

Issue 02 May / June 2026

Newsletter

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

Dear athletes, coaches, athletes support personnel and partners,

Welcome to the second issue of our Clean Sport Newsletter. In this edition, we are excited to launch a segment featuring “Stories of Team Singapore (TS) Athletes”.

In this inaugural segment, we will hear from TS Taekwondo Athletes Diyanah and Nicholas, and TS Wushu Athlete Jowen in sharing their perspective about Clean Sport. Readers will learn more about our athletes and gain insights into what Clean Sport means to them.

We are also launching “Clean Sport Workshop Series #1” for Athlete Support Personnel (ASP). The workshop aims to generate greater awareness about Clean Sport and how to avoid common pitfalls. Coaches, trainers, parents and any individuals who work with, treat or assist athletes preparing for or participating in sports competitions are welcome to the workshop. Simply scan the QR Code on page 7 to sign up and attend the workshop for free!

In addition, this newsletter features practical tips on anti-doping for athletes. Please check out “What’s in the bottle?” on page 3.

Finally, stakeholder engagement in protecting the integrity of sport is fundamental. Clean Sport can only be achieved through collective action and collaboration among athletes, ASP, National Sport Associations, partners and stakeholders.

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

Yours truly

Anti Doping Singapore (ADS)



To me, “Clean Sport” means to compete in sports fairly and ethically, and to protect athlete well-being by avoiding harmful substances and performance-enhancing drugs that could have adverse effects on athletes.



Khaw Hoong Keat
Nicholas Adam,
2025 SEA Games
Gold Medalist,
Mixed Poomsae
Pair Taekwondo

Diyanah Aqidah
Binte Muhammad
Dian Khudhairi,
2025 SEA Games
Gold Medalist,
Mixed Poomsae
Pair Taekwondo

“Clean Sport” is something we all play a part in. As athletes, we are not just representing ourselves, but also our country, ... To me, it is important to do things the right way and show that you can still achieve your goals through hard work, discipline, and staying true to the sport.

Q: How do you stay vigilant about what you put in your body – supplements, medication and/or treatment?

For medicine, I always check if the ingredients are prohibited on the WADA website. For supplements, I talk to a nutritionist from HPSI and only take supplements with the Informed Sport logo that indicates it is batch tested.

Q: What could be one misconception that your fellow athletes may have about anti-doping?

I think some athletes feel that anti- doping only matters if you are trying to cheat. But honestly, even small or unintentional mistakes like taking the wrong supplement or medication can still get you into trouble...



Jowen Lim Si Wei,
2025 World Games
Bronze Medalist,
Daoshu-Gunshu
combined (Wushu)

Clean Sport means to practice and/or compete fairly and honestly, and that to me shows respect, to both our competitors and the sport. It protects the spirit of competitive sports and allows us to take pride when we win or lose.

Q: What could be one misconception your fellow athletes may have about anti-doping?

All medicine from doctors are safe... I think this is the most common mistake athletes tend to make or overlook. When they fall sick and go to the doctors, it is crucial to check on the anti-doping website if the medicine prescribed are banned.

Have you checked?

WHAT'S IN THE BOTTLE?

2 CHECK INGREDIENTS

Medication prescribed by a doctor or bought directly over the counter may contain prohibited substances.

It is athletes' responsibility to check the medication before using it, even if they have used it before.

1 CHECK MEDICATION DATABASES

Find information about the prohibited status of specific medication based on the current World Anti-Doping Agency (WADA) Prohibited List and the ADS 'Check Medication' database.

6 BEING RESPONSIBLE

You are responsible for knowing the rules of your sports, including anti-doping rules. If you participate in multiple sports, each substance must be searched for each sport to ensure specific sport rules are addressed.

3 THERAPEUTIC USE EXEMPTION (TUE)

A TUE is necessary before an athlete uses a prescribed prohibited substance or method for the treatment of a legitimate medical condition. Download the TUE form from ADS website and complete it with your doctor.

4 PURCHASING MEDICATION ABROAD

Even if your medication looks exactly the same, manufacturers may use different ingredients or dosages for the same product in different countries. Athletes will need to check the GLOBAL DRO, and select the country of purchase.

5 SUPPLEMENT RISK

Athletes should choose a healthy food-first diet. If you must use a supplement, make sure it is batch-tested and certified by a 3rd party. Disclaimer: Even when supplements are batch-tested, they are NOT 100% risk-free.



Under the Principle of Strict Liability, athletes are fully responsible for any prohibited substance found in their body system - whether intentional or not.

So, STAY INFORMED. STAY CLEAN.



GLOBAL ANTI-DOPING INTELLIGENCE & INVESTIGATIONS NETWORK

16 April, New Delhi



Director of WADA I&I, Günter Younger with Charles Shng



President of WADA, Witold Bańka



Director General of NADA (India), Shri Anant Kumar with Charles Shng

The final conference involved National Anti-Doping Organisations (NADOs) and Law Enforcement Experts from a total of 68 countries in sharing and strengthening opportunities for collaboration. It was hosted by India's National Anti-Doping Agency (NADA), in partnership with India's Ministry of Youth Affairs and Sports, INTERPOL, and organised by WADA.

ADS Governing Board Member, Charles Shng shared "Participating in this conference was both a significant and rewarding experience. The conference demonstrated and affirmed the importance of collaboration between NADOs and law enforcement agencies in combating doping in sport. It has provided invaluable insights into the successful execution of transnational ground operations and further strengthened our collective efforts in protecting the integrity of sport."

Clean Sport in Action International Forum

22 & 23 April, Lausanne

The international forum gathered over 350 participants from across the global anti-doping community to discuss strategic anti-doping initiatives and showcased the latest advancements in testing technologies and laboratory practices. ADS Governing Board Members, Nicholas Fang and Joan Hung represented Singapore at the event. Joan remarked "Attending this forum was an enriching and insightful experience. As a para judoka, I particularly appreciated the forum's athlete-centric approach, which aligns with ADS's commitment in putting athletes at the center of clean sport education and advocacy efforts."



ADS Board Members, Nicholas Fang & Joan Hung

Nicholas continued: "The inaugural forum has offered valuable networking opportunities with anti-doping experts and practitioners from around the world. The plenary discussions included many valuable perspectives ranging from athletes' experiences to insights on smart testing using data analytics, as well as views on rethinking communications and media engagement. These offered fresh perspectives and practical knowledge that will help strengthen our efforts in promoting clean sport."

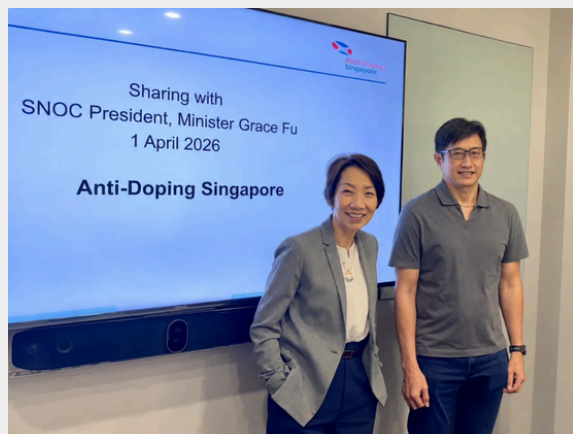


Plenary session: Improving Athlete Experience

Engagement with Stakeholder - Singapore National Olympic Council (SNOC)



1 April, Singapore



SNOC President Minister Grace Fu &
ADS Governing Board Chairman Teo Ser Luck

ADS held its first engagement session with President of SNOC, Minister Grace Fu on the importance of clean sport. Minister Grace Fu posted afterwards that "Fair and clean sport is a shared responsibility, from our athletes and National Sports Associations, to the many volunteers who serve on ADS' committees supporting sample collection and anti-doping education... Let us continue working together to safeguard the integrity of sport, and inspire the next generation to compete with honesty, respect and pride."

ADS Governing Board Chairman Teo Ser Luck also remarked "I believe athletes who train with their full effort deserves the assurance that they are facing opponents who compete with integrity so that hard work and determination can be tested on a level playing field. In order to achieve this, we need meaningful engagement at all levels of the sports ecosystem to build a culture of trust and shared responsibility."

Our stakeholders play a complementary role in extending the outreach and engagement to the wider community beyond national athletes. ADS will continue to partner our stakeholders through education outreach programmes.

Anti-Doping Education - Singapore Cycling Federation

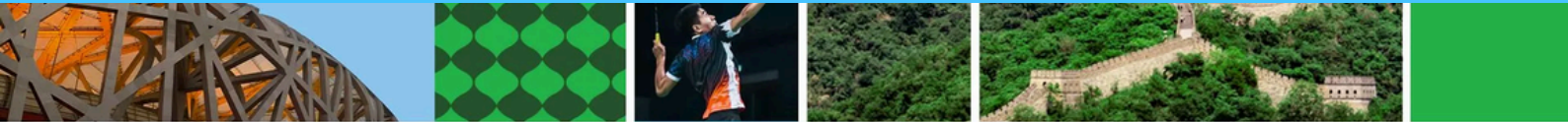


7 May, Singapore



ADS in partnership with Singapore Cycling Federation, conducted an education session for over 50 participants comprising national athletes, coaches, youth athletes and their parents.

Our educators, Dr May Ooi and Terrence Chua shared the importance of upholding clean sport. Participants also learnt about the anti-doping rules governing the sport and the consequences of such rule violations. Through our educators, ADS aims to create a generation of athletes who understand the importance of fair play.



2026
Symposium
Asia/Oceania

2-3 June
Beijing, China



Beijing, China	WADA 2026 REGIONAL SYMPOSIUM WADA prepares for the 2027 Code implementation. Key guidance will be given for the code implementation support program, with a strong focus on how Anti-Doping Organisations could partner athletes and stakeholders to build a more accessible and effective anti-doping system centred around trust and support for athletes.
Overview	
Highlights	INFORMING, BUILDING CONFIDENCE, AND CONNECTING Featuring speeches from WADA President Witold Bańka and CHINADA Director General Li Zhiquan, the session will highlight the importance of a well-informed and well-connected global anti-doping community in the lead up to implementation of the 2027 Code, with an emphasis on collaboration and harmonisation.
Highlights	FOR ATHLETES, BY ATHLETES – BUILDING THE FUTURE OF THE GLOBAL ANTI-DOPING SYSTEM TOGETHER Drawing on the success of the athlete centered consultation related to the 2027 World Anti Doping Program, it will explore key changes that strengthen human rights, wellbeing, fairness, and trust for athletes. The session will conclude with a panel discussion on strengthening meaningful athlete representation across anti doping governance structures.

BE A CLEAN SPORT CHAMPION

CLEAN SPORT WORKSHOP (SERIES #1)

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



WHAT WE WILL COVER:

- Why Clean Sport?
- Roles and Responsibilities of Athlete Support Personnel under the World Anti-Doping Code
- Medication and Supplement Management
- Athlete Care

JOIN US IF YOU ARE...

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



12 JUNE & 3 JULY



7.30PM – 8.30PM



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

Signup Link (12 June):
Scan or [Click Here!](#)

[Registration closes on 1 June]



Signup Link (3 July):
Scan or [Click Here!](#)

[Registration closes on 18 June]



BE THE DIFFERENCE. SHAPE CLEAN SPORT.



BECOME A CLEAN SPORT EDUCATOR

Join a growing network of educators, sporting professionals, and community partners committed to advancing clean sport awareness and athlete well-being through education and outreach.



YOU HAVE THE PASSION.
WE'LL GIVE YOU THE PLATFORM.
TO INSPIRE. TO EDUCATE. TO LEAD.



WHO WE'RE LOOKING FOR

Athletes, coaches, educators, sporting professionals, and athlete support personnel who wish to make a positive impact through clean sport education.



Strong communication and interpersonal skills



Passion for clean sport and athlete well-being



Uphold and promote values in sport



Interest in engaging stakeholders in schools and the wider community through meaningful educational outreach



YOUR ROLE AS A CLEAN SPORT EDUCATOR

Clean Sport Educators will be fulfilling the following roles:

- ✓ Plan and customise content appropriate to the target audience
- ✓ Coordinate with Anti-Doping Singapore to design educational activities
- ✓ Facilitate and present clean sport education in engaging and impactful ways.
- ✓ Empower athletes, coaches and sport communities to understand and uphold clean sport values



EDUCATE



ENGAGE



EMPOWER



LEAD

Sign up now!

<https://go.gov.sg/adseducatorssignup>

Further Enquiries? Contact us [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!



SCAN HERE TO
SIGN UP OR SHARE
YOUR FEEDBACK!

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