



Scottish Rugby Players

Anti-Doping Guidance Document

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**CLEAN SPORT
CLEAN CONSCIENCE**

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Who are Athlete Support Personnel?

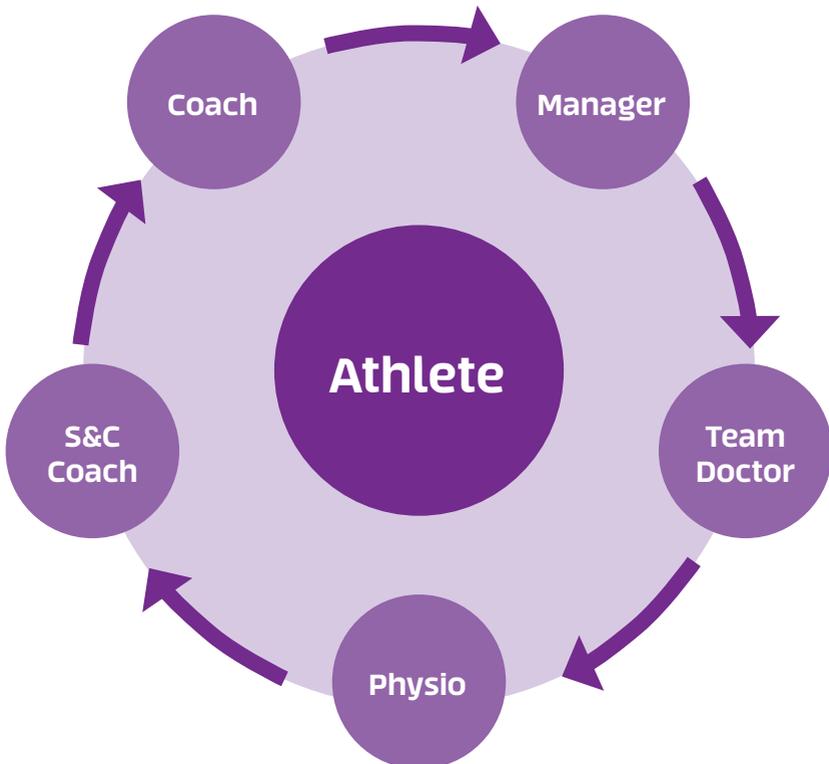
Athlete support personnel is anyone who works with players, whether you are a coach, physio or parent/guardian.

Players trust and rely on the expertise, guidance and advice of their support personnel in helping them to achieve their goals. With your help and vigilance, we can support players in their decision making and reduce the incidence of both deliberate and inadvertent doping in the UK.

All athlete support personnel need to know the essential anti-doping practices and tools available to help ensure players remain clean.

This is especially important for sports medics and nutritionists, who need to be confident in their practice and advice to athletes at all times, if you have a specific scientific query.

The diagram below highlights a player's immediate support personnel within our squads:



WADA & UKAD

WADA (World Anti-Doping Agency)

WADA is the international and independent organisation that governs anti-doping globally. WADA's mission is to promote, coordinate and monitor the fight against doping in sport in all its forms. WADA promotes its messages of clean sport through its slogan 'Play True'.

The WADA Prohibited List

Since 2004, the World Anti-Doping Agency (WADA) has been responsible for the preparation and publication of the list of substances and methods that are prohibited in sport, known as the Prohibited List.

The Prohibited List was first published in 1967 under the leadership of the International Olympic Committee. The List is a cornerstone of the World Anti-Doping Code and a key component in harmonising anti-doping strategy across the world.

It is an International Standard identifying substances and methods prohibited in-competition, out-of-competition and in particular sports.

Substances and methods are classified by categories (such as steroids, stimulants or gene doping). An athlete may be permitted to use a prohibited substance for medical reasons, if they obtain a Therapeutic Use Exemption (TUE).

The Prohibited List is updated annually following an extensive consultation process facilitated by WADA. Additional substances or methods may be added to the List at any time.

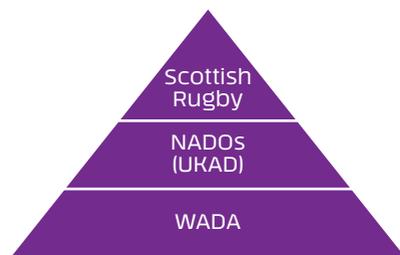
A full copy of the WADA prohibited list can be found at www.wada-ama.org

UKAD (UK Anti-Doping Agency)

UKAD is the NADO (National Anti-Doping Organisation) for the UK. It is the national body responsible for the implementation and management of the UK's anti-doping policy. UKAD's mission is to protect the right to participate in clean sport under the WADA guidelines.

UKAD's main function is to support NGBs (National Governing Body's) and partners to develop their education and information programmes with the overall aim to minimise the risk of doping in sport.

The diagram below shows the National Governance of Anti-Doping:



Anti-Doping Rule Violations

There are 10 ADRVs that can result in a sanction and these are not only applicable to players as there are also ADRVs which relate to the Athlete Support Personnel.

The current ADRVs are listed below:

Athlete		Athlete Support Personnel	
Presence	4 Year Ban	Tampering	4 Year Ban
Use	4 Year Ban	Possession	4 Year Ban
Refusal to Give a Sample or Failure to Provide a Sample	4 Year Ban	Trafficking	Between 4 years to a lifetime ban
Inaccurate Whereabouts Information	1 to 2 years, depending on the athlete's degree of fault	Administering	Between 4 years to a lifetime ban
Complicity*	4 Year Ban	* Complicity & Prohibited Association is also applicable to ASP	
Prohibited Association*	2 Year Ban		

It is the responsibility of each Player:

- To make themselves aware of the Anti-doping code, the Anti-Doping Rule Violations and what substances and methods are on the Prohibited List
- To be available for sample collection at all times
- To take responsibility, in the context of anti-doping, for what they ingest and use
- To inform medical personnel of their obligation not to use prohibited substances and prohibited methods and to take responsibility to make sure that any medical treatment received does not violate anti-doping policies and rules
- To disclose to UKAD, Scottish Rugby any anti-doping rule violation within the previous ten years. Failure to do so may result in the termination of any contract with Scottish Rugby.
- To cooperate with Anti-Doping Organisations investigating anti-doping rule violations.

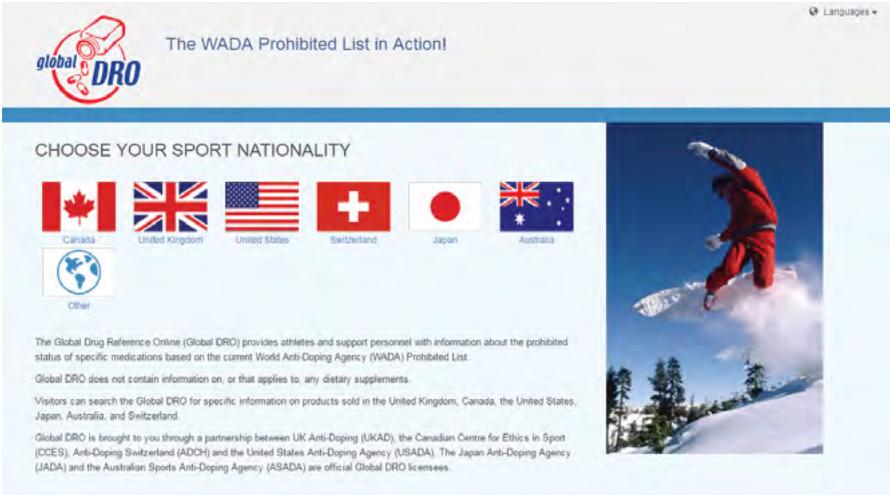
Checking Medications

Checking Your Medication

Many medications available for common medical conditions, such as asthma or hay fever, 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 www.globaldro.co.uk



The WADA Prohibited List in Action!

CHOOSE YOUR SPORT NATIONALITY

Canada United Kingdom United States Switzerland Japan Australia Other

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

Visitors can search the Global DRO for specific information on products sold in the United Kingdom, Canada, the United States, Japan, Australia, and Switzerland.

Global DRO is brought to you through a partnership between UK Anti-Doping (UKAD), the Canadian Centre for Ethics in Sport (CCES), Anti-Doping Switzerland (ADCH) and the United States Anti-Doping Agency (USADA). The Japan Anti-Doping Agency (JADA) and the Australian Sports Anti-Doping Agency (ASADA) are official Global DRO licensees.

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 medications sold in the United Kingdom, Australia, Canada, Japan 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 for your records. It is important that both the Athlete and the Athlete Support's Personnel note these reference numbers down as they will form part of any defence should a positive finding be made.

A new mobile-enhanced version of Global DRO is now available enabling athletes to check their medicines while on the move. If you can't find what you are looking for then you can send an enquiry to UK Anti-Doping directly from the Global DRO website.

Checking Medications

Consulting a Private Doctor / GP

It is of vital importance that when visiting the doctor that the doctor is fully aware the Athlete participates in sport and the extra care they must take when prescribing medications. We would advise the Athlete that they ask their doctor to check all prescribed medications on GlobalDRO.

Athletes remain responsible for any medication taken. Any new medications should be declared at the first opportunity to the team doctor.

If there are no alternatives to the medication being prescribed and it is vital that the medication is taken to treat a condition, then the Athlete may apply for a Therapeutic Use Exemption (TUE) which, if granted, will enable the use of the substance. Further information on TUEs is detailed in the next section.

Travelling Abroad and Checking Medication

Athletes planning to travel abroad should ensure they adhere to the following advice:

- Check the status of all products before you travel
- Check the medication is permitted in the country of travel and whether it is permitted to bring through customs
- Take enough medication to continue any treatment for the duration of the trip

Any products purchased overseas should be carefully checked. The ingredients in common medications can and do contain different substances to those available in the UK.

Some countries have different customs laws that may prohibit the import of certain substances into a particular country. Athletes carrying a prohibited substance for a legitimate medical condition, should carry the following documents at all times:

- The prescription from the prescribing doctor including the name of the substance, the dose and the frequency of use
- The Therapeutic Use Exemption Certificate to demonstrate that an authorised anti-doping organisation has permitted the use of a prohibited substance for medical purposes.

Therapeutic Use Exemption (TUEs)

The Therapeutic Use Exemption (TUE) process is a means by which an athlete can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.

Athletes should advise all medical personnel of their obligation to abide by the anti-doping rules of their sport and that any medical treatment received must not violate these rules.

When prescribed a substance or method, athletes should find out whether the medication is prohibited by checking the Global DRO. If the medication is not prohibited, athletes can start using the prescribed medication or treatment.

When to Apply for a TUE

Athletes should apply for a TUE if prescribed medication and it is prohibited or using an asthma inhaler containing terbutaline. Athletes should check with their prescribing physician or the sport's medical personnel to see if there are any alternative medications or treatments that are permitted. If there are no permitted alternatives, athletes should contact their National Governing Body (NGB) or follow the guidance below to find out what type of exemption is required and if a TUE should be applied for prior to use or after doping control.

Only in emergency situations (such as an allergic reaction, exacerbation of asthma, or the onset of Bell's palsy) should treatment begin without the necessary approval. Emergency treatment should not be refused or delayed.

The requirements vary depending on the level of the athlete. For advice on determining whether, and when, a TUE is required, use the guidance form When to apply for a TUE.

In summary: athletes competing at a National-level should apply to UKAD. International athletes (as defined by their International Federation) should apply to their IF.

An athlete not required to apply for a TUE prior to competition can make a retrospective TUE application to UK Anti-Doping. This must be no later than ten working days following sample collection.

Even if an athlete is eligible to apply for a retrospective TUE, checks should be made with the prescribing physician that the criteria and medical evidence needed by the Therapeutic Use Exemption Committee (TUEC) can be met before the athlete uses any prohibited substance or method.

Therapeutic Use Exemption (TUEs)

The Types of TUEs are:

Asthma TUE

For beta-2 agonists and terbutaline, the following documentation is required:

- A complete and legible beta-2 agonist application form
- Lung function test results
- Justification from the prescribing physician as to why permitted alternatives cannot be used

See also the information below on carrying out a lung function test.

Standard TUE

For all other substances and methods, a standard TUE form is required.

The following medical evidence is required:

- History of medical condition
- Evidence of diagnosis (such as hospital review letters, test results, examinations and investigations)
- Evidence of using alternative permitted medications

TUE forms can be located on the UKAD site at

www.ukad.org.uk/about-TUE

Within Scottish Rugby the following levels of competition require a TUE:

1. Players in UK Anti-Doping's National Registered Testing Pool
2. Scotland Men's Squads (Senior, Scotland A, Sevens, U20s, U18s)
3. Scotland Women's Squad (Senior)
4. Pro Teams
5. BT Premiership *

* BT Premiership players can apply for a Retroactive asthma TUE for formoterol or terbutaline but need to obtain TUE approval in advance of using all other prohibited substances or methods.

Therapeutic Use Exemption (TUEs)

TUEs for National level players should be submitted to UK Anti-Doping for review. Only in emergency situations (e.g. allergic reaction, exacerbation of asthma, and onset of Bell's palsy) should treatment begin without TUE approval.

A Retroactive TUE is required for all other leagues below the BT Premiership.

Retroactive Procedure for a Standard TUE

Players have 10 working days to make a Retroactive TUE application to UK Anti-Doping following Doping Control (deadline can be extended but notification is required within 10 working days).

Retroactive Procedure for an Asthma TUE

Players have 10 working days to notify UK Anti-Doping of the use of terbutaline following Doping Control. Once UK Anti-Doping are notified, a Retroactive Asthma TUE application will only be required in the event of an Adverse Analytical Finding being returned.

Supplements

Athletes are constantly surrounded by marketing and pressure from peers and ASP to consider supplement for a performance edge. Nutritional supplements are considered to be a concentrated source of nutrient(s) with a nutritional and/or physiological effect. They are designed to supplement the existing diet and are marketed in dose form (e.g. pills, powders, capsules etc.) Scottish Rugby's view is that nutrition solutions should be constructed with a "food first" mind-set to avoid the use of any unnecessary supplements which may increase the risk of committing an ADRV.

It is important to note that Scottish Rugby does not provide any supplements to any player who is under-18.

What are the risks?

- Supplements can contain banned substances
- Contamination (where banned substances are accidentally mixed in with the supplement) can occur during the manufacturing process
- Ingredients on the label may be listed differently to how they are shown on the Prohibited List
- Supplements may be sold as counterfeit products. The risk of fake supplement products is greatest when buying over the internet
- A label saying 'Safe for Sports People', or 'Approved by WADA or UKAD' is meaningless. WADA and UKAD do not approve any supplement products and therefore we recommend players stay away from these products.

Our advice

Before you take a supplement you should (ANARAC):

- Assess the Need - all athletes should seek advice from a medical professional or SENr nutritionist on their need to use supplement products – Is the gap in performance nutrition related?
- Assess the Risk - undertake thorough research of all supplement products you are considering taking
- Assess the Consequences - you could receive a four-year ban

Supplements

You can reduce the risks by:

- Undertaking thorough internet research
- Only using batch-tested products. This is where a supplement product has been sent to Informed-Sport to be tested for any forms of contamination.
- Only purchase supplements that are found on the Informed-Sport website at www.informed-sport.com
- All athletes are advised to be vigilant in using any supplement. No guarantee can be given that any particular supplement is free from prohibited substances.

An important principle of the Code is that of strict liability, which states that athletes are solely responsible for any prohibited substances they use, attempt to use or is found in their system regardless of how it got there and if there was an intention to cheat. Before taking supplements, athletes must therefore assess the need, risk and consequences to their careers. It is also important to note that Informed-Sport is a risk minimisation, it does not completely take away risk.

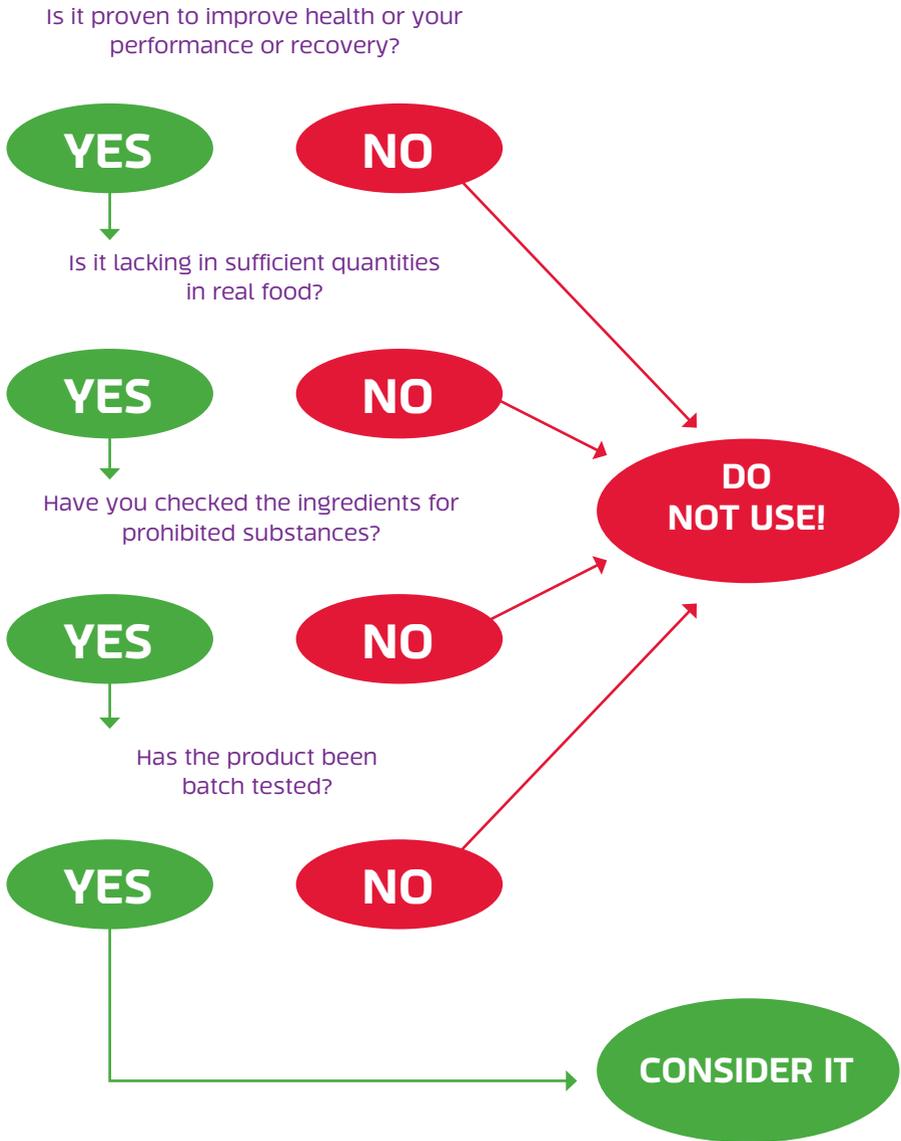
Diet, lifestyle and training should all be optimised before athletes consider supplements and they should always consult a medical professional or nutritionist and seek advice.

Supplements may claim to be drug-free or safe for drug-tested athletes. It is not possible to guarantee that specific supplements will be free of prohibited substances and athletes can only reduce the risk of inadvertent doping by making informed decisions.

Scottish Rugby's position on supplements can be found at:

www.scottishrugby.org/values/anti-doping

Player Supplement Decision Tree



Whereabouts Information

If selected for the National Registered Testing Pool or Domestic Testing Pool (UKAD's own testing pool), you will be notified by UKAD or your National Governing Body.

If selected for the National Registered Testing Pool you must:

- Provide a 60-Minute Time Slot Every Day of the Year - This slot MUST be between the hours of 5am and 11pm and in a specified location where the testing can actually take place.
- Update and changes to this time slot using the ADAMS system either online or through their app.
- Text or email athlete@ukad.org.uk any unplanned, last minute emergency changes up to one minute before the start of your specified time slot.
- Note down all regular places where you stay, you can add all of these in ADAMS in order to make any amendments to your overnight residence easy to manage.
- If staying in a hotel, add your room number to your Whereabouts or ensure that the room is booked in your name so any Doping Control Officer can locate you easily.

If selected for UKAD Domestic Testing Pool you must provide details of:

- Your overnight accommodation - If staying in a hotel, add your room number
- Your weekly training schedules (inc. address of venues, timings of sessions)
- Your competition schedules (inc. Name, date and address of stadium)
- Text UKAD on +44 (0) 77 8148 0710 any unplanned, last minute emergency changes

Player information for both testing pools is controlled by the player via the ADAMS system. You will be given your own login details and it is your responsibility to keep the information listed above up to date. To make this process easier, You can download the ADAMS app onto your smartphone.

Testing Procedure

Below are the stages involved in the sample collection process, the key points in each stage are highlighted in Appendix 1;

1. Notification of Selection for Doping Control
2. Reporting for Doping Control
3. Selecting a Collection Vessel
4. Providing the Sample under Supervision
5. Selecting the A & B Bottles
6. Dividing & Sealing the Sample
7. Testing the Suitability of the Sample
8. Recording & Certifying the Information

Athletes should also remember that:

- They can be tested: Anytime; Anywhere
- They must not tamper with, or seek to influence the outcome of, the testing process
- They must provide a sample – you can't refuse

Refusal or failure to provide a sample, or tampering with the process is an Anti-Doping Rule Violation and may result in a ban from the sport

Modifications for Athletes Who Are Minors

UKAD regards minors as athletes who are aged less than 18 years. However, the age at which an athlete is regarded as a minor may differ for some NGBs, or NADOs. Scottish Rugby will seek parental approval for testing minors prior to the test. A minor must be notified in writing in the presence of another adult, not necessarily the athlete's representative.

Minors are strongly advised to have an adult representative with them in the Doping Control Station. If the athlete declines the presence of their own representative, a UKAD Doping Control Officer will still have a second representative observing the Doping Control Officer's observation of the sample provision. At no time will a Doping Control Officer be left alone with a minor in the Doping Control Station.

Appendix 1

Step 1: Notification of Selection for Doping Control

Athletes Rights:

- To see the photo id of the person notifying you
- To be given the “athlete notification copy” (red/yellow)
- To request a delay to the testing process:
 - To have time to get your own photo id
 - To locate a team representative and/or interpreter
 - To compete in further competitions
 - To warm down
 - To receive necessary medical treatment
 - To participate in a victory ceremony
 - To fulfil media commitments

Athletes Responsibilities:

- To provide your own photo id (e.g. Accreditation)
- To remain under the direct observation of the official anti-doping chaperone at all times until your sample is sealed
- To report immediately for the test

Step 2: Reporting for Doping Control

Athletes Rights:

- To see the photo id of the DCO and evidence that the person is authorised to carry out the test
- To have a DCO of the same gender as you
- To be accompanied by a representative of your choice
- To ask for information on the collection process
- To request modifications to the process if you have a disability

Athletes Responsibilities:

- To remain under the direct observation of the chaperone or DCO at all times until your sample is sealed
- To comply with the doping control procedures

Appendix 1

Step 3: Selecting a Collection Vessel

Athletes Rights:

- To have a choice of vessels (minimum of 3)
- To have vessels that are empty, clean & have seals intact
- To have the selected vessel remain in your sight until the testing process is completed

Athletes Responsibilities:

- To check that the vessel to be used is empty, clean and the seal intact before selection
- To ensure that the selected vessel remains in the sight of the DCO until the end of the testing process

Step 4: Providing the Sample under Supervision

Athletes Rights:

- To be observed by DCO of the same gender
- To be accompanied by a representative (not observing)

Athletes Responsibilities:

- To ensure that you do not consume/drink anything that could be contaminated (e.g. drinks supplied to help you provide a sample are sealed)
- To ensure that the sample provided is the 1st urine to be passed since being notified of the test
- To follow the sample collection procedures e.g. enable the DCO to see the urine leaving the body
- To ensure that the sample cannot be contaminated by anyone until the testing process is complete (e.g. collection vessel not handled by the DCO)

Step 5: Selecting the A & B Bottles

Athletes Rights:

- To have a choice of bottles (minimum of 3)
- To have bottles that are empty, clean & have seals intact
- To have both selected bottles remain in your sight until re-sealed

Athletes Responsibilities:

- To check that the bottles to be used are empty, clean and the seals intact before selection
- To ensure that both selected bottles remain in the sight of the DCO until they are re-sealed

Appendix 1

Step 6: Dividing & Sealing the Sample

Athletes Rights:

- To be guided in this process by the DCO

Athletes Responsibilities:

- To follow the dividing and sealing procedures as directed by the DCO
- To ensure that the sample cannot be contaminated by anyone until the testing process is complete (e.g. A&B bottles not handled by the DCO until re-sealed)

Step 7: Testing the Suitability of the Sample

Athletes Rights:

- To be present whilst the test is carried out

Athletes Responsibilities:

- To provide at least 90ml of urine
- To provide urine of the required specific gravity
- To avoid excessive rehydration thus increasing the likelihood that the sample will fail the test

Step 8: Recording & Certifying the Information

Athletes Rights:

- To record any medications or TUE's on the form
- To record any comments on the testing process
- To speak to the lead DCO should you wish to
- To receive a copy (green) of the completed Doping Control Form
- To not have your name on any documentation sent to the testing laboratory

Athletes Responsibilities:

- To have records with you of any medication taken (TUE's, Global DRO references, list of medication taken)
- To provide the information requested by the DCO for completing the form
- To check that the information being recorded on the form is correct e.g. A & B bottle registration numbers and to sign the form



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BT MURRAYFIELD EDINBURGH EH12 5PJ | 0131 346 5000 | scottishrugby.org