



## Singapore Karate-Do Federation

Registry of Societies, UEN No. S71SS0055B

Date of Registration: 7th December 1971

Affiliated to:

Singapore National Olympic Council

World Karate Federation

Asian Karatedo Federation

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### NEW EDUCATION RESOURCES AT THE ANTI-DOPING SINGAPORE WEBSITE

- 1 Anti-Doping Singapore (ADS) has new anti-doping education resources available for download from the ADS website.
- 2 A new "*Athletes and Medications Q&As*" brochure provides answers to some of the frequently asked questions by athletes on the use of medication and precautions they should take to avoid inadvertent use of medication that may contain prohibited substances.
- 3 Based on ADS' revised Therapeutic Use Exemptions (TUE) requirements, an updated "*TUE brochure*" is now available to guide athletes through the steps to apply for a TUE in the event they need to use a medication or method of treatment that is prohibited.
- 4 The "*Doping Control Procedure brochure*" has been redesigned to incorporate both the English and Chinese languages, as well as images depicting each step of the doping control process for easy understanding.
- 5 In addition, you can also find a copy of the 2012 Prohibited List at the website.
- 6 The education materials can be downloaded from the Education Resources page of the ADS website ([www.antidoping.org.sg](http://www.antidoping.org.sg)). You can also access this page using the link: <http://app.antidoping.org.sg/public/content.aspx?sid=25>
- 7 Kindly disseminate the availability of SSC education resources to all your athletes and officials.
- 8 Please do not hesitate to contact Ms Irene Tan at Tel: 65-65005451 or Email: [irene@antidoping.org.sg](mailto:irene@antidoping.org.sg) if you need any information on the anti-doping matter.
- 9 For further details, please visit SKF Official web site: [www.singaporekarate.org](http://www.singaporekarate.org) tab on [Guidelines](#) section under Policy and Forms.

Thank you.

By Order of the Management Committee

A handwritten signature in black ink, consisting of several loops and a final downward stroke.

Ong Wei Yang  
Hon. Secretary