



Q&A with Dr Christian Trajano

The social rejection shown by illustrious athletes of our sport against athletes whose dirty sporting CV, peppered with doping sanctions, is laundered by their national federations and coaches when they return to the competition, demonstrates the ineffectiveness of doping sanctions. What do you think about this?

In the past 20 years, the anti-doping community focused its efforts on Testing and Sanctioning. From now on, we must target education and intelligence. That's the importance of talking about anti-doping, spreading the knowledge, making the clean athletes comfortable and secure to report doping, and starting this education in the earlier phases of athlete development. The effectiveness of the fight against doping, harassment, and match-fixing will increase as the education efforts towards prevention increases.

I apologize if you talked about this already. In terms of safe products, are there WADA approved stamps or sports approved stamps or labels that indicates the safe use of these products for athletes? At least to your knowledge.

No anti-doping organization (nor any WADA-accredited laboratory) approves supplements nor medicines.

Instead, there are some third-party companies analyzing supplements for prohibited substances, e.g., NSF, informed-sport. These companies do not test for the entire Prohibited List.

It is crucial athletes understand the strict liability principle of the World Anti-Doping Code: the athletes are solely responsible for what enters their bodies.