

**PROSIMY O BIEŻĄCE ZAPOZNAWANIE SIĘ Z KOMUNIKATAMI DOTYCZĄCYMI WALKI Z DOPINGIEM.**

**Przypominamy, że za wszelkie sprawy dotyczące niekorzystnych wyników prób antidopingowych obciążana jest osoba odpowiedzialna za konia, którą jest zawodnik lub w przypadku zawodników niepełnoletnich – osoba sprawująca opiekę prawną.**

**PRZEPISY I DOKUMENTY MIĘDZYNARODOWEJ FEDERACJI JEŹDZIECKIEJ ZWIĄZANE Z WALKĄ Z DOPINGIEM znajdują się na stronie FEI pod linkiem:**

**<https://inside.fei.org/fei/cleansport>**

### **KOMUNIKAT FEI 31.07.2019 R.**

As the FEI is further developing its Human Anti-Doping Programme, a course on Human Anti-Doping is now available on the FEI Campus platform.

This course provides FEI Athletes (riders, drivers, vaulters, lungers) with key knowledge to compete "clean", avoid unintentional Anti-Doping rule violations, and understand a complex and demanding Anti-Doping environment.

## The course explains:

- Why Human doping is relevant in equestrian sport
- How the Human Anti-Doping system works at global and FEI levels
- Why substances/methods are included in the Prohibited List for humans
- How to check whether a substance/method is prohibited
- The conditions under which prohibited substances/methods may be used for legitimate medical reasons
- The health and safety impacts of steroid use, recreational drug use, and substance abuse
- The risks posed by supplements use, and how alternatives can be found
- What happens when an athlete is tested and what are the athlete's rights and responsibilities
- What are the 10 categories of Anti-Doping Rule violations and the possible sanctions
- What happens when the FEI finds that an Anti-Doping Rule violation has been committed
- How to report doping and stay up-to-date in a fast evolving world

Please note that in addition to Athletes, FEI Officials, NF staff, athlete parents, trainers, medical personnel and other members of the athletes' entourage are also strongly encouraged to take this course, as they have rights and obligations under the <https://inside.fei.org/content/anti-doping-rules>.

>>> **LINK DO KURSU**

<https://campus.fei.org/course/info.php?id=83>

## Komunikat FEI z dnia 15.05.2019 roku

The FEI would like to warn the equestrian community regarding synephrine, a substance listed as a Banned Substance (Specified Substance\*) on the Equine Prohibited Substances List.

A high number of samples taken from horses under the Equine Anti-Doping and Controlled Medication Programme have tested positive for the substance. Although investigations into the sources of the positive cases are still on-going, the FEI would like to warn stakeholders of synephrine which may be found in the horse's environment and advise on measures that can be taken to prevent a positive finding.

Synephrine is a stimulant which can cause vasoconstriction, an increased heart rate and is used as a weight loss aid.

In certain parts of the world, synephrine can be found in plants such as common rush (*Juncus usitatus*), Mullumbimby couch (*Cyperus brevifolus*) and the leaves of citrus trees (e.g. mandarin, orange and lemon). Synephrine has also been detected in Teff grass hay in some countries.

It can also be found as an ingredient of herbal and nutritional supplements, and commonly found in the peel extract of bitter orange (also known as Seville orange) which is used as a flavouring agent.

Measures that can be taken to prevent positive findings include using reputable suppliers of hay, feed and supplements, checking the horse's environment for plants containing synephrine, and ensuring that any personnel taking supplements or other products containing synephrine wash their hands thoroughly after coming into contact with the substance. Additionally, it is recommended that samples are kept of batches of hay, feed and supplements given to competition horses to enable a thorough investigation to take place should the horse test positive for synephrine.

Further information concerning contamination prevention can be found here – <https://inside.fei.org/fei/cleansport>

The FEI urges stakeholders to be vigilant of possible sources of synephrine in the horse's environment and implement management practices to prevent contamination or inadvertent ingestion of the substance.

\* Prohibited Substances that are identified as Specified Substances should not in any way be considered less important or less dangerous than other Prohibited Substances. Rather, they are simply substances which are more likely to have been ingested by Horses for a purpose other than the enhancement of sport performance, for example, through a contaminated food substance.