



**DeaflympicsGB**

## Anti-Doping & Clean Sport

### UKDS and DeaflympicsGB Clean Sport Commitment

Clean Sport Commitment Statement: *All sporting participants have the right to compete in sport knowing that they, and their competitors, are clean. The use of performance-enhancing drugs and doping activity severely damages the legacy of sport and undermines the integrity of true athletes.*

UKDS adopts the UK Anti-Doping and World Anti-Doping Agency (WADA) position that cheating, including doping, in sport is fundamentally contrary to the spirit of sport, and undermines the otherwise positive impact of sport on society.

### To this end, UKDS commits to support Clean Sport in the UK in the following ways:

- UKDS supports the mission of UK Anti-Doping and WADA in achieving Clean Sport
- All athletes are expected to play, train and compete in line with the spirit of sport, including the anti-doping rules
- All coaches and athlete support personnel are expected to perform their role in line with the spirit of sport, including the anti-doping rules
- UKDS is committed to supporting the prevention of doping behaviour in the UK in collaboration with other sporting bodies
- Employed and associated 'staff' will not condone, assist or in any way support the use of prohibited substances and methods (unless permitted by a Therapeutic Use Exemption) in any aspects of their work

### Breaches of this, or any rules/policies referred to in UKDS own code of practice/conduct will be acted upon accordingly:

- We all have a responsibility to report doping in sport and help keep it clean. All employed and associated staff are expected to contact UK Anti-Doping should they become aware of an athlete of NGB member using or considering the use of a prohibited substance or prohibited method. A 24-hour dedicated phone line, hosted by Crimestoppers, is ready to take your call if you have any suspicions or concerns about incidences of doping in sport. You can provide information in complete confidence by calling 08000 32 23 32 or via <http://secure.crimestoppers-uk.org/ukad/>. All information is passed securely to UK Anti-Doping's intelligence unit for investigation.
- UKDS will uphold any sanctions placed upon an athlete by UK Anti-Doping or other associated body in accordance with the World Anti-Doping Code.

The ICSD (Deaflympics) Anti-Doping Rules can be found here:

<http://www.deaflympics.com/pdf/AntiDopingRules.pdf>

WADA Doping Control is translated into International Signs with subtitles:

<http://www.deaflympics.com/video.asp?11>

WADA's Prohibited List is updated annually and can be found here:

<https://www.wada-ama.org/en/prohibited-list>



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## Anti-Doping in Samsun - what do you need to know

### Anti-Doping Rule Violations

The 2015 WADA Code outlines ten Anti-Doping Rule Violations (ADRVs). Athletes, and Athlete Support Personnel (ASP), may receive a ban from sport if any of the following ADRVs are committed:

1. Returning a positive test
2. Using, or attempting to use, a banned substance or method
3. Refusal or failure to provide a sample when requested
4. Tampering, or attempting to tamper, with any part of the testing process
5. Possession of a banned substance or method
6. Trafficking, or attempted trafficking, of any banned substance or method
7. Administering, or attempted administering, of a banned substance or method to an athlete; or encouragement, aiding and/or covering up of any involvement in an ADRV
8. Receiving any combination of three filing failures and/or missed tests in a time period of 12 months (for athletes who are part of the National Registered Testing Pool)
9. Complicity
10. Prohibited Association

All ten ADRVs apply to athletes. Numbers 5 - 10 apply to ASPs.

### Consequences are Significant

Under the 2015 Code, a minimum four-year ban from sport will apply to those who are found to be deliberately cheating and breaking the rules. The 2015 Code has little sympathy for carelessness – for inadvertent doping, athletes are more likely to face a two-year ban from sport. All athletes, coaches and athlete support personnel need to make sure they have sufficient anti-doping knowledge to avoid committing an ADRV and receiving a ban from sport.

### Medications

Prior to attending Samsun all athletes have a responsibility to check any medication they use, or intend to use on [www.globaldro.org](http://www.globaldro.org). We recommend you acknowledge the in-competition status of the medication at apply this at all times (i.e. if a medication is prohibited in-competition, but not-prohibited out of competition, find an alternative. You can only check medications that have been brought in the UK, USA, Canada, Japan, Australia and Switzerland. You will not be able to check any medication that you purchase in Samsun, therefore plan ahead, check and take any medication you may need with you, along with supporting records of the searches you have carried out of this medication.

### Therapeutic Use Exemptions

Athletes can obtain approval to use a prescribed banned substance or method for the treatment of a legitimate medical condition by applying for a Therapeutic Use



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Exemption. You must be able to provide medical evidence to confirm your diagnosis and prescription, and reference that there are no reasonable alternative medications. If required Athletes **must** apply for this before they take any prescribed banned substance or method. To find out more about whether you need to apply for a TUE please contact Jacqui Traynor (pre-Deaflympics) or the Deaflympics GB Team (during the Deaflympics)

### Supplements

Athletes **must** undertake thorough internet research of any supplement products before use – including the name of the product and the ingredients/substances listed. Information revealed as a result should be further investigated and we advise athletes to keep evidence of their search.

You should ensure you assess the need, (get expert advice), assess the risks, and assess the consequences before readily using any supplements. Supplements are at risk of contamination or containing a prohibited substance, therefore we recommend that you use [www.informed-sport.com](http://www.informed-sport.com) and only use a product that has been batch tested through this risk-minimisation programme.

### Doping Control (Testing)

You may be tested at any time during the competition.

You should know your rights and responsibilities when notified that you are to be tested by a Chaperone or Doping Control Officer. If you are selected for testing, you should take a representative with you so they can support you. We recommend that you follow your normal hydration routine if selected for testing, and that you follow the instructions given by the Chaperone or Doping Control Officer. You should be prepared to provide details of any substances you have taken which need to be written on the Doping Control form. To find out more about testing and your rights and responsibilities go to [100percentme.co.uk](http://100percentme.co.uk) download the Clean Sport App from your mobile phone app store.

Anti-Doping Services will be carried out in accordance with the ICSD Anti-Doping Regulations and World Anti-Doping Code (WADC). All samples shall be analysed at a doping control laboratory accredited by WADA. These procedures will be in compliance with ICSD rules and regulations.

Doping Control Stations will be in all competition venues. These stations will be established in accordance with ICSD rules and regulations.

ICSD regulations in compliance with WADA code will be applied.

Please take the time to read through: [www.ukad.org.uk/athlete-zone/](http://www.ukad.org.uk/athlete-zone/) where you can find out everything you need to know about anti-doping and clean sport, and the testing process.

Further details about UK Anti-Doping and WADA can be found at; [www.ukad.org.uk](http://www.ukad.org.uk) & [www.wada-ama.org/](http://www.wada-ama.org/)