**ANTI-DOPING AND CLEAN SPORT – YOUR RESPONSIBILITIES**

**Principles, Good Practice and Talking Points**

**A picture containing text

Description automatically generated**

Everyone, including athletes and athlete support personnel has a duty to follow the rules and protect clean sport. Every athletes strives to the best that they can be through competition and training, so it is important that every athlete and everyone who plays a part in their support network works together to ensure that the athlete does not violate anti-doping rules.

Athletes should take responsibility for anti-doping. To support their decision making the network of individuals who support an athletes decision making need to be up to date and better informed on the rules of anti-doping and principles of clean sport.

This guide is aimed at creating those conversations, highlighting responsibilities and identifying some simple steps to make that possible. This should be read alongside the full anti-doping policies and rules set out on the UKSA, Virtus, UKAD and WADA websites.

**Principles, good practice and talking points!**

1. Clean sport is important for all. Violations carry consequences and penalties. An athletes career and reputation can be effected. Have conversations from the beginning and put in place ways to support an athlete will minimise the chances of this situation happening.
2. All athletes have the responsibility to know what goes into their bodies. It is an athlete’s responsibility, to find out and understand what is allowed and what is not, both in and out of competition. An athlete's support network can and should help. An athlete will trust and rely on their support network to help provide them with a safe environment to avoid a situation where someone takes a prohibited substance unintentionally.
3. It is NOT an excuse for an athlete to say, "I did not know it was banned." All athletes are subject to the same rules and penalties in performance sport. Anti-doping is not just about banned substances, but is linked to all medication and some supplements being taken. Know whats allowed.
4. Be familiar with the status of medication. Use the Global Drug information database (GlobalDro) to check. Ask yourself is this item on the banned or restricted list? Make GPs aware of the athlete status and that prescriptions need to be considered in this way. Keep up to date with changes. If in doubt check. If a medication is needed, apply for a Therapeutic Use Exemption (TUE).
5. If an athlete is invited to a GB Team, make sure the TUE is up to date and so is the athletes medication list and their status. Read the guidance on applying for a TUE. Start the process early on.
6. UKSA and Virtus Rules mean that all UK athletes can be tested ‘at competition’ or at any other time whilst training. When and which athletes to be called will be decided by the LOC Anti-Doping lead at a competition or by the Virtus Lead at all other times as part of the annual ‘testing pool’. If an athlete is called they must attend. Non attendance is a violation of anti-doping rules.
7. Stay informed. Have the conversation on anti-doping from the beginning.

UKSA Download – April 2022