



# **Surf Life Saving Wales**



# **Association Anti Doping Policy**

Adopted 1<sup>st</sup> April 2018





## Anti Doping

The Surf Lifesaving Association of Wales (SLSA Wales) are committed to promoting and supporting clean sport. Our vision is to create a generation of lifesavers who are well informed, committed and embrace their obligations within doping free sport. Lifesaving Sport is the only sport with humanitarian roots, with integrity, fairness and respect all being core values to both Lifesaving and Sport. Being a clean athlete is part of those core values.



## World Anti Doping Agency (WADA)

The World Anti-Doping Agency's (WADA) mission is to lead a collaborative worldwide campaign for doping-free sport.

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 (Code) – the document harmonizing anti-doping policies in all sports and all countries.

WADA works towards a vision of a world where all athletes compete in a doping-free sporting environment.

WADA has created a series of tools to assist anti-doping organizations, coaching associations and universities in providing anti-doping education to coaches.

Please visit the [WADA website](http://www.wada-ama.org/) to work through these tools.



## United Kingdom Anti - Doping (UKAD)

UK Anti-Doping is the national body responsible for the implementation and management of the UK's anti-doping policy. Responsible for ensuring sports bodies in the UK comply with the World Anti-Doping Code, UK Anti-Doping works with a variety of stakeholders, including athletes, to support clean sport.

Please visit <http://www.ukad.org.uk/>

## Coaches and support personnel

Coaches have an important role to play in ensuring that their athletes are not tempted by doping.

Our collective mission is clean sport, where athletes have the right to compete in doping-free sport.

Coaches are integral to this mission.

The following are our clean sport essentials for coaches:

- Have a clean coaching environment, nurturing a culture of personal excellence
- Develop positive values and beliefs in all athletes you coach
- Ensure athletes are aware of the principle of strict liability
- Know what the anti-doping rules are and how they apply to you and your athletes
- Be able to act as an athlete representative during a test
- Ask if you are unsure before advising athletes
- Know the risks of athletes using supplements
- Protect the integrity of sport, report anything suspicious via the 24-hour confidential phone line



UK Anti-Doping have an excellent [coaches section](#), providing videos, documents and factsheets about doping in sport. Register to access a wide range of resources which you can use in your own coaching environments.

### **Parents**

As a parent, anti-doping can seem like a daunting topic and it's difficult to know where to start. Your child may have just started out in sport or have been competing at a high level for sometime. Whichever stage your child is at, clean sport is relevant. Helping to support your child with good anti-doping practises is vital in creating a culture of clean athletes and clean sport.

UK Anti-Doping have advice and resources for parents of athletes no matter what level, simply follow this [link](#).

### **Athletes - 100% ME**

Athletes have the right to compete in sport knowing that they, and their competitors, are clean.

When it comes to being an athlete, it's important you are clued up on the anti-doping rules so you can continue to enjoy and achieve success in your sport without being at risk. Strict liability means that you are responsible for any substance found in your body, regardless of how it got there. For more information please visit the [UK Anti-Doping website](#).

[100% me](#) is here to help you throughout your sporting journey. 100% me supports, informs and educates athletes throughout their careers by providing anti-doping advice and guidance. It is your guide to ensure you can 'be clean and stay clean'.

As an athlete you will no doubt also embrace the values of 100% me. The 100% me campaign is about being successful, confident and retaining the values of clean, fair competition. 100% me embodies and celebrates five key values:

- Hard work
- Determination
- Passion
- Respect
- Integrity

UK Anti-Doping provides numerous levels of support and guidance tailored for athletes of all levels. Please visit the [Athlete Zone](#) for more information.

### **Checking Medication**

Many medications available for common medical conditions, such as asthma or hayfever, may contain prohibited substances. You need to be aware that these are readily available in products prescribed by your doctor or bought over the counter in a pharmacy.

The advice from UK Anti-Doping is simple - check every single substance or medication before you use it, even if you have used it before. It is also important to remember that medications bought abroad may contain different substances than those in the UK and you should always check before you take them.



## Global Drug Reference Online

Global DRO provides athletes and support personnel with information about the prohibited status of specific substances under the rules of sport based on the current World Anti-Doping Agency (WADA) Prohibited List, for products sold in the United Kingdom, Canada, and the United States. The system has the ability to check the status of branded medications and individual active ingredients as well as providing every search with a unique reference number.

**Global Drug Reference Online:** [www.globaldro.co.uk](http://www.globaldro.co.uk)

## Therapeutic Use Exemptions

*Athletes, like all others, may have illnesses or conditions that require them to take particular medications.*

If the medication an athlete is required to take to treat an illness or legitimate medical condition happens to fall under the Prohibited List, a Therapeutic Use Exemption (TUE) may allow the athlete to use that medication.

The purpose of the International Standard for Therapeutic Use Exemptions (ISTUE) is to ensure that the process of granting TUEs is harmonized across sports and countries.

The UKAD website provides up to date information about the TUE process for athletes, members of Therapeutic Use Exemption Committees (ISTUECs) and all those involved or interested in this area of anti-doping. Please visit <http://www.ukad.org.uk/>

Therapeutic Use Exemption Standards are in the further reading section section.

For more information please visit <http://www.wada-ama.org/en/Science-Medicine/TUE/>

## Supplements

**As an athlete you must know the risk with taking supplements.**

It is vital you consider this message if you are using, or contemplating using, nutritional supplements. No one can guarantee that supplements are free from prohibited substances, and you may accidentally commit an Anti-Doping Rule Violation by taking them.

**Assess the need, assess the risk**

For more information on supplements please visit

<http://www.ukad.org.uk/athletes/elite/supplements-advice/>

Hear an athletes story

<http://www.ukad.org.uk/resources/video/supplements-in-sport-adam-deans-story>

## Further Reading

The UK Anti-Doping Rules can be found at the following website:

<http://www.ukad.org.uk/documents/uk-anti-doping-rules/>

 [Therapeutic Use Exemptions \(TUE\) \(140.24 kB\)](#)

 [WADA Prohibited List 2012 \(106.04 kB\)](#)

 [UKAD Anti Doping Advice Card 2011 \(7.36 MB\)](#)

 [ILS Anti Doping Policy \(377.96 kB\)](#)