

# Clean Sport for Humans

The [Fédération Equestre Internationale \(FEI\)](#) is dedicated to ensuring fair competition and protecting athlete health through their human anti-doping program, aligned with the World Anti-Doping Code. As equestrian athletes, you have the power to uphold the values of integrity, fairness, and ethical competition.

## Key principles of Clean Sport

### 1. Anti-Doping Rule Violations (ADRVs): More than a positive test!

Doping isn't just about taking steroids; a rule violation can result from use of recreational drugs, actions like refusing a test, being complicit or trafficking prohibited substances.

Read more: [Full List of ADRVs](#)

### 2. Strict liability: Own your responsibility!

An athlete is solely responsible for everything they use and that is found in their body regardless of whether there is an intention to cheat or not or if the athlete is at fault.

Learn more: [The "Strict Liability" Principle](#)

### 3. Know the Prohibited List: Stay informed!

The World Anti-Doping Agency (WADA) updates [the Prohibited List](#) at least annually, effective January 1 each year. Medications, supplements and recreational drugs may contain prohibited substances. Familiarise yourself with the list and check all your medications before use.

Learn more: [Checking Your Medication](#) - A guide for athletes

### 4. Therapeutic Use Exemptions (TUEs): Your right to health!

If you need a prohibited substance or method for medical reasons, a TUE allows you to do so, if strict conditions are met, while complying with human anti-doping rules.

Learn more: [FEI TUE Information](#)

### 5. Supplements: Proceed with caution!

Positive tests can result from supplement use due to mislabelling and contamination. Remember, no supplement is 100% safe!

Learn more: [Making Informed Decisions About Supplements](#) - A guide for athletes

## 6. Testing overview: Know what to expect!

Athletes can be tested anytime, with no advance notice, both [in- and out-of-competition](#). Know what to expect and your rights and responsibilities during testing.

**What to expect:** [An Athlete's Guide to Testing](#)

## 7. Athlete Support Personnel: Together for Clean Sport!

Coaches and other [Athlete Support Personnel](#) play an important role in promoting clean sport. Athletes rely on members of their entourage as vital sources of information and as mentors. This requires an understanding of human anti-doping rules and how they can positively influence an athlete's values and behaviours to Keep Sport Real.

**Webinar with practical tips for Coaches and ASP:** [FEI-ITA Clean Sport Education Webinar](#)

## 8. Get educated: Knowledge is key!

All FEI athletes, coaches and ASP should take the time to invest in education. Here are some options for you!

- **WADA ADEL:** [Anti-Doping Education and Learning](#)
- **FEI Clean Sport for Humans:** [Clean Sport for Humans - New | FEI](#)
- **Human anti-doping webinars** tailored for the FEI community: [FEI/ITA – Webinars](#)
- **ITA Clean Sport Education:** [ITA Athlete Hub](#)
- **National Anti-Doping Organisation (NADO):** Visit your NADO website for country-specific resources and education programs.

**Join us in being part of clean sport and integrity in equestrian!**