100%ME

it's what's inside that counts

2008 Anti-Doping Advice Card

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uk sport
world class success

Strict Liability
Strict Liability is a fundamental principle of the World Anti- Doping Code. This means that an athlete is **personally responsible** for any prohibited substance found in their system – regardless of how it got there.

Key Athlete Responsibilities:

1. Stay up-to-date with the latest Prohibited List of Substances and Methods – **www.wada-ama.org**
2. Check the status of any substance or method **before** you use it **www.didglobal.com**
3. Inform all medical personnel that you must abide by anti-doping rules and that any medical treatment you receive must not violate these rules
4. If required, submit a Therapeutic Use Exemption (TUE) for any Prohibited Substance and/or Method you are prescribed
5. If required by your International Federation or UK Sport, provide accurate athlete whereabouts information for Out-of-Competition testing

A Quick Guide to Doping Control for Athletes

Notification of Doping Control

- You will be informed by a Doping Control officer (DCO) or Chaperone

You must

- Be chaperoned at all times
- Produce identification
- Report to the Doping Control Station as soon as possible
- Be seated for 10 minutes before the a blood test

Providing the sample

- Choose a sealed collection vessel or blood collection kit from a selection
- Provide urine sample under supervision of a same sex DCO
- Blood samples taken by trained Blood Collection Official (BCO)
- BCO's will make no more than 3 attempts to collect samples and collect two vaccutainers from the same needle

Remember: Always check all collection vessels have not been tampered with.

Securing the sample

- Select sealed A and B sample equipment
- Divide and seal sample between A and B bottles
- Place urine bottles into plastic bags and polystyrene box
- Blood bottles sealed in plastic envelopes and refrigerated

Remember: Unless requested DCO should never handle equipment during sample collection.

Accompanying paperwork

- Declare any substances or medication taken in the past 7 days
- If applicable record details of TUE
- Write down concerns or comment you may have about the procedure
- Check form thoroughly; making sure information is accurate
- Check your name is NOT on the laboratory forms and keep your copy

did | you check your medication?

Follow these simple steps to find out if your medication is prohibited or permitted:

1. Log on to the Drug Information Database **www.didglobal.com**
2. Select the Nation you represent
3. Read the terms and conditions and click 'accept' if you agree
4. Select your role and your sport Note: Rules may change from sport to sport
5. Select the country where you purchased your medication
6. Type in the first few letters of the substance
7. Select the correct substance from the drop down menu Note: Check the spelling matches the label of the product
8. A result will appear. Read the WADA regulations carefully

When purchasing medication abroad, check DID by searching for each individual ingredient on the label and not the brand name.

Services and Resources

Drug Information Database:
www.didglobal.com

Drug Information Telephone Line:
+44 (0) 800 528 0004

Drug Information E-mail:
drug-free@uksport.gov.uk

TUE Information:
www.100percentme.co.uk

TUE E-mail:
tue@uksport.gov.uk

100% ME Resources:
www.100percentme.co.uk/shop

UK Sport
www.uksport.gov.uk

Whereabouts Contacts

Athlete Whereabouts System:
www.myadams.co.uk

Athlete Whereabouts Text Message Service (SMS):
+44 (0) 7786 202 407

Athlete Whereabouts Telephone Line:
008000 94373 7 8 (WHERE R U)

Athlete Whereabouts E-mail:
drug-free@uksport.gov.uk

Categories of Prohibited Substances and Methods according to the 2008 Prohibited List

Prohibited Substances: (Prohibited In-Competition and Out-of-Competition)

S1: Anabolic Steroids
S2: Hormones and Related Substances
S3: Beta-2 Agonists
S4: Hormone antagonists and modulators
S5: Diuretics and other Masking Agents

Prohibited Substances: (Prohibited In-Competition)

S6: Stimulants
S7: Narcotics
S8: Cannabinoids
S9: Glucocorticosteroids

Prohibited Substances in Particular Sports See latest Prohibited List for restrictions in your Sport:

P1: Alcohol
P2: Beta-Blockers

Prohibited Methods: (Prohibited In-Competition and Out-of-Competition)

M1: Enhancement of Oxygen Transfer
M2: Chemical & Physical Manipulation
M3: Gene Doping

Check the current Prohibited List for those substances and methods prohibited under the above Categories – **www.wada-ama.org**

Examples of Permitted Medication

The information on this card is based on the 2008 Prohibited List.

If the substance you are looking for does not feature on this card check the Drug Information Database – **www.didglobal.com**

Allergies & Hayfever – acrivastine, cetirizine, chlorpheniramine, desloratadine, fexofenadine, levocetirizine, levocabastine, loratadine, mizolastine, oxymetazoline, promethazine, sodium cromoglicate, tramazoline, xylometazoline.

Corticosteroids in eye drops & nasal sprays are permitted.

Antibiotics – antibiotic medication is permitted.

Asthma – ipratropium, montelukast, sodium cromoglicate, theophylline.

Constipation – bisacodyl, isphagula husk, liquid paraffin, methylcellulose, senna, sodium picosulfate, sterculia.

Cough/Cold – caffeine, codeine, guaifenesin, oxymetazoline, paracetamol, phenylephrine, phenylpropanolamine, pholcodine, pseudoephedrine, steam & menthol inhalations, xylometazoline.

Diarrhoea – atropine, diphenoxylate, loperamide

Ear – chloramphenicol, clioquinol, clotrimazole, gentamicin, neomycin, docusate sodium.

Corticosteroids in ear drops are permitted.

Eye – antazoline, azelastine, levocabastine, nedocromil sodium, sodium cromoglicate.

Corticosteroids in eye drops are permitted.

Haemorrhoids – benzocaine, bismuth subgallate, cinchocaine and lidocaine.

Topical creams and ointments containing corticosteroids are permitted.

Indigestion & Bowel Problems – atropine, calcium carbonate, charcoal, cimetidine, famotidine, lansoprazole, mebeverine, mesalazine, omeprazole, paracetamol, ranitidine, sulfasalazine.

Local Anaesthesia – local anaesthetics are permitted (except for cocaine)..

Malaria Prevention – chloroquine, doxycycline, mefloquine, proguanil.

Migraine – almotriptan, clonidine, pizotifen, sumatriptan, tolfenamic acid, zolmitriptan.

Nose – acrivastine, levocabastine, oxymetazoline, phenylephrine, pseudoephedrine, sodium cromoglicate, xylometazoline.

Corticosteroids in nasal drops and sprays are permitted.

Oral Contraception – desogestrel, drospirenone, ethinylestradiol, etynodiol, gestodene, levonorgestrel, mestranol, norethisterone, norgestimate.

Pain/Inflammation – non-steroidal anti-inflammatory drugs (NSAIDs) are permitted, aspirin, celecoxib, codeine, diclofenac, dihydrocodeine, etoricoxib, ibuprofen, ketoprofen, naproxen, paracetamol, piroxicam, tramadol, valdecoxib.

Skin – aqueous cream, emollients, lanolin, mepyramine, paraffin.

Topical creams and ointments containing corticosteroids are permitted.

Sleeplessness – alprazolam, diazepam, diphenhydramine, nitrazepam, temazepam, zopiclone, zolpidem.

Vaccination – vaccines are permitted.

Viral Infection – aciclovir, famciclovir, idoxuridine, penciclovir.

Vomiting/Nausea – cinnarizine, cyclizine, domperidone, hyoscine, meclozine, metoclopramide, prochlorperazine, promethazine.

Examples of Prohibited Medication

Asthma – Corticosteroids e.g. beclometasone, budesonide, fluticasone, Beta-2 Agonists e.g. formoterol, salbutamol, salmeterol & terbutaline.

Cough/Cold – Ephedrine.

Diabetes – All forms of Insulin are prohibited.

Eye – Eye drops containing beta-blockers are prohibited for use in particular sports.

Pain/Inflammation – Coticosteroids e.g. beclometasone, betamethasone, budesonide, fluticasone, hydrocortisone, methylprednisolone & triamcinolone. Narcotics e.g. fentanyl and morphine.

Supplements in Sport

UK Sport cannot guarantee that any supplement is free from Prohibited Substances. For more information on Supplements in Sport visit **www.100percentme.co.uk**

Assess the Need: seek expert nutritional/ dietary advice. You may not need supplements

Assess the Risk: know, understand and address the risks to make an informed choice

Therapeutic Use Exemptions (TUE)

The TUE process gives athletes a means of attaining approval to use a prescribed Prohibited Substance or Method for the treatment of a legitimate medical condition.

To find out if you are at a level of competition that requires a TUE contact your National Governing Body.

Key Steps to completing your TUE application:

1. Obtain the correct TUE application form from your National Governing Body or log on to **www.100percentme.co.uk**
2. Complete all sections of the TUE application form; **Warning: Incomplete or illegible applications will not be approved and will be returned to the athlete**
3. Ensure the prescribing physician has read and signed the Medical Practitioner's Declaration
4. Read and sign the Athlete Declaration **Note: Minors must seek signed parental/guardian consent**
5. Send the application to the correct authorising body as soon as possible and no later than 21 days in advance of any events

For more information on TUEs log on to **www.100percentme.co.uk**