

Issue 01 March / April 2026

Newsletter

Clean Sport in Singapore: A commitment to protect athletes and the integrity of sport

Dear athletes, coaches, and partners,

Welcome to the inaugural issue of our Anti-Doping Newsletter.

This marks an important step in strengthening our shared commitment to fair and clean sport. Through this platform, we aim to keep you informed and connected with the anti-doping programmes and activities, both locally and globally.

Clean sport is more than compliance—it is about protecting athletes and upholding the spirit of sport and competition. Every athlete deserves a level playing field, and every stakeholder plays a role in making that possible.

In this and subsequent newsletters, you can expect:

- Educational workshops/resources to support informed decision-making
- Support and Guidance on TUEs, Check Medication, Whereabouts, and Prohibited Substances
- Stories that reinforce the values of clean sport
- 2027 Code and International Standards

As we look ahead, especially towards the implementation of the refreshed 2027 World Anti-Doping Code and International Standards, staying informed and prepared is of importance.

We encourage you to engage actively and share feedback with us via [**Contactus@ads.gov.sg**](mailto:Contactus@ads.gov.sg) and make use of the resources available.

Together, let's continue to keep sport clean and fair for all.

Yours truly
Anti-Doping Singapore (ADS)

Anti-Doping Singapore Governing Board and Committees

Here are the members who have been contributing to the anti-doping efforts in Singapore.

Anti-Doping Singapore Governing Board



Mr Teo Ser Luck

Chair



Mr Vikram Nair

Member



**Ms Joan Hung
Hui Xin**

Member



**Mr Charles Shng
Yunn Chinn**

Member



Dr Mok Ying Ren

Member



Mr Nichoals Fang

Member

National Anti-Doping Disciplinary Committee



Mr Lim Tat

Chair



**Mr Adrian Heng
Thong How**

Vice-Chair



**Mr Faizal Mohamed
Ashraf**

Vice-Chair



Mr Faz Hussen

Vice-Chair

**Dr Chook Kum
Kay**

Member



Mr James Wong

Member



Ms Joscelin Yeo

Member



Dr Leonard Koh

Member

**Dr Wong Yue
Shuen**

Member

National Anti-Doping Appeals Committee



**Mr Raymond Ng
Yong Ern**

Chair



**Mr Michael Eu
Hai Meng**

Member



Dr Tay Boon Keng

Member



**Dr Warren Lee
Wei Rhen**

Member

Therapeutic Use Exemption Committee



**Dr Teoh Chin
Sim**

Chair



Dr Bhanu Gupta

Member



Dr Goh Kian Peng

Member



**Dr Kelvin Chew
Tai Loon**

Member



Dr Lim Yeow Wai

Member



Dr Ong Joo Haw

Member



**Dr Tan Keng
Leong**

Member

Spotlight on Anti-Doping Education



**Therapeutic
Use
Exemption**

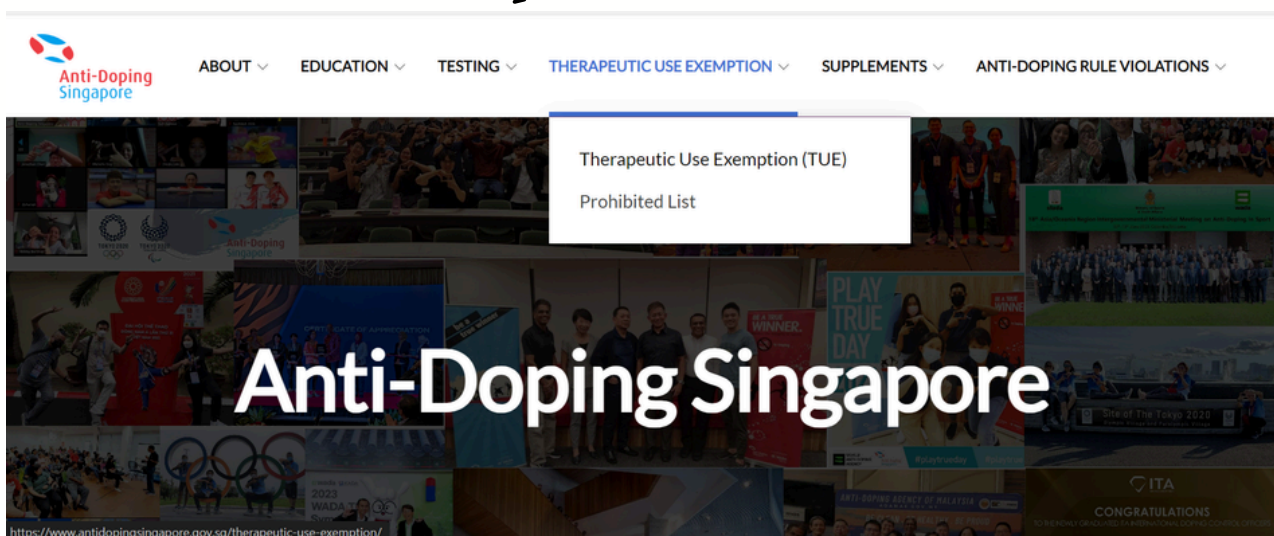
How to apply for Therapeutic Use Exemption?

Check with your doctor for alternative medications

If there are none, visit ADS website and download the TUE form

Complete the form and attach ALL relevant medical documents

Submit to ADS and wait for the outcome (Approved or Denied)



TUE Application Timeline

For Methods and Substances Prohibited In-Competition: **Submit 30 days before competition.**

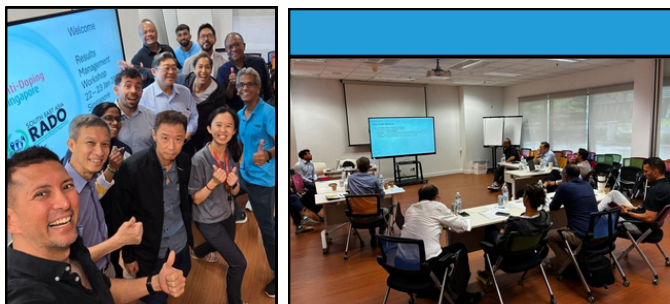
For Methods and Substances Prohibited At All Times: **Submit as soon as diagnosis is confirmed.**

Visit ADS website via <https://www.antidopingsingapore.gov.sg/therapeutic-use-exemption/> for more information on the application process.

#Throwback

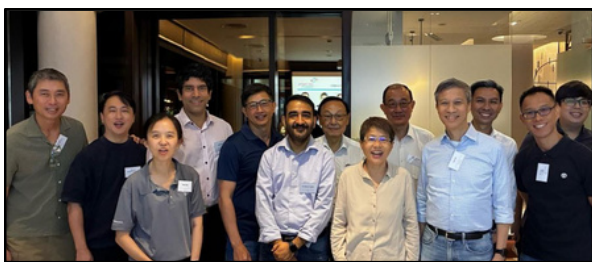
Q1 2026

2026 Results Management Workshop



In partnership with Southeast Asia Regional Anti-Doping Organisation (SEARADO), ADS and SEARADO co-organised the 2026 Results Management (RM) workshop on 22 and 23 January in Singapore. The course covered RM administrative processes and updates regarding the 2027 International Standard for RM. The session was well received by participants for its relevance and professional delivery.

2026 Engagement cum Networking



A networking gathering for ADS's committed and dedicated members who form the backbone of Singapore's anti-doping effort was held on 4 March 2026.

The engagement was welcomed by many and it was filled with meaningful conversations as we connected through various committees.

Clean Sport Education Outreach for Student-Athletes



Student-athletes attending the National School Games Opening Ceremony on 27 January 2026 were presented with the opportunity to learn more about Clean Sport.

Team ADS & Educator, Ms Regine Goh were present and engaged the student-athletes through interactive activities, sharing values and the importance of **#PlayFairPlayClean**

Education Workshop for SUSS Students-Leaders



ADS was invited by Singapore University of Social Science (SUSS) to conduct a clean sport education session at its Peer Coaches workshop.

Our educator, Mr Kalai Vanen delivered an engaging session which was warmly received by the students during the workshop.

Staff from SUSS mentioned this workshop "provided great insights on clean sport for the students".

#Upcoming Events

Webinar on Therapeutic Use Exemption and 2027 ISTUE Update 6 April 2026

The webinar to be organised by the Olympic Council of Asia (OCA) will provide an overview of the TUE framework and highlight key updates in the 2027 International Standard for TUE. Dr Teoh Chin Sim, member of the WADA Expert Advisory Group on TUE and Chairperson of ADS TUE Committee will be the speaker for this webinar.



Dr Teoh Chin Sim
Chairperson
Anti-Doping Singapore TUE Committee

WADA Regional Symposium - Asia/Oceania 2 & 3 June 2026

WADA World Conference on Doping in Sport concluded on 5 December 2025 with approval of 2027 Code and International Standards effective on 1 January 2027.

The Regional Symposium for Asia and Oceania to be held in Beijing will be structured around WADA's 2027 Code Implementation Support Programme and will prioritise updates to the Code and Standards, compliance readiness, and stakeholder engagement.

This platform will provide opportunities for knowledge sharing, capacity building, and fostering partnerships among the National Anti-Doping Organisations in the region to further strengthen the global anti-doping community.

World Anti-Doping Agency (WADA) Play True Day 17 April 2026

We all have a part to play in keeping sport clean and fair for everyone. Play True Day is an opportunity to show your commitment to the cause.

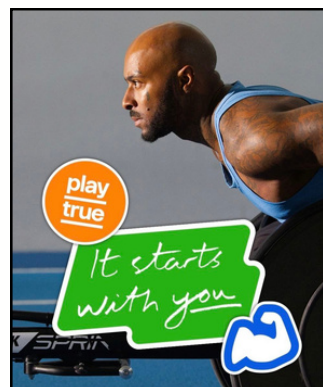
The campaign period will be from 17 March to 17 April 2026.

Join us in celebrating Play True Day on 17 April 2026.

MORE INFORMATION >>



SCAN HERE



Be a part of

WADA Play True Day

The World Anti-Doping Agency (WADA) has invited the global anti-doping community to come together on 17 April 2026 to celebrate Play True Day 2026 and show support for clean sport.

This year's campaign continues with the theme:
"Play True. It Starts with You."

Getting Involved

- Record yourself completing as many repetitions as possible of a sport-related movement in 30 seconds
- Finish your video by saying: 30 seconds for clean sport. Play True. It starts with me."
- Nominate and tag three friends or colleagues to take part
- Share the video on Instagram using #PlayTrueChallenge and #PlayTrueDay and tag @WADA

Visit WADA's social media channel on Instagram [**@wada_ama**](#) for further information.



Follow ADS's social media accounts for the detailed information and latest updates.