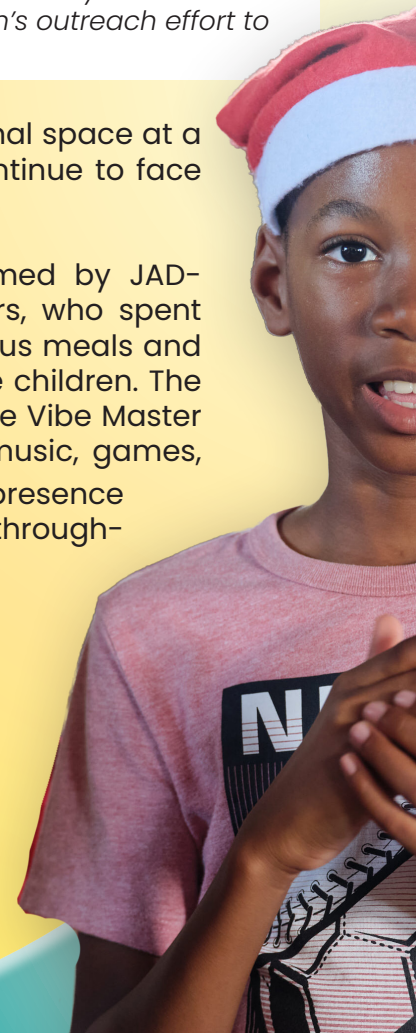
The Jamaica Anti-Doping Commission (JADCO) delivered a major humanitarian outreach effort in Siloah, St. Elizabeth on Tuesday, December 16, 2025, bringing relief, entertainment, counselling and Christmas cheer to residents who were severely affected by Hurricane Melissa on October 28.

The initiative took place at the Siloah New Testament Church of God, where hundreds of residents from the community and surrounding areas gathered from early morning, many dressed in Christmas colours, eager for a day of fellowship and support following weeks of hardship caused by the hurricane.

Hurricane Melissa left large sections of St. Elizabeth without electricity, water and reliable communication services. Houses, roads and bridges were destroyed, and many families have struggled to return to normal routines. The outreach event was designed to provide emotional uplift, practical assistance,

and a positive communal space at a time when many continue to face uncertainty.

Residents were welcomed by JADCO staff and volunteers, who spent the day cooking delicious meals and handing out gifts to the children. The event was hosted by the Vibe Master Jerry D and featured music, games, and giveaways. His presence generated excitement throughout the day, particularly among children, who sang along to music and participated in games. Adults also joined in, many using the opportunity to laugh and relax after a difficult couple of weeks.





A movie segment inside the church offered a quieter moment for families to sit together. The sound of laughter echoed through the room, with children reacting loudly to their favourite scenes. Residents said the movie break felt like an important mental release following weeks of stress.

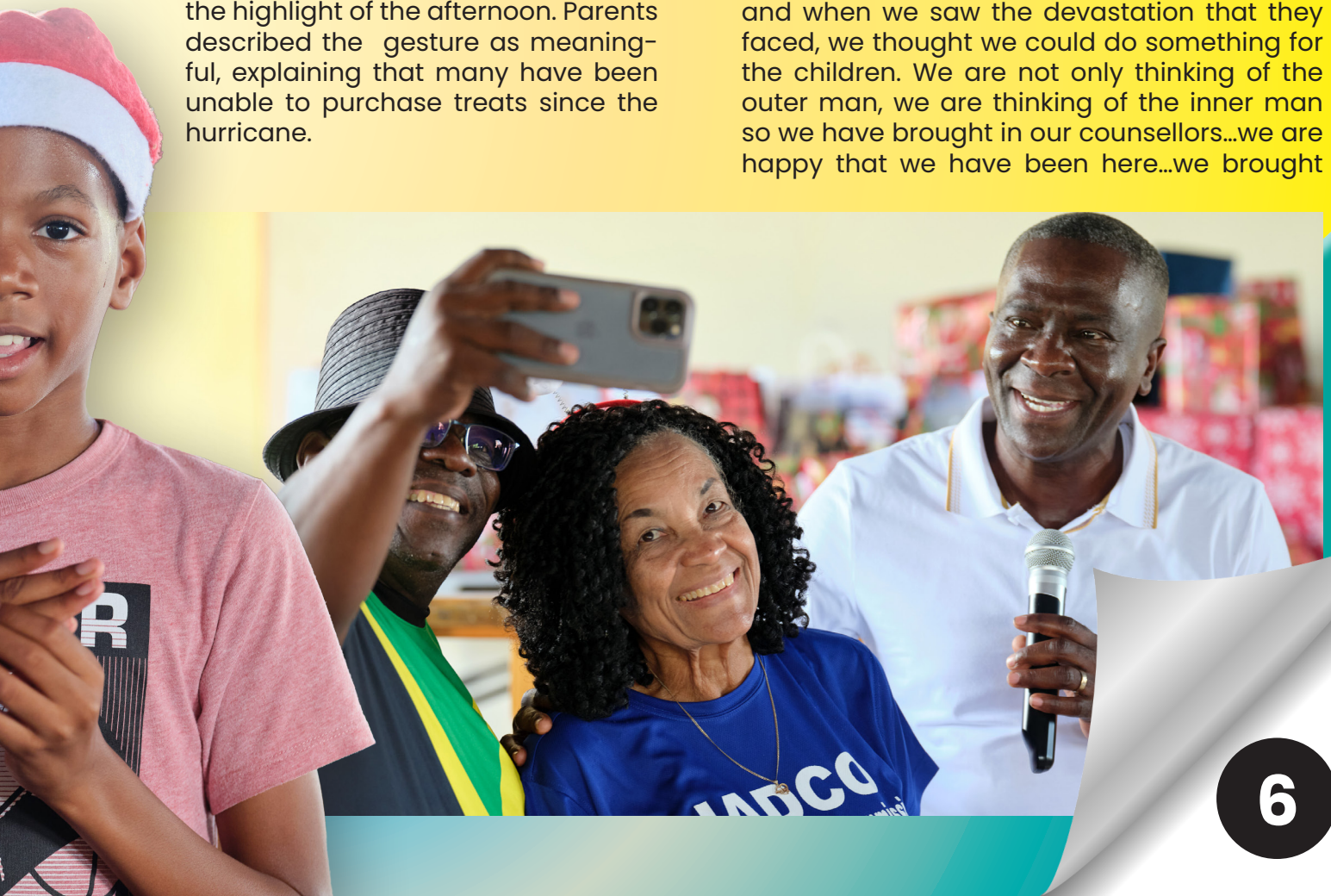
Residents expressed delight with the announcement that free internet access was available through Starlink. Although available just for the day, some residents said, the service would help children catch up on schoolwork and allow them reconnect with relatives abroad.

Amidst the excitement, the JADCO team and members of the church served full meals to everyone in attendance. On the menu was chicken foot soup, curried chicken, jerked chicken, ham, rice and peas, and vegetables. Then came cake, ice cream, and other sweet treats for the children, which quickly became the highlight of the afternoon. Parents described the gesture as meaningful, explaining that many have been unable to purchase treats since the hurricane.

Later, Christmas gifts were presented to the children; wrapped toys, books, and age-appropriate items, creating a festive scene inside the church. Children held the gifts close to their chests and posed for photographs, while several parents were seen getting emotional while giving thanks for the gift of life and hope.

JADCO also distributed care packages containing food supplies, toiletries, and essential household items. Bedding and back-to-school materials were also provided for families preparing for the new academic term in January. JADCO's Executive Director June Spence Jarrett said the scene in Siloah captured the human reason behind the organisation's decision to act. She said the outreach initiative forms part of JADCO's commitment to national well-being, particularly in times of hardship, emphasising the importance of community solidarity during this time.

"When Melissa passed, we came and visited and when we saw the devastation that they faced, we thought we could do something for the children. We are not only thinking of the outer man, we are thinking of the inner man so we have brought in our counsellors...we are happy that we have been here...we brought





# RECOVERING FROM MELISSA

Christmas early and we brought hope and joy to the children of Siloah New Testament Church of God.” she said

She also reflected on the atmosphere of the event and the strength of community spirit displayed throughout the day. “We have provided a healthy meal, and we have also provided gifts. Seeing the smiles on the children’s faces and the relief among parents reminded us why community support is so important.” Florette Blackwood, senior strategist for sport and gender affairs in the Ministry of Culture, Gender, Entertainment and Sport, and a member of JADCO’s board of directors, also lent her support. “Today has been great. Once I heard about the programme, I indicated that I’d love to be part of it. This initiative enforces the principles of protecting our athletes and respecting them as human beings and members of the community,” Blackwood said.

Community leaders said the support arrived at a crucial time. Pastor and District Overseer of the Siloah District of Churches, Reverend Dennis Banner, described the initiative as deeply impactful. He said many families had feared they would experience a bleak Christmas season because of the catastrophic hurricane.

“This Commission has gone a far way in helping us as community members, as church members. To be honest, we did not see this kind of initiative for Christmas. We thought we were going to have a dark Christmas. We really appreciate your support, and I just want to say continue to shine the light throughout the season,” Reverend Banner said.



*Pastor and District Overseer of the Siloah District of Churches, Reverend Dennis Banner shares lens with June Spence Jarrett, executive director.*

Certainly, athletes were among those severely impacted by Hurricane Melissa, and the outreach initiative would not have been complete without extending support to athletes at the Sydney Pagon STEM Academy. Coach at the institution, Kirk Beckford, thanked the JADCO team for their support. “We want to thank them for this joy in this community. We never see something like this before from JADCO. When you hear about JADCO, everybody is scared, but you are very nice people,” said Beckford. Meanwhile, residents also expressed heartfelt appreciation for JADCO’s presence and generosity, noting the positive emotional impact on their children.

Vachel Alcott said the outreach activity came at a time when morale in the community was extremely low. “I just want to say thanks to JADCO for coming out and bringing the Christmas cheer, because, you know, a lot of persons are saying, oh, we don’t have any Christmas because we don’t have any light, we don’t have any water.”



## CHRISTMAS CHEER







*June Spence Jarrett (left), Executive Director, JADCO, shares a moment with Florette Blackwood, senior strategist for sport and gender affairs at the Ministry of Culture, Gender, Entertainment and Sport and a member of JADCO's Board of Directors. Also pictured are Kirk Beckford (right), coach at Sydney Pagon STEM Academy, along with students from the institution.*

She expressed gratitude that the JADCO team travelled from Kingston to give the children a treat.

"They got some food to eat, and I'm sure they're looking forward to the goodies. We do appreciate it in this little community," Miss Alcott added.

Another resident, Debbie, said the children had been counting down to the event. "They were rejoicing when we told them JADCO was coming. They were excited, praying for the day to come. They are so happy about the food, about the games, the prizes, everything," she said.

The outreach programme also included on-site counselling. A trained counselling psychologist met privately with residents throughout the day, offering prayers, guidance, coping strategies, and an opportunity to speak openly about emotional strain following the hurricane.

Spence Jarrett highlighted the significance of this service, saying physical rebuilding alone will not restore communities. "Healing goes beyond repairing structures. Emotional and psychological support are just as critical. We wanted families to know that help is available as they work through the recovery process," she said.

JADCO staff involved in the event said they were moved by the resilience of the community. Several described the experience as humbling and said they hoped to return to Siloah in the future.

The Commission intends to continue supporting national well-being and community engagement, especially during periods of hardship. It is encouraging other agencies, corporate entities, and citizens to assist vulnerable communities affected by Hurricane Melissa. It is encouraging other agencies, corporate entities, and citizens to assist vulnerable communities affected by Hurricane Melissa.











# JUNE SPENCE JARRETT'S LEGACY



*June Spence Jarrett receives the insignia of the Order of Distinction (Officer Class) from Governor General Sir Patrick Allen at King's House on Monday, October 20, 2025, in recognition of her outstanding contribution to sport through the Jamaica Anti-Doping Commission.*

June Spence Jarrett has long been a respected figure in Jamaica's public service and sporting landscape, recognised for disciplined leadership and a steadfast commitment to integrity. Now, her work at the Jamaica Anti-Doping Commission (JADCO) has been formally acknowledged at the national level, following her investiture as a member of the Order of Distinction.

Spence Jarrett, a renowned civil servant whose contribution to Jamaica spans more than four decades, joined JADCO on March 5, 2018, as Executive Director. Since then, her tenure has been driven by a clear mission: to educate, protect, and strengthen athletes through clean sport, fair play, and informed decision making. Under her leadership, JADCO has expanded its outreach across educational institutions (primary, secondary, and tertiary) and communities, placing a strong focus on youth-centred engagement and practical education that athletes can use in real time.

That work was recognised on National Heroes' Day, Monday, October 20, 2025, when Spence Jarrett was conferred with the Order of Distinction (Officer Class) at King's House. The honour, conferred upon citizens who have rendered outstanding and important services to Jamaica, cited her contribution to sport through the Jamaica Anti-Doping Commission and underscored the wider importance of protecting athlete welfare and safeguarding Jamaica's sporting credibility.

At the ceremony, family members, colleagues, sporting officials, and government representatives gathered as Governor General Sir Patrick Allen presented her with the insignia of the Order. Representatives from the Ministry of Culture, Gender, Entertainment, and Sport joined members of the JADCO team, alongside sporting federations and athletes, to highlight her role in strengthening Jamaica's anti-doping framework and aligning the Commission's work with international standards.



Colleagues describe Spence Jarrett's leadership as structured, strategic, and steady. While she has never framed her work as a spectacle, her impact has been visible in the Commission's growing reach and clearer public voice. Through education projects and campaigns promoting clean sport, reporting doping, and protecting "Brand Jamaica" through integrity in sport, she has helped ensure that JADCO's message remains consistent and credible among athletes, schools, and stakeholders.

The national honour also provides a lens through which her leadership can be measured. It reinforces a principle JADCO teaches, that leadership in sport matters most when it serves beyond the scoreboard, protecting the values that make achievement meaningful in the first place.



## Career Rooted in Public Service

Spence Jarrett's record of national service extends well beyond sport. She began working with the Department of Correctional Services in 1977 and served in several roles over the years, including teacher with the Ministry of Education, Probation Aftercare Officer, Senior Probation Officer, Regional Director, Director of Juvenile Services, and Deputy Commissioner with responsibility for Human Resource Management and Community Service. She later made history as the first female Commissioner of Corrections, before officially retiring in 2011 after 33 years of service.

Even after retirement, she continued contributing to national development. She devoted time to Denham Town Primary School as a guidance counsellor and was instrumental in establishing a breakfast feeding programme and strengthening counselling support; efforts which helped improve school attendance. Her administrative experience was also solicited in the public media space when she served briefly as Chief Executive Officer of the Public Broadcasting Corporation (PBCJ), focusing on enhancing service quality and strengthening systems.









# J.S. JARRETT'S LEGACY

Her public service has included board appointments at the Firearm Licensing Authority (FLA) and the Spanish Town Hospital. Over the years, she has received several awards, including the Governor General's Award (2008), Medal of Honour for Meritorious Service, Jamaica Civil Service Long Service Award, and multiple leadership awards earned throughout her career.

## Impact at JADCO

At JADCO, those outcomes have translated into practical institutional gains. The Commission credits her leadership with strengthening communication and education programmes, increasing organisational visibility locally and internationally, developing administrative policies, establishing a rewards and recognition system, expanding testing capabilities, and deepening relationships with key stakeholders.

One significant accomplishment under Spence Jarrett's leadership is JADCO being recognised as a leader in the Caribbean region by the president of the World Anti-Doping Agency (WADA), Witold Bańka. In January 2023, Bańka announced that he was pleased with Jamaica's anti-doping system, describing it as a standard-bearer for the region.

After the investiture ceremony at King's House, celebrations continued that evening at the Terra Nova All-Suite Hotel in Kingston, where family, friends, colleagues, and well-wishers gathered for tributes and toasts. During her remarks, Spence Jarrett reflected on the journey of building anti-doping awareness at a time when the mission was less understood, and she credited persistence, dialogue, and teamwork for helping to shift perceptions. She also acknowledged her family's support, noting that their encouragement helped sustain her through demanding schedules and responsibilities.

For JADCO, the moment marks more than personal recognition. The Commission views it as an affirmation of a larger national stance: that Jamaica's sporting success must be protected through fairness, education, and strong policies. As the organisation looks ahead to further innovation in athlete education, public engagement, and policy advocacy, Spence Jarrett's tenure is widely seen as having laid a stable foundation, anchored in institutional confidence and public trust.

Today, JADCO celebrates June Spence Jarrett not only for receiving a national honour, but for a legacy built on service, integrity, and a clear insistence that clean sport is essential to Jamaica's future.













## **“LITTLE BUT SHE TALLAWAH”**

In the heart of Jamaica, lies a beautiful parish that groomed the  
woman we celebrate today.

Like the isle, little but she tallawah – she paved her way.

Not loud for noise, but bold in truth,  
A force of will, like a fig tree planted, she never forgot her roots.  
She climbed the ranks, not just to rise,  
But to lift the dreams, in others’ eyes.  
She mentors through her actions, from a space of fierce, firm love.  
Listening more than she commands.  
Correcting from a place of love.

Not seeking praise, nor chasing fame, she craved her way, break-  
ing the chains.

She leads not just with charts and plans, but through true wisdom...  
Echoing, wherever she lands.

For legacy isn’t the titles we claim, but lives we uplift, and hearts  
we inflame.

And hers is a fire that won’t cease to burn...  
A beacon for those with the willingness to learn.  
She knows that true strength is tender and vast, rooted in lessons  
the world tried to cast.  
Though many downs, she continues to fight...  
Looking to the Lord for His insight.

For legacy blooms, where courage is grown

For a leader, a mother, a sister: June Spence Jarrett – a force of her  
own.

By: Delgado Smith







# 2026 WADA PROHIBITED LIST EFFECTIVE – WHAT'S NEW?

Each year, the World Anti-Doping Agency (WADA) releases an updated Prohibited List to reflect the latest developments in sport and medicine. For 2026, there are no major status changes where substances have shifted from permitted to prohibited or vice versa. However, the 2026 Prohibited List features new examples of prohibited substances along with several important clarifications.

It is important to remember that the WADA Prohibited List is not exhaustive. Substances not specifically named may still fall under a prohibited category. Before using any medication or supplement, athletes are strongly advised to check [GlobalDRO.com](https://www.globaldro.com) by searching either the brand name or active ingredients to obtain the most current anti-doping status information.

Under the World Anti-Doping Code, athletes are subject to the principle of strict liability. This means they are solely responsible for any prohibited substance found in their systems, regardless of intent. Staying informed and vigilant is therefore essential to protecting both eligibility and integrity in sport.

## Key Changes for 2026

The new List includes several important modifications that athletes should be aware of:

Enhanced Clarifications: Additional examples have been added to help athletes better identify prohibited substances in four key categories: anabolic agents, peptide hormones and growth factors, hormone and metabolic modulators, and stimulants.

- **Carbon Monoxide Added:** The non-diagnostic use of carbon monoxide has been added as a new prohibited method. However, athletes can still use it for legitimate medical diagnostics such as haemoglobin mass measurements.
- **Salmeterol Dosing Changes:** While the maximum daily dose remains unchanged, the dosing intervals for salmeterol have been adjusted to prevent potential performance-enhancing effects.
- **Cell Components:** The prohibition now explicitly includes cell components such as mitochondria and ribosomes, in addition to the existing ban on modified cells.
- **Blood Withdrawal:** More detailed guidelines have been provided regarding the prohibition of withdrawing blood and blood components.





# What Jamaican Athletes Should Do?

Athletes are ultimately responsible for any prohibited substances found in their system or prohibited methods used. We strongly encourage all Jamaican athletes to:

1. Review the complete 2026 Prohibited List and Summary of Major Modifications
2. Consult with your medical team about any medications or supplements you're taking
3. Contact the Jamaica Anti-Doping Commission if you have questions about specific substances or methods
4. Apply for a Therapeutic Use Exemption (TUE) if you have a legitimate medical need for a prohibited substance or method



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.

#### 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.

### SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

## THE 2026 PROHIBITED LIST WORLD ANTI-DOPING CODE

VALID 1 JANUARY 2026

### 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 2026.

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, diamorphine (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 pharmacological 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) and Troponin Activators (e.g. Redesemty and Traseamty).

## S1 ANABOLIC AGENTS

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

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

Anabolic agents are prohibited.

### S1.1. ANABOLIC ANDROGENIC STEROIDS (AAS)

When administered exogenously, including but not limited to:

- 1-Androstenediol (5a-androst-1-ene-3B, 17B-diol)
- 1-Androstenedione (5a-androst-1-ene-3, 17-dione)
- 1-Androstene (3a-hydroxy-5a-androst-1-ene-17-one)
- 1-Epiandrosterone (3B-hydroxy-5a-androst-1-ene-17-one)
- 1-Testosterone (17B-hydroxy-5a-androst-1-ene-3-one)
- 4-Androstenediol (androst-4-ene-3B, 17B-diol)
- 4-Hydroxytestosterone (4,17B-dihydroxyandrost-4-en-3-one)
- 5-Androstenedione (androst-5-ene-3,17-dione)
- 7a-Hydroxy-DHEA
- 7-Keto-DHEA
- 11B-Methyl-19-nortestosterone
- 17a-Methylepithiostanol (epistane)
- 19-Norandrostenediol (estr-4-ene-3,17-diol)
- 19-Norandrostenedione (estr-4-ene-3,17-dione)
- Androst-4-ene-3,11,17- trione (11-ketoandrostenedione, adrenosterone)
- Androstanolone (5a-dihydrotestosterone, 17B-hydroxy-5a-androst-3-one)
- Androstenediol (androst-5-ene-3B, 17B-diol)
- Androstenedione (androst-4-ene-3,17-dione)
- Bolasterone
- Boldenone
- Boldione (androst-1,4-diene-3,17-dione)
- Calusterone
- Clostebol
- Danazol (1,1,2,2,4,4,5,5,6,6,10,10,11,12,13,14,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,55,56,57,58,59,60,61,62,63,64,65,66,67,68,69,70,71,72,73,74,75,76,77,78,79,80,81,82,83,84,85,86,87,88,89,90,91,92,93,94,95,96,97,98,99,100,101,102,103,104,105,106,107,108,109,110,111,112,113,114,115,116,117,118,119,120,121,122,123,124,125,126,127,128,129,130,131,132,133,134,135,136,137,138,139,140,141,142,143,144,145,146,147,148,149,150,151,152,153,154,155,156,157,158,159,160,161,162,163,164,165,166,167,168,169,170,171,172,173,174,175,176,177,178,179,180,181,182,183,184,185,186,187,188,189,190,191,192,193,194,195,196,197,198,199,200,201,202,203,204,205,206,207,208,209,210,211,212,213,214,215,216,217,218,219,220,221,222,223,224,225,226,227,228,229,230,231,232,233,234,235,236,237,238,239,240,241,242,243,244,245,246,247,248,249,250,251,252,253,254,255,256,257,258,259,260,261,262,263,264,265,266,267,268,269,270,271,272,273,274,275,276,277,278,279,280,281,282,283,284,285,286,287,288,289,290,291,292,293,294,295,296,297,298,299,300,301,302,303,304,305,306,307,308,309,310,311,312,313,314,315,316,317,318,319,320,321,322,323,324,325,326,327,328,329,330,331,332,333,334,335,336,337,338,339,340,341,342,343,344,345,346,347,348,349,350,351,352,353,354,355,356,357,358,359,360,361,362,363,364,365,366,367,368,369,370,371,372,373,374,375,376,377,378,379,380,381,382,383,384,385,386,387,388,389,390,391,392,393,394,395,396,397,398,399,400,401,402,403,404,405,406,407,408,409,410,411,412,413,414,415,416,417,418,419,420,421,422,423,424,425,426,427,428,429,430,431,432,433,434,435,436,437,438,439,440,441,442,443,444,445,446,447,448,449,450,451,452,453,454,455,456,457,458,459,460,461,462,463,464,465,466,467,468,469,470,471,472,473,474,475,476,477,478,479,480,481,482,483,484,485,486,487,488,489,490,491,492,493,494,495,496,497,498,499,500,501,502,503,504,505,506,507,508,509,510,511,512,513,514,515,516,517,518,519,520,521,522,523,524,525,526,527,528,529,530,531,532,533,534,535,536,537,538,539,540,541,542,543,544,545,546,547,548,549,550,551,552,553,554,555,556,557,558,559,560,561,562,563,564,565,566,567,568,569,570,571,572,573,574,575,576,577,578,579,580,581,582,583,584,585,586,587,588,589,590,591,592,593,594,595,596,597,598,599,600,601,602,603,604,605,606,607,608,609,610,611,612,613,614,615,616,617,618,619,620,621,622,623,624,625,626,627,628,629,630,631,632,633,634,635,636,637,638,639,640,641,642,643,644,645,646,647,648,649,650,651,652,653,654,655,656,657,658,659,660,661,662,663,664,665,666,667,668,669,670,671,672,673,674,675,676,677,678,679,680,681,682,683,684,685,686,687,688,689,690,691,692,693,694,695,696,697,698,699,700,701,702,703,704,705,706,707,708,709,710,711,712,713,714,715,716,717,718,719,720,721,722,723,724,725,726,727,728,729,730,731,732,733,734,735,736,737,738,739,740,741,742,743,744,745,746,747,748,749,750,751,752,753,754,755,756,757,758,759,760,761,762,763,764,765,766,767,768,769,770,771,772,773,774,775,776,777,778,779,780,781,782,783,784,785,786,787,788,789,790,791,792,793,794,795,796,797,798,799,800,801,802,803,804,805,806,807,808,809,810,811,812,813,814,815,816,817,818,819,820,821,822,823,824,825,826,827,828,829,830,831,832,833,834,835,836,837,838,839,840,841,842,843,844,845,846,847,848,849,850,851,852,853,854,855,856,857,858,859,860,861,862,863,864,865,866,867,868,869,870,871,872,873,874,875,876,877,878,879,880,881,882,883,884,885,886,887,888,889,890,891,892,893,894,895,896,897,898,899,900,901,902,903,904,905,906,907,908,909,910,911,912,913,914,915,916,917,918,919,920,921,922,923,924,925,926,927,928,929,930,931,932,933,934,935,936,937,938,939,940,941,942,943,944,945,946,947,948,949,950,951,952,953,954,955,956,957,958,959,960,961,962,963,964,965,966,967,968,969,970,971,972,973,974,975,976,977,978,979,980,981,982,983,984,985,986,987,988,989,990,991,992,993,994,995,996,997,998,999,1000)

- Drostanolone
- Epiandrosterone (3B-hydroxy-5a-androst-17-one)
- Epi-dihydrotestosterone (17B-hydroxy-5B-androst-3-one)
- Epitestosterone
- Ethylestrenol (19-norpregna-4-en-17a-ol)
- Fluoxymesterone
- Formebolone
- Furazabol (17a-methyl [1,2,5]oxadiazolo[3',4':2,3]-5a-androst-17B-ol)
- Gestrinone
- Mestanolone
- Mesterolone
- Metandienone (17B-hydroxy-17a-methylandrosta-1,4-dien-3-one)
- Metenolone
- Methandiol
- Methasterone (17B-hydroxy-2a,17a-dimethyl-5a-androst-3-one)
- Methyl-1-testosterone (17B-hydroxy-17a-methyl-5a-androst-1-en-3-one)
- Methylclostebol
- Methylidienolone (17B-hydroxy-17a-methylestra-4,9-dien-3-one)
- Methylnotestosterone (17B-hydroxy-17a-methylestr-4-en-3-one)
- Methyltestosterone
- Metribolone (methyltrienolone, 17B-hydroxy-17a-methylestra-4,9,11-trien-3-one)
- Mibolerone
- Nandrolone (19-nortestosterone)
- Norbolatone
- Norclostebol (4-chloro-17B-ol-estr-4-en-3-one)
- Norethandrolone
- Oxabolone
- Oxandrolone
- Oxymesterone

- Oxymetholone
  - Prasterone (dehydroepiandrosterone, DHEA, 3B-hydroxyandrost-5-en-17-one)
  - Prostanazol (17B-[[tetrahydropyran-2-yl]oxy]-17H-pyrazolo[3,4-d,3']-5a-androstane)
  - Quinbolone
  - Stanozolol
  - Stenbolone
  - Testosterone
  - Tetrahydrogestrinone (17-hydroxy-18a-homo-19-nor-17a-pregna-4,9,11-trien-3-one)
  - Tibolone
  - Trenbolone (17B-hydroxyestr-4,9,11-trien-3-one)
  - Trestolone (7a-Methyl-19-nortestosterone, MENT)
- and other substances with a similar chemical structure or similar biological effect(s) including their esters.

### S1.2. OTHER ANABOLIC AGENTS

Including, but not limited to:

Clenbuterol, osilodrostat, ractopamine, selective androgen receptor modulators (SARMs, e.g. andarine, enobosarm (ostarine), LGD-4033 (ligandrol), RAD140, S-23 and YK-11), zeranol and zilpaterol.

## S2 PEPTIDE HORMONES, GROWTH FACTORS, RELATED SUBSTANCES, AND MIMETICS

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

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

The following substances, and other substances with similar



# JADCO ATTENDS SIXTH WORLD CONFERENCE ON DOPING IN SPORT



*Debby-Ann Brown Salmon, Chairperson, JADCO, representing the Commission at the Foundation Board Meeting during the World Conference on Doping in Sport, on December 5, 2025, at the Busan Exhibition and Convention Centre in Busan, Republic of Korea.*

The World Anti-Doping Agency (WADA) successfully staged its sixth World Conference on Doping in Sport from December 1 to 5, 2025, in Busan, Republic of Korea, at the Busan Exhibition and Convention Centre. The Conference featured a series of high-level sessions that set the tone for a landmark week and outlined a clear pathway for strengthening the Global Anti-Doping Programme.

The opening session, titled *From Katowice to Busan and Beyond*, brought together past and present leaders of the global anti-doping movement. The panel included WADA President Witold Bańka, who delivered the keynote address, WADA Founding President Richard Pound (1999–2007), former WADA President Sir Craig Reedie (2014–2019), and Chair of the WADA Athlete Council, Ryan Pini. Moderated by journalist, broadcaster, author, and podcaster Tracey Holmes, the discussion reflected on progress made since the 2019 World Conference in Katowice, Poland, and examined the future direction of the global anti-doping system.

In his address, Mr Bańka said: “WADA and the anti-doping community have taken great strides, not only since the last World Conference, but throughout its history. Over the past 26 years, global anti-doping has undergone a transformation that few could have predicted when WADA was born in 1999. What was once a fragmented landscape – with different rules, different laws, different expectations – has become a harmonised system built on shared responsibility between governments and the sport movement. Some doubted this model would last, but it has proven to be durable and essential to the success of the entire global anti-doping system.”



*WADA President Witold Bańka delivers the keynote address at the opening of the sixth World Conference on Doping in Sport on December 1, 2025, at the Busan Exhibition and Convention Centre in Busan, Republic of Korea.*

Bańka added, “Today we face new pressures: rapid technological change, expanding financial incentives, and increasing geopolitical tensions. However, these issues do not stem from the rules. The World Anti-Doping Code and International Standards are robust and fit for purpose. The challenges arise when the rules are not applied consistently. Where implementation is strong, trust grows. On December 5, we will adopt the revised World Anti-Doping Code and International Standards



– the result of two years of global consultation. Its effectiveness will depend not just on the text, but on our collective commitment to enforce it fairly and without hesitation. I am confident that those here in attendance and stakeholders around the world will do just that.”

Meanwhile, the second session provided a comprehensive overview of the proposed amendments to the World Anti-Doping Code and International Standards. Key changes highlighted included an increased focus on human rights, expanded protections for minors and protected persons, greater responsibility for athlete support personnel, the introduction of independent review experts, and a more flexible approach to sanctioning. Additional updates addressed the expanded definition of “contaminated source,” enhanced appeal rights for athletes, new safeguards to reduce the risk of bias in the doping control process, consent requirements for the publication of no-fault cases, and several new obligations for anti-doping organisations.

In the evening, 52 delegates from around the world intervened publicly on the current state of anti-doping and the revised Code and Standards, while a further nine submitted written interventions. Many participants commended the final draft of the Code, noting its positive implications for athletes and Anti-Doping Organisations globally, while also proposing areas for further improvement. The session also allowed delegates to articulate their aspirations for the future of the global anti-doping system.

The Conference also featured a dedicated session on the Human Rights and Anti-Doping Framework, during which athletes’ representatives and subject matter experts examined how the World Anti-Doping Programme protects athletes’ rights and explored opportunities to further strengthen those protections. This was followed by a series of in-depth ses-

sions focused on each International Standard, as well as discussions on the journey toward the 2027 Code and Standards, including insights from the successful athlete-centred consultation process conducted in 2025.

The gathering underscored the collective global commitment to protecting clean sport through collaboration, transparency, and shared responsibility.



*Debby-Ann Brown Salmon, Chairperson of JADCO, and Dr. Karen Pilgrim, Chairperson of the Caribbean Regional Anti-Doping Organization (RADO), share a moment at the World Conference on Doping in Sport, held at the Busan Exhibition and Convention Centre in Busan, Republic of Korea.*



# JADCO

## Symposium

**“Empowering Clean Sport:  
JADCO's Vision for Jamaica”**

Thursday, January 22, 2026  
Terra Nova All-Suite Hotel, Kingston  
8:30 a.m.



# JADCO LAUNCHES ANTI-DOPING QUIZ COMPETITION



A packed room for the launch of the 2025 Junior Athletes Anti-Doping Education Workshop on Wednesday, October 1, at the Jamaica Conference Centre in downtown Kingston.

The Jamaica Anti-Doping Commission (JADCO) officially launched its national Anti-Doping Quiz Competition during the 2025 Junior Athletes Anti-Doping Education Workshop for Region One on Wednesday, October 1, at the Jamaica Conference Centre, where more than 320 students participated.

## Introduction

The competition, which targets secondary school student-athletes, is designed to engage youth in an interactive and competitive learning experience while reinforcing critical knowledge about clean sport, the dangers of doping, and JADCO's mission to protect the integrity of sport in Jamaica.

JADCO's Communication and Education Department notes that the initiative forms part of its broader youth education strategy and seeks to deepen students' understanding of anti-doping rules and values, encourage schools to integrate anti-doping education into their sports programmes, and create a fun and motivating learning environment that rewards excellence and commitment to fair play.

## Competition Format

The quiz competition will be staged during the 2026 workshops and will comprise three structured rounds of questioning.

Round One, the Quick Response, will feature five short-answer or multiple-choice questions answered simultaneously by all teams. Each correct response will earn one point. Round Two, the Team Challenge, will involve case scenarios read aloud by the moderator. Teams will be given one minute to confer and submit their answers. Five questions will be asked in this round, with each correct response earning three points.

The final stage, Round Three, will be the Buzzer segment, where the top three teams from the earlier rounds will advance. This fast-paced segment will consist of 15 questions, with correct answers earning two points and incorrect responses resulting in a two-point deduction.

All questions will be drawn from JADCO's official website ([jadco.gov.jm](http://jadco.gov.jm)), brochures, the 2026 WADA Prohibited List, as well as its nutrition and hydration guide.



# JADCO LAUNCHES ANTI-DOPING QUIZ COMPETITION

## Rules and Participation Guidelines

Participation is restricted to registered student-athletes representing their schools. Teams must answer within the stipulated time, and failure to respond will result in forfeiture of the question. The moderator's ruling will be final in all matters, and unsportsmanlike conduct may lead to disqualification.

## Prizes and Incentives

To encourage participation and reward excellence, cash prizes and trophies will be awarded to the top teams. First place will receive \$50,000, second place \$30,000, and third place \$20,000 along with a trophy.

JADCO anticipates that the competition will lead to increased awareness and stronger retention of anti-doping knowledge among junior athletes, improved collaboration between the Commission and schools, and positive reinforcement of clean sport values among Jamaica's youth.

The Commission says the initiative represents another critical step in strengthening Jamaica's anti-doping education framework and ensuring young athletes are empowered to compete clean, safe, and responsibly.









# 2025 SENIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP: NUTRITION AND HYDRATION



*Dr Christine Fray-Aiken, associate professor, College of Health Sciences, School of Allied Health and Wellness at the University of Technology, Jamaica delivers a presentation on nutrition and hydration at the 2025 Senior Athletes Anti-Doping Education Workshop on Saturday, November 22.*

The Jamaica Anti-Doping Commission (JADCO) continued its national push to strengthen clean sport by bringing together senior athletes and athlete support personnel for another staging of its Senior Athletes Anti-Doping Education Workshop, with this year's focus centred on nutrition and hydration.

The workshop was held on Saturday, November 22, 2025, at the Terra Nova All-Suite Hotel under the theme "Nutrition and Hydration: Fuelling Your Body for Optimal Performance." The session forms part of JADCO's ongoing education programme and reflects its commitment to equipping athletes and those who work closely with them to make safe, informed decisions in training and competition.

This year's staging welcomed participants from a range of sporting disciplines, including football, basketball, and cricket, among others, underscoring the shared responsibility across sport to uphold integrity and protect athlete welfare.

The Commission was also pleased to have participants from Excelsior High School in attendance. Their presence signalled increased interest from school-based athletes engaging at the senior level and reinforced the importance of reaching athletes early with credible, practical guidance.

The main presentation was delivered by Dr Christine Fray-Aiken, associate professor, College of Health Sciences, School of Allied Health and Wellness at the University of Technology, Jamaica. Dr Fray-Aiken is also co-author of JADCO's Nutrition Guide for Athletes, and her presentation offered evidence-based, real-world strategies that athletes and support personnel can apply immediately.

The session emphasised that optimal performance is built on consistent habits, not last-minute fixes. Discussions explored the role of nutrition and hydration in supporting energy, recovery, concentration, injury prevention, and long-term health. Particular attention was given to strategic hydration, recognising early warning signs of dehydration, and planning meals and fluids around training loads and competition schedules. With Jamaica's climate and the demands of high-performance sport, these conversations were especially timely and relevant for athletes competing across multiple disciplines.

The workshop also reinforced the link between nutrition decisions and clean sport responsibilities. JADCO reminded participants that supplements and performance products can present risks. It is important to note that JADCO does not endorse the use of supplements. We encourage athletes to exercise caution, seek credible advice, and





make decisions that prioritise health, safety, and eligibility. By strengthening knowledge and practical decision-making, support personnel reduce the likelihood of avoidable mistakes and help athletes remain confident in their commitment to clean sport.

The Senior Athletes Anti-Doping Education Workshop remains a key pillar of JADCO's education thrust, as we continue working to reinforce integrity in Jamaican sport and empower athletes to compete clean, safely, and responsibly. We thank all participants and sporting bodies represented for their continued partnership and commitment to athlete welfare.

JADCO encourages athletes and athlete support personnel to stay engaged with our education resources and to connect with the Commission for further guidance and outreach initiatives as the programme continues into 2026.





# JADCO SIGNS MOU WITH THE ANTI-DOPING AGENCY OF LITHUANIA

The Jamaica Anti-Doping Commission (JADCO) has signed a memorandum of understanding (MOU) with the Anti-Doping Agency of Lithuania as it seeks to expand its international collaboration in the global fight against doping.

The partnership, facilitated by the World Anti-Doping Agency (WADA), aims to strengthen cooperation between National Anti-Doping Organizations (NADOs) and enhance their capacity in key areas such as intelligence gathering, investigations and education.

JADCO's Executive Director, June Spence Jarrett, welcomed the partnership with Lithuania as a pivotal step in advancing the Commission's international engagement and strengthening its operational capabilities.

"This memorandum of understanding with the Anti-Doping Agency of Lithuania represents an important milestone for JADCO and for Jamaica's ongoing efforts to protect the integrity of sport," said Spence Jarrett. "Through this partnership, both organisations will share expertise, experience, and best practices that will enhance our ability to conduct intelligence-led investigations and deliver effective anti-doping education."

She added that the collaboration reinforces JADCO's dedication to maintaining the highest standards of transparency and fairness in sport. "JADCO is proud to join this WADA-supported network that encourages cross-regional cooperation and innovation. Partnerships like these are essential to building a stronger, more unified global anti-doping community. We are confident that this collaboration with Lithuania will yield meaningful results and contribute to the long-term success of clean sport worldwide," she said.

This agreement is one of three formalised under WADA's latest initiative to build a network of partners across Latin America, the Caribbean, and Europe. The other partnerships include the National Anti-Doping Unit of Ecuador (UNADE) and the Anti-Doping Agency of Serbia (ADAS), the Comisión Nacional Antidopaje del Peru (Peru NADO) and the Hellenic Antidoping Agency (HADA), and advancing Anti-Doping Collaboration.

"The objective of the project is to establish a network of partners for NADOs across Latin America and the Caribbean. The network will leverage regional and global expertise to enhance capacity and capabilities in key anti-doping areas, guided by a needs-based and impact-driven approach," said WADA.

Francisco León, Director of WADA's Latin America and Caribbean Office, also emphasised the strategic importance of these partnerships.

"WADA is enthusiastic about what these partnerships can do for the development and growth of the NADOs in Ecuador, Peru, and Jamaica," León said.

"The partners have already begun their work in earnest, and we look forward to fruitful outcomes in the months and years ahead. I would also like to commend the Serbian, Greek, and Lithuanian NADOs for their commitment to developing anti-doping capacity around the world. We have championed the importance of collaborative efforts for many years, and we are confident that these agreements will make a tangible impact and serve as good examples for other NADOs to follow," León added.

The NADOs involved in the WADA initiative will participate in a series of structured meetings and joint activities throughout the year.

The World Anti-Doping Agency will oversee the implementation of the MOUs, monitoring progress and outcomes in alignment with its strategic goals.





# SEVENTH ANNUAL DEVOTION: PURPOSE, MEANING, DIRECTION

The Jamaica Anti-Doping Commission (JADCO) hosted its seventh Annual Staff Devotion on Monday, January 5, 2026, bringing together team members for a morning of worship, reflection, and renewed focus.

The spoken word was delivered by Evangelist Raymond McFarlane, elder from the Harbour View Seventh-day Adventist Church, who ministered under the theme: Purpose: Finding Direction and Meaning. His message centred on the assurance that God always has a plan, even when circumstances appear uncertain or unworkable.

In his sermon, Evangelist McFarlane highlighted a defining Gospel moment when Jesus calmed a raging storm while crossing the sea with His disciples. The passage, found in Mark 4:35-41, recounts Jesus instructing His disciples to cross to the other side. Midway through the journey, a violent storm arose, shaking the disciples with fear and doubt. They questioned whether they would survive the crossing.

Jesus, though asleep in the boat, rose at their cry for help and commanded the winds and waves: "Peace, be still." The storm obeyed. He then asked them, "Why are ye so fearful? How is it that ye have no faith?" In that moment, the disciples were in awe, realising that the power of God had been with them all along.

Evangelist McFarlane reminded the Commission's staff that life's challenges often mirror that same scene. Uncertainty rises, fear speaks loudly, and doubt tries to overpower faith. Yet, just as Jesus guided the disciples safely to the other side, God remains faithful to lead and deliver His people according to His divine plan. He emphasised that trusting God is not passive optimism, but active confidence in His sovereignty, even when the outcome is not immediately clear.

The annual devotion also welcomed special guests and partners, including representatives from the Ministry of Culture, Gender, Entertainment and Sports (MCGES), the Jamai-

ca Information Service (JIS), and the Harbour View SDA Youth Group.

As JADCO advances its mission of protecting sport integrity through education, testing, and stakeholder engagement, the Annual Staff Devotion served as a timely and powerful reminder that direction begins with purpose, and purpose begins with trusting God's plan.

## Remember:

- 1. God always has a plan, even when situations seem uncertain.**
- 2. Doubt loses its voice when faith is activated.**
- 3. Purpose gives direction, clarity, and meaning to service.**
- 4. Trusting God is confidence in His sovereignty, not the absence of challenges.**





# NUTRITION CORNER

## Physical Activity and Sustainable Fitness Habits

Every January, thousands of people commit to becoming more physically active. Gym memberships spike, fitness plans flood social media, and motivation runs high. Yet by mid-year, many of these goals fade due to unrealistic expectations, injury, or burnout. The key to lasting success is not intensity. It is sustainability. Physical activity should be seen as a lifelong habit rather than a temporary resolution. Movement strengthens the heart, improves mood, boosts immunity, enhances sleep, and reduces the risk of chronic diseases such as diabetes, hypertension, and obesity.

### Start Where You Are

- You do not need to be an athlete to be active. Walking, stretching, dancing, cycling, swimming, and simple home workouts all count. The goal is consistency, not competition. Begin with small, manageable sessions and gradually increase duration and intensity.



### Set SMART Fitness Goals

- Set goals that are specific, measurable, achievable, realistic, and time-bound. Instead of saying, "I will exercise every day," try, "I will walk for 30-minutes three times per week." This approach builds confidence and reduces frustration.



### Make Movement Enjoyable

- Choose activities that you genuinely enjoy. When exercise becomes a chore, it becomes harder to maintain. Whether it is group fitness, sports, or solo workouts, enjoyment increases commitment.



### Rest, Recovery, and Injury Prevention

Many people fail at fitness because they ignore rest. The body needs time to heal and adapt. Adequate sleep, hydration, stretching, and rest days are essential for preventing injury and fatigue.

### Overcoming Common Barriers

Time, motivation, and access to facilities often stop people from staying active. Home workouts, early morning walks, and using everyday activities as exercise can help remove these barriers. Discipline often matters more than motivation.

### A Year of Stronger, Healthier Living

Sustainable fitness is about long-term health, not short-term appearance. By committing to consistent movement, listening to your body, and making exercise a part of daily life, you set yourself up for a healthier, stronger, and more energetic year.



## Mental Health and Emotional Wellness for the New Year

The beginning of a new year often brings a rush of excitement, resolutions, and expectations. While many people focus on physical goals like weight loss or fitness, mental and emotional wellness are just as important. A healthy mind is the foundation for productivity, healthy relationships, and overall well-being throughout the year.

After the holiday season, many individuals quietly struggle with emotional fatigue, financial stress, grief, loneliness, or burnout. The pressure to start the year perfectly can also trigger anxiety and self-doubt. The truth is, mental wellness is not about perfection. It is about awareness, balance, and consistent care.

## Understanding Mental Wellness

Mental wellness refers to your ability to manage stress, cope with daily challenges, maintain healthy relationships, and feel a sense of purpose. Emotional wellness involves understanding your feelings and responding to them in healthy ways. Both work together to support a stable and fulfilling life.

## Simple Ways to Prioritise Mental Health This Year

**Start by setting realistic goals.** Instead of overwhelming yourself with long lists of resolutions, focus on a few meaningful intentions that align with your values. Learn to say no without guilt and protect your time and energy.

**Practice daily stress management.** This may include prayer, meditation, journaling, deep breathing, or quiet reflection. Even ten minutes a day can improve focus and emotional clarity.

**Limit exposure to negativity,** especially on social media. Constant comparisons can damage self-esteem and increase anxiety. Be mindful of what you allow into your mental space.

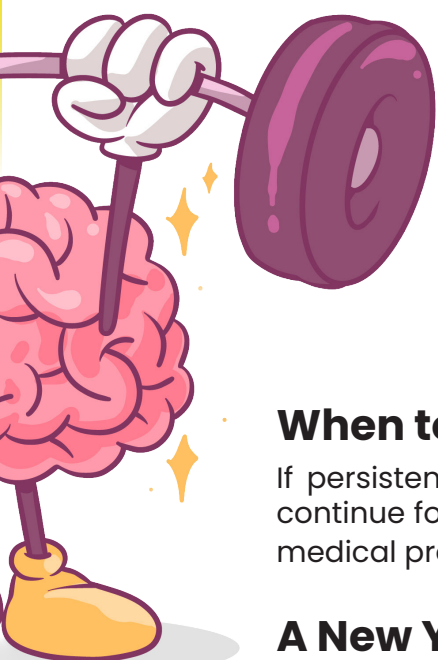
**Stay connected.** Strong support systems protect against depression and isolation. Check in on family and friends, and do not hesitate to seek professional help when emotional burdens feel too heavy.

## When to Seek Professional Support

If persistent sadness, anxiety, sleep problems, or loss of interest in daily activities continue for weeks, it is important to seek support from a counsellor, psychologist, or medical professional. Seeking help is a sign of strength, not weakness.

## A New Year, A New Focus on the Mind

As you set goals for your career, fitness, and finances, remember to also invest in your mental and emotional health. A calm mind, emotional balance, and inner peace will help you navigate the year with confidence and resilience.





# SPEAK UP!

## SAY NO! TO DOPING



### SPEAK UP ON DOPING

Protecting athletes and preserving the integrity of sport is a shared responsibility. Every time someone chooses to come forward with information on doping, it brings us one step closer to a clean, fair, and level playing field for all competitors.

We recognise that reporting sensitive information is not a decision made lightly. It requires courage, integrity, and a deep respect for the values of sport. Speaking up is not about placing blame. It is about safeguarding athletes, upholding fair competition, and ensuring that hard work and talent, not prohibited substances or methods, determine success.

When you choose to raise concerns, you are placing your trust in us, and we treat that responsibility with the utmost seriousness. The Jamaica Anti-Doping Commission is committed to handling all reports professionally, securely, and confidentially.

Our website, [www.jadco.gov.jm](http://www.jadco.gov.jm), provides a safe and secure platform for reporting activities that may violate anti-doping rules. Whether you choose to remain anonymous or share your contact information, all reports are handled with strict confidentiality and care.

Your voice matters. By speaking up, you help protect athletes, preserve the spirit of sport, and contribute to a culture of integrity that benefits everyone.

 **wada**  
**speak up**





# DOPE-FREE CREATIVE CORNER

## No Dope to Cope

From the school field straight to the big stage light,  
Early mornings, late nights, still we hold the line tight.

Dreams in we heart, fire in we soul,  
We train with purpose, yeah, discipline, the goal.  
Mama seh run clean, coach seh stay true,  
What you put in your body coming right back to you.  
No shortcuts, no cheating the race,  
Real champions win with integrity and grace.

No dope to cope, nah that's not we way,  
Jamaica strong, we clean when we play.  
Hard work first, let the truth be spoke,  
Champion mindset, no dope to cope.

Every medal shines brighter when it's honestly earned,  
From the lessons we learn and the bridges we burn.  
Pressure comes heavy, yeah the road gets steep,  
But we trust the process and our values we keep.

From grassroot to podium, we stand tall,  
Fair play, clean sport, that's the call.  
Legacy bigger than a moment's fame,  
We run for the country, we respect the name.

When the crowd gets loud, and the doubt creeps in,  
Remember who you are and why you began.  
Strength in your training, faith in your hope,  
True victory lives in no dope to cope.

No dope to cope, say it loud, say it proud,  
Clean sport champions stand out in the crowd.  
From the track to the field, every dream we evoke,  
Jamaica lead the way, no dope to cope.

*Chevauni D-P Blair*





# JADCO OUT AND ABOUT

## WORLD ATHLETICS PRESIDENT VISITS JAMAICA



*L-r. Lord Sebastian Coe (President, World Athletics), June Spence Jarrett (Executive Director, JADCO), Garth Gayle (President, Jamaica Athletics Administrative Association), and Michael Fennell (Former President, Jamaica Olympic Association).*

The Ministry of Culture, Gender, Entertainment and Sports (MCGES) and the Jamaica Athletics Administrative Association (JAAA) hosted a welcome reception at the Jamaica Pegasus Hotel in Kingston on Monday, January 5, 2026 in honour of World Athletics President, Lord Sebastian Coe, during his working visit to Jamaica.

The event celebrated Jamaica's athletics excellence, strengthened global partnerships, and reinforced the role of sport in inspiring communities and advancing national development.

In his address, Lord Coe shared his love for Jamaica and expressed solidarity as the island rebuilds following the impact of Hurricane Melissa which made landfall on October 28, 2025.



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.



**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

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)







**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.**







**The Jamaica Anti-Doping Commission Website: [jadco.gov.jm](http://jadco.gov.jm)**  
**Ballater Multiplex Tel (876) 960-2416 | 929-3500**  
**1 Ballater Avenue**  
**Kingston 10**

 Email: [truespirit@jadco.gov.jm](mailto:truespirit@jadco.gov.jm)  
 [JamaicaAntiDopingCommission](#)  
 [Ja\\_antidoping](#)  
 [Ja\\_antidoping](#)