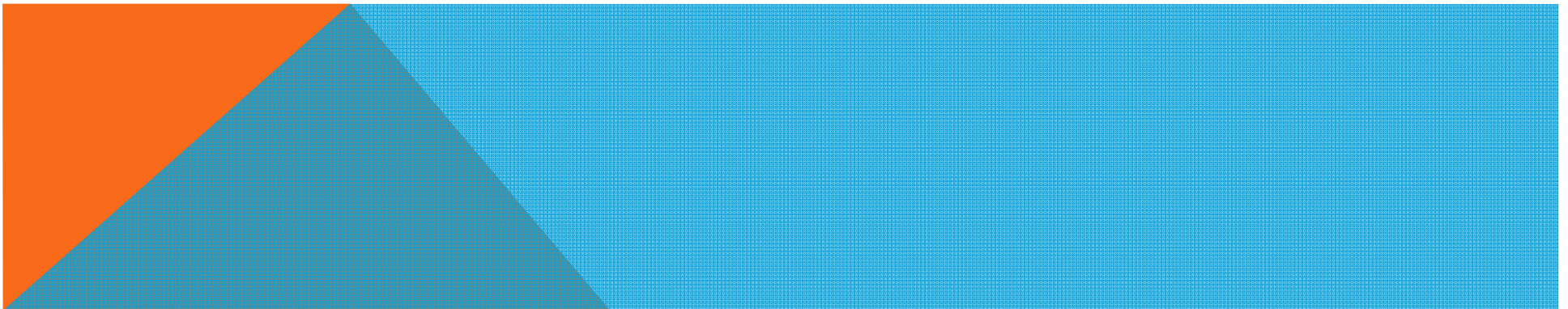


CHESS WADA EDUCATION
ANTI-DOPING POLICY, NUTRITION AND HEALTH

DOPING IN CHESS

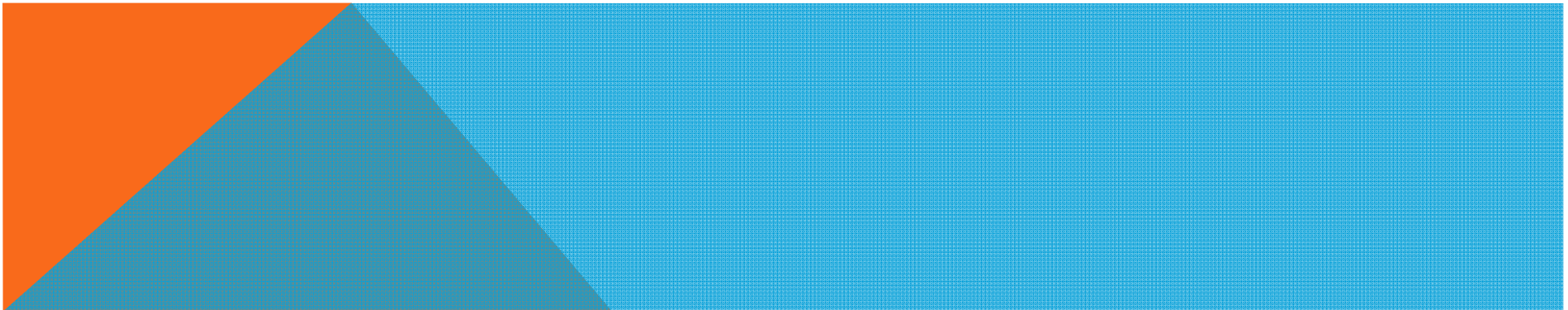
- ❖ Anti-doping is relevant to the integrity of sport
- ❖ Anti-doping is relevant to the integrity of chess
- ❖ Top international chess players as role models



ANTI-DOPING INFORMATION

Stimulants

- Amphetamines – e.g. Adderall, Ritalin
- Ephedrine and Methylephedrine – Prohibited by WADA when its concentration in urine is greater than 10 micrograms per milliliter
- Pseudoephedrine is prohibited when its concentration in urine is greater than 150 micrograms per milliliter
- Cocaine
- Caffeine – Included in WADA 2015 Monitoring Program - <12 micrograms per milliliter, no problems



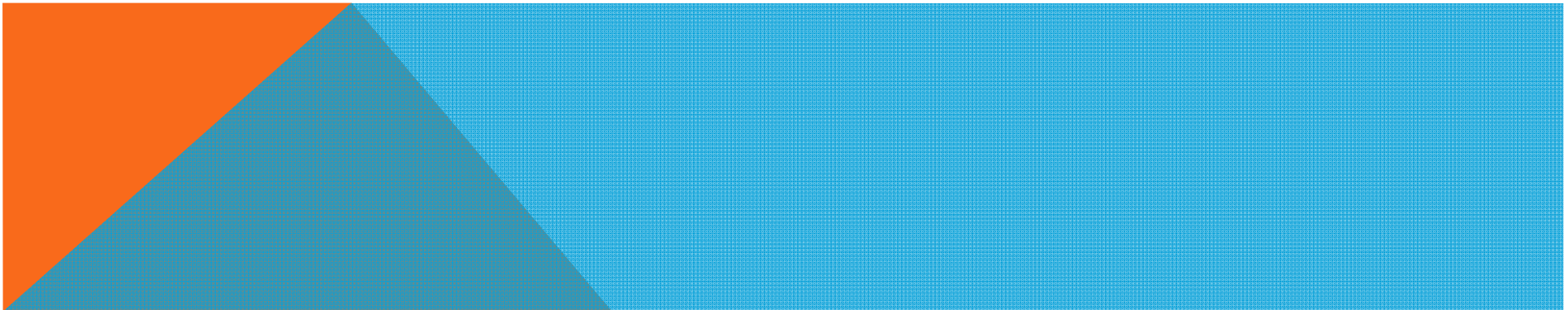
ANTI-DOPING INFORMATION

OPIATES

- ❖ Heroin
- ❖ Morphine
- ❖ Codeine – Monitored by WADA, may be used to treat stomach upsets and in cough mixtures. Unlikely to be an issue in normal quantities.

SEDATIVES

- ❖ Cannabinoids

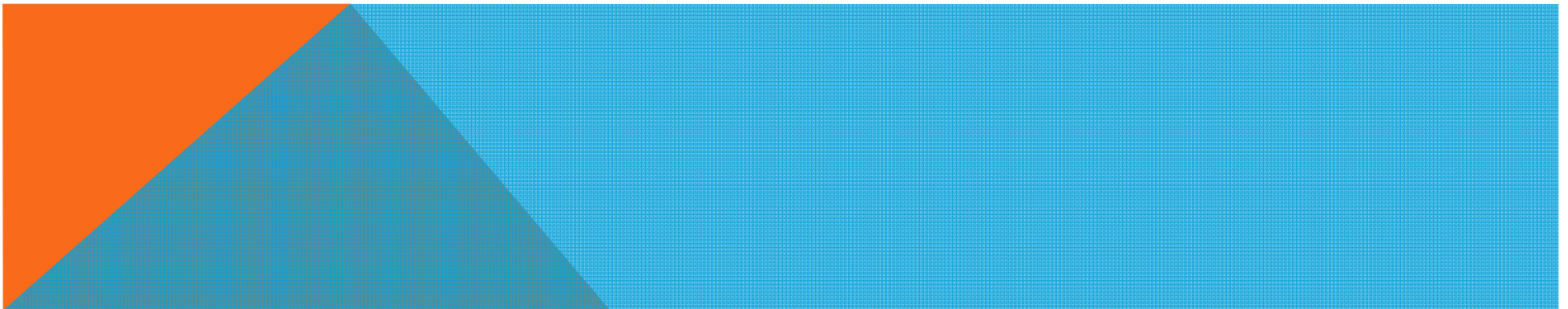


EDUCATION

Psychopharmacological Cognitive Enhancement

- ❖ Modafinil
- ❖ Adderall
- ❖ Ritalin

Stimulant – Dip effect



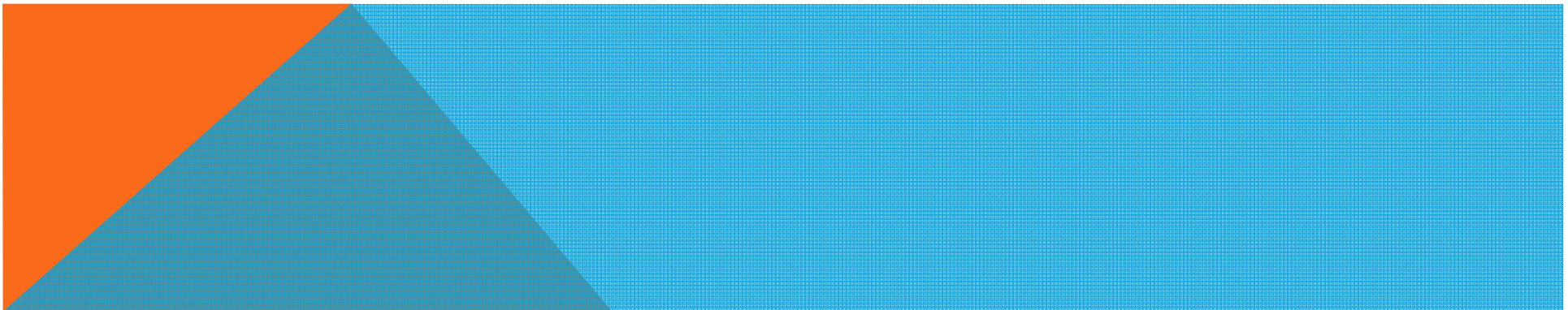
EXERCISE

“Exercise invigorates, and enlivens all the faculties of body and of mind... It spreads a gladness and satisfaction over our minds and qualifies us for every sort of business, and every sort of pleasure” (John Adams, Second President of the US)

- Endurance
- Walking
- Cognitive Affects

“It is exercise alone that supports the spirits, and keeps the mind in vigor”

(Marcus Tullius Cicero)



NUTRITION

POSITIVE

- ❖ Fish
- ❖ Dark Chocolate
- ❖ Moderate Coffee

NEGATIVE

- ❖ Sugar
- ❖ Bread
- ❖ Pasta
- ❖ 'Energy Drinks'

