



### *ITU'S CHECK LIST OF USEFUL ANTI-DOPING REMINDERS*

1. All Athletes must be aware of their responsibilities and obligations under the [ITU Anti-Doping Rules](#) and of the consequences of not respecting them.
2. All Athletes are reminded of the strict liability rule which makes them responsible for any prohibited substance found in their body.
3. All Athletes are reminded to check all their medication and to apply for a Therapeutic Use Exemption (TUE) at least 30 days before an international event when needed and required. [ITU TUE Process](#)
4. All Athletes are reminded to be vigilant when deciding on using supplements. In light of the many risks involved with taking supplements, ITU warns Athletes to avoid using them.
5. All Registered Testing Pool (RTP) Athletes are reminded to file timely and exact whereabouts information into ADAMS and to update that information when needed.
6. All retiring Athletes who are in the ITU RTP at the time they retire are reminded to give ITU formal notice of retirement as soon as possible so that they may be removed from the RTP.
7. All retired RTP Athletes who wish to return to competition must give ITU formal notice of their return to competition at least 6 months before returning..
8. All Athletes are encouraged to promote drug-free sport and to inform ITU of any suspicious doping activity they witness or become aware of. [Speak Up! reporting platform](#)