

PENDIDIKAN ANTI-DOPING

AGENSI ANTI-DOPING MALAYSIA (ADAMAS)



adamas
AGENCI ANTI-DOPING MALAYSIA • ANTI-DOPING AGENCY OF MALAYSIA

SAY **NO!** TO
DOPING





LATARBELAKANG



Sejarah

1928

International Association of Athletics Federations bans stimulants

1960

International Association of Athletics Federations bans stimulants Rome Olympics: death of a Danish athlete during timetrial; alleged use of amphetamines

1966

UCI (cyclists) and FIFA (football) introduce drug testing at their events

1967

Tommy Simpson dies during Tour de France; First International Olympic Committee (IOC) Prohibited List

1968

Drug testing introduced at Olympic Games; winter and summer

1998

Festina scandal at Tour de France; police raids

1999

First World Conference on Doping in Sport; Lausanne Declaration and formation of World Anti-Doping Agency



SENARIO DOPING



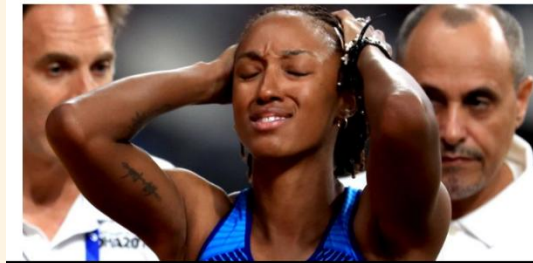
LUAR NEGARA



Brianna McNeal: Olympic hurdles champion handed five-year ban for anti-doping rule violation

The AIU said Brianna McNeal was sanctioned for "tampering within the results management process", which was her second violation of World Athletics' anti-doping rules; the American has appealed against the decision to the Court of Arbitration of Sport (CAS)

Last Updated: 04/06/21 2:27pm



Georgian record shot putter Abramyan suspended for doping positive

By Mike Rowbottom @Tuesday, 3 August 2021

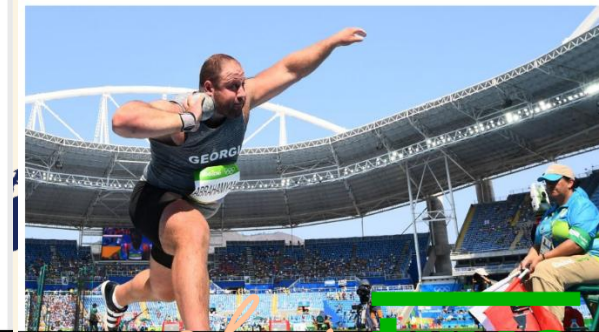


Georgia's national shot put record holder Benik Abramyan, who was due to take part in this evening's qualifying competition, has been provisionally suspended from competition following an adverse finding in an out-of-competition test on July 31.

The sample taken by the Independent Testing Agency (ITA) from the 36-year-old athlete, who competed in qualifying at the Rio 2016 Games and set a Georgian record of 21.11 metres on May 16 this year, was analysed at the World Anti-Doping Agency lab in Tokyo yesterday.

It showed traces of two banned steroids – dehydrochloromethyl-Hestosterone and metandienone, and tamoxifen.

The sample was collected by the ITA under the testing authority of the International Olympic Committee (IOC).



DALAM NEGARA

By James Witts, 6th August 2021

“
Technological doping: The science of why Nike Alphaflys were banned from the Tokyo Olympics

Runners wearing Nike's Vaporfly shoes took 31 of 36 podium positions at major marathons in 2019. Do they give an unfair advantage? And could it ever be fair?

ANTI-DOPING MALAYSIA

By Xinhua, 8th August 2021

“
China plays clean at Tokyo Olympics: spokesperson

TOKYO, AUG. 8 (XINHUA)
Chinese athletes had received 226 doping tests as of August 6 at Tokyo 2020, and there was no single case of doping, a spokesperson from the Chinese sports delegation said here on Sunday.

ANTI-DOPING MALAYSIA
ADAMAS.GOV.MY

From CNN, 15 June 2021

“
An Olympic runner was banned after testing positive for a steroid. She believes it's a false positive from a pork burrito

SHELBY HOULIHAN
said she has been banned from the sport for four years following a positive test for anabolic steroids that she attributes to eating a pork burrito

ANTI-DOPING MALAYSIA
ADAMAS.GOV.MY

By Reuters, 29 June 2021

“
Russian Olympic Committee to send 335 athletes to Tokyo

MOSCOW
Russia's Olympic Committee will send 335 athletes to the Tokyo Olympics next month, its president said on Tuesday, where they will compete without their national flag and anthem due to doping sanctions.

ANTI-DOPING MALAYSIA
ADAMAS.GOV.MY

By Elisha Fieldstadt, 2 July 2021

“
U.S. sprinter Sha'Carri Richardson suspended for one month after failed drug test

SHA'CARRI RICHARDSON
"This will be the last time the Olympics don't see Sha'Carri Richardson," she said Friday during an exclusive interview on NBC's "TODAY" show.

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ADAMAS.GOV.MY



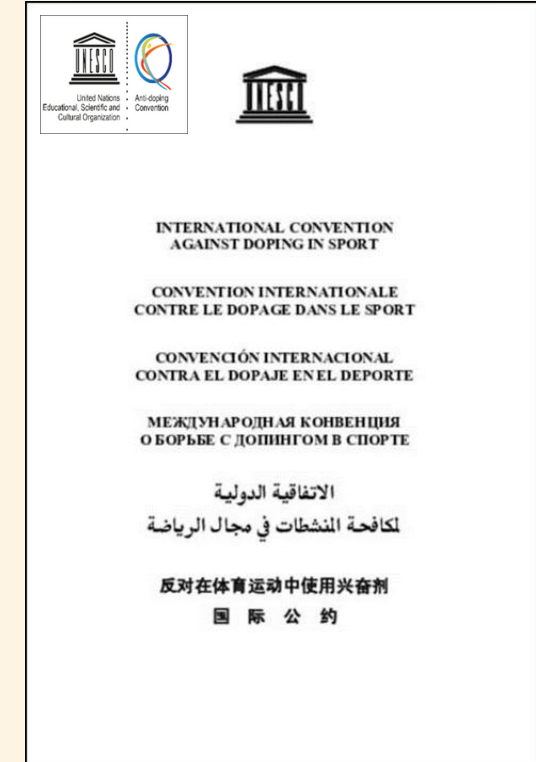
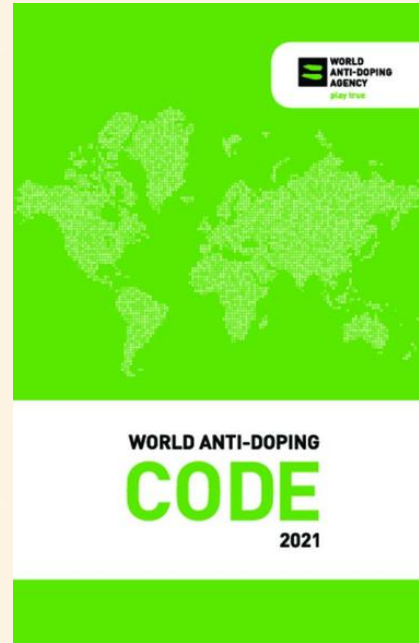
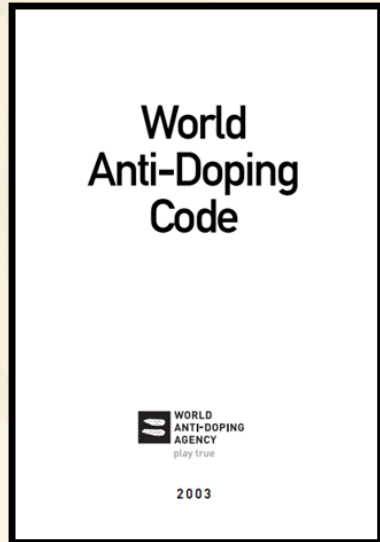


GOVERNAN



PENANDATANGAN (SIGNATORY)

SEHINGGA KINI, KIRA-KIRA 700 ORGANISASI SUKAN TELAH MENERIMA KOD ANTI-DOPING DUNIA



TUJUAN

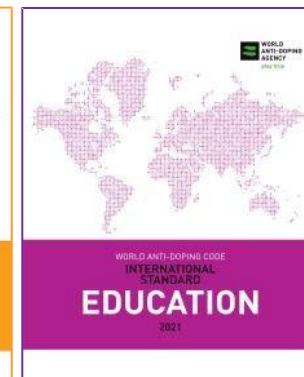
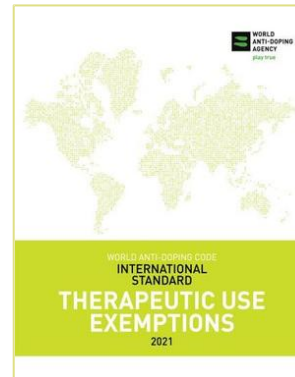
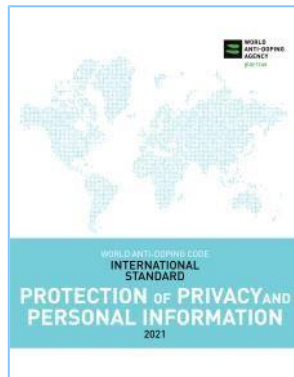
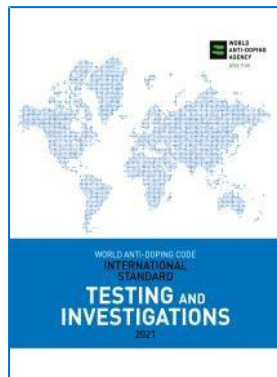
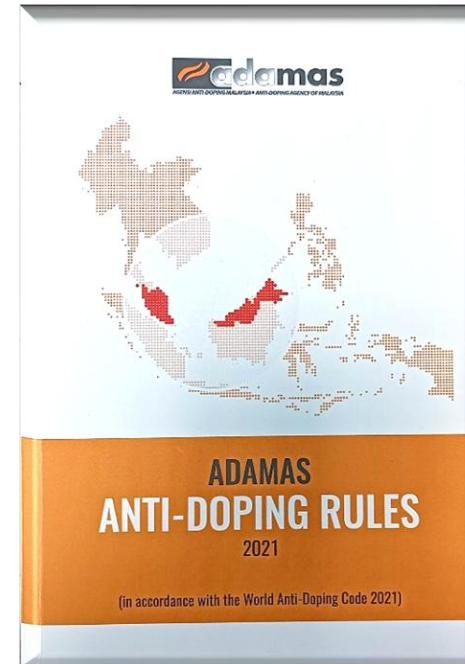
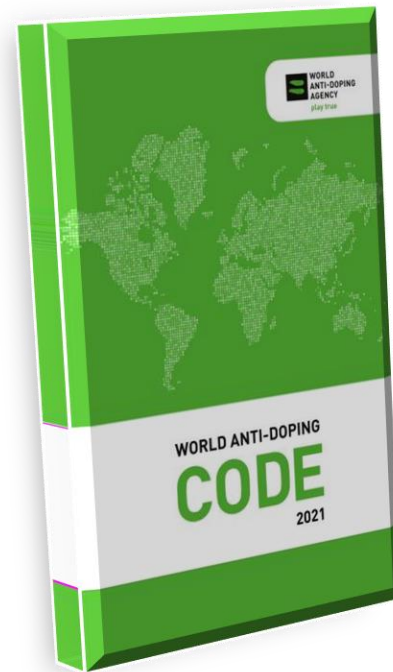
- Memelihara hak atlet untuk mengambil bahagian di dalam sukan yang bersih, bebas doping
- Memastikan program anti-doping yang seragam dan strategik (kebangsaan dan antarabangsa)
- 191 Negara penandatangan
- Malaysia menandatangani kod pertama pada tahun 2007
- Sumbangan tahunan kepada WADA

TUJUAN

Melaksanakan usaha pencegahan dan menentang gejala doping dalam sukan

- 191 Negara penandatangan
- Malaysia menandatangani traktat ini pada tahun 2007

DOKUMEN UTAMA



World Anti-Doping Code 2021



For health of athletes

- ◆ For rights of athletes playing clean
- ◆ Promise to realize “PLAY TRUE”
- ◆ The standards for all countries and sports





PERUBAHAN KOD WADC2015

Fokus terhadap pengujian dan
penyiasatan serta Anti Doping Rules
Violation (ADRV)



PERUBAHAN KOD WADC 2021

Fokus kepada kesihatan awam dan hak
atlet



WORLD ANTI-DOPING CODE 2021

- ✓ Kesihatan sebagai prinsip utama
- ✓ Tatacara perundangan yang lebih adil dan saksama
- ✓ 51 Penambahbaikan aspek Asas Antidoping, Undang-Undang dan Teknikal
- ✓ Polisi Whistleblower
- ✓ Perhatian terhadap dadah rekreasi
- ✓ Hak dan peranan atlet
- ✓ Penglibatan atlet secara aktif dalam bidang antidoping
- ✓ Kategori atlet baharu: Atlet Rekreasi





VISI

Ekosistem sukan Malaysia bebas daripada penggunaan bahan atau kaedah yang dilarang

MISI

ADAMAS sebagai sebuah organisasi yang memelihara integriti dan memartabatkan sukan negara di peringkat antarabangsa

Fungsi Utama:

- Pendidikan, Pencegahan dan Kesedaran
- Pengujian (urin dan darah) dan Penyiasatan
- Pematuhan
- Jalinan Kerjasama Strategik (dalam dan luar negara)
- Pengurusan Keputusan
- Pembangunan Kapasiti (dalam dan luar negara)
- Khidmat nasihat (bahan dan kaedah terlarang, TUE)



Mengapa doping dilarang?

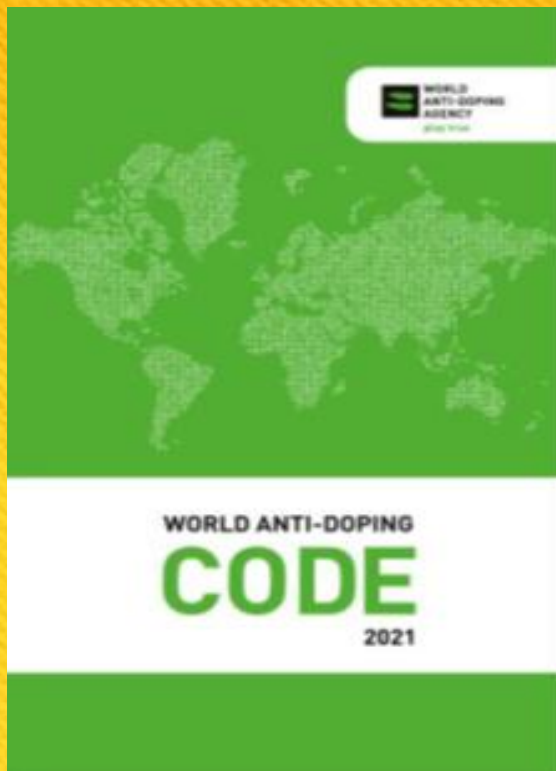
**Bertentangan
dengan semangat
bersukan
secara adil**

**Risiko terhadap
kesihatan atlet**

**Mencemarkan nilai-
nilai sukan**

DEFINISI DOPING

Doping didefinisikan sebagai terjadinya satu atau lebih pelanggaran peraturan anti-doping yang dinyatakan dalam artikel 2.1 sehingga artikel 2.11



ARTICLE 1 DEFINITION OF DOPING19

ARTICLE 2 ANTI-DOPING RULE VIOLATIONS19

- 2.1 PRESENCE OF A PROHIBITED SUBSTANCE OR ITS METABOLITES OR MARKERS IN AN ATHLETE'S SAMPLE 19
- 2.2 USE OR ATTEMPTED USE BY AN ATHLETE OF A PROHIBITED SUBSTANCE OR A PROHIBITED METHOD21
- 2.3 EVADING, REFUSING OR FAILING TO SUBMIT TO SAMPLE COLLECTION BY AN ATHLETE22
- 2.4 WHEREABOUTS FAILURES BY AN ATHLETE22
- 2.5 TAMPERING OR ATTEMPTED TAMPERING WITH ANY PART OF DOPING CONTROL BY AN ATHLETE OR OTHER PERSON22
- 2.6 POSSESSION OF A PROHIBITED SUBSTANCE OR A PROHIBITED METHOD BY AN ATHLETE OR ATHLETE SUPPORT PERSON22
- 2.7 TRAFFICKING OR ATTEMPTED TRAFFICKING IN ANY PROHIBITED SUBSTANCE OR PROHIBITED METHOD BY AN ATHLETE OR OTHER PERSON23

World Anti-Doping Code 2021

1

- 2.8 ADMINISTRATION OR ATTEMPTED ADMINISTRATION BY AN ATHLETE OR OTHER PERSON TO ANY ATHLETE IN-COMPETITION OF ANY PROHIBITED SUBSTANCE OR PROHIBITED METHOD, OR ADMINISTRATION OR ATTEMPTED ADMINISTRATION TO ANY ATHLETE OUT-OF-COMPETITION OF ANY PROHIBITED SUBSTANCE OR ANY PROHIBITED METHOD THAT IS PROHIBITED OUT-OF-COMPETITION23
- 2.9 COMPLICITY OR ATTEMPTED COMPLICITY BY AN ATHLETE OR OTHER PERSON23
- 2.10 PROHIBITED ASSOCIATION BY AN ATHLETE OR OTHER PERSON24
- 2.11 ACTS BY AN ATHLETE OR OTHER PERSON TO DISCOURAGE OR RETALIATE AGAINST REPORTING TO AUTHORITIES25

11 Anti-Doping Rules Violation (ADRV)



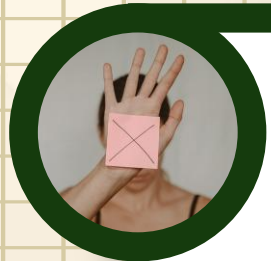
Kehadiran bahan yang terlarang di dalam sampel atlet

2 . 1



Penggunaan atau cubaan menggunakan bahan atau kaedah yang terlarang oleh atlet

2 . 2



Mengelak atau menolak atau gagal membenarkan sampel di ambil

2 . 3



Kegagalan whereabouts (maklumat keberadaan)

2 . 4



Mengganggu atau cubaan mengganggu mana mana bahagian proses kawalan doping

2 . 5



Memiliki bahan atau kaedah terlarang tanpa justifikasi

2 . 6

11 Anti-Doping Rules Violation (ADRV)



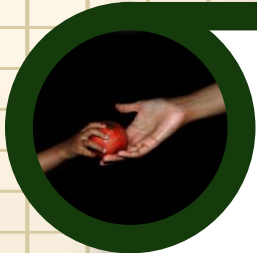
Menyeludup atau cubaan menyeludup
bahan/kaedah terlarang

2 . 7



Memasukkan atau cubaan
memasukkan bahan
terlarang pada badan ahli sukan

2 . 8



Penglibatan dalam aktiviti yang
menyalahi peraturan anti-
doping(membantu, menggalak dan
bersubahat)

2 . 9



Menghalang atau menghindar sesiapa
untuk melaporkan maklumat mengenai
salah laku doping (penambahan baharu
dalam code)

2 . 1 1



Penglibatan atlet atau pegawai sukan dalam
kapasiti profesional atau berkaitan dengan
sukan dengan individu yang sedang
menjalani hukuman di atas kesalahan
berkaitan anti-doping

2 . 1 0



1 day
true

IMPLIKASI TIDAK MELAKSANAKAN WORLD ANTI-DOPING CODE

01

- ADAMAS disenarai sebagai non-compliant state

02

- Hilang kelayakan untuk menganjurkan kejohanan sukan antarabangsa

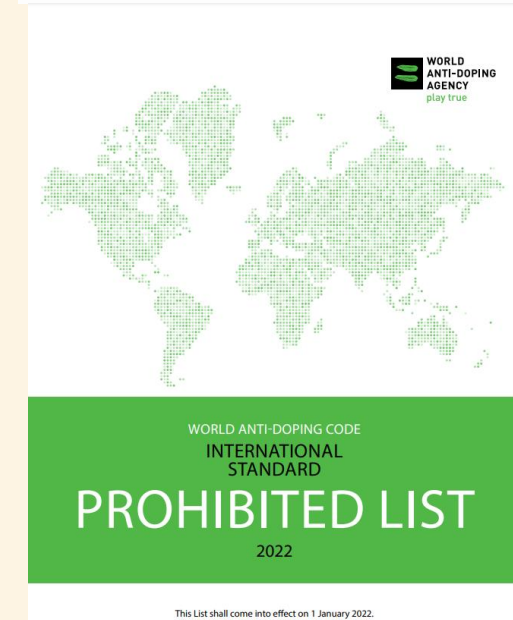
03

Kontinjen Malaysia tidak dibenar hadir dan bertanding di kejohanan sukan antarabangsa



PROHIBITED LIST (WADA)

- WADA akan menerbitkan pada 1 Oktober
 - Dikemaskini setiap tahun
- Berkuat kuasa 01 Januari
 - Berkmungkinan, senarai bahan boleh di tambah pada bila-bila masa
- Dokumen
 - Boleh berubah berdasarkan bukti saintifik terkini serta maklumat lain yang berkaitan



KATEGORI *PROHIBITED LIST 2023*

Prohibited At All Times

Prohibited Substances

- S0: Non-approved Substances
- S1: Anabolic Agents
- S2: Peptide Hormones, Growth Factors, Related Substance, and Mimetics
- S3: Beta-2 Agonists
- S4: Hormone and Metabolic Modulators
- S5: Diuretics and Masking Agents

Prohibited Methods

- M1: Manipulation of Blood and Blood Components
- M2: Chemical and Physical Manipulation
- M3: Gene Doping

Prohibited In-Competition

- S6: Stimulants
- S7: Narcotics
- S8: Cannabinoids
- S9: Glucocorticoids

Prohibited in Particular sports

- P1: Beta-blockers

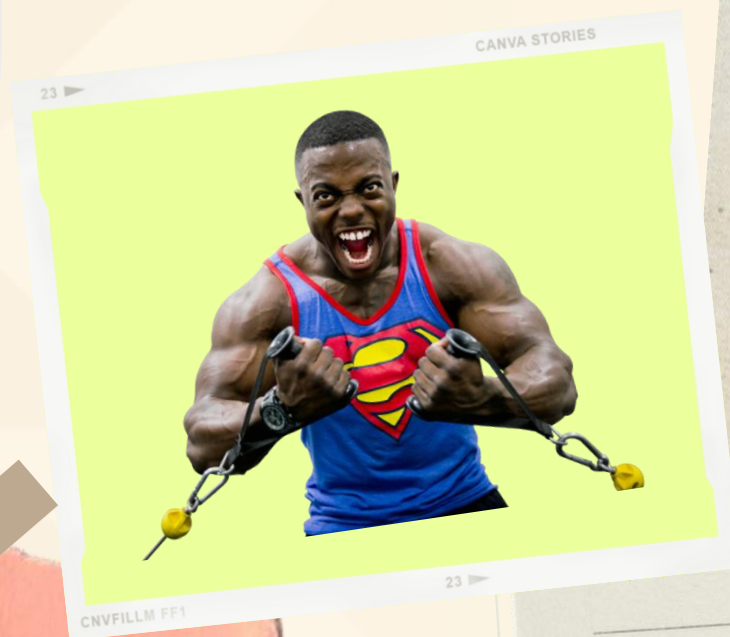
PENGUNAAN MAKANAN TAMBAHAN



MAKANAN TAMBAHAN DAN BAHAN TERLARANG DALAM SUKAN

- MENINGKATKAN TENAGA
- MENINGKATKAN KEUPAYAAN
 - BERLATIH LEBIH KUAT
- DAPATKAN TUBUH YANG MENARIK

PRESTASI SUKAN



- 'JUST IN CASE'
- FAKTOR KEWANGAN (PENAJA SUKAN)

ALASAN LAIN

- MERAUAT KEKURANGAN NUTRISI
- MENINGKATKAN KUALITI TIDUR
- MENGELAK ATAU MENGURANGKAN RASA SAKIT
- TUJUAN RAWATAN DAN MENGELAK KECEDERAAN

TUJUAN KESIHATAN

- JURULATIH
 - RAKAN SEBAYA
 - IBUBAPA DAN PENJAGA
 - PROMOSI PRODUK
- ## NASIHAT
- ## SEKELILING

KENAL PASTI RISIKO MAKAN TAMBAHAN



KENALPASTI
BAHAN
TERLARANG
PADA LABEL



KENALPASTI
RISIKO PRODUK
MENGIKUT
KATEGORI



KENALPASTI
KENYATAAN
'OVERCLAIM'
SESUATU
PRODUK



KENALPASTI BAHAN TERLARANG PADA LABEL

Kenal pasti melalui nama pada label yang mungkin mengandung bahan perangsang dan steroid:

--ol --arine	--diol	--ermine
--one	--heptane	--dione
--hexane	--dienone	--pentane
--stene	--aminol	--amine

Atau nombor yg digabungkan dengan huruf
Greek
(1-alpha, 17-beta)

Drug Facts

Active ingredients (in each 5 mL tsp)

Dextromethorphan HBr, USP 10 mg	Cough suppressant
Guaifenesin, USP 200 mg	Expectorant
Phenylephrine HCl, USP 5 mg	Nasal decongestant

Uses

- helps loosen phlegm (mucus) and thin bronchial secretions to drain bronchial tubes
- temporarily relieves these symptoms occurring with a cold:
 - nasal congestion
 - cough due to minor throat and bronchial irritation

Warnings

Do not use if you are now taking a prescription

Supplement Facts

Servings Size: 1 Level Scoop (1.5g)
Servings Per Container: 60

	Amount Per Serving	% DV*
Custom Engineered Bio-Pro Bio-Active Peptides Extracted from Micro-Concentrated Colostrum, yielding: Proline Rich Peptides, Growth Factors (IGF-1, TGF beta-2, EGF, PDGF) Immunoglobulins (IgG, IgA), Lactoferrin, Fibroblast-GF	1.5g	**

** Daily value not established

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per Serving	% Daily Value
Caffeine Anhydrous	175 mg†
Rhodiola (Rhodiola Rosea) (Root) (Standardized for 3% Rosavins and 2% Salidroside)	100 mg†
Paulownia Tomentosa (Leaf) (Standardized for 25% Ursolic Acid)	50 mg†
Olive Leaf Extract (Olea Europaea) (Standardized for 18% Oleuropein)	50 mg†
Raspberry Ketones	50 mg†
White Willow Extract (Bark) (Standardized for 15% Salicin)	50 mg†
Higenamine HCl	20 mg†
Dendrobium (Dendrobium Nobile) (Plant) (Standardized for 1% Alkaloids)	5 mg†
Black Pepper Extract (As BioPerine®) (Fruit) (95%-98% Piperine)	5 mg†

† Daily Value not established.

OTHER INGREDIENTS: Gelatin Capsule (Gelatin, FD&C RED #40, FD&C YELLOW #5), Rice Powder, Magnesium Stearate

SUPPLEMENT FACTS

Serving Size: One Scoop (7.5g)
Serving per Container: 30

	Amount Per Serving	% Daily Value
Calories	4	
Total Carbohydrate	<1g	<1%*
Total Sugar	0.5g	**
Includes added Sugar	0.5g	**
3 Dimensional Xtreme Screwdriver	4.25g	**

L-Arginine, Beta Alanine, Caffeine Anhydrous, 2-Aminoisoheptane, Taurine, Wheat grass, Beta Phenyl Ethylamine HCL, Guarana, Glycerol Monostearate and Yohimbe.

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

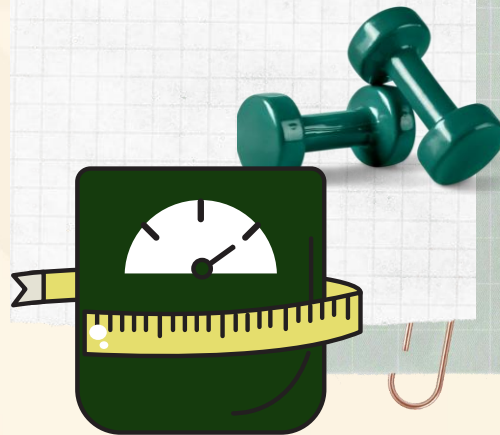
Other ingredients: Maltodextrin, N&A Flavors, Silicon Dioxide, FD&C Blue #1, FD&C Yellow #5 and Sucralose.

KEBIASANNYA MENGANDUNGI BAHAN-BAHAN TERLARANG DALAM SUKAN

PRODUK MUSCLE
BUILDING



WEIGHT LOSS /
ENERGY



HERBA



KENALPASTI
RISIKO PRODUK
MENGIKUT
KATEGORI





KENALPASTI KENYATAAN 'OVERCLAIM' SESUATU PRODUK

- Formula rahsia
- Penyelesai segala masalah
- Sesuai untuk semua
- Hasil yang cepat
- Money back guarantee
- Rawatan kuno yang dimodenkan
- Penemuan yang dirahsiakan

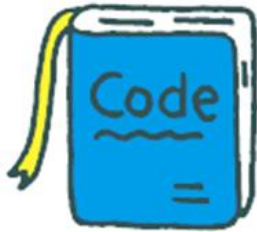
LIHAT, KENAL PASTI **DAN** AMBIL TAHU!



You will be protected should any issues result from using these supplements.
If you use supplements other than those above, you are NOT protected.

PERANAN ATLET

1



Mengambil tahu Kod dan mematuhi peraturannya

2



Bersedia untuk memberi sampel pada bila-bila masa

3



Bertanggungjawab di atas apa yang diambil/makan

4



Memaklumkan kewajipan sebagai seorang atlet

5



Pendedahan hukuman yang pernah dilalui

6



Bekerjasama dengan pihak Anti-Doping untuk tujuan siasatan

PERANAN JURULATIH DAN ATHLETES SUPPORT PERSONNEL

1



Berpengetahuan dan
mengetahui dengan Kod
serta mematuhi

2



Bekerjasama dengan
program ujian
anti-doping

3

Mengenalpasti **Pengaruh**
anda dan menggunakan
pengaruh yang bagus
terhadap nilai dan sikap
atlet bagi memupuk budaya
anti-doping

4



Memaklumkan **Hukuman**
lampau kepada pihak
NADO / IF

5



Memberi kerjasama yang
proaktif terhadap siasatan
anti-doping

6



Tidak menggunakan
bahan/kaedah yang dilarang
tanpa mempunyai alasan yang
munasabah

KESAN TERHADAP KESIHATAN

SIGNS OF POSSIBLE PERFORMANCE DRUG MISUSE INCLUDE:



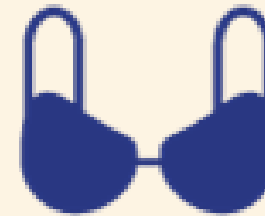
Increased
acne



Rapid
changes in
body build



Facial
weight gain



Breast changes
(smaller for women)
(bigger for men)

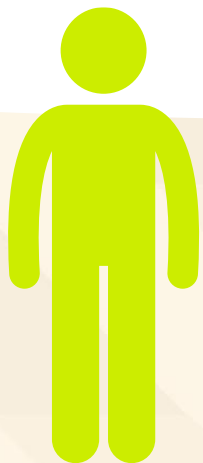


Increased
aggression

STEROIDS

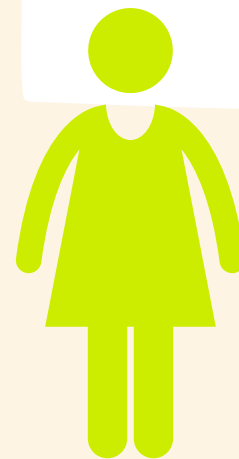
LELAKI:

Buah zakar mengecut
Kesan sampingan seksual (pengeluaran sperma
berkurangan , gangguan mati pucuk , Libido)
Pertumbuhan Payudara

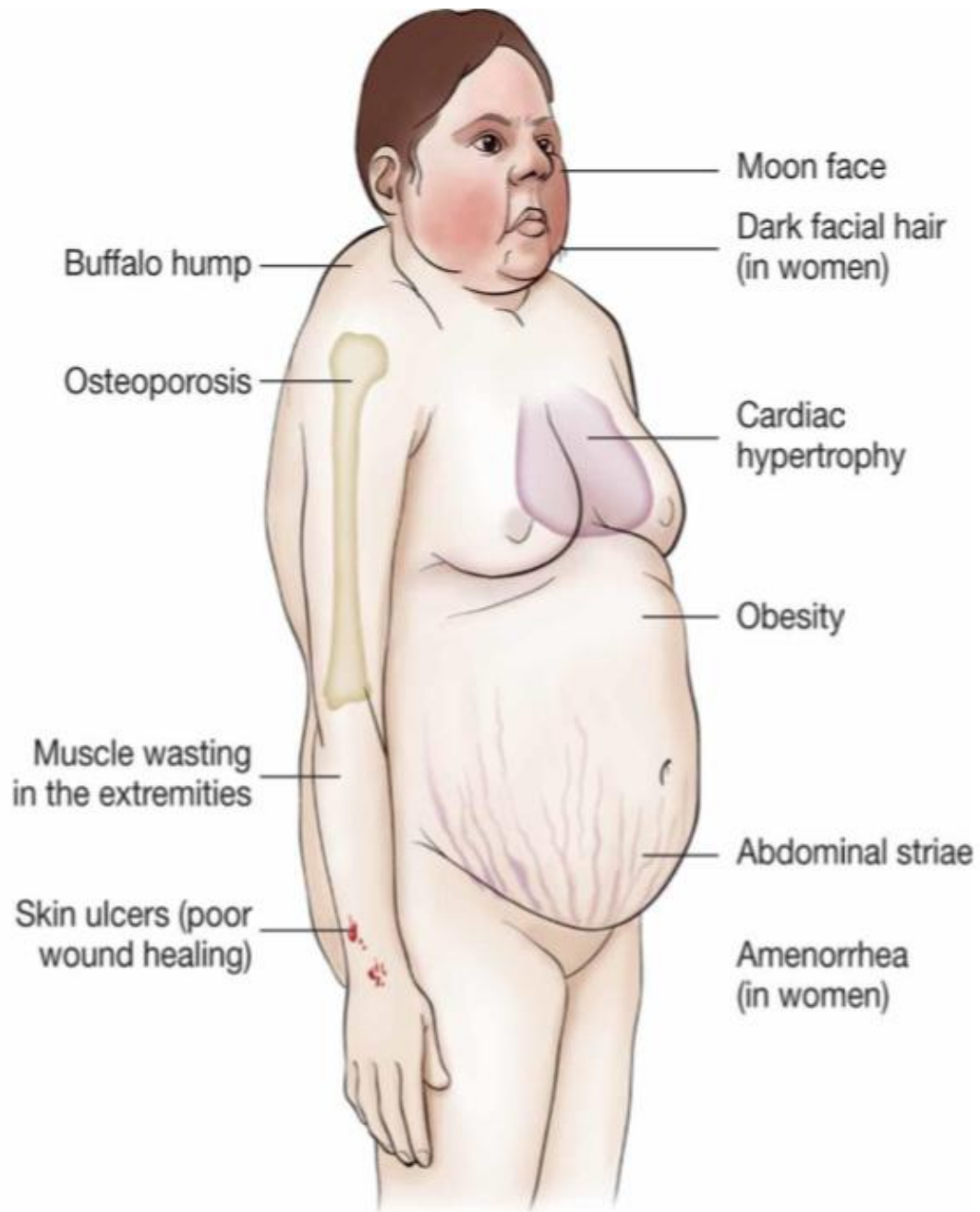


PEREMPUAN:

- Suara garau
- Rambut yang berlebihan di muka dan badan
- Kitaran haid yang tidak normal
- Saiz luarbiasa clitoris



Kesan sampingan steroid



- Selera makan yang luar biasa dan bertambah berat badan
- Sembab yang ketara (oedema)
- Lemah sistem imun, mudah dijangkiti penyakit
- Luka lambat sembuh
- Tekanan darah tinggi, dan kesan kardiovaskular
- Jalur dan tanda lebam pada badan dan kulit
- Tulang menjadi rapuh
- Gangguan haid (wanita)
- Kerosakan buah pinggang

play true
Ευγένης ἀμίλλο
aus mung
spiel gerecht
juego limpio
ren sport
tisza játék

ANABOLIC
STEROIDS



The doping agents that make you big up there

Mengandungi Dexamethasone



Mengandung Dexamethasone



Mengandung Phenybutazone



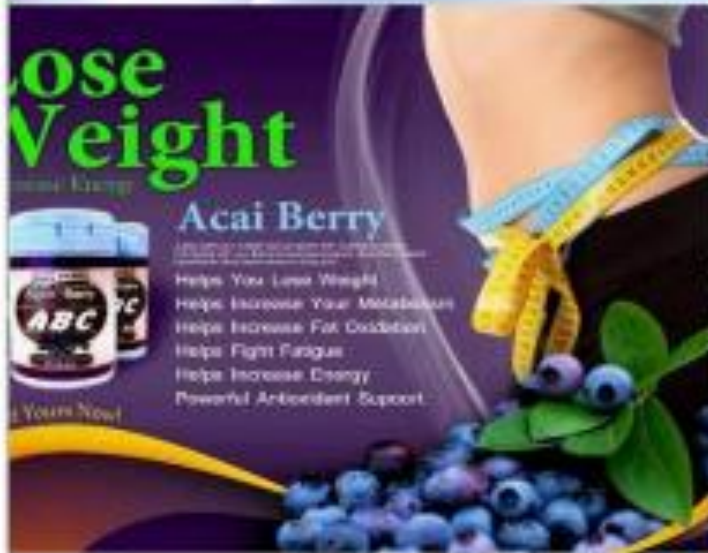
Mengandung Phenylbutazone



Mengandung Sibutramine



Mengandung Sibutramine



THERAPEUTIC USE EXEMPTION (TUE)



APA ITU THERAPEUTIC USE EXEMPTION (TUE)?

PENGECUALIAN PENGGUNAAN BAHAN TERLARANG ATAU KAEDAH TERLARANG BAGI TUJUAN THERAPEUTIC

A Therapeutic Use Exemption allows an Athlete with a medical condition to use a Prohibited Substance or Prohibited Method

Applications for TUEs are reviewed by a panel of TUE Committee (TUEC), and will be approved if the conditions set by WADA's International Standard for Therapeutic Use Exemptions (ISTUE) are satisfied



THERAPEUTIC USE EXEMPTION (TUE)



SEMAK

SEMAK UBAT YANG
INGIN DIGUNAKAN DI
GLOBAL DRO SAMA
ADA MENGANDUNGI
BAHAN TERLARANG
ATAUPUN TIDAK



KENAL PASTI

KENAL PASTI DIMANA
PERLU MENGISI
BORANG TUE
(DAPATKAN DI
PORTAL RASMI
ADAMAS)



SEDIA

SEDIAKAN DOKUMEN
YANG PERLU
(BORANG DAN
MAKLUMAT
PERUBATAN)



MOHON

HANTAR
PERMOHONAN YANG
LENGKAP KEPADA
ADAMAS SECARA
FIZIKAL ATAUPUN
E-MEL



TERIMA

TUNGGU DAN TERIMA
PERMOHONAN DARI
PIHAK ADAMAS
DALAM MASA
21 HARI

TESTING AND DOPING CONTROL



VIDEO



OVERVIEW OF DOPING CONTROL PROCESS

**IN-
COMPETITION-
TESTING**

**OUT OF
COMPETITION-
TESTING**



**NATIONAL ANTI-
DOPING
ORGANIZATION
(NADO)**

**INTERNATIONAL
FEDERATION (IF)**

**MAJOR EVENT
ORGANIZER
(MEO)**

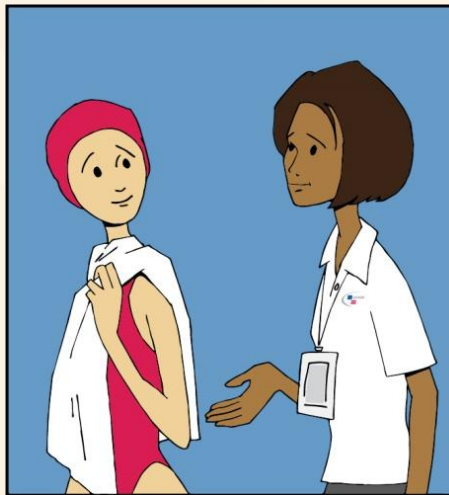


RINGKASAN PROSES KAWALAN DOPING

PEMILIHAN
DAN
NOTIFIKASI
ATLET



PERGERAKAN KE
STESEN
KAWALAN
DOPING



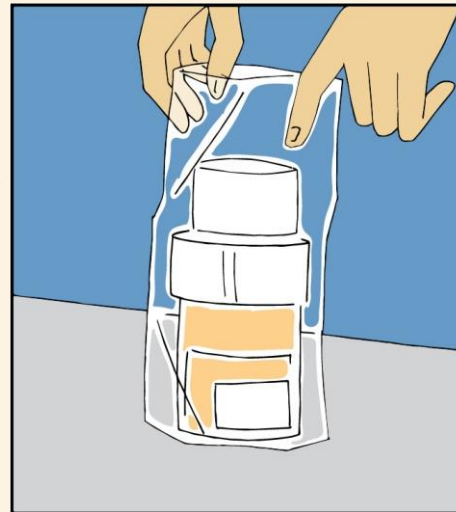
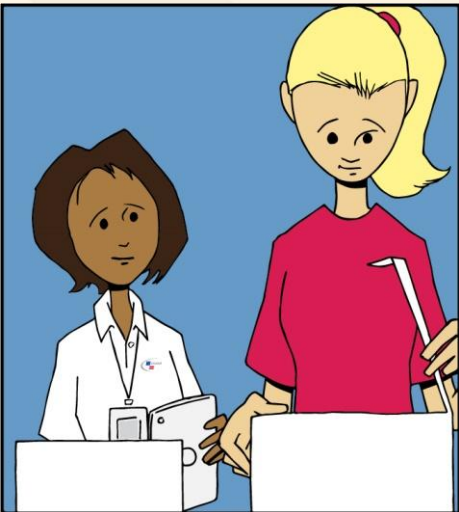
PROSES
KUTIPAN
SAMPEL ATLET



RINGKASAN PROSES KAWALAN DOPING

PROSES PENYIMPANAN SAMPEL ATLET

PENGESAHAN
BORANG
KUTIPAN SAMPEL



URINE SAMPLE COLLECTION



SAMPLE COLLECTION FROM A MALE ATHLETE

The Doping Control Officer
stands to the side of the
athlete.



SAMPLE COLLECTION FROM A FEMALE ATHLETE

The Doping Control Officer
stands in front of the athlete.



SAMPLE COLLECTION FROM A YOUNG ATHLETE

The Doping Control Officer
(DCO) watches the athlete.
The witness watches the DCO.

PENGURUSAN KEPUTUSAN



APABILA KES POSITIF...

JIKA SAMPEL ATLET MENGANDUNGI BAHAN TERLARANG,
KES DILAPORKAN SEBAGAI ADVERSE ANALYTICAL FINDINGS (AAF)

1

KES POSITIF
DILAPORKAN
(AAF)

2

ATLET
DIMAKLUMKAN
DAN DIBERI
PILIHAN UNTUK
MEMBUKA
SAMPEL B

3

APAKAH
ITU
SAMPEL B??

4

SAMPEL B
DIBUKA UNTUK
MEMASTIKAN
KETEPATAN
ANALISIS UJIAN

5

KES
DIGUGURKAN
JIKA SAMPEL B NEGATIF

6

SAMPEL B
POSITIF,
KES DITERUSKAN
KE PERINGKAT
PENDENGARAN
KES

7

ATLET
PERLU MEMBERI
PENJELASAN DAN
MENGEMUKAKAN
BUKTI

HUKUMAN/ TINDAKAN BAGI KESALAHAN ANTI-DOPING

>4 GANTUNG 4
TAHUN ATAU
LEBIH

GABUNGAN BEBERAPA
KESALAHAN/ ULANGAN
KESALAHAN/
KESALAHAN SERIUS/
KONFLIK NEGARA

4 GANTUNG 4
TAHUN

KESALAHAN
SENGAJA/ TIDAK
BERJAGA-JAGA

2 GANTUNG 2
TAHUN

KESALAHAN TANPA
SENGAJA

<2 AMARAN SEHINGGA
GANTUNG
MAKSIMUM 2
TAHUN

KESALAHAN TANPA
SENGAJA (FAKTOR
PENGURANGAN
LAIN)

Faktor ;

- Umur
- Pengetahuan
- Pengalaman
- Kelainan upaya

SIAPAKAH YANG BOLEH DIKENAKAN TINDAKAN?

ATLET



PEGAWAI SOKONGAN ATLET



PERSATUAN SUKAN
KEBANGSAAN/
ANTARABANGSA



RINGKASAN HAK-HAK ATLET (ATHLETES' RIGHT)

KEADILAN DALAM
BERTANDING

KEBEBASAN
BERSUARA

PERLINDUNGAN HAK
PERIBADI



POLISI 'WHISTLEBLOWER'

ANDA MUNGKIN PENYELAMAT KEPADA KARIER SESEORANG ATLET

LAPORKAN AKTIVITI DOPING KEPADA ADAMAS

LAPORAN MESTILAH LENGKAP DENGAN NAMA DAN BUKTI

MAKLUMAT ANDA SELAMAT DAN DIRAHSIAKAN MENGIKUT AKTA
PERLIDUNGAN PEMBERI MAKLUMAT (AKTA 711)

LAKSANAKAN HAK ANDA! BERSAMA KITA BANTERAS DOPING DALAM
SUKAN DI MALAYSIA

KERJASAMA YANG BOLEH DIJALANKAN

Seminar Pendidikan Anti-Doping bersama ADAMAS

- **Perbincangan bersama pihak ADAMAS sekiranya ingin melalui pendidikan secara bersemuka atau webinar**

PIC dari setiap persatuan

- **Bagi memudahkan urusan permohonan sesi sharing, bahan atau maklumat mengenai anti-doping**

KERJASAMA YANG BOLEH DIJALANKAN

WADA ONLINE PLATFORM

<https://adel.wada-ama.org/>

- **Anti-Doping Education & Learning (ADEL)**
- **Digalakkan kepada semua atlet & jurulatih untuk mengikuti platform ini.**
 - **Talented Athletes Education Program**
 - **National Level Athlete Education Program**
 - **High Performance Coaches**

AGENCI ANTI-DOPING MALAYSIA (ADAMAS)

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Portal Rasmi

www.adamas.gov.my

THANK YOU

“ BE CLEAN, BE HEALTHY, BE PROUD ”

play **true**