



Strict liability

You are responsible for any banned substance found in your system, regardless of how it got there and whether or not there was an intention to cheat.

100% ME

100% me is UK Anti-Doping's prevention programme for athletes in the UK. Our role is to support athletes to be clean, stay clean and believe that all others are clean too.

The 2012 advice card is a tool for you to use as a quick anti-doping reference guide. Our advice is that you should keep this with you at all times to help you make the right decisions in relation to your anti-doping responsibilities. We hope that it will also be helpful when speaking to people such as doctors and pharmacists.

UK ANTI-DOPING

UK Anti-Doping is the national body responsible for the management of the UK's anti-doping policy. We make sure sports bodies, athletes and support personnel comply with the World Anti-Doping Code. We work with a range of partners to support clean sport.

RESPONSIBILITY

Strict liability: You are personally responsible for any banned substance found in your system, no matter how it got there or whether or not you had an intention to cheat.

What are your responsibilities?

You must:

- know, and comply with the anti-doping rules
- stay up-to-date with the latest Prohibited List
- check any licensed medication before you take it
- tell your doctors and other support personnel that you must follow the anti-doping rules and any medical treatment given must not violate them
- have a valid Therapeutic Use Exemption (TUE) in place if required
- make yourself available for testing
- if you are required by UK Anti-Doping or an International Federation (IF) to provide Whereabouts, keep it accurate and up-to-date.

WHO'S WHO IN ANTI-DOPING?

WADA: World Anti-Doping Agency – promotes, coordinates and monitors the fight against doping in sport in all its forms.

IOC/IPC: International Olympic Committee and International Paralympic Committee – responsible under the Code for all anti-doping functions during the Olympic and Paralympic Games, including the testing programme and sanctioning those who commit an Anti-Doping Rule Violation (ADRV).

IFs: International Federations – required under the Code to conduct in- and out-of-competition testing, review TUE applications, provide education, and may handle results and sanction athletes who commit an ADRV.

MEOs: Major Event Organisers – responsible for any regional, international or continental event (e.g. the Commonwealth Games) and implement any anti-doping policies and rules for that event. For London 2012 the MEO is LOCOG.

THE RULES

Anti-Doping Rule Violations (ADRVs)

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

- return a positive test
- use, or attempt to use, a banned substance or method
- refuse or fail to provide a sample when requested
- tamper, or attempt to tamper, with any part of the testing process
- possess a banned substance or method
- traffic, or attempt to traffic, any banned substance or method
- administer, or attempt to administer, a banned substance or method to an athlete; or encourage, aid or cover up any involvement in 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).

THE WORLD ANTI-DOPING CODE AND THE PROHIBITED LIST

The Code is the international set of anti-doping rules. National Anti-Doping Organisations (NADOs) such as UK Anti-Doping, IFs, MEOs and your NGB will develop rules aligned with the Code.

The 2012 Prohibited List

The WADA Prohibited List is updated each year and is effective from 1 January 2012. The List identifies substances and methods that are banned in-competition only and those banned at all times. Additional substances are also banned in specific sports. **Check what applies to your sport.**

You should familiarise yourself with the categories on the Prohibited List.

If you are in any doubt as to which substances and methods are banned, seek advice from UK Anti-Doping.

You will find the WADA Prohibited List at www.wada-ama.org.

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

Key points to note – changes for 2012

- Formoterol has been added as an exception to category S3, beta-2 agonists. When taken by inhalation, formoterol now has a threshold of permitted use which is a maximum of 36 micrograms (µg) over 24 hours. If your daily formoterol dosage is above 36µg per day you need to complete a lung function test and apply for an asthma TUE. If exacerbation of asthma requires a supplementary dosage of formoterol, above 36µg per 24 hours, an emergency TUE should be applied for. A TUE is still required for terbutaline.
- Felypressin has been added as an exception to category S5, Diuretics and Other Masking Agents. This can be used for dental treatment.
- Several sports have been removed from category P1, Alcohol and P2, Beta-blockers:
 - Alcohol is no longer prohibited in Ninepin and Tenpin Bowling (FIQ).
 - Beta-blockers are no longer prohibited in: Bobsleigh and Skeleton (FIBT), Curling (WCF), Modern Pentathlon (UIPM), Motorcycling (FIM), Sailing (ISAF) and Wrestling (FILA).

GLOBAL DRO AND CHECKING MEDICATION



Before taking any medication, **you should** check it on **Global DRO** (Global Drug Reference Online). Global DRO is an online service that allows you to check the status of a licensed medication bought in the UK, USA or Canada.

REMEMBER: you cannot use Global DRO to check herbal remedies or supplements.

Check your medication at www.globaldro.com

Tell medical personnel you're an athlete.

Check all medications.

Ask for reassurance.

THERAPEUTIC USE EXEMPTIONS (TUEs)

If you need to use a banned substance or method to treat a genuine medical condition **and** there are no reasonable alternatives, you may apply for a TUE.

If you require a TUE, you will need to provide medical evidence – without it, your application will not be reviewed. Your doctor will need to help you complete your TUE form. It can take a maximum of 30 days for a decision on a TUE application.

For more information on TUEs, see the UK Anti-Doping website or contact 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 rejected
- If your TUE has expired or is withdrawn, it will no longer be valid
- You must stay within the restrictions of your TUE approval at all times
- If you do not have a TUE in place and you are required to, you may have committed an ADRV.

SUPPLEMENTS

You are **strongly advised** to be very cautious if you choose to use any supplement.

Why is this?

If you use a supplement you may test positive and could face a ban.

There is **no** guarantee that any supplement is free from banned substances. Many supplement products do not display or properly describe all ingredients on their labels, and there is a risk of contamination when supplements are manufactured.

Be wary of any supplement products that say they contain 'no banned substances' or claim to have been approved by WADA, the IOC or UK Anti-Doping. These organisations **do not** approve supplement products.

What should you do?

Assess the need

- Is it absolutely necessary to take the supplement?
- Always obtain expert nutritional advice, preferably from a qualified dietician.

Effective sports nutrition, training, rest and recovery strategies can be the most effective way to optimise performance.

Assess the risk

Some athletes have returned a positive test and been found guilty of committing an ADRV through the use of supplement products.

- You are ultimately responsible for any prohibited substance found in your body.
- Are the consequences worth it?

If you choose to use supplements, you need to assess the risk to your career.

The Informed Sport programme

www.informed-sport.com is an independent programme that can be used as part of a risk assessment in the decision to take a supplement. It screens supplement products and checks for the presence of some banned substances.

REMEMBER: this is not in any way a guarantee of safe supplements.

You must ensure that any products you buy have the same batch number as the products that have been tested. This does not eliminate the risk, it only minimises it.

Contact your NGB or UK Anti-Doping for further advice on the risks with using supplements.

MAJOR EVENTS OR TRAINING ABROAD

If you are competing abroad you should remember these top tips:

- Always check the anti-doping rules to find out the in- and out-of-competition periods and who is responsible for testing.
- If you are not part of an RTP, you may be required to provide Whereabouts during a Major Games, so always ensure you let the relevant people know of any changes.
- If you are in a non-English speaking country, you have the right to locate an interpreter if you are notified for testing.
- Take enough medication to continue any treatment for the duration of the trip, checking they are safe on Global DRO before you travel.
- Check the medication is allowed to enter the destination country and that it can be carried through customs. Seek advice from a doctor if you are unsure.
- Be careful with any medication you buy abroad, and **check the ingredients on Global DRO** before use.
- Check the process for declaring and/or obtaining a TUE at the event.

- Be aware that risks associated with supplement use are the same whichever country you are in.
- Be as vigilant as possible with regard to your diet and buying/eating food abroad.

In- and out-of-Competition Periods In-competition testing

In-competition testing takes place in connection with, or during a sporting event. Testing can take place up to 12 hours before a competition, throughout the competition and until the end of the competition and any related doping control processes. Your IF may make changes to this in-competition period, so before a sporting event, you should familiarise yourself with the rules of the competition.

Out-of-competition testing

Out-of-competition testing takes place without any advance notice. It can occur at any time of the year and at any location, including your home, your training location or even overseas.

REMEMBER: it does not matter when you take a substance, if it is banned in-competition and it is found in your system during competition, you will return a positive test.

KEEPING SPORT CLEAN

We **all** have a responsibility to help keep sport clean and protect its integrity.

If you see anything suspicious or know of any doping-related activities, please call us in complete confidence on **0800 032 2332**.

If you feel uncomfortable talking to someone, please complete the online form at:

<https://secure.crimestoppers-uk.org/UKAD>

Any information is critical.

Why bother?

This could mean a selection place for you, or not...

This could mean standing on the podium and hearing the national anthem played for you as you receive your medal, or... receiving your medal in the post.

This could mean a sponsorship deal for you, or not...

If you don't want someone to steal what is rightly yours then make the call.

WHO CAN BE TESTED?

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

WHAT HAPPENS IF YOU REFUSE?

If you fail or refuse to go to the doping control station after you have been notified or fail to provide a sample, it will be treated as a refusal. This refusal could lead to an ADRV.

WHAT DOES THIS MEAN?

If you break one of the anti-doping rules, you could be excluded from taking part in any future sporting event and have your results from competitions disqualified.

WHAT ARE YOUR RIGHTS?

During the testing process, you have the right to:

- be notified by a Chaperone or Doping Control Officer (DCO) 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 sample by a DCO of the same gender as yourself, where you are providing a urine sample
- give comments or ask for additional information on the testing procedures
- receive a copy of the Doping Control Form (DCF) after the test has finished
- confidentiality – no name should be on any documentation that is to be sent to the laboratory.

CAN YOU REQUEST A DELAY?

You are entitled to request a delay in reporting to the doping control station for the following reasons:

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

- To obtain photo identification
- To locate an interpreter/representative
- To continue training
- To receive medical treatment

Any other exceptional circumstances must be justified and documented.

Any delay is at the discretion of the person who has notified you.

HOW LONG IS YOUR DATA STORED?

Your testing data is stored in the Anti-Doping Administration & Management System (ADAMS) for a maximum period of 8 years.

Should you have any concerns relating to the processing or inaccuracy of your testing data you can discuss this with UK Anti-Doping, WADA or your IF.

ATHLETE BIOLOGICAL PASSPORT (ABP)

The Athlete Biological Passport (ABP) is a recently introduced testing method. The ABP relies on the use of blood samples to record and monitor your individual biological variables, found in your blood.

What is different from standard testing?

The ABP, unlike other tests, looks for the effects of doping on the body rather than a specific substance.

How does it work?

The ABP works by comparing your blood variables, such as your red blood cell count, over a long period of time to see if there are any significant changes when compared with your normal levels.

TOP TIPS FOR TESTING

- You should always take a representative with you – give your representative this advice card so they know what to expect during testing.
- Always carry photographic ID in your kit bag.
- Follow your normal hydration routine as your urine sample will be tested for its concentration levels, and if this is too dilute you may need to provide another sample.
- Always carefully inspect the testing equipment you choose. Check seals are intact and have not been tampered with.
- You should write on the DCF any medications and supplements, including over-the-counter medicines such as cold and flu remedies, multi-vitamins or herbal remedies you have taken in the last 7 days.
- Always keep a list in your kit bag of all substances you have recently taken.
- You can ask the DCO any questions about the procedure **but** they will not be able to advise on which medicines and supplements to record.
- If you are concerned, or need to contact someone to confirm your current medication, ask the DCO for advice.

SAMPLE PROCEDURE



Notification

- A Chaperone/DCO will notify you that you have been selected for testing. They will show their ID to confirm who they are and ask to see your photographic ID.

Reporting for doping control

- After notification, you must report immediately to the doping control station. You may only request a delay for one of the permitted reasons.
- A Chaperone/DCO will accompany you to the doping control station. It is your responsibility to remain within sight of the Chaperone/DCO at all times.



Providing a Sample

- Select an empty, clean and sealed sample collection vessel.
- At all times throughout the doping control procedure, make sure your collection vessel is in sight.
- You have control of your sample. The DCO should not handle the sample equipment unless you ask them to do so.
- A DCO will **directly observe** the provision of your urine sample, which must be at least 90 millilitres.



- Pick from a selection of sealed sample bottle kits containing 2 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, then tightly seal the bottles.
- Once you have sealed the bottles, place them in the plastic bag, then into the 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 (DCF) and you will be asked to provide another sample.



Recording and certifying sample information

- The DCO uses a DCF to record your A and B sample bottle numbers.
- On the DCF you are asked to provide information on the following:
 - Any medications or supplements taken within 7 days of the test.
 - Any 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 DCF is accurate.
- Sign the DCF, once you are happy all the information is correct.
- Check the yellow copy of the DCF (the laboratory's copy) does not include any of your personal details.
- Keep your copy of the DCF in a safe place for future reference.

PROVIDING A BLOOD SAMPLE

A blood test follows the same process as a urine test, with a few alterations:

- Before you give a blood sample, you are required to sit down for a minimum of 10 minutes. If you have just been exercising you may rest for a maximum of two hours prior to the sample being taken.
 - The Blood Collection Officer (BCO) will choose the most suitable vein for testing and blood is then withdrawn (the same amount that would usually be necessary for a routine 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 at a controlled temperature between 2-8°C.
- Don't panic! **All blood tests are conducted by a professional Phlebotomist** and they only withdraw a small amount of blood, less than a tablespoon, so you should not suffer any ill-effects from the sample collection.

ATHLETES WITH A DISABILITY

For athletes with a disability, samples will be collected in line with the testing procedures on this advice card, unless any modifications are required due to the disability. You can find out more from the UK Anti-Doping website, by downloading the 'Sample collection procedures for athletes with a disability' leaflet.

ATHLETES UNDER THE AGE OF 18

If you are under the age of 18, you are strongly advised to have a representative with you. You will be notified for testing in the presence of a second adult. During the testing procedure, the DCO will be accompanied by another member of doping control personnel. They will not view your test, they will only observe the DCO for your protection. Find out more on the UK Anti-Doping website.

WHEREABOUTS

The Whereabouts system is essential to protect the integrity of sport. Simply put, Whereabouts is about openness and transparency, underlining your achievements as a clean athlete.

WHO NEEDS TO PROVIDE WHEREABOUTS?

Any athlete on a Registered Testing Pool (RTP) needs to provide Whereabouts information. You may be on UK Anti-Doping's RTP or the RTP of your IF.

WHAT INFORMATION DO I NEED TO PROVIDE?

- A 60-minute time-slot for every day of the year
- The address of your overnight accommodation for each day
- Any regular activities (training, work etc.)
- Your competition schedule

WHEN DO I HAVE TO DO THIS BY?

You will need to make four quarterly submissions for 2012:
Q1: By 23:59 on 31 March 2012
Q2: By 23:59 on 30 June 2012
Q3: By 23:59 on 30 September 2012
Q4: By 23:59 on 31 December 2012

WHAT IF THINGS CHANGE?

That's okay – you can amend your Whereabouts at any time on ADAMS.

In an **emergency** you may text, call or email an update up to one minute before your 60-minute time slot is due to begin.

ADAMS contact information:

www.myadams.co.uk
SMS: +44 (0) 7786 202 407
T: 008000 943 7378
E: athlete@ukad.org.uk

CONTACT INFORMATION – where to go for help

100% ME ATHLETE ZONE
www.100percentme.co.uk
facebook: www.facebook.com/100percentme.uk

CHECKING MEDICATIONS
www.globaldro.com

SUPPLEMENT INFORMATION
www.ukad.org.uk/supplements

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

UK ANTI-DOPING
www.ukad.org.uk
T: +44 (0)20 7766 7350
E: information@ukad.org.uk
twitter: www.twitter.com/ukantidoping