

DON'T BE A DOPE



Imagine training unbelievably hard for years and years and just when you are at your very best, someone who you have never seen, or who you usually beat, suddenly takes seconds off you. Think about it – how would you feel? That is what happens when you cheat and take drugs to improve your performance.

SIX REASONS NOT TO DOPE

1. It is not fair to those friends and competitors of yours who 'race clean'
2. It destroys the spirit and joy of sport
3. It can make you feel unwell, harm your health, or even kill you
4. If you test positive you will be banned from doing the thing you love – sport
5. You will be stripped of your medals and they will be given to those you beat
6. You will lose the respect of all those close to you who will regard you as a cheat

Could YOU hold your head up high again?

HERE ARE SOME EXAMPLES OF DOPING FROM CANOEING

Anabolic steroids

These increase oxygen uptake to your muscles and improve muscle growth. Examples of anabolic steroids: trenbolone and metenolone, stanozolol, testosterone, nandrolone, dianabol, oxandrolone

Martin Hiller, a German Sprint Champion, was banned for four years in 2025 for taking anabolic steroids.

Alexander Dyachenko, a 2012 Olympic gold medallist, and **Nikolay Lipkin**, Russian Sprint canoeist, were banned for four years in 2022 for taking anabolic steroids

Masking agents

These are things that you take to interfere with anti-doping tests.

Aleksandra Dupik, Russian Sprint canoeist, was banned for two years in 2022 for taking Furosemide, a water tablet that interferes with test results.

Others

There are many other classes of drugs that are banned. They can be found on the WADA website here: <https://www.wada-ama.org/en/resources/2026-prohibited-list>

ANTI-DOPING TESTING

You can be tested at any time, anywhere, both in and out of competition. You will have to provide a sample of blood or urine. You must attend the test or it will be considered a failed test.

Learn all about anti-doping and testing here: <https://adel.wada-ama.org/learn>
The ITA Athlete Hub has loads of useful information: <https://ita.sport/athlete-hub/>

Remember – YOU are responsible for what you put into your body and it is YOU that will be banned if you cheat. Always check before you take anything.

REPORTING SUSPICIONS

IF YOU THINK THAT SOMEONE MAY BE DOPING, YOU CAN REPORT IT TO THE ITA ANONYMOUSLY. NO ONE WILL KNOW IT IS YOU.

REPORT IT HERE: <https://ita.sport/reveal/>

You can use WhatsApp, a secure email or a secure platform and mailbox.

Don't hesitate, do it now!

