

NEWSLETTER



Looking Back, Moving Forward: Building a Clean Sport Legacy in Singapore

As Singapore celebrates National Day, we are reminded that sporting excellence is measured not only by what we achieve, but by how we achieve it.

Every decision to compete clean and fair strengthens the trust and integrity that define our sporting community and the legacy we leave for future generations.

In this issue, athletes and Clean Sport Educators share what clean sport means to them, alongside practical reminders and recent highlights from the ADS community.

Together, let us continue building a sporting culture where integrity matters as much as performance.

Happy 61st Birthday Singapore!

Yours truly,
Anti-Doping Singapore (ADS)





SCAN HERE FOR
THEIR FULL STORIES

STORIES OF TEAM SINGAPORE ATHLETES SIGNIFICANCE OF CLEAN SPORT



Source: SportSG

What does “Clean Sport” mean to you?

Competing fairly means knowing every result is earned through training, sacrifice and dedication—not shortcuts. Sport has meaning only when success is earned honestly, making every victory worth celebrating.

What advice would you tell your younger self?

I would remind my younger self that sport is a marathon, not a sprint. Growth takes time, and progress rarely happens overnight. Trust the process, believe in your abilities, and have confidence in your coach.

Reuben Rainer Lee Siong En
National Record Holder for the 200m at the 2021 SEA Games, 2025 SEA Games Bronze Medallist, 4 x 400m Relay

What does “Clean Sport” mean to you?

Clean Sport means trusting in your ability and knowing that hard work, preparation and dedication are enough. It's about earning every achievement honestly and staying true to your values.

Who has had the biggest influence on your athlete journey as an athlete?

My coaches and parents have been my biggest supporters throughout my journey. Their belief in me, especially on tough days, shaped the confidence, and values that I carry onto the track.

Toh Wei Soong,
2025 ASEAN Para Games Double Gold Medallist, 100m Freestyle S7 & 50m Butterfly S7



Source: SportSG



Terence Chua,
Clean Sport Educator,
Strength & Conditioning Coach

What inspired you to join the Clean Sport Educator programme?

I wanted the opportunity to contribute to the sporting community in a different capacity by helping athletes understand the importance of competing cleanly.

Who should take the lead in teaching athletes the importance of Clean Sport?

Coaches play an important role, but Clean Sport is everyone's responsibility. When coaches, teammates, parents and support staff champion Clean Sport together, integrity becomes the norm.

What do you think makes Anti-Doping Rules so important in sport?

It protects fair play, safeguards athletes' health, and prevents them from being exploited by those who promote harmful performance-enhancing substances for personal gain.

How did the people around you support your growth as an athlete?

I grew up doing competitive swimming, surrounded by strong role models and a culture that valued Clean Sport. I never knew anyone who used, or was caught using, PEDs. Coaches, parents, and team managers were vigilant about the food, medication, and supplements we consumed, especially before major competitions.



Source: ONE Championship

Dr May Ooi,
Clean Sport Educator,
Olympian,
Current MMA Fighter



**SCAN HERE FOR
THEIR FULL STORIES**

COMMONWEALTH GAMES BRIEFING, 24 JUNE 2026

Ahead of the Commonwealth Games, Team Singapore athletes refreshed their understanding of strict liability, medication checks and their responsibilities in competing clean.



TEAM SINGAPORE
ATHLETES



PETER LIM SCHOLARSHIP 2026, 30 JUNE 2026

ADS joined the Singapore National Olympic Council (SNOC) and Safe Sport SG at the Peter Lim Scholarship event, attended by Acting Minister for Culture, Community and Youth, Mr David Neo and IOC member Mr Ng Ser Miang.

Young athletes were introduced to the values of integrity, respect and fair play that underpin clean sport.



WADA REGIONAL SYMPOSIUM

2-3 JUNE, BEIJING, CHINA



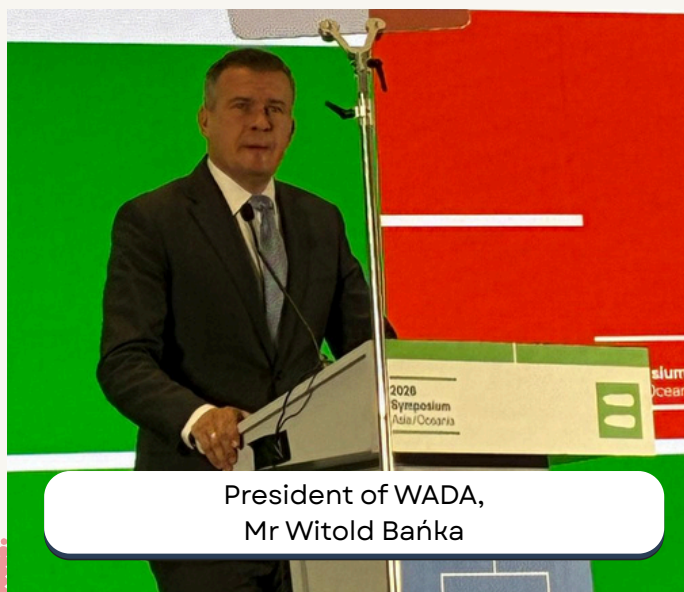
ADS joined nearly 400 participants from across Asia and Oceania at the WADA Asia and Oceania Symposium to discuss preparations for the 2027 World Anti-Doping Code and International Standards.

The symposium provided valuable opportunities to exchange insights and strengthen collaboration with WADA, CHINADA and regional partners.

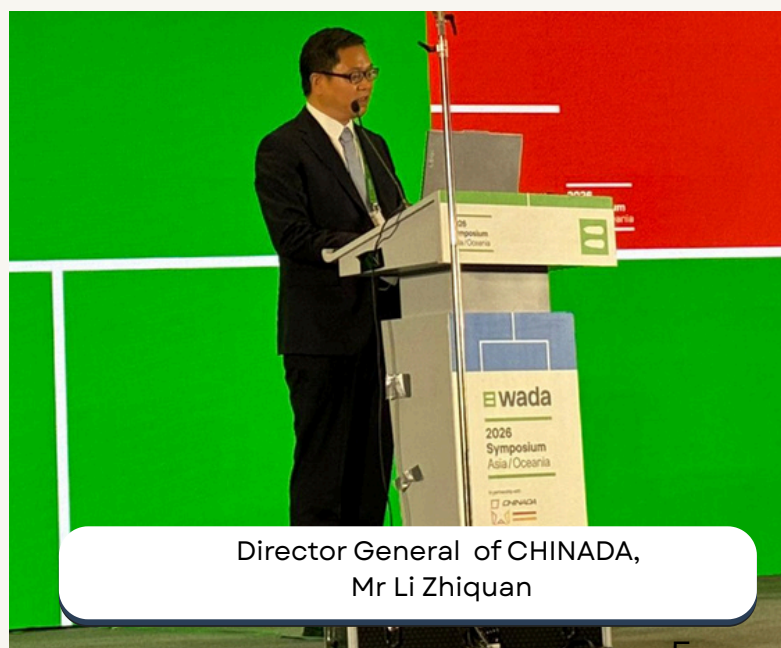
Anti-Doping Singapore (ADS) meets with China Anti-Doping Agency (CHINADA) during the WADA regional symposium



ADS Governing Board Chairman,
Mr Teo Ser Luck and
Board Member Mr Charles Shng



President of WADA,
Mr Witold Bańka



Director General of CHINADA,
Mr Li Zhiquan

DO YOU KNOW WHAT YOU'RE TAKING?

YOU ARE LIABLE FOR
EVERYTHING THAT
ENTERS YOUR BODY.

SO, DO YOUR **CHECK!**

C

Check your medication

H

Hidden ingredients can
exist in supplements

E

Every substance counts
under strict liability

C

Consult if unsure

K

Know for sure by checking
first.



ATHLETE SUPPORT PERSONNEL:

You are the athlete's first line of support.

Encourage them to:

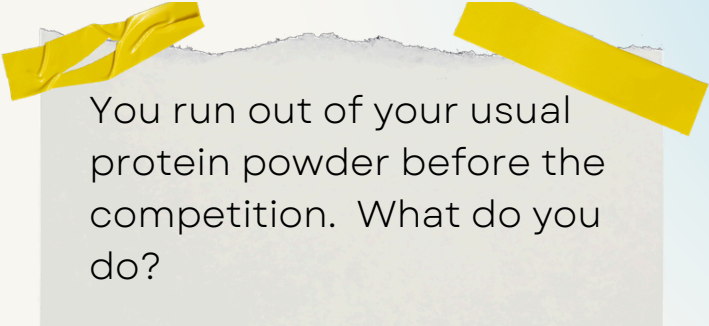
- check medication
- ask questions
- compete clean



SCAN FOR ADS CHECK
MEDICATIONS DATABASE

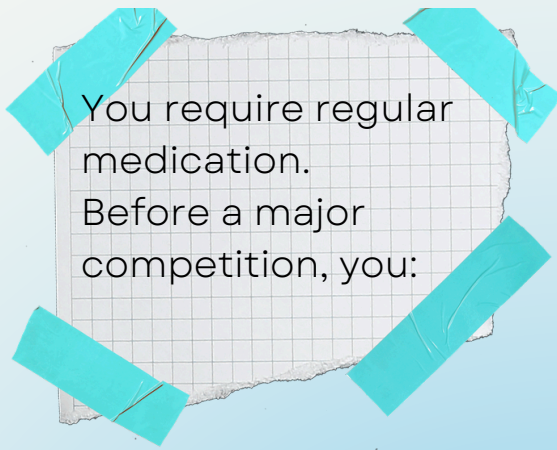


WHAT KIND OF ATHLETE ARE YOU WHEN IT COMES TO CLEAN SPORT?



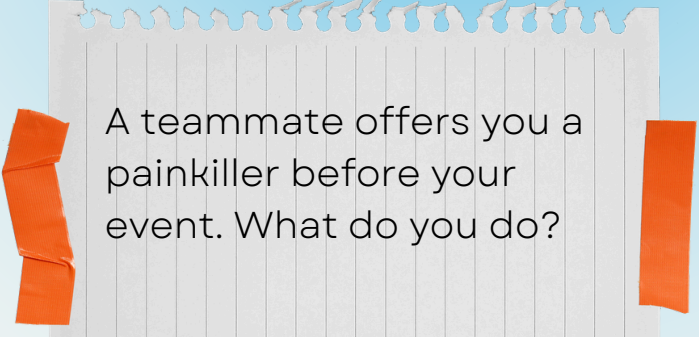
You run out of your usual protein powder before the competition. What do you do?

- A** Borrow from your teammate.
- B** Look for a certified alternative.
- C** Verify before using.



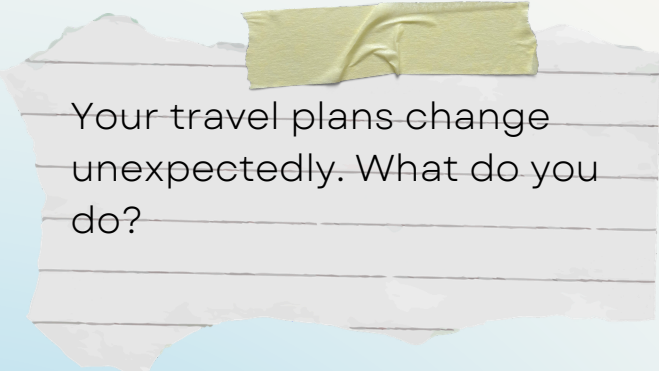
You require regular medication. Before a major competition, you:

- A** assume it's allowed.
- B** check later.
- C** apply for a TUE early.



A teammate offers you a painkiller before your event. What do you do?

- A** Take it- you need to perform.
- B** Stick to what you know is safe.
- C** Check before deciding.



Your travel plans change unexpectedly. What do you do?

- A** Ignore it.
- B** Ask your coach to update it.
- C** Update your whereabouts immediately.

IF YOU CHOSE 'A'S, YOU ARE JUST WARMING UP



You may have gaps in your anti-doping knowledge, but that's easy to change. Explore the ADS website and discover the tools available to help you compete clean.

IF YOU CHOSE 'B'S, YOU ARE RISING STAR



You are asking the right questions and showing good judgement. Next step: Get familiar with the Prohibited List and TUE process.

IF YOU CHOSE 'C'S, YOU ARE CLEAN SPORT CHAMP!



You plan ahead, do your research, and take your responsibilities seriously. Keep leading by example and help others compete clean too.

CLEAN SPORT WORKSHOP (SERIES #2)

**JOIN US IN BUILDING A
CLEAN, FAIR, SAFE AND HEALTHY
SPORTING ENVIRONMENT FOR
OUR YOUNG ATHLETES**



WHAT WE WILL COVER:

- ADRVs
- Checking Medications
- Therapeutic Use Exemption (TUE)
- Testing Procedures
- Whereabouts Filings



18 SEPTEMBER



7.30PM - 8.30PM



**Level 1, SportSG Office,
CoachSG Room,
3 Stadium Drive, 397630**

JOIN US IF YOU ARE...

- Parents, Coaches, Team Managers and other Support Personnel of our emerging athletes

Sign-Up Link:
Scan or [Click Here!](#)



YOUR VOICE MATTERS!

Help us improve clean sport education in Singapore.

We want to make Clean Sport education more useful, relevant and practical for athletes, coaches, ASP, parents and the wider sporting community.



SIGN UP for newsletter

Receive updates on Clean Sport education, and practical tips! Athletes, coaches, ASP are welcome to sign up!



SHARE feedback

Let us know what you think! What was most relevant for you, and how can we make the next issue even better?



SUGGEST future topics

What should we cover next? Let us know what other topics you would like to see in our next edition.



Scan me!



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YOUR FEEDBACK!

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Anti-Doping Singapore



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