

UK ANTI-DOPING

UK Anti-Doping is the national body responsible for the operation and management of the UK's anti-doping policy. It is responsible for making sure sports bodies, athletes and players comply with the World Anti-Doping Code. UK Anti-Doping works with a variety of stakeholders to support clean sport.

Our mission is to protect the right of athletes to compete in doping-free sport. The purpose of this 2011 card is to inform you of your anti-doping responsibilities, aid your understanding of the sample collection procedures and help guide your decisions on which medications to use.

We recommend that this card is kept in a convenient and accessible place so that it can be referred to when needed.

RESPONSIBILITY

Strict liability is an essential principle of the World Anti-Doping Code. This means that **YOU** are personally responsible for any prohibited (banned) substance found in your system, no matter how it may have got there.

WHAT ARE YOUR RESPONSIBILITIES?

- Stay up-to-date with the latest Prohibited List.
- Check the status of any substance or method before use. If you have been prescribed medication and are unsure if it contains a prohibited substance, you can check it by using GlobalDRO: www.globaldro.co.uk.
- Advise your doctors and any other medical staff that you must follow the anti-doping rules and any medical treatment given must not violate them.
- If you need a prohibited substance/or method for the treatment of a legitimate medical condition you may need to submit a Therapeutic Use Exemption (TUE) application. Check with your National Governing Body (NGB) for information on the TUE procedure relevant to your sport.
- If you are required by UK Anti-Doping or your International Federation (IF) to provide information regarding your whereabouts, please make sure it is accurate and up-to-date.

ANTI-DOPING RULE VIOLATIONS

You may have committed an anti-doping rule violation if you:

- Are found to have a prohibited substance in your urine or blood sample
- Use, or attempt to use, a prohibited substance or method
- Fail or refuse to provide a urine or blood sample after you have been notified that you are going to be tested
- Tamper, or attempt to tamper, with any part of the doping control process
- Possess a prohibited substance or method
- Traffic, or attempt to traffic, any prohibited substance or method
- Administer, or attempt to administer, a prohibited substance or method to an athlete/player; or encourage, aid, cover up or any other type of complicity/involvement in relation to an anti-doping rule violation
- Receive any combination of three filing failures and/or missed tests in a time period of 18 months (if you are part of a registered testing pool).
(If you do not file accurate athlete whereabouts information, it can result in a filing failure. If you are not available for testing at the declared whereabouts, it can result in a missed test.)

ANTI-DOPING ADVICE CARD 2011

Information for athletes,
athlete support personnel,
parents and healthcare
professionals.



✓ PERMITTED MEDICATION

The list below outlines some of the substances that are permitted for use in 2011. You are allowed to use these medications to treat common illnesses. The items highlighted in blue are those that have been added this year.

✓ **Allergies and hay fever:** Acrivastine, cetirizine, chlorpheniramine, desloratadine, fexofenadine, glucocorticosteroids in eye drops and nasal sprays, levocetirizine, levocabastine, loratadine, mizolastine, oxymetazoline, promethazine, sodium cromoglicate, tramazoline, xylometazoline.

✓ **Antibiotics:** Antibiotic medication.

✓ **Asthma:** Ipratropium, montelukast, sodium cromoglicate, salbutamol*, salmeterol, theophylline.

All inhaled glucocorticosteroids (beclomethasone, budesonide, fluticasone, ciclesonide).

*Please note that a threshold applies.

✓ **Constipation:** Bisacodyl, isphagula husk, methylcellulose, senna.

✓ **Cough and cold:** Codeine, guaifenesin, oxymetazoline, paracetamol, phenylephrine, phenylpropanolamine, pholcodine, steam and menthol inhalations, xylometazoline.

✓ **Diarrhoea:** Atropine, diphenoxylate, loperamide.

✓ **Ear:** Chloramphenicol, cloquinol, clotrimazole, docusate sodium, gentamicin, glucocorticosteroids in ear drops, neomycin.

✓ **Eye:** Antazoline, azelastine, glucocorticosteroids in eye drops, levocabastine, nedocromil sodium, sodium cromoglicate, topical dorzolamide, topical brinzolamide.

✓ **Haemorrhoids:** Topical creams and ointments containing glucocorticosteroids.

✓ **Indigestion and bowel:** Atropine, calcium carbonate, charcoal, cimetidine, famotidine, lansoprazole, mesalazine, omeprazole, paracetamol, ranitidine, sulfasalazine.

✓ **Local anaesthesia:** Local anaesthetics are permitted (except for cocaine).

✓ **Nose:** Acrivastine, glucocorticosteroids in nasal drops and sprays, levocabastine, oxymetazoline, phenylephrine, sodium cromoglicate, xylometazoline.

✓ **Oral contraception:** Desogestrel, drospirenone, ethinylestradiol, etynodiol, gestodene, levonorgestrel, mestranol, norethisterone, norgestimate.

✓ **Pain and inflammation:** Aspirin, codeine, diclofenac, dihydrocodeine, ibuprofen, non-steroidal anti-inflammatory drugs (NSAIDs) paracetamol, tramadol.

✓ **Skin:** Glucocorticosteroids in topical creams and ointments.

✓ **Sleeplessness:** Alprazolam, diazepam, diphenhydramine, nitrazepam, temazepam, zopiclone, zolpidem.

✓ **Vaccination:** Vaccines are permitted.

✓ **Viral infection:** Aciclovir, famciclovir, idoxuridine, penciclovir.

✓ **Vomiting and nausea:** Cinnarizine, cyclizine, domperidone, hyoscine, meclozine, metoclopramide, prochlorperazine, promethazine.

✓ **Other:** Platelet Derived Preparations (this process is also known as blood spinning).

✗ PROHIBITED MEDICATION

The following list outlines **SOME** of the prohibited medications:

✗ **Asthma:** Prednisolone and the beta-2 agonists formoterol and terbutaline.

✗ **Cough and cold:** Ephedrine, pseudoephedrine.

✗ **Diabetes:** All forms of insulin are prohibited.

✗ **Pain and inflammation:** Fentanyl, morphine.

✗ **Other:** Methylphenidate for ADHD.

Remember to always check your medications regularly.

✗ GLOBALDRO



Before taking any medication, **YOU SHOULD** check it through GlobalDRO (Global Drug Reference Online). GlobalDRO is an online service that allows you to check the status of your licensed medication.

Please note that it does not allow you to check herbal remedies or supplements.

Check your medication at www.globaldro.co.uk.

SUPPLEMENTS

You are **STRONGLY ADVISED** to be cautious in your choice to use any supplement.

WHY IS THIS?

There is no guarantee that any particular supplement is free from prohibited substances.

WHAT SHOULD YOU DO?

ASSESS THE NEED

- Obtain expert nutritional advice.
- Is it absolutely necessary to take the supplement?

ASSESS THE RISK

- **YOU** are ultimately responsible for any prohibited substance found in your body or for the use of any prohibited method or substance.
- You should assess the need and risk of any potential supplement with qualified professionals.

The Informed Sport programme (www.informed-sport.com) is an independent, risk minimisation programme which screens supplement products and checks for the presence of **some** prohibited substances. (It is not 100 percent guaranteed that the use of a product will not result in a positive test.)

THERAPEUTIC USE EXEMPTIONS (TUE)

In some situations, a TUE can allow you to use a prohibited substance or method that has been prescribed to you for the treatment of a genuine medical condition.

If you require a TUE, you will need to provide medical evidence; without it, your application will not be reviewed. Your medical doctor can help you complete and submit your TUE form. For more information on obtaining a TUE please see the UK Anti-Doping website or your NGB.

KEY POINTS TO NOTE

- There may be specific conditions you have to meet in order to obtain TUE approval.
- You must follow all TUE procedures to avoid your application being denied.
- If your TUE has expired or is withdrawn by UK Anti-Doping, it will no longer be valid.
- You must stay within the restrictions of your TUE approval at all times.

THE 2011 PROHIBITED LIST

The WADA Prohibited List is updated annually and this year's is effective from 1 January 2011. The list identifies substances and methods that are prohibited in-competition and out-of-competition, as well as some additional substances which are prohibited in particular sports.

Each of the substances and methods are classified by categories. All categories are prohibited in-competition, and some categories are also prohibited out-of-competition.

If you are in any doubt as to which substances and methods are not allowed, seek advice from UK Anti-Doping.

The WADA Prohibited List can be viewed at www.wada-ama.org.

The WADA Prohibited List may be updated throughout the year. The link above will always show the most up-to-date information.

KEY POINTS TO NOTE

- 'Non-approved substances' is a new category that has been added to the WADA Prohibited List for 2011. This section has been added in order to address the issue of the abuse of substances that are currently in an experimental phase of development or that are not, or no longer permitted for human use.
- Platelet-derived preparations (also known as blood spinning) have been removed from the WADA Prohibited List as no current evidence exists to demonstrate that they are performance enhancing.
- You are no longer required to file a Declaration of Use (DoU) for any substance.
- Desmopressin has been added to the WADA Prohibited List as an example of a masking agent.

REPORT DOPING IN SPORT

UK Anti-Doping has a 24-hour confidential phone line to support the fight against doping in sport. The phone line provides a strictly confidential service for athletes/players, support personnel and concerned family and friends to securely pass on information about doping in elite sport to UK Anti-Doping.

Hosted by Crimestoppers, a dedicated team of trained operators are able to manage calls related to anti-doping. All information provided will be treated in confidence.

REPORT DOPING IN SPORT MAKE THE CALL

0800 032 2332

WHO CAN BE TESTED?

If you are competing in the UK, no matter what level you are, you can be tested both in-competition and out-of-competition.

WHAT HAPPENS IF YOU REFUSE?

If you refuse to provide a sample it could lead to an anti-doping rule violation.

WHAT DOES THIS MEAN?

If you commit an anti-doping rule violation you could be excluded from taking part in any future sporting event for a specified period and have your results from competitions disqualified.

WHAT ARE YOUR RIGHTS?

During the testing procedure, you have the right to the following:

- Be notified by a Doping Control Officer (DCO) or a chaperone with official identification and evidence of his/her authority from an official anti-doping organisation
- Be accompanied to the Doping Control Station by a representative of your choice, and an interpreter if required and available
- Be observed during the provision of your urine sample by a DCO of the same gender as yourself
- Give comments or ask for additional information on the testing procedures
- Receive a copy of the Doping Control Form after the test has finished
- Confidentiality – no name should be on any documentation that is to be sent to the laboratory
- Request a modification to the procedures if you are an athlete with a disability.

CAN YOU REQUEST A DELAY?

You also have the right to request a delay to reporting to the Doping Control Station on the following grounds ONLY:

In-competition

- To obtain photo identification
- To attend a medal ceremony
- To fulfil media commitments
- To receive medical treatment
- To compete in further events
- To warm down
- To locate an interpreter/representative.

Out-of-competition

Out-of-competition testing can occur at any time of the year and at any location, including your home, your training location or even overseas. As with in-competition testing, it can take place without any advance notice.

HOW LONG IS YOUR DATA STORED?

Your doping control data is stored in the Anti-Doping Administration & Management System (ADAMS) for a minimum period of eight years.

Should you have any concerns with regards to the processing or inaccuracy of your doping control related data you can discuss this with UK Anti-Doping, WADA (www.wada-ama.org), or your International Federation (IF).

IN-COMPETITION TESTING

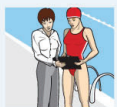
In-competition testing is testing that takes place in connection with or during a sporting event. Testing can take place without notice up to 12 hours before a competition, throughout the competition and until the end of the competition and related sample collection process. Your International Federation (IF) may make changes to this "in-competition" period, so before a sporting event, you should familiarise yourself with the rules of the competition as outlined by your IF or National Governing Body (NGB).

OUT-OF-COMPETITION TESTING

Out-of-competition testing can occur at any time of the year and at any location, including your home, your training location or even overseas.

As with in-competition testing, it can take place without any advance notice.

SAMPLE COLLECTION



STEP 1 Notification

- A Doping Control Officer (DCO) or a Chaperone will notify you if you have been selected for doping control.
- Once notified, you will be asked to provide photographic identification.



STEP 2 Reporting for doping control

- After notification, you must report immediately to the Doping Control Station.
- A DCO or a Chaperone will accompany you to the Doping Control Station and at all times throughout the sample collection procedure.

- You are entitled and strongly encouraged to have a representative accompany you throughout the doping control procedure.
- We recommend that before any competition you make your representative aware of the doping control procedures. You can give them this card to use as a reference.



STEP 3 Sample collection vessels

- Select an empty and clean sample collection vessel.
- Ensure that the seal on the sample collection vessel is intact.
- At all times throughout the sample collection procedure, make sure your vessel is in sight.



STEP 4a Urine sample

- You have control of your sample. The DCO should not handle the sample equipment or any other equipment throughout the procedure unless you ask them to do so.
- A DCO directly observes the provision of your urine sample.
- You are required to supply a minimum amount of urine (90mls).



- Pick from a selection of sealed sample bottle kits. Each kit will contain two bottles (A and B). Check that your kit is clean and empty and has not been tampered with.

- Under the instruction of your DCO, divide your urine sample between bottles A and B and then tightly seal the lids.
- Once you have sealed the bottles, place them into a plastic bag and then into a storage box.



- The concentration of your sample will be checked. If it is too dilute, the DCO will record this on the Doping Control Form and you will be asked to provide another sample.



STEP 4b Blood sample

- Before you give a blood sample, you are required to sit down for 10 minutes.
- The Blood Collection Officer (BCO) will choose the most suitable vein for sample collection. A sufficient amount of blood is then withdrawn (the same amount that would usually be collected for a routine medical blood test).
- The required number of vacutainers (tubes) will be filled with blood.
- The BCO will remove the needle, place cotton wool on the site and give you a plaster.
- Samples will be stored and transported between 2-8 degrees celsius.

SAMPLE COLLECTION (CONTINUED)



STEP 5 Recording and certifying sample information

- The DCO uses a Doping Control Form to record your A and B sample bottle numbers.
- On the Doping Control Form you are asked to provide information on the following:
 - If you have taken any medications or supplements within seven days of the sample collection
 - Any Therapeutic Use Exemption (TUE) that you may have in place
 - If you have had any blood transfusions in the past 6 months.
- Check that the information on the Doping Control Form is accurate. We would encourage you to add additional comments you may have in the designated box.



- If you are satisfied that all of the information is correct, you must sign the Doping Control Form.
- You must check that the yellow copy of the Doping Control Form (the laboratory's copy) does not include any of your personal details.
- UK Anti-Doping will send the results of your test to your National Governing Body (NGB).

ATHLETES/PLAYERS WITH A DISABILITY

Sample collection for athletes/players with a disability shall be in line with the procedures outlined on this advice card, unless any modifications are required due to the disability. Please see the leaflet on the sample collection procedures for athletes with a disability or go to the UK Anti-Doping website for further information.

ATHLETES/PLAYERS UNDER THE AGE OF 18

If you are under the age of 18 you are strongly advised to have a representative with you at all times throughout the sample collection process. You will be notified of sample collection in the presence of a second adult. During the sample collection, the DCO will be accompanied by another member of doping control staff; the additional member of staff will not observe your sample provision. You can choose if you would like your representative present during the collection of your sample but they will not directly observe your sample provision.

**REPORT DOPING IN SPORT
MAKE THE CALL
0800 032 2332**
www.ukad.org.uk

CONTACT INFORMATION

DRUG INFORMATION
www.globaldro.co.uk

100% ME ATHLETE ZONE
www.ukad.org.uk/athletezone

THERAPEUTIC USE EXEMPTION
E: tue@ukad.org.uk
F: +44 (0) 800 298 3362

UK ANTI-DOPING
www.ukad.org.uk
T: +44 (0) 20 7766 7350

WORLD ANTI-DOPING AGENCY
www.wada-ama.org

SUPPLEMENT INFORMATION
www.ukad.org.uk/supplements