

ANTI DOPING

ÖTILLÖ strongly believes that everyone participating ÖTILLÖ swimrun competitions has a responsibility in assuring that the sport remains clean. ÖTILLÖ encourages all athletes to be aware of and to understand their rights and responsibilities when it comes to the anti-doping rules and procedures. Ultimately, it is the responsibility of the athlete to be sure that what they put in their bodies is not a prohibited substance.

Testing is a vital part of ÖTILLÖ's anti-doping program and something that any athlete who registers and competes in an ÖTILLÖ event is subject to. Whether it is your first ÖTILLÖ event or you are a seasoned swimrunner, it is important that you understand your rights and responsibilities when it comes to anti-doping.

As a condition of participation in any of the ÖTILLÖ events, all registered athletes are required to acknowledge and accept the ÖTILLÖ anti-doping policy. In accordance with the ÖTILLÖ anti-doping policy, all athletes registered to any of the ÖTILLÖ events are subject to testing and are required to read and understand all rules and obligations before registering for any of the events.

Any athlete registering and competing in an ÖTILLÖ event can be tested in conjunction to an ÖTILLÖ event.

Athletes planning to compete at the ÖTILLÖ Swimrun World Championship should confirm the status of all medications, supplements and treatments by checking the WADA Prohibited List - (<http://list.wada-ama.org/>), the Global Drug Reference Online (Global DRO, <http://globaldro.org/Home>) as well as the website of the National Anti-Doping Agency of their country. It is important to check the status of all medications, supplements and treatments on a regular basis as the list is updated January 1st each year. Athlete should advise his/her medical personnel of his/her obligation to follow by the anti-doping rules and that any medical treatment received should not violate these rules. If the medication is not prohibited, athlete can use the substance without any further action. If the substance that the athlete is taking is on the WADA prohibited list, athlete should always check with their doctor if there are any alternative substances that are permitted and can be used. If there are no permitted alternatives, athlete should declare the substance used at the time of registration. This must be supported by official medical records confirming the medical conditions, substance, dosage, duration and that no alternative

substances are available. Substances prescribed by a doctor for a specific medical conditions are excluded unless it is determined that the medication in question is used by the athlete for non-medical purposes.

The aim with the testing is:

- Deter any use of prohibited substance at the ÖTILLÖ events
- Identify athletes who may be using prohibited substances
- Promote doping free swimrun and Fair Play

According to the ÖTILLÖ anti-doping rules, the following acts constitute an anti-doping violation:

- Refusing to provide a sample or failure to comply with the testing protocols
- Tampering and manipulation or an attempt of such during the sample collection process
- Failure to sign the ÖTILLÖ anti-doping consent and waiver
- Presence of a prohibited substance based on the most current WADA prohibited list.

ÖTILLÖ shall have the sole authority to make any decision regarding an anti-doping violation under the ÖTILLÖ anti-doping policy.

TESTING AND SAMPLE COLLECTION

- Sample collection will be conducted by an Independent Sample Collection Agency and the collection is done in accordance with the current WADA rules and regulations (WADA ISTI).
- The samples collected at the ÖTILLÖ events will be analyzed at WADA accredited laboratories
- Results will be reported to the ÖTILLÖ Race Director
- A failure to provide a sample will be considered as an adverse analytical finding (positive result)
- The sample collection agency shall keep and maintain all the information regarding the athletes and tests in strict confidence and only share with the Ötillö board.
- All individual who registers for any of the ÖTILLÖ events is subject to testing.

RESULT MANAGEMENT

- The WADA accredited laboratory will report any findings to the ÖTILLÖ Race Director
- If a competitor has been tested positive for any prohibited substance, he/she will be notified by email by the ÖTILLÖ Race Director
- The competitor can accept the positive finding in the A- sample or request the B- sample to be analyzed
- The request to have the B- sample analyzed must be given, by email, to the ÖTILLÖ Race Director no later than five (5) working days after the notification was received.
- The competitor has a right to be present at the B-sample analysis at his/her own cost.
- If the B-sample is negative (does not confirm the adverse analytical finding in the A-sample), the result for the test is considered to be negative and there will be no further action.
- If the B-sample is positive (confirms the adverse analytical finding in the A-sample), the result for the test is considered to be positive. The competitor can either accept the positive result and the consequences of it or appeal on the grounds described here below.
- A competitor who wishes to appeal an adverse analytical finding (positive result) of a doping control shall notify the ÖTILLÖ Race Director, by email, no later than five (5) working days after the reception of the B -sample results. The Race Director shall confirm, by email, that the notice of appeal was received.

- The competitor shall support his/her appeal with clear evidence.
- All appeals will be heard by the ÖTILLÖ board with the assistance of medical experts if so deemed necessary. The determination after the appeal shall be considered as final. A written decision shall be sent to the competitor by email.
- If the competitor takes no action in five (5) working days after receiving the notification of the adverse analytical finding (positive result), ÖTILLÖ board will make its final decision on that an anti-doping violation occurred and the competitor will be sanctioned.

LEGITIMATE MEDICAL USE OF A PROHIBITED SUBSTANCE

ÖTILLÖ recognizes that some substances found on the WADA prohibited list are used for legitimate medical purposes to treat a medical condition where no other alternatives are available. ÖTILLÖ, therefore, allows exception to be made for competitors who provide official documents clearly explaining the condition, medical history, treatment plan and proof that no permitted options are available. If a competitor wishes to appeal an adverse analytical finding (positive test result) on the grounds of legitimate medical use to treat a medical condition, she/he shall provide documentation showing that the substance was prescribed by a medical professional to treat a specific medical condition.

SANCTIONS

A final decision by the ÖTILLÖ board that a competitor has violated the ÖTILLÖ anti-doping policy will result in a lifetime ban from all ÖTILLÖ events. Any outstanding prize money will not be paid out. ÖTILLÖ reserves the right to make the final determination regarding anti-doping violations in the ÖTILLÖ events.