

Supplement Messages

The primary risk when consuming nutritional supplements is the presence of unknown substances within the product. Of particular concern is the consumption of banned substances which may lead to a player providing a positive doping test

The principle of strict liability – Your body, your responsibility for what is found in it.

Therefore, it is imperative that every player understands the risks associated with the use of nutritional supplements and is in a position to make an informed choice regarding their usage.

In order to minimise the risk of inadvertently consuming a banned substance from a nutritional supplement, players are directed to the Informed Sport website (www.informed-sport.com) which highlights a range of supplement manufacturers which have had their products 'batch tested' for the presence of banned substances.

To minimise risk, a player should under no circumstance consume a nutritional supplement without knowing exactly what they are consuming and its intended effects.

All players have the fundamental right of freedom of choice and are not obliged to use nutritional supplements.

Scottish Rugby actively discourages the use of nutritional supplements in players under the age of 18 and promotes the consumption of a well-balanced and appropriately timed diet.



Anti-Doping Rule Violations

There are 10 Anti-Doping Rule Violations which effect both the Athlete and the Athlete's Support Personnel

Athlete

1. Presence of banned substance in sample
2. Use of a banned substance or method
3. Refusal to give a sample
4. Failure to give accurate whereabouts on time
5. Complicity: assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an ADRV or any attempted ADRV
6. Prohibited Association: associating with a person such as a coach, doctor or physio who has been found guilty of a criminal or disciplinary offence equivalent to a doping violation

Athlete's Support Personnel

7. Tampering: Tampering or attempted tampering with any part of doping control
8. Possession Possession of a prohibited substance or prohibited method
9. Trafficking: Trafficking or attempted trafficking in any prohibited substance or prohibited method
10. Administration: Administration or attempted administration to any athlete of any prohibited method or prohibited substance either in or out of competition

Current Anti-Doping Sanction

Current Anti-Doping Sanctions

Athlete

1. Presence – 4 year ban
2. Use – 4 year ban
3. Refusal – 4 year ban
4. Failure to give accurate whereabouts - 1 or 2
5. Complicity – 4 year ban
6. Prohibited Association – 2 year ban

Athlete's Support Personnel

7. Tampering – 4 year ban
8. Possession – 4 year ban
9. Trafficking – 4 years to a lifetime
10. Administration – 4 years to a lifetime

GlobalDRO
- Global Drug Reference Online



GlobalDRO is a quick and simple to use website globaldro.com which allows athletes and all athlete support personnel to check any medications that have been purchased in the UK, USA, Canada and Japan.

We recommend that athletes and all athlete support personnel record every search reference number as these will form part of your defence should a positive test occur

Clean Sport, Clean Conscience

Further Information

For more information on the 2015 Code, please visit the UKAD website: ukad.org.uk/2015-code

You can also seek advice from UK Anti-Doping:

Phone: +44 (0)20 7842 3450

Email: ukad@ukad.org.uk

**WIN CLEAN
SAY NO TO DOPING**



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Scottish Rugby Anti-Doping Guidance

This leaflet provides a summary of the key areas within Anti-Doping.

It is designed for use by athletes and athlete support personnel (coaches/managers/medical staff and parents).