

TRUE SPEED

A PUBLICATION OF THE JAMAICA ANTI-DOPING COMMISSION

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Flanked by members of staff, June Spence Jarrett, Executive Director of JADCO, delivers the welcome remarks during the opening of the Commission's 2026 Health and Wellness Fair, held on Friday, May 29. Sharing in the moment is Florrette Blackwood, board director.

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As we move through another exciting quarter, this edition of True Spirit highlights an important reality: the principles that guide clean sport extend far beyond the field of play. Integrity, health, responsibility, education, and community engagement are values that benefit not only athletes but society as a whole. One of the standout moments of the quarter was JADCO's 4th Annual Health and Wellness Fair. What began as a modest initiative has evolved into a highly anticipated community event, attracting record participation and a growing number of partners.

The success of this year's staging demonstrates the increasing recognition that health and wellness are everyone's responsibility. By bringing together healthcare providers, government agencies, financial institutions, wellness organisations, and community stakeholders, the fair created meaningful opportunities for Jamaicans to access information, services, and support that can positively impact their lives.

This edition also highlights the importance of collaboration in advancing clean sport. The recent working visit by officials from the Athletics Integrity Unit (AIU) reaffirmed the value of strong international partnerships in protecting the integrity of competition. Through knowledge sharing, observation, and dialogue, organisations like JADCO and the AIU continue to strengthen the global anti-doping system and ensure that athletes compete on a level playing field.

As Jamaica's athletes prepare for major international competitions, including the Glasgow 2026 Commonwealth Games, starting on July 23, the need for education remains as important as ever.



Athletes must understand their rights and responsibilities, the Therapeutic Use Exemption process, the consequences of Anti-Doping Rule Violations, and the importance of making informed decisions about medications and supplements. Education remains one of the most effective tools in preventing doping and safeguarding athletes' careers.

We are also pleased to feature practical information on nutrition and hydration. In a world where quick fixes are often heavily promoted, it is important to remember that sustainable performance is built on sound nutrition, proper recovery, and healthy lifestyle choices. The choices athletes make every day often have the greatest impact on their long-term success.

Beyond sport, JADCO continues to strengthen its presence within communities across Jamaica through workshops, school visits, outreach activities, and public education initiatives. These engagements allow us to reach new audiences, build awareness, and reinforce the message that clean sport is a shared responsibility.

As you read this edition of True Spirit, we encourage you to reflect on the role each of us plays in promoting integrity, wellness, and fair play. Whether you are an athlete, coach, parent, educator, administrator, or supporter of sport, your actions help build a culture in which success is achieved through dedication, hard work, and respect for the rules.

Send feedback to commed@jadco.gov.jm.

JADCO'S HEALTH FAIR



Healthy smiles all around as event host Jerry D; June Spence Jarrett, Executive Director; a student-athlete from Immaculate Conception High School; Debby-Ann Brown Salmon, Chairperson; and Audley Folkes, ICT Manager, pose during JADCO's Health and Wellness Fair, held on May 29 on the Commission's grounds.



The Jamaica Anti-Doping Commission (JADCO) successfully hosted its 4th Annual Health and Wellness Fair on Friday, May 29, 2026, under the theme "Healthy Living: Wellness in Motion." The event marked another milestone in the fair's evolution, attracting more than 250 patrons and welcoming its largest and most diverse group of exhibitors to date.

Held at JADCO's headquarters, the fair brought together healthcare providers, government agencies, financial institutions, wellness organisations, and community partners, all committed to promoting healthier lifestyles and improving access to vital health services and information.

This year's staging reflected the growing popularity and impact of the initiative, with more than 20 exhibitors participating and eleven new partners joining the event. New exhibitors included the Ministry of Finance and the Public Service, the Ministry of National Security and Peace, FLOW Jamaica, Scotiabank,

Guardian Life, Kingston and St. Andrew Health Department, Dairy Industries, the Jamaica Association of Professionals in Nutrition and Dietetics, South East Regional Health Authority (SERHA), and a Farmers' Market, which added a unique and engaging dimension to the fair.

Patrons benefited from a wide range of free services, including medical consultations, blood pressure and blood sugar checks, nutrition counselling, eye and dental screenings, HIV testing and counselling, financial wellness information, insurance services, and healthy food options.

First Time Exhibitors

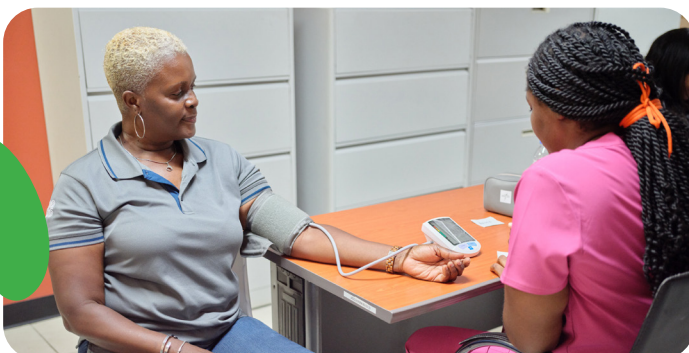
First-time exhibitor and Registered Dietitian Sabrina Palomino praised the event's variety and interactive nature. *"It was very interactive. It felt almost like a journey from farm to plate, with the Farmers' Market right next to the nutrition booth. I loved the variety of booths because there was truly something for everyone. It was comprehensive, engaging, and an awesome day,"* she said.

Palomino noted that many attendees were eager to learn how to make healthier food choices and were actively seeking practical nutrition advice.

Another first-time exhibitor, Kerry-Anne Bailey of Guardian Life, described the experience as rewarding and energetic.

"There was a lot of excitement throughout the day. We interacted with many persons who were interested in our services and asked thoughtful questions. It was a great opportunity to connect with the community," she said. Manager, Employee Assistance and Counseling at the Ministry of Finance and the Public Service, Shanae Cummings, highlighted the strong response to discussions surrounding mental wellness.

"The participation was amazing. People were very open and honest about their experiences and interested in learning how they could improve their mental wellness. I would love to see the event continue to expand, with even more vendors, additional health checks, and a greater focus on mental health," she said.



The Ministry of National Security and Peace also partnered with JADCO for the first time. Communications Officer Paul Clarke commended the event's execution and community impact.

"It was absolutely brilliant. JADCO outdid itself. We had many meaningful interactions, and people were genuinely interested in learning about the Liv Gud initiative and understanding the importance of peace in building healthier communities. JADCO should keep doing what it's doing and continue expanding the event," he remarked.

JADCO's Chairman Debby Ann Brown Salmon expressed pride in the event's continued development.

JADCO'S WELLNESS FAIR

This year's fair was four times better than previous years. We welcomed new partners, which shows that exciting things are happening at JADCO and that the event continues to gain momentum. We have reached the point where we need a bigger space because the fair has grown so much," she said.

Brown Salmon also underscored the importance of the initiative to JADCO's wider mission. "While JADCO is known for protecting the integrity of sport, we also believe strongly in promoting health and wellness. We are concerned about the overall well-being of student-athletes and every Jamaican citizen. Events like these allow us to demonstrate that commitment in a tangible way."

New Heights of Participation

JADCO's Executive Director, June Spence Jarrett, described the event as another significant achievement for the organisation and noted the positive feedback received from patrons throughout the day.

"Seeing the level of participation and engagement was truly a wow moment for me. The comments from patrons reinforced that perceptions of JADCO continue to evolve as we expand our reach beyond athletes and athlete support personnel to serve the wider community," she said. She commended the JADCO team and welcomed the many new exhibitors who contributed to the success of the event.

"We were delighted to welcome our first-time participants and new partners. The addition of the Farmers' Market and other exhibitors enhanced the overall experience and offered patrons even more opportunities to embrace healthy living. I also want to thank everyone who attended, participated in the health screenings, and supported the event."

Attendees echoed the positive sentiment, with many praising the accessibility of services and the wide range of information available.

Several patrons noted that the fair provided resources they would otherwise have had to visit multiple locations to access.

The continued growth of the Health and Wellness Fair highlights JADCO's commitment to community engagement, wellness education, and preventive healthcare. As the initiative expands each year, it continues to provide meaningful opportunities for Jamaicans to take charge of their health and well-being.





GLOBAL PARTNERSHIPS



L-r: Sueann Miller, Executive Secretary; Delgado Smith, director, finance and accounts; Alicia Prendergast, director, human resource, management and administration; Alejandro Lozano, out-of-competition testing manager, AIU; June Spence Jarrett, executive director, JADCO; Brett Clothier, head of AIU; Gillian Haughton, director, communication and education; and Yanique Dunn, director, technical services, pose following a courtesy call to the JADCO office. The visit provided an opportunity for the AIU officials to observe JADCO's operations, exchange best practices, and strengthen collaboration in support of clean sport.

The Jamaica Anti-Doping Commission (JADCO) recently welcomed Brett Clothier, head of the Athletics Integrity Unit (AIU), and Alejandro Lozano, out-of-competition testing manager, AIU, for a working visit aimed at strengthening collaboration and advancing efforts to protect the integrity of sport.

The visit provided an opportunity for the AIU team to gain firsthand insight into JADCO's operations and observe the systems and processes that support Jamaica's anti-doping programme. Throughout their time at JADCO's office, they engaged with members of staff and learned more about the Commission's work in testing, results management, education, and athlete outreach.

A key component of the visit was the AIU team's attendance at the 2026 JAAA/PUMA National Junior and Senior Championships, one of Jamaica's premier track and field events. The Trials provided an excellent opportunity for the delegation to observe anti-doping operations in a live competition environment and witness the coordination required to support effective testing programmes at major sporting events.



Collaboration is Key

The visit also facilitated valuable discussions on current anti-doping initiatives, emerging challenges, and opportunities for continued cooperation between organisations committed to preserving fair play in sport. Such engagements contribute to the sharing of best practices and help ensure that anti-doping programmes remain effective, transparent, and aligned with international standards.

International collaboration plays a critical role in the global fight against doping. As sport continues to evolve, partnerships between organisations such as JADCO and the AIU help strengthen intelligence sharing, enhance education initiatives, improve testing strategies, and promote consistency in the application of anti-doping rules across borders.

JADCO remains committed to working alongside international partners to uphold the principles of clean sport and protect the rights of athletes who choose to compete fairly. The AIU's visit underscores the importance of these partnerships and highlights the collective responsibility shared by anti-doping organisations worldwide in safeguarding the integrity of sport.

Through continued collaboration and knowledge sharing, organisations like JADCO and the AIU are helping to ensure that athletes can compete on a level playing field, where success is determined by talent, dedication, and hard work.



**commonwealth
games**
GLASGOW 2026

23 JULY
TO
02 AUGUST

JADCO TIPS FOR ATHLETES COMPETING AT THE COMMONWEALTH GAMES GLASGOW 2026

As Jamaica's athletes prepare to compete at the Glasgow 2026 Commonwealth Games, it is important to remember that every athlete has a responsibility to protect clean sport and comply with the anti-doping rules that will be in effect throughout the Games.

The Games start with the Opening Ceremony on July 23 and conclude on August 2, 2026. During this time, Commonwealth Sport will serve as the Testing Authority and all athletes and athlete support personnel will be expected to comply fully with the Commonwealth Sport Anti-Doping Rules.

Strict Liability Principle

Strict liability principle exists in Anti-Doping which states that athletes are personally responsible for everything that enters their bodies. Whether intentional or unintentional, the presence of a prohibited substance in an athlete's sample may constitute an Anti-Doping Rule Violation (ADRV).

Athletes are encouraged to:

- » Check all medications before use
- » Carefully assess any supplements they are considering taking
- » Seek advice when unsure
- » Complete all anti-doping education requirements before and during the Games

Testing Can Happen Anytime

Athletes should be prepared for testing at any time during the Games period. Testing may occur both in and out of competition and may take place at training venues, competition venues, or team hotels. There is no advance notice for testing. Once notified, athletes must report promptly and remain under observation until the sample collection process is completed.

Whereabouts Responsibilities Continue During the Games

Athletes who are members of a Registered Testing Pool or Testing Pool must continue to submit accurate whereabouts information throughout the Games. A common misconception is that whereabouts obligations are suspended during major games. This is not the case. Athletes must continue providing complete and accurate information, including details such as their hotel address/overnight accommodations, hotel room number, regular activities, training venue address, etc.

Check Medications Carefully

The 2026 WADA Prohibited List will apply throughout the Commonwealth Games. Athletes are reminded that medications can change status from year to year.

Before taking any medication or treatment, athletes should verify its status using approved resources and consult the appropriate medical personnel when necessary.

Remember: a product being sold over the counter, labelled "natural," or recommended by someone else does not guarantee that it is safe for sport.



Therapeutic Use Exemptions (TUEs)

Athletes who require medications containing prohibited substances must have a valid Therapeutic Use Exemption (TUE).

Existing TUEs recorded in ADAMS will be reviewed automatically by Commonwealth Sport. However, any TUE not already recorded in ADAMS should have been submitted to Commonwealth Sport by June 19, 2026.

Athletes are encouraged to review their medical documentation well before travelling to Glasgow to avoid unnecessary complications.

What Constitutes Doping?

Anti-Doping Rule Violations (ADRVs) extend beyond testing positive for a prohibited substance. Violations may also include:

- » Refusing or evading sample collection
- » Tampering with the doping control process
- » Possessing prohibited substances or methods without valid justification
- » Trafficking prohibited substances
- » Administering prohibited substances to another athlete
- » Assisting or covering up doping activities
- » Associating with banned athlete support personnel
- » Intimidating or retaliating against individuals who report doping concerns

Consequences of Violations

Sanctions for Anti-Doping Rule Violations can be severe and may include:

- » Provisional suspension
- » Exclusion from the Commonwealth Games
- » Disqualification of results
- » Periods of ineligibility from sport
- » Consequences for teams and relay squads

A single violation can affect not only an athlete's career but also teammates and national team results. Every athlete has a role to play in preserving the integrity of sport. If you see or suspect doping activity, report it through the appropriate channels.

Clean sport protects athletes, preserves fair competition, and ensures that success is achieved through dedication, hard work, and talent.

Quick Facts for Athletes

1. You are responsible for everything that enters your body
2. Testing can take place anytime, anywhere, without notice
3. Check all medications and supplements before use
4. Keep your whereabouts information accurate and up to date
5. Ensure your TUE documentation is in order before the Games
6. Speak up if you suspect doping activity

TUE Explained: Ensuring Athletes Receive the Treatment They Need

Athletes are responsible for everything that enters their bodies. However, what happens when an athlete has a genuine medical condition that requires treatment with a medication that appears on the Prohibited List? This is where a Therapeutic Use Exemption, commonly known as a TUE, becomes important.

What is a Therapeutic Use Exemption?

A Therapeutic Use Exemption is an authorisation that allows an athlete to use a prohibited substance or method for legitimate medical reasons without committing an anti-doping rule violation.

The TUE process recognises that athletes, like everyone else, may experience illnesses or medical conditions that require treatment. A TUE ensures that athletes can receive the medical care they need while continuing to compete in accordance with anti-doping rules.

It is important to note that a TUE is not a shortcut or special privilege. It is a carefully regulated process that requires medical evidence and approval before an athlete can use a prohibited substance or method.

Who Needs a TUE?

An athlete may need a TUE if:

- They have a diagnosed medical condition that requires treatment with a substance or method on the WADA Prohibited List.
- There is no reasonable permitted alternative treatment available.
- The treatment is necessary to restore normal health and not to enhance athletic performance.

Examples may include the treatment of certain respiratory conditions, hormonal disorders, inflammatory diseases, or other medical conditions where prohibited substances form part of the recommended treatment plan.

Athletes competing at the national or international level should familiarise themselves with the anti-doping requirements applicable to their sport and competition level.

How Do Athletes Apply?

The TUE application process involves several important steps:

1. Consult Your Doctor:

If your doctor recommends a medication or treatment that may be on the prohibited list, discuss your status as an athlete and ask whether a TUE may be required.

2. Gather Medical Documentation:

Athletes must provide comprehensive medical information, including:

- Medical history
- Diagnosis
- Test results
- Laboratory reports, where applicable
- Details of the prescribed treatment

3. Complete the TUE Application Form:

The application form must be completed accurately and submitted with all supporting medical documentation.



4. Submit the Application:

Applications should be submitted to the relevant Anti-Doping Organisation, such as JADCO, at least 20 days prior to competing in an event.

5. Await Review and Decision:

A panel of independent medical experts reviews the application to determine if the athlete meets the criteria for a TUE. Athletes will be informed of the decision once the review process is complete.

6. Retroactive TUE:

A retroactive TUE provides an athlete the opportunity to apply for a TUE for a prohibited substance or prohibited method after using or possessing the substance or method in question.

At least one of the five retroactive conditions set out in ISTUE Article 4.1 must be satisfied to apply for a retroactive TUE.

The fulfilment of one of the retroactive exceptions does not mean that a TUE will necessarily be granted; it means that the athlete's application may be evaluated under ISTUE Article 4.2 to determine if the specified TUE conditions have been satisfied.



Plan Ahead

Athletes should never assume that a prescribed medication is automatically permitted in sport. Before taking any medication, it is essential to check its status and seek guidance from your doctor.

Applying for a TUE early can help avoid complications and ensure that athletes remain compliant with anti-doping rules while receiving appropriate medical treatment. Remember, protecting your health and protecting the integrity of sport go hand in hand. When in doubt, ask your doctor before you take any medicine.



THERAPEUTIC USE EXEMPTIONS (TUE) APPLICATION FORM

Please complete all sections in *capital letters or typing*. Athlete to complete sections 1, 2, 3 and 7; Physician to complete sections 4, 5 and 6. Illegible or incomplete applications will be returned and will need to be re-submitted in a legible and complete form.

1. ATHLETE INFORMATION

Last Name: _____ First Name: _____

Female ☐ Male ☐ Date of Birth (d/m/y): _____

Address: _____

City: _____ Country: _____ Postcode: _____

Tel.: _____ E-mail: _____
(with International code)

Sport: _____ Discipline/Position: _____

2. PREVIOUS APPLICATIONS

Have you submitted any previous TUE application(s) to any Anti-Doping Organization for the same condition?

Yes ☐ No ☐

For which substance(s) or method(s)? _____

To whom? _____ When? _____

Decision: Approve ☐ Not Approved ☐

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RESULTS MANAGEMENT

The Jamaica Anti-Doping Commission (JADCO) is responsible for the Results Management Process for doping control missions conducted under its authority. This process is strict and confidential and ensures that the International Standards for Testing and Investigations as well as the Protection of Privacy and Personal Information are maintained.

These include results management for the 11 Anti-Doping Rule Violations (ADRVs).

Adverse Analytical Finding (AAF)

An adverse analytical finding (AAF) indicates that a prohibited substance, metabolites or markers is found in an athlete's sample.

Other Anti-Doping Rule Violations

If JADCO receives a Doping Control Officer's report or other pertinent documents that seem to indicate a possible Anti-Doping Rule Violation (ADRV) such as tampering with the testing process, refusing to submit to testing, or attempted trafficking of a prohibited substance, JADCO will investigate a possible Anti-Doping Rule Violation.

After the investigation, if JADCO is satisfied that an Anti-Doping Rule Violation has occurred, it will inform the athlete first, then the relevant National and International Association/Federation of the Anti-Doping Rule Violation. The athlete and or the support personnel will have the right to a fair hearing which will be conducted by the Independent Anti-Doping Disciplinary Panel (IADP). The IADP will determine if and Anti-Doping Rule Violation has been committed and the appropriate sanctions imposed.



WHAT HAPPENS WHEN THERE IS AN ALLEGED ANTI-DOPING RULE VIOLATION BASED ON THE PRESENCE OF A PROHIBITED SUBSTANCE IN AN ATHLETE'S SAMPLE?



If the result from the lab returns a positive finding, otherwise called an Adverse Analytical Finding (AAF), JADCO will conduct an initial review of the sample collection process to ensure that there were **no irregularities** that could have undermined the validity of the findings. JADCO will also verify if the athlete has a Therapeutic Use Exemption (TUE) certificate.

Once JADCO has determined that the Adverse Analytical Finding is not due to any irregularities that undermine its validity and there is no applicable TUE, then the organisation will ensure that the athlete is notified. The athlete will be informed of their right to request that the B sample be analysed. The athlete can also choose to be present or select a representative to witness the opening of the B sample. The athlete is responsible for covering the cost of testing the B sample.

If the B sample confirms the A sample analysis, then the Results Management Process will continue, and the matter will proceed to the Independent Anti-Doping Disciplinary Panel. This is an independent panel of medical, sport, and legal experts who have been given the authority to hear and make a ruling on all issues regarding the assertion of Anti-Doping Rule Violations and sanctions associated with violations.



HEARINGS AND APPEALS

HEARINGS and APPEALS

Hearings

Unless an athlete waives their right to a hearing, all cases involving Anti-Doping Rule Violations (ADRV) are heard by the Independent Anti-Doping Disciplinary Panel.

The Panel is an independent body established by the Anti-Doping in Sport Act (2014) and is separate from the Jamaica Anti-Doping Commission (JADCO).

The athlete has the following rights as it relates to disciplinary hearings:

- Right to a timely hearing
- Right to a fair, impartial, and operationally independent hearing panel
- Right to be represented by counsel (at the athlete's own expense)
- Right to respond to the asserted ADRV
- Right to present evidence
- Right to an interpreter
- Right to a timely, written, reasoned decision

Failure by any party or their representative to attend the hearing after notification will be deemed an abandonment of their right to a hearing. The right may be reinstated where the athlete or other person shows reasonable cause for the non-attendance.

Appeals

The Anti-Doping Appeal Tribunal is the body responsible for appeals. The Tribunal was established by the Anti-Doping in Sport Act and is a separate entity from the Jamaica Anti-Doping Commission (JADCO). The Appeal Tribunal has the power to hear and determine all issues arising from an Anti-Doping Rule Violation hearing.

It should be noted that in cases involving international-level athletes or participation in international-level events, the appeal can be made directly to the Court of Arbitration for Sport (CAS).

The following parties have the right to appeal a decision handed down by the Independent Anti-Doping Disciplinary Panel to the Anti-Doping Appeal Tribunal:

- The athlete or person who is subject to the decision being appealed
- JADCO
- The relevant International Federation
- The International Olympic Committee or the International Paralympics Committee
- WADA

NUTRITION CORNER

Fuelling Performance Naturally: A Footballer's Guide to Nutrition

As football fans around the world celebrate another exciting World Cup year, the spotlight is once again on the incredible skill, endurance, and determination displayed by the world's players. While talent and training are essential, one often overlooked factor plays a major role in performance on the field: nutrition.

Football is a physically demanding sport that requires speed, strength, agility, and stamina. Whether competing at the grassroots, national, or international level, athletes need the right fuel to perform at their best. At JADCO, we encourage athletes to prioritise a balanced diet and make informed choices about what they consume. A food-first approach can provide many of the nutrients needed to support training, competition, and recovery.

Carbohydrates: The Body's Main Source of Energy

Footballers cover significant distances during training sessions and matches. Carbohydrates help replenish the body's energy stores and support sustained performance. Natural sources include:

- Sweet potatoes
- Yam
- Green bananas
- Rice
- Oats
- Whole wheat bread
- Fruits such as bananas, mangoes, and oranges

These foods provide the energy needed to maintain intensity throughout a match and reduce the risk of fatigue.

Protein for Recovery and Muscle Repair

After training or competition, the body needs protein to repair and rebuild muscle tissue. Good sources of protein include:

- Fish
- Eggs
- Lean beef
- Turkey
- Beans
- Peas
- Lentils
- Nuts and seeds

Combining protein with carbohydrates after exercise can help speed recovery and prepare athletes for their next training session.



Fruits and Vegetables: Nature's Performance Boosters

Colourful fruits and vegetables contain vitamins, minerals, and antioxidants that support overall health and immune function.

Footballers should aim to include a variety of these foods including:

- Callaloo
- Broccoli
- Carrots
- Tomatoes
- Sweet peppers
- Watermelon
- Pineapple
- Papaya
- Citrus fruits

These foods help the body recover from the physical stress of training and competition.

Hydration Matters

Even mild dehydration can affect concentration, decision-making, and physical performance. Footballers should drink water regularly throughout the day and increase fluid intake before, during, and after exercise.

Natural hydration options include:

- Water
- Coconut water
- Water-rich fruits (watermelon and oranges)

Maintaining proper hydration is especially important when training or competing in hot conditions.



Think Food First

Many athletes are tempted to use supplements in hopes of improving performance. However, a well-planned diet can often provide the nutrients needed to support training and competition. In addition, some supplements may contain prohibited substances that are not listed on the label, placing athletes at risk of an anti-doping rule violation.

For this reason, athletes are encouraged to focus on nutritious meals, seek guidance from qualified health professionals, and carefully evaluate any products they may be thinking about using.

Building Champions Through Smart Nutrition

The football stars competing on the world's biggest stage understand that success is built on consistent training, proper recovery, and sound nutrition. While every athlete's nutritional needs may differ, the foundation remains the same: wholesome foods, adequate hydration, and healthy lifestyle choices.

As the world watches football's finest compete this year, young athletes can take inspiration not only from their performances on the field but also from the habits that help them succeed. Remember, great performances begin long before kick-off. They start with the choices made every day, including what goes on your plate.



RETIREMENT & REINSTATEMENT



Reinstatement Following Retirement During a Period of Ineligibility

If an athlete retires from sport while subject to a period of ineligibility, the athlete must notify the Anti-Doping Organisation that imposed the period of ineligibility in writing of their retirement.

If the athlete wishes to return to active competition in sport, the athlete is not allowed to compete in international events or national events until they have made themselves available for testing by giving six months prior written notice (or notice equivalent to the period of ineligibility remaining as of the date the athlete retired, if that period was longer than six months) to the Commission and to their International Federation.

Retirement

All athletes who retire from their sport must immediately advise JADCO and their respective National Federation in writing by mail or email.

Athletes in JADCO's Registered Testing Pool (RTP) who retire will continue to be subject to the whereabouts requirements until written notice of their retirement is provided and they are informed of their removal from the RTP. This will be confirmed through an official letter sent to the athlete from JADCO.

Reinstatement after Retirement

International or national-level athletes in the Commission's Registered Testing Pool who wish to return to their sport after retirement must notify JADCO and their International Federation in writing by mail, or email, six months before they plan to participate in any competition, whether locally or internationally.

The athlete must also be available for out-of-competition testing and fulfil JADCO's whereabouts requirements (when notified of their inclusion in JADCO's RTP). WADA, in consultation with the Commission and the athlete's international federation, may grant an exemption to the six-month written notice rule where the strict application of that rule would be unfair to the athlete.

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



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.



ATHLETES RIGHTS & RESPONSIBILITIES

Sample collection is an integral part of the doping control process, and athletes selected for sample collection, whether in-competition or out-of-competition, have rights and responsibilities. Once notified of selection for doping control, athletes have the right to:

1. A representative
2. An interpreter, if available
3. Ask for additional information about the sample collection process
4. Request modification to the sample collection process
5. Request a delay in reporting to the doping control station for valid reasons

Athletes can request a delay in reporting to the doping control station for the following reasons, providing they remain in sight of the Chaperone/ Doping Control Officer (DCO) at all times.

For In-Competition Testing:

- Participation in a medal ceremony
- Fulfilment of media commitments
- Performing a warm-down
- Competing in other events
- Obtaining medical treatment
- Obtaining photo identification
- Locating a representative and/or interpreter
- Any other exceptional circumstances which may be justified, and as approved by the DCO

For Out-of-Competition Testing:

- Locating a representative
- Completing a training session
- Receiving medical treatment
- Obtaining photo identification

Any other exceptional circumstances which may be justified, and as approved by the DCO.

When selected for doping control, athletes have the responsibility to:

- Comply with the sample collection procedure; failure to do so could result in an Anti-Doping Rule Violation (ADRV)
- Provide appropriate photo identification to the DCO or chaperone
- Report immediately to the doping control station unless there are valid reasons for a delay
- Remain within continuous observation of the DCO or chaperone at all times from the point of notification until the sample collection procedure is complete



IT'S SUMMER: LET'S TALK DEHYDRATION

Dehydration occurs when more water and fluids leave the body than enter it. Even low levels of dehydration can cause headaches, lethargy, and constipation. The human body is roughly 75 per cent water. Without this water, it cannot survive. Water is found inside cells, within blood vessels, and between cells.

A refined water management system keeps our water levels balanced, and our thirst mechanism tells us when we need to increase fluid intake. Although water is constantly lost throughout the day as we breathe, sweat, urinate, and defecate, we can replenish the water in our bodies by drinking fluids.

The body can also move water around to areas where it is needed most if dehydration begins. While most cases of dehydration can be easily reversed by increasing fluid intake, severe cases require immediate medical attention.

Facts about dehydration:

- The causes of dehydration include diarrhoea, vomiting, and sweating
- Individuals more at risk of dehydration include athletes, people at higher altitudes, and older adults
- Early symptoms of dehydration include dry mouth, lethargy, and dizziness

The first symptoms of dehydration include thirst, darker urine, and decreased urine production. In fact, urine colour is one of the best indicators of a person's hydration level. Clear urine means you are well hydrated, and darker urine means you are dehydrated.

However, it is important to note that, particularly in older adults, dehydration can occur without thirst. This is why it is important to drink more water when ill or during hotter weather.

Complications

If dehydration is not checked, it can lead to serious complications; these include:

- **Low blood volume** – less blood produces a drop in blood pressure and a reduction in the amount of oxygen reaching tissues
- **Seizures** – due to an imbalance of electrolytes
- **Kidney problems** – including kidney stones, urinary tract infections, and eventually kidney failure
- **Heat injury** – ranging from mild cramps to heat exhaustion or even heat stroke

Treatment

Underlying conditions that cause dehydration should be treated with the appropriate medication. This can be done by consuming clear fluids such as water, clear broths, ice, or ice pops. Some dehydrated patients will, however, require intravenous fluids in order to rehydrate. Dehydrated people should avoid drinks containing caffeine such as coffee, tea, and sodas. Underlying conditions that are causing dehydration should also be treated with the appropriate medication.

Prevention

Prevention is really the most important treatment for dehydration. Consuming plenty of fluids and foods that have high water content (such as fruits and vegetables) should be enough for most people to prevent dehydration.

People should be cautious about doing activities during extreme heat or the hottest part of the day and anyone who is exercising should make replenishing fluids a priority. Since the elderly and very young are most at risk of being dehydrated, special attention should be given to them to make sure they are receiving enough fluids.

Get more information on hydration from the JADCO Nutrition Guide which may be accessed in the publications section of the JADCO website at jadco.gov.jm.



JADCO & YOU RADIO AND TELEVISION PROGRAMME



JADCO and You, is a series of television and radio features which disseminates important information on anti-doping to the general public. The feature is aired quarterly on TVJ and monthly on 16 radio stations.

The JADCO and You television programme will be aired on **Television Jamaica** on **Wednesday, July 29, 2026 at 9:30 p.m.**

JADCO and You will also be aired on the following radio stations on **Thursday, July 30, 2026:**

STATION	TIME	STATION	TIME
Mello FM	4:40 a.m.	Sleek 93 FM (Newstalk)	2:55 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	7:30 p.m.
Bridge FM	8:50 a.m.	Kool 97 FM	8:30 p.m.
Bess 100 FM	11:00 a.m.	KLAS FM/Omega Radio	8:30 p.m.
Gospel JA FM	11:55 a.m.	Love 101 FM	9:35 p.m.
Irie FM	1:40 p.m.	Suncity 104 FM	10:00 p.m.
NCU FM	1:55 p.m.	Fame 95 FM	10:35 p.m.



ROAD SHOW

CLEAN RIDE
WIN WITH PRIDE

**BACK-TO-SCHOOL
GIVEAWAYS**

DON'T NEED DOPE TO SCOPE



**BACK-TO-SCHOOL
GIVEAWAYS**



**PRIZES &
SURPRISES**



**FUN GAMES &
ACTIVITIES**



**MUSIC &
ENTERTAINMENT**



**COMMUNITY
ENGAGEMENT**

THURSDAY
AUGUST 27, 2026

10:00 AM – 12:00 PM
RUDOLPH ELDER PARK
ST. THOMAS

2:00 PM – 5:00 PM
PORT ANTONIO SQUARE
PORTLAND

ONE DAY | TWO EVENTS | BIG IMPACT

DOPE-FREE CREATIVE CORNER

THE SHORTCUT THAT LED NOWHERE

Everybody wanted to be a champion.
In the small town stadium, dreams ran faster than feet.
Some dreamed of medals. Some dreamed of records.
Some simply dreamed of hearing their name
announced over the loudspeaker.

Among them was a young athlete named Jay.
Jay trained before sunrise. He trained after sunset.
He trained when it rained. He trained when it hurt.
But one day, a voice found him. Not a real voice.
The voice of impatience.

"You're working too hard."
"Everyone wants results now."
"Why take the long road when there's a shortcut?"

At first, the shortcut looked attractive. Faster times.
Bigger muscles. Quick success.
The voice painted a picture of glory without effort.
But then another voice appeared. The voice of purpose.
"What is a medal worth if you cannot be proud of how you earned it?"
"What is victory worth if it belongs to a substance and not to you?"

Jay paused.

He looked at the track beneath his feet. Every lane told a story.
Lane one spoke of discipline. Lane two spoke of sacrifice.
Lane three spoke of perseverance. Lane four spoke of integrity.
There was no lane called "Shortcut." Because greatness was never built there.

Years later, Jay stood on a podium.
The medal around his neck shone brightly,
but it was not the most valuable thing he carried.
The most valuable thing was knowing that every step,
every drop of sweat, every early morning,
and every late night belonged to him.

No shortcuts. No excuses. No doping.
Just honest effort. And in that moment,

Jay realised something many never learn:
A clean victory lasts longer than a fast victory.

Records may be broken. Medals may tarnish.
Crowds may forget. But integrity never fades.

By: Chevauni D-P Blair

Through ongoing outreach and engagement, JADCO is actively advancing anti-doping education across Jamaica. Recent activities include the following:

Jamaica Intellectual Property Office (JIPO) Sports Symposium



JADCO was proud to participate at the Jamaica Intellectual Property Office's (JIPO) "Games Changers: Intellectual Property (IP) and Sports Symposium and Showcase" on April 29. "Intellectual property is integral in the world of sports and athletic excellence.

It protects the creative expressions of athletes, the innovations of coaches, and the identity of clubs and organisations," said Debby-Ann Brown Salmon, chairman, as she addressed the symposium at the University of Technology, Jamaica. JIPO is an agency of the Ministry of Industry, Investment, and Commerce.

SAY NO! TO DOPING



2026 National Junior & Senior Championships



The Jamaica Anti-Doping Commission was on site at the 2026 JAAA National Junior and Senior Trials, held June 18-21 at the National Stadium, where the team engaged with Alejandro Lozano, out-of-competition testing manager, Athletics Integrity Unit; athletes, coaches, and support personnel through its information booth, sharing key anti-doping education resources and reinforcing the importance of clean sport and fair play at every level of competition.



JADCO OUT & ABOUT

Jamaica Badminton Association Anti-Doping Education Workshop

On Saturday, May 2, we hosted two anti-doping education sessions with members of the Jamaica Badminton Association at the office of the Sports Development Foundation in St. Andrew. Great engagement throughout the sessions, with athletes and support personnel actively participating and strengthening their understanding of clean sport.



Institute of Sports Jamaica (INSPORTS) Workshop

The Jamaica Anti-Doping Commission joined the Institute of Sports in Jamaica (INSPORTS) for an anti-doping workshop. The workshop held on May 5 at the National Arena engaged participants from various sporting disciplines, student-athletes, parents, and highlighted the importance of clean sport, fair play, and anti-doping education.



Equestrian Federation of Jamaica National League

The Jamaica Anti-Doping Commission engaged athletes, coaches and spectators at the Burger King National League on May 24 at the St. Ann Polo Club in Ocho Rios, St. Ann.

The Commission hosted an anti-doping education session and displayed an information booth, providing participants with valuable information on clean sport and their rights and responsibilities under the anti-doping rules.



Rollington Town Primary School Career Day

We participated in Rollington Town Primary School's Career Day on May 20. We set up a booth and spoke to some of the students – telling them about the Commission, what we do, and the various careers within the scope of anti-doping.





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://www.instagram.com/Ja_antidoping)