



Clean Sport and Anti-Doping
Awareness

Great Britain's four-man bobsleigh team finally receive bronze medals

21 November 2019 | Winter Sports

Share



BBC SPORT

WALES

Top Stories



Lovren heads in Liverpool equaliser against Napoli

LIVE | European Football



West Brom go 3-1 up against Bristol City; Hull thump Preston

LIVE | Football



Chelsea draw at Valencia in thriller

1h | Football | 130

Russia doping scandal: IAAF upholds ban on Russian athletes until further notice

11 March 2019 | Athletics

Share



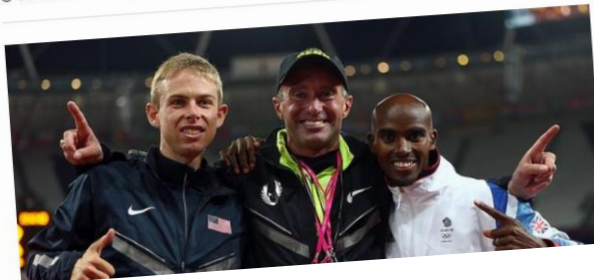
SPORT

Home | Football | Formula 1 | Cricket | Rugby U | Rugby L | Tennis | Golf | Athletics | Sports Personality | My Sport | All Sport

Alberto Salazar: Wada to investigate Nike Oregon Project athletes

4 November 2019 | Athletics

Share



Top Stories



Lovren heads in Liverpool equaliser against Napoli

LIVE | European Football



West Brom heading top of Championship; Hull thump Preston

LIVE | Football



Chelsea draw at Valencia in thriller

1h | Football | 128

Also in Sport



You are a Part of Clean Sport



If we didn't have anti-doping rules then:

- athletes be putting themselves at risk with their health,
- you would never know if your competitors were cheating or not

By being a British Canoeing member and competing you have to abide by these rules too. So it is important you understand the anti-doping rules associated with your sport so you know how to be clean and stay clean.

UK Anti-Doping - is here to help keep sport clean by enforcing these rules through programmes to ensure that athletes are competing fairly, such as:

- Educating athletes (**100% me** programme).
- Undertakings drug testing. Drug testing is an essential part of supporting clean athletes and finding the athletes that choose to cheat.

What is Doping?

Doping is defined as the occurrence of one or more of the following anti-doping rule violations:



1. **Presence** - of a banned substance in an athlete's sample (unless consistent with a TUE)
2. **Use or attempted use** of a banned substance and/or method
3. **Evading / Refusing / Failing** - to submit to sample collection
4. **Whereabout Failure** - not filing accurate athlete whereabouts
5. **Possession** of a banned substance and or method
6. **Administering or attempted to administration** a banned substance and/or method to an athlete
7. **Tampering or attempted to tampering** with any part of the testing process
8. **Trafficking or attempted trafficking** of a banned substance and or method
9. **Complicity** - helping someone commit an anti-doping rule violation or avoid detection
10. **Prohibited Association** - associating with a person who is currently serving a ban
11. **Acts to discourage or retaliate against reporting of anti-doping**

Sport > More Sports > Athletics

Russian athletes banned from Olympics over doping claims after IAAF refuses to overturn suspension

In November, Russia was suspended from all track and field following an independent Wada report

Samuel Stevens | Friday 17 June 2016 | 109 comments

Maria Sharapova banned for two years for failed drugs test but will appeal

8 June 2016 | Tennis

By Cycling News June 17, 2016 4:43pm
Updated: June 27, 2016 7:12am

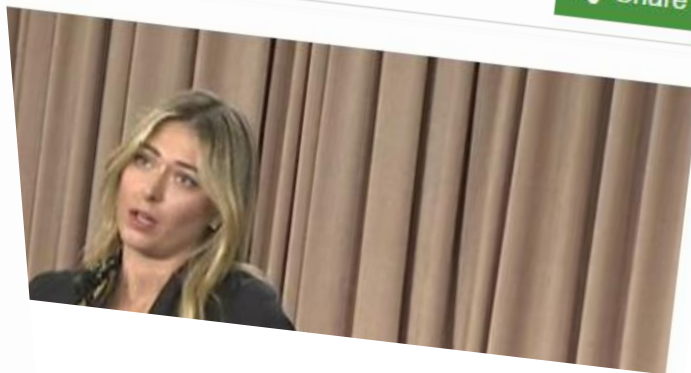
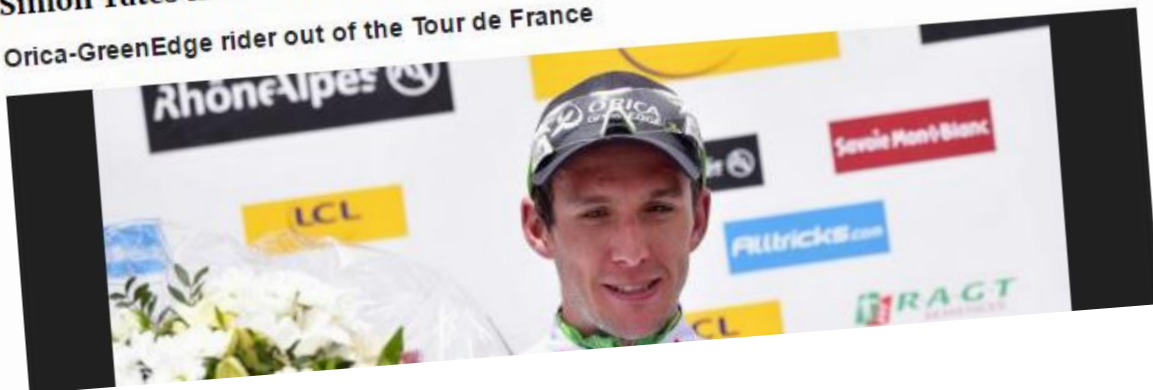
Share

News

38 comments 42 shares

Simon Yates handed four-month 'non-intentional' doping ban

Orica-GreenEdge rider out of the Tour de France



About Testing

Testing: Athletes of **any age** can be tested at **any** time.

It could happen to you right now, whether you are in or out of competition, with no notice at all.

If it happens you are not allowed to refuse to take the test, or you may be charged with an anti-doping rule violation.

Realistically, it is unlikely you would be tested until you are in higher levels (going for selection etc) **BUT:**

- Substances can stay in the body for years! (and may have lots of side effects!)
- Its about fair play – ***using substances is cheating!!***



Consequences

To keep sport clean and fair there must be consequences for those who break the anti-doping rules.

Whether it is a mistake or deliberate cheating, the consequences can be the same.

If you break the anti-doping rules, what are the potential consequences?

- A 4-year ban from **all** sport
- Achievements, medals and prizes taken away





Your Role

Being a successful athlete comes from **hard work**, **focus** and **commitment** to your sport. Along with talent comes **responsibility** to your friends, family, sport, yourself and to other clean athletes.

By sticking to the rules you are protecting your future and the reputation of your sport.

Strict Liability means you are **responsible** for any banned substances found in your body, regardless of how they got there and if you intended to cheat or not.

What is allowed?

- The prohibited list changes every year
- 'In competition' & 'Out of competition' may be different
- May be allowed with genuine medical need**



Checking Your Medication

Languages ▼



Is your medication banned in sport?

CHOOSE YOUR SPORT NATIONALITY



Canada



United Kingdom



United States



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 and Australia.

Global DRO is brought to you through a partnership between UK Anti-Doping (UKAD), the Canadian Centre for Ethics in Sport (CCES) 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.



Brought to you by:



<http://www.globaldro.com/Home>

What about my medications?

TUE = Therapeutic Use Exemptions

Some substances are allowed for medical reasons – usually when there is no effective alternative.

At low level competition TUE's can be retrospective after a test.

At high level they must be done before.

What about Supplements?

Did you know that supplements can claim to be 'drug free' or 'drug tested' but still contain banned substances?

If you use supplements you are never 100% risk-free.

It is important to assess the need and assess the risks to your sporting career before making the decision to use a supplement.



Resources and Information



www.facebook.com/100percentme.uk



[@ukantidoping](#) [#cleansport](#)

UK Anti-doping website (100% Me):

www.ukad.org.uk

British Canoeing Paddle Clean:

www.britishcanoeing.org.uk/competition/paddle-clean-anti-doping

**Paddle
CLEAN**