



UK Deaf Sport



DeaflympicsGB

UK Deaf Sport

Anti-Doping Policy

The Issue Status

The Issue Status is indicated by the version number in the footer of this document. It identifies the Issue Status of the 'UK Deaf Sport Anti-Doping Policy'.

When any part of this document is amended, a record is made in the Amendment Log shown below.

The 'UK Deaf Sport Anti-Doping Policy' can be fully revised and re-issued at the discretion of the UK Deaf Sport Board.

Issue	Amendment	Date	Initials	Policy Owner	Approving Body	Date Approved by Approving Body	Review Date
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1. Introduction

- 1.1 The [World Anti-Doping Agency \(WADA\)](#) was established in 1999 as an international independent agency composed and funded equally by the sport movement and governments of the world. Its key activities include scientific research, education, development of anti-doping capacities, and monitoring of [The World Anti-Doping Code](#).
- 1.2 All athletes have the right to compete in sport knowing that they, and their competitors, are free from performance-enhancing substances. The use of performance-enhancing drugs and doping activity severely damages the legacy of sport and undermines the integrity of true athletes.
- 1.3 [The World Anti-Doping Code](#) is the core document that harmonises anti-doping policies, rules and regulations within sport organisations and among public authorities around the world. It works in conjunction with eight [International Standards](#) which aim to foster consistency among anti-doping organisations in various areas.
- 1.4 The Code was first published by the World Anti-Doping Agency in 2003. Prior to 2003, there was no one standardised set of rules for all sports and countries.

2. About UK Deaf Sport

- 2.1 UKDS is the National Governing Body for deaf sport in the UK. Our vision is *Every¹ Deaf Person Active and Inspired by Sport and Physical Activity*. Our mission is for more deaf people to participate in sport throughout their lives and more deaf athletes to perform on the world stage. UK Deaf Sport use the term “deaf” to represent all people who are deaf, hard of hearing or have a hearing loss, whether this is acquired or from birth.
- 2.2 UKDS is recognised by the International Committee of Sports for the Deaf (ICSD) as the International Federation for Deaf Sport in the UK, and by Sport England as the National Governing Body for Deaf Sport.
- 2.3 UKDS is responsible for ensuring good governance including the administration and coordination of deaf sport teams competing abroad at both a British and Home Nation level.
- 2.3 UKDS is also responsible for the selection and management of the DeaflympicsGB Team, the official team that represents Great Britain at the Summer and Winter Deaflympics.
- 2.4 UKDS works in partnership with key organisations to ensure that deaf children, young people and adults have equal opportunities to participate and excel in sport

¹ UK Deaf Sport acknowledges that the term ‘deaf’ covers a range of definitions of deafness, including those who are profoundly deaf, have severe, moderate or mild hearing loss or are hard of hearing whether acquired or from birth. This includes the use of the terms Deaf and deaf whereby the use of a capital D in Deaf may denote those who identify as having a cultural and shared experience of being Deaf. The International Committee of Sport for the Deaf (ICSD who govern the Deaflympics), set their own criteria for eligibility which is a hearing loss of at least 55dB in the better ear (3 tone frequency average of 500, 1,000 and 2,000 Hertz, ANSI 1969 standard). DeaflympicsGB athletes will meet this standard.

and physical activity as their hearing counterparts from grassroots to elite level. This includes working with decision-makers and professionals such as national sport governing bodies to support them to remove the challenges and barriers that prevent deaf people taking part in sport and physical activity.

- 2.5 UK Deaf Sport believes the use of doping substances or doping methods to enhance sports performance is fundamentally wrong and is detrimental to the overall spirit of deaf sport.

3. UK Deaf Sport Anti-Doping Rules

- 3.1 The anti-doping rules of UK Deaf Sport are the [UK Anti-Doping Rules](#) published by UK Anti-Doping (or its successor), as amended from time to time.
- 3.2 To achieve integrity and fairness in deaf sport, UK Deaf Sport has made a commitment to a clean field of play and as the International Federation for Deaf Sport for the UK, to undertake all required efforts to demonstrate compliance with the [ICSD Anti-Doping Rules](#).
- 3.3 All ICSD athletes, entourage, and officials to ICSD-sanctioned events must respect these rules as a condition of participation.

4. UK Anti-Doping (UKAD)

- 4.1 Doping is defined in the [World Anti-Doping Code](#) as the occurrence of one or more of the Anti-Doping Rule Violations (ADRVs). It is much more than a positive test.
- 4.2 Just as each sport has rules to determine how it is played or performed, there are Anti-Doping Rules in place to protect clean sport. Cheating in any form undermines the spirit of sport and the efforts of clean athletes. As an athlete, it is important to be clued up on the anti-doping rules so that you can continue to enjoy and achieve success in your sport.
- 4.3 UKAD is the national anti-doping agency for the UK, dedicated to protecting a culture of clean sport. It achieves this through implementing education and testing programmes, gathering and developing intelligence, and prosecuting those found to have committed an Anti-Doping Rule Violation.
- 4.4 UKAD is responsible for ensuring sports bodies in the UK are compliant with the World Anti-Doping Code through the implementation and management of the UK's National Anti-Doping Policy.

5. Strict Liability

- 5.1 As an athlete, one of the most important things to be aware of is the principle of strict liability. This means that you are solely responsible for any banned substance you use, attempt to use, or that is found in your system, regardless of how it got there and whether or not you had an intention to cheat.

- 5.2 It is crucial that athletes check all medications are safe to take prior to use. Medications can be checked online via [Global DRO](#).
- 5.3 Athletes must undertake thorough internet research of any supplement products before use – including the name of the product and the ingredients/substances listed.
- 5.4 Information revealed as a result should be further investigated and we advise athletes to keep evidence of their search.

6. Anti-Doping Rule Violations

6.1 The 2021 Code outlines eleven [Anti-Doping Rule Violations \(ADRVs\)](#). There are 11 ADRVs. All 11 apply to athletes, two also apply to athlete support personnel and five also apply to athlete support personnel and other persons.

6.2 Athletes, and Athlete Support Personnel (ASP), may receive a ban from sport if any of the following ADRVs are committed:

6.3 Apply to athletes only

- **Presence** of a prohibited substance in an athlete's sample i.e. returning a positive test.
- **Use or Attempted Use** of a prohibited substance or method.
- **Evading, Refusing or Failing** to submit a sample when requested.
- **Whereabouts failures** - 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).

6.4 Apply to athletes and athlete support personnel

- **Possession** of a prohibited substance or method
- **Administration or Attempted Administration** of a prohibited substance or method to an athlete

6.5 Apply to athletes, athlete support personnel and other persons

- **Tampering, or Attempting to Tamper**, with any part of the doping control process
- **Trafficking** or Attempted Trafficking, of any prohibited substance or method
- **Complicity or Attempted Complicity** including assisting, encouraging, aiding, abetting, conspiring, covering up an ADRV or any attempted ADRV.
- **Prohibited Association** in a sport-related capacity with a person such as a coach, doctor, physio or trainer who is serving a ban.

- **Acts by an Athlete or Other Person to Discourage or Retaliate Against Reporting to Authorities** i.e. threatening, intimidating or discouraging someone from whistleblowing and sharing information about doping.
- 6.6 Consequences are Significant. Under the 2021 Code, a minimum four-year ban from sport will apply to those who are found to be deliberately cheating and breaking the rules.
- 6.7 The 2021 Code has little sympathy for carelessness - for inadvertent doping, athletes are more likely to face a two-year ban from sport.
- 6.8 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.

7. The Prohibited List

- 7.1 All banned substances and methods in Code-compliant sports are outlined on [The Prohibited List](#), which is updated at the beginning of every calendar year but may also be updated throughout the year. The new List is published on WADA's website in October and comes into force the 1 January the following year.
- 7.2 The latest version of [The Prohibited List](#) can be found on [the WADA website](#). Always ensure the latest version is checked to ensure a prohibited substance you is not taken mistakenly.

8. Key Advice to Staying Clean

- 8.1 Understand the importance of checking medications. Before taking any medication (whether from a doctor or bought over the counter) athletes must check it for banned substances. Medications can be checked online at [Global DRO](#). It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country.
- 8.3 Know the risks with nutritional supplements. Athletes are strongly advised to be very cautious if they choose to take any supplement such as vitamin tablets, energy drinks, or sport-nutrition formulas. This is because there is no guarantee that any supplement is free from banned substances.
- 8.5 All athletes are advised to assess the need for the use of supplements in the first instance and to assess the risk before making a decision to use supplements.
- 8.6 Visit the [Managing Supplement Risks](#) section of the UK Anti-Doping website for further information and advice. You can also visit the [Informed Sport website](#) to check whether supplements have been batch-tested.

9. Applying for a Therapeutic Use Exemption (TUE)

- 9.1 If required athletes can obtain approval to use a prescribed banned substance or method for the treatment of a legitimate medical condition by applying for a TUE.

- 9.2 They must be able to provide medical evidence to confirm their diagnosis and prescription, and reference that there are no reasonable alternative medications.
- 9.3 They can find out more about whether they need a [TUE](#) and how to apply for one (including emergency TUEs) on the UKAD website.

10. Understand What Happens in a Test (also known as Doping Control)

- 10.1 Athletes should feel and know their rights and responsibilities when notified that they are to be tested by a Chaperone or Doping Control Officer. If they are selected for testing, they should take a representative with them so they can support them.
- 10.2 UK Anti-Doping recommends that they follow their normal hydration routine if selected for testing, and that they follow the instructions given by the Chaperone or Doping Control Officer.
- 10.3 They should be prepared to provide details of any substances they have taken - this needs to be written on the Doping Control form. This is their test and their sample.
- 10.4 Find out more about testing and your rights and responsibilities by downloading the Clean Sport App from their mobile phone app store.



11. Know Where to Look for Support and Advice

- 11.1 No one should hesitate to ask questions about the anti-doping rules. As well as asking NGBs, coaches and support personnel, athletes may also contact UK Anti-Doping directly, who will be able to answer any questions and provide guidance.

12. Help Keep Sport Clean

- 12.1 Everyone has a responsibility to report doping in sport and help keep it clean.
- 12.2 If anyone has any concerns about someone in sport whose actions threaten clean competition, or any suspicions or concerns about incidences of doping in sport speak out by calling the Crimestoppers [Protect Your Sport](#) on 08000 32 23 32 or submitting an online form via protectyoursport.co.uk. Everyone will be protected by Crimestoppers' 100% anonymity guarantee.
- 12.3 All information is passed securely to UK Anti-Doping's intelligence unit for investigation.

13. Useful Links and Resources

- Elite Athlete Clean Sport App for Smartphones and iPhones - for essential anti-doping information download the Clean Sport App from iTunes or Google Play the generic version. Sport specific versions also available



- Check medications on Global DRO - remember to check all medications on [Global DRO](#) where you can search by ingredients or brand name.
- Assess the risks of supplements and find information on supplements and ways of reducing the risks on [Informed Sport](#) .
- Visit UK Anti-Doping's website or sign up for the [UKAD Newsletter](#) to keep up to date with the latest news.
- Register with [the Clean Sport Hub](#) - UK Anti-Doping's (UKAD's) new platform for clean sport education.

For more information from UK Anti-Doping:

- If you're an athlete: ukad.org.uk/support
- If you're a coach: ukad.org.uk/support/role-coach-clean-sport
- If you're a support person: ukad.org.uk/support-personnel
- If you're a parent: ukad.org.uk/parents/

Keep up to date with the latest news on www.facebook.com/ukantidoping or the [UK Anti-Doping \(ukad.org.uk\) website](https://ukad.org.uk).

Have your say on [Twitter @UKAntiDoping](https://twitter.com/UKAntiDoping). For further information please contact UKAD at ukad@ukad.org.uk or +44 (0) 207 842 3450.

- Access the latest version of [The Prohibited List](#) on the World Anti-Doping Website.
- Access information about modifications to the Prohibited List for 2024 at [2024 WADA Prohibited List Summary of Modifications](#).
- Access the UKAD website to access information on violations at [UKAD Violations Explained](#).
- Access the UKAD website for [2024 Prohibited List Summary of Changes](#).