



## Ice Skating Australia Incorporated

Incorporated in the ACT  
Affiliated to the International Skating Union  
ARBN 090 675 246 ABN 92 108 686 740

Dear Skaters and Support Personnel,

Anti Doping is an integral but complicated part of fair play in sport. Internationally it is governed by WADA (World Anti Doping Agency) and locally by ASDMAC (Australian Sports Drug Medical Advisory Committee) and ASADA (Australian Sports Anti Doping Agency).

In order to help clarify the topic or to answer any questions, there will be two **Anti Doping Sessions** run by the ADCO (Anti Doping Control Officer), Dr Cherry Lau, at the 2009 National Championships. One session will be for those participating in the synchronized skating events and the other for skaters participating in the singles, pairs and dance events. You will get the most out of the session if you have read the available material on the ISA website, located under the Anti Doping tab.

**It is compulsory for all Junior and Senior level skaters to attend these sessions.** Non-attendance must be justified by documentation (eg. Medical certificate) or may result in disciplinary action. Attendance by Support Personnel and skaters at other levels is optional but recommended if you are planning to travel overseas for skating.

Please check updated schedules and notice boards for current information regarding the details of the Anti Doping sessions. The ADCO is here to help but ultimately, **it is your responsibility as a Skater to ensure you do not breach Anti Doping Rules.**

All the best for the competition.

Dr Cherry Lau

Anti Doping Control Officer

Ice Skating Australia