

'Pure as Ice' is the Clean Sport program of the International Skating Union. The Clean Sport obligations of ISU is not limited to only Anti-Doping control but also includes one's responsibility towards Integrity, fair play & ethics that is part of the spirit of sport.

PRINCIPLES AND VALUES

The principles and values of the ISU's Pure as Ice movement are:

1. Health
2. Ethics, fair Play & honesty
3. Skaters' rights as set forth in the Code
4. Excellence in performance
5. Character and Education
6. Fun & Joy
7. Teamwork
8. Dedication and commitment
9. Respect for rules and laws
10. Respect for self and other participants
11. Courage
12. Community and solidarity

It is essential that the Skaters embrace the above principles & values in their athletic and daily life to be a Pure as Ice Skater.

"Every athlete has the right to clean sport!"

THE PRINCIPLE OF STRICT LIABILITY

In Anti-Doping, the principle of [Strict Liability](#) applies - if it is in the athlete's body, the athlete is responsible for it.

This means that every Skater is strictly liable for the substances found in their urine and / or blood sample collected during doping control, regardless of whether the Skater intentionally or unintentionally used a prohibited substance or method. Therefore, it is vital that Skater and Skater Support Personnel know the rules and understand their responsibilities under the Code.

In addition to understanding the rules and responsibilities, the Skaters also have to be mindful of their diet and what they put inside their body. The supplements, pills, shakes, gels, softgels, fatburners, etc. may contain a Prohibited substance and what is consumed for the

purpose of better fitness or training will result in an Anti-Doping Rule Violation if these products contain a Prohibited substance.

Skaters must know and understand the [Prohibited List](#) and with the risks associated with supplement use. More information on the Prohibited List, can be found on the Anti-Doping section of the ISU website under the sub-heading '[Prohibited Substances & Methods](#)'.