
BEST PRACTICE IMPROVEMENTS TO ANTI-DOPING PROGRAMS

SECOND EDITION
MAR 2025

UPDATED



1

AN EFFECTIVE REGIME FOR CONTAMINATED SUBSTANCES



8

TOUGH BUT PROPORTIONATE SANCTIONS



2

GUARANTEE ACCESS TO JUSTICE AND EFFECTIVE REMEDY



7

ACCESSIBLE AND EFFECTIVE DEFENCES

UPDATED



3

HEALTH & WELLBEING BASED APPROACH TO SUBSTANCES OF ABUSE



1

ADOPT BEST PRACTICE GOVERNANCE STANDARDS



6


PROTECT ATHLETE CONFIDENTIALITY

BUILDING BLOCKS:

BEST PRACTICE IMPROVEMENTS:

BEST PRACTICE IMPROVEMENTS:

NEW



4

A MORE RESPONSIVE WHEREABOUTS REGIME



2


RESPECT THE INTERNATIONALLY RECOGNISED HUMAN RIGHTS OF ATHLETES



9

DELIVER EDUCATION IN PARTNERSHIP WITH THE ATHLETES

NEW



5

RETROACTIVE THERAPEUTIC USE EXEMPTIONS (TUES)



10

INCORPORATE BEST PRACTICE ON AN ONGOING BASIS



#WorldPlayersUnited