



## / ASN Safety Bulletin #4

Dear Colleagues,

As with all other competitive sports, the use of performance-enhancing drugs is prohibited in motor sport.

Some of these drugs can be found in certain nutrition and dietary supplements, and it is the responsibility of the competitor to know which ones to avoid.

The International Testing Agency, the anti-doping testing partner for the FIA, [is running a webinar](#) on this subject on 27th April and we are encouraging competitors and teams to tune in.

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# NUTRITION AND DIETARY SUPPLEMENTS

**APRIL 27<sup>TH</sup>, 14-15<sup>30</sup> CET**

**PRESENTERS:**

**Abby Raymond**  
Weightlifting Athlete, USA

**Professor Ron Maughan**  
University of St Andrews & Director  
of the IOC Diploma program in Sports Nutrition

**Terence O'Rorke**  
Business Development Manager,  
Informed Sport

**MODERATOR:**

**Mairi Irvine**  
ITA Education Officer

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The webinar will focus on the use of supplements and the risks they pose to athletes due to contamination or mislabelling. There will be a focus on supplement testing and the steps athletes, and their support personnel, can take to reduce the risk of testing positive due to using a supplement that contains a banned substance.

Speakers include Professor Ron Maughan, University of St Andrews & Director of the IOC Diploma program in Sports Nutrition, Abby Raymond, US Weightlifting Athlete, and Terence O'Rorke, Business Development Manager, Informed Sport.

We would like our ASNs to help spread the message and encourage all of your competitors, teams and medical staff to benefit from this free seminar.

To help with this, please publish the following post on your social media channels:

*The @FIA's anti-doping testing partner @IntTestAgency is running an important webinar on nutrition and dietary supplements, and we encourage drivers and anyone involved in sports nutrition to tune in: <https://ita.sport/news/ita-webinar-nutrition-and-dietary-supplements/> #FIAVisionZero*

The webinar will take place via Zoom on Tuesday 27th April between 14:00 and 15:30 CET, and will be available in English, Spanish, French, Arabic and Russian. You can register [here](#).

Best regards,

FIA Safety Department