

# Clubs' Anti-Doping (AD) Fact Sheet

## Introduction

Doping in sport is defined as the administration of a prohibited substance and/or method to enhance performance or recovery. Doping is cheating and is against the ethics of sport. For sport to allow the use of prohibited substances or methods would be to allow science to decide who wins or loses, essentially taking the athlete out of athletics.

UK Athletics (UKA) has traditionally taken a strong stand against doping in athletics and we are determined to continue our fight against drugs in sport. Subsequently, UKA runs a programme of both in and out-of-competition testing as well as a comprehensive education programme.

Whilst the majority of testing is conducted on national and international athletes, participation in ANY athletics event (at any level) carries with it implied consent to be available for in-competition drug testing, if requested. Of course, UKA also runs a full programme of out-of-competition testing aimed at national and international standard athletes who are notified in writing of their selection for the out-of-competition testing register.

This fact sheet aims to provide clubs with the basic information that athletes, coaches, parents and officials need on the UKA anti-doping programme. More detailed information can be obtained from the UKA website [www.ukathletics.net](http://www.ukathletics.net) or from the UKA Anti-Doping department (contact details are given at the end of this fact sheet).

## Prohibited Substances

The World Anti Doping Agency (WADA) is responsible for drafting the Prohibited List.

There are 3 criteria for inclusion on the WADA prohibited list, with the substance or method fulfilling at least 2 of the criteria in order to be included.

The criteria are: -

- that the substance or method is performance enhancing
- that the substance or method represents an actual or potential health risk
- that use of the substance or method violates the spirit of sport

The International Association of Athletic Federations (IAAF) decides which substances are banned in athletics, based on the WADA list. UKA adopts the IAAF's list of prohibited substances and methods as its list.

A link to the current list of prohibited substances and methods can be found on the WADA website [www.wada-ama.org](http://www.wada-ama.org) or via a link on the UKA website.

Anti-doping regulations are based on the principle of strict liability. Strict liability, in this context, means that athletes are responsible for what is found in their sample (blood and/or urine samples are currently collected for analysis). Strict liability means that the only issues in a doping matter are whether the prohibited substance was found in the sample (or the prohibited method has been used) and that the sample is the athlete's sample. There is no need to prove intention or negligence on the part of the athlete.

If an athlete is asked to give a sample he or she must always do so. Athletes can be banned for up to two years (for a first offence) if they refuse. If an athlete has a plane to catch or an appointment to meet and is not able to provide a sample before it is time to go, he or she must explain this to the person proposing to take the sample and they should be able to accompany the athlete wherever he or she needs to go. If the athlete is under the age of 18 he or she should always insist that a parent or guardian is present. A UKA Anti-Doping Representative may also be present and if so will be able to advise as to how the testing procedure should be carried out.

### **Therapeutic Use Exemptions (TUE)**

In certain situations there is a medical requirement for an athlete to use prescribed medication containing a prohibited substance. Registration of prescribed use must be done and accepted by UKA before the medication is used or immediately its use begins.

A common example of this is the use of inhalers to control asthma. Some inhalers contain Beta-2 agonists which are included in the prohibited list. However, it would be inappropriate to prevent the use of these products where there is a clear medical indication. If an athlete uses a Beta-2 agonist, the athlete must register its use by completing a simple form (obtainable from the UKA website). Once the form is received by UKA, the details of the athlete are placed on a register held by UKA so that in the event of a positive finding for that substance during drug testing, there will already be evidence of the prescribed use of that substance. As a result, no further action will be taken. Acknowledgment of the registration is sent out by UKA to the athlete. Registration of use must be renewed every four years and also every time the prescription changes.

The same principle for registration of inhalers applies to the use of other medication prescribed by the athlete's doctor where the medication contains a prohibited substance. Should there be no alternative to this course of treatment UKA should be advised immediately (before the treatment takes place, although in emergencies this is not always possible) so that this can be checked, appropriate action taken, if necessary, to allow continuing participation, and a record kept for reference should an adverse finding arise.

The most important thing to remember is that athletes are responsible for anything found in their system no matter how it got there. It is no defence that it is medication that a Doctor or even a team Doctor prescribed. Athletes should also beware of products that are sold over the counter as they can contain prohibited substances. Information on how to check if your medication contains a prohibited substance can be found at the end of this sheet.

## **Use of Supplements**

The manufacture of supplements is not controlled in the way that the manufacture of medication is and as such it is impossible to guarantee that the contents of the packet correspond exactly to its label. Research conducted by the IOC showed that up to 20% of European, 'over the counter' supplements analysed contained prohibited substances, even though they were not listed on the packet. This may be the result of accidental contamination of products with a prohibited substance. UKA therefore strongly recommends that athletes review their diet to ensure that their nutritional needs are met by a balanced diet rather than relying on supplements. The fact that a banned substance has been taken inadvertently is no defence.

If an athlete is found guilty of an anti-doping rule violation, not only may it be the end of their sporting career, it is also likely to be the end of any career the athlete might be planning in the media or as a coach or a manager. Their integrity may be irreparably damaged.

## **Information Sources**

There are many sources of information available for athletes to access (a list of which is found on the UKA website [www.ukathletics.net](http://www.ukathletics.net)) but the most important include the Anti-Doping department of UKA (which is supported by a qualified Medical Officer), and the Drug Information Database (DID) [www.didglobal.com](http://www.didglobal.com) which is an online database, run by UK Sport.

The DID provides immediate information on the status of medication and I would strongly recommend that every athlete has this resource saved as a "favourite" on their computer!

The Drug Free Sport section of the UK Sport website [www.uksport.gov.uk](http://www.uksport.gov.uk) is also full of useful information about drugs and AD procedures. Athletes and support personnel should regularly visit both the UKA and UKS websites to keep up-to-date with developments within anti-doping.

Contact details can be found overleaf:

I appreciate that not everyone has access to the website so all information/ forms/ leaflets mentioned in this fact sheet can also be provided by myself or my colleague, Gillian Tipton, in the AD department of UKA. Full contact details are: -

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There is also a separate anti doping email address (managed by myself and Gillian), which is [antidoping@ukathletics.org.uk](mailto:antidoping@ukathletics.org.uk)

If you require any further information please do not hesitate to contact us.

*David Herbert*

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