

THE IRISH SPORTS COUNCIL



AN CHOMHAIRLE SPÓIRT

Role of the NGB

National Governing Bodies of Sport (NGBs) play a pivotal role in ensuring their membership are informed and educated about anti-doping rules, and ensuring that all athletes and athlete support personnel participate in an environment that is drug-free and promotes the spirit of sport.

Each National Governing Body (NGB) has appointed an Anti-Doping Officer who is the primary contact person between the Irish Sports Council and the NGB on anti-doping matters.

The Anti-Doping Officer is ultimately responsible for ensuring that their NGB meets its responsibilities in relation to anti-doping. See www.irishsportsCouncil.ie/antidoping Do you know who the Anti-Doping Officer is for your sport? If not, contact your NGB or the Irish Sports Council.



Sport NI is committed to drug-free sport and has an established Pure Winner programme to educate and inform athletes and athlete support personnel about key anti-doping issues. We will continue to work closely with the Irish Sports Council to raise awareness across All-Ireland sports.

Website: www.sportni.net

Telephone: +44 (0) 28 9038 1222

Email: anti-doping@sportni.net

Registered Testing Pool

If you are included in the Registered Testing Pool (RTP), you are liable to testing anywhere and at any time; you are required to submit a quarterly Whereabouts Filing at www.irishsportsCouncil.ie/rtp by the following deadlines:

Whereabouts Filing Deadline Dates 2012

Quarter 1 - 15 December 2011

Quarter 2 - 15 March 2012

Quarter 3 - 15 June 2012

Quarter 4 - 15 September 2012

Whereabouts Updates

If details in your Whereabouts Filing changes, you must update the Council immediately using any of the following methods:

- Online System: www.irishsportsCouncil.ie/rtp or directly on <https://secure.irishsportsCouncil.ie/athlete/account/login.aspx>
- Text: +353-87-9580211
- Phone: +353-1-860 8832
- Email: whereabouts@irishsportsCouncil.ie
- Fax: +353 1 8608860

Whereabouts Failures: Whereabouts Failures apply to athletes on the Registered Testing Pool only. There are two types of whereabouts failure a Filing Failure and a Missed Test;

Filing Failure: A Filing Failure occurs when an RTP athlete fails to submit their whereabouts filing by the specified deadline, or submits inaccurate or incomplete information

Missed Test: A Missed Test occurs when an RTP Athlete is unavailable during the specified 60-minute time slot indicated by the athlete on their Whereabouts Filing

WARNING:

If an RTP athlete accumulates three Whereabouts Failures within an 18 month period, from either the Irish Sports Council or other Anti-Doping Authorities, they could face a two-year ban from sport

Reminder: Athletes on the RTP must submit a Pre-Test TUE before taking a medication

Irish Anti-Doping Rules



The Anti-Doping Programme is based on the Irish Anti-Doping Rules. The rules are updated from time to time, with the most recent version of

the rules available on www.irishsportsCouncil.ie/antidoping

Doping is defined as the occurrence of one or more of the anti-doping rule violations which are outlined in Article 2 of the Irish Anti-Doping Rules and summarised as follows:

- Not just having a prohibited substance found in your bodily sample (blood or urine), but also :
- Use or Attempted Use of a prohibited substance or method
- Refusing to provide a sample when requested
- Tampering or Attempted Tampering with any part of the drug testing procedures
- Possession of any prohibited substance or method
- Trafficking or Attempted Trafficking in any prohibited substance or method
- Administration or Attempted administration of any prohibited substance or method
- Registered Testing Pool (RTP) athletes accumulating three whereabouts failures within an 18 month period

Coaches

Coaches have an important role to play in ensuring that their athletes are not tempted by doping, and ensuring that athletes are aware of their responsibilities under the Irish Anti-Doping Programme.

Check out the resources for Coaches on www.irishsportsCouncil.ie/antidoping

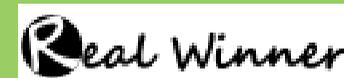
Test your knowledge by taking part in the online Coach True e-learning programme at www.irishsportsCouncil.ie/coachtrue

Disclaimer

The information in this card is deliberately concise and is intended to be used as a guide only. For full information on Anti-Doping please read www.irishsportsCouncil.ie/antidoping. The information is correct at time of going to press.

Real Winner

Learn more about Anti-Doping by completing the Real Winner interactive e-learning programme at www.irishsportsCouncil.ie/realwinner



Sample Collection Procedures

To familiarise yourself with the sample collection procedures that are followed during a drug test:

- RESOURCES**
- Check out www.irishsportsCouncil.ie/antidoping
 - Read the leaflet 'Sample Collection Procedures – Urine and Blood'
 - Check out the e-learning programme Real Winner www.irishsportsCouncil.ie/realwinner

Briefly, there are 5 steps in the Sample Collection Process:

1. Athlete Selection

Testing takes place in two situations – in-competition and out-of-competition.

In-Competition testing takes place at sporting events. Selection is usually random, from members of a team/squad or athletes entering a competition. Selection can also be based on criteria such as finish position, jersey numbers, discipline or targeted for a particular reason. Athletes who have not taken part in the competition, e.g. reserves or non-starters, are still subject to doping control. Out-of-Competition testing takes place anytime, anywhere with no advance notice. Out-of-Competition is usually for athletes on the Registered Testing Pool (RTP), or teams/national squads on the National Testing Pool (NTP).

2. Athlete Notification

A Doping Control Officer (DCO)/Chaperone will notify you if you have been selected for testing - either urine, blood or both. They will explain your rights and responsibilities and ask you to sign the Doping Control Form. You must report immediately to the Doping Control Station. The Doping Control Officer/Chaperone will stay at your side at all times until the process is finished. Check out the resources for detailed information on your rights and responsibilities.

3. Sample Collection

One or more urine samples and/or blood samples will be collected from you. Testing by other anti-doping authorities may be slightly different; if you have any concerns with the process, record it on the doping control form. The DCO/Chaperone will guide you through a process of selecting equipment, provision of the urine/blood sample and sealing the sample for the lab. Check out the resources for detailed information on how the sample is collected and your rights and responsibilities in the process.

4. Sample Analysis

Samples are sent to a WADA accredited laboratory for analysis.

5. Results Management

The laboratory sends the result to the Irish Sports Council who will then forward the result to your National Governing Body (NGB). It is the responsibility of your NGB to notify you of the result in writing. If you have not received your result from your NGB within 6 weeks of the sample collection, please contact your NGB for the result.

Who can be tested and when?

Athletes across the full spectrum of sport in Ireland may be drug tested both in- and out-of-competition. Athletes competing at national level in team sports and athletes participating in national level squad training may be tested out-of-competition at their training venue or in some cases at their residence.

The decision to test athletes is not based on age; it is based on the level that the athlete is competing at. Minors competing at national level may be tested. When a minor is providing a sample, they have the right to request their representative to be present in the toilet area to observe the witnessing chaperone/doping control officer. Check out www.irishsportsCouncil.ie/antidoping for more details on the testing programme.



The Prohibited List

The World Anti-Doping Agency publishes the Prohibited List of Substances and Methods prohibited in sport. It is issued on an annual basis and may be updated throughout the year. The complete and current list can be found at www.irishsportsCouncil.ie/antidoping

The following is a summary:

Prohibited substances in-and-out-of-competition

S0: Non-Approved Substances

S1: Anabolic agents

S2: Peptide hormones, growth factors and related substances

S3: Beta-2 agonists

S4: Hormone and metabolic modulators

S5: Diuretics and other masking agents

Prohibited substances in-competition

S6a: Non-specified stimulants

S6b: Specified stimulants

S7: Narcotics

S8: Cannabinoids

NOTE: Recreational drugs are tested for in-competition.

S9: Glucocorticosteroids

Prohibited substances in particular sports - Consult the relevant sport for its individual prohibited list

P1: Alcohol

P2: Beta-blockers

Prohibited methods in-and out-of-competition

M1: Enhancement of oxygen transfer

M2: Chemical and physical manipulation

M3: Gene doping

Monitoring Program

In order to detect patterns of misuse in sport, a number of substances which have been withdrawn from the List of Prohibited Substances will continue to be monitored both in and out of competition. Please refer to the Monitoring Program for details – see www.irishsportsCouncil.ie/antidoping

Supplements

Athletes are held to the standard of “strict liability” which means that you are responsible for any prohibited substance found in your system, regardless of how it got there. If a Vitamin or Mineral Supplement has a marketing authorisation number, such as a Product Authorisation number (PA number), it can be checked on the resources for checking medications (to the right) to see if it is prohibited in sport. The presence of a marketing authorisation number on a product indicates that it has been assessed by the Irish Medicines Board or EU authorities for quality, safety and efficacy. If it has no marketing authorisation number the product cannot be checked and therefore you use it at your own risk.

WARNING:

- Some vitamin, herbal and nutritional substances/ supplements may also contain prohibited substances, such as Ma Huang, Chinese Ephedra

- Methylhexaneamine has been found in nutritional supplements, typically those that are designed to increase energy or aid weight loss, and is referred to by a number of alternative names including 1,3-dimethylamylamine, dimethylamylamine, dimethylpentylamine, DMAA, forthan, forthane, floradrene, geranamine and geranium oil

- Do not be misled by the term “natural” or that a product is specifically marketed as a “sports supplement”, and remember that a prohibited substance can sometimes be referred to by a different name on the list of ingredients, or perhaps not listed at all

- Refer to the Irish Sports Council Supplements and Sports Food Policy for more information available at www.irishsportCouncil.ie/antidoping

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Therapeutic Use Exemption (TUE)

TUE stands for Therapeutic Use Exemption. If your medication is prohibited check if an alternative permitted medication can be used, otherwise you may need to apply for a TUE before using the substance (a Pre-Test TUE) **OR** in some cases, as long as you have a medical file in place for a TUE, you may take the substance, and if required apply for a Post-Test TUE.

Check out www.irishsportsCouncil.ie/tue for full details on the Irish Sports Council TUE Policy and the TUE application process. Athletes who compete at International Level should check, and comply with, the TUE requirements of their International Federation.

Note: Abbreviated TUEs, which were used under a previous system are no longer valid.

Note: WADA have removed the requirement for a Declaration of Use from 01 January 2011; however athletes are reminded that they should declare all medications and supplements taken in the 14 days prior to drug testing on the Doping Control Form at the time of testing

Resources to check over-the-counter and prescribed medications to see if they are prohibited in sport:

NB: Check the medication based on where you purchase the medication

Republic of Ireland

Eirpharm

Drugs in Sport Database on

www.eirpharm.com

Medication Checker App

Download the App on iPhone or Android Smartphones (links to www.eirpharm.com)

MIMS Ireland

A G.P., Consultant or Pharmacist can check a monthly publication called MIMS Ireland

Northern Ireland, UK, Canada, USA

Global DRO

www.globaldro.com hosts a database for checking medications

www.globaldro.com/m

Rest of the World



WADA Prohibited List

If you purchase medications in any other part of the world, check your medication as follows:

a) Use the Medication World Map on www.irishsportsCouncil.ie/tue to check if there are any resources for checking medication status in the country where you purchase the medication

b) Check the medication against the current WADA Prohibited List on www.wada-ama.org – print off the Prohibited List or download the Prohibited List on your smartphone – ask a sports pharmacist or doctor to assist you when checking

If in doubt, contact the Irish Sports Council for assistance

Treatment Guidelines

The substances and brands listed are some examples of substances permitted or prohibited by WADA. It is not a comprehensive list. If in doubt, check with the Irish Sports Council. Where brand names are listed, they were checked based on purchase in the Republic of Ireland; if purchasing the same brand name in Northern Ireland, check the medicine on www.globaldro.com, or if purchasing in any other country, check a resource available in that country.

Condition:	Permitted	Prohibited
Coughs, Colds and Flu Pseudoephedrine	<ul style="list-style-type: none"> To treat high temperatures and aches and pains associated with colds and flu, where medication is necessary, it is suggested paracetamol or ibuprofen be considered e.g. Panadol, Nurofen, Nurofen Express To treat coughs a number of permitted preparations are available, these include: Benlyn Chesty Cough Non Drowsy, Benlyn Dry Non Drowsy, Robitussin Chesty Cough 	<ul style="list-style-type: none"> Pseudoephedrine is prohibited in-competition at urinary concentrations > 150 micrograms/ml. Pseudoephedrine is found in many over-the-counter medicines available in pharmacies including many multi-ingredient products used as cough and cold remedies, hayfever and decongestant treatments, e.g. Benlyn 4 Flu, Advil Cold & Flu, Actifed Syrup and Tablets, Sinutab Tablets, Day Nurse, Nurofen Cold & Flu, Robitussin Plus, Benlyn Dual Action Chesty The cough and decongestant medication Casacol is also prohibited in-competition Athletes should stop taking any Pseudoephedrine-containing products at least 24 hours before competition
Respiratory and Asthma Treatments (see www.irishsportsCouncil.ie/tue for full guidance on respiratory and asthma medications)	<ul style="list-style-type: none"> Theophylline, aminophylline, sodium cromoglycate, tiotropium bromide and montelukast are permitted Inhaled salbutamol (e.g. Ventolin Evohaler, Ventolin Diskus, Salamol Easi-Breathe, Salamol CFC-Free Inhaler) to maximum inhaled dose of 1600 micrograms over 24 hours is permitted Inhaled salmeterol (e.g. Seretide, Serevent) in accordance with the manufacturers' recommended therapeutic regime is permitted Inhaled formoterol (e.g. Symbicort Turbohaler, Oxis Turbohaler, Foradil Aerolizer) to a maximum INHALED dose of 36 micrograms over 24 hours is permitted. The WADA Prohibited List refers to the inhaled dose, not the dose released from the metered dose inhaler - see www.irishsportsCouncil.ie/tue for formoterol advice. Inhaled steroids beclomethasone (e.g. Asmabec, Beclazone, Becotide), fluticasone (e.g. Flixotide), budesonide (e.g. Pulmicort), mometasone (e.g. Asmanex) and ciclesonide (e.g. Alvesco) are permitted 	<ul style="list-style-type: none"> Indacaterol (e.g. Onbrez) and terbutaline (e.g. Bricanyl) are prohibited Thresholds of use apply to three beta-2 agonists – If an athlete needs to use the beta-2 agonists salbutamol, salmeterol or formoterol at levels over the thresholds stated (under the Permitted column to the left), they should immediately contact the Irish Sports Council for advice, adhere to the TUE Policy, and ensure they have a medical file in place – see www.irishsportsCouncil.ie/tue for details Oral beta-2 agonists, e.g. oral terbutaline, orciprenaline, salbutamol (e.g. Ventolin tablets, Ventolin syrup), are prohibited Oral steroids (e.g. oral prednisolone) are prohibited
Nasal Congestion	<ul style="list-style-type: none"> Xylometazoline nasal sprays, e.g. Otrivine, Sudafed Nasal Spray Corticosteroid nasal sprays, e.g. Nasonex, Nasacort 	<ul style="list-style-type: none"> Athletes should stop taking Oral pseudoephedrine decongestant treatments, such as Sudafed and Sinutab, at least 24 hours before competition
Hayfever and Allergy	<ul style="list-style-type: none"> Oral antihistamines such as loratadine or cetirizine, e.g. Zirtek, Neoclarityn, Cetrine The grass pollen allergen extract GrazaX Corticosteroid nasal sprays, nasal drops and eye drops 	<ul style="list-style-type: none"> Athletes should stop taking Zirtek Plus Decongestant, a combination antihistamine and pseudoephedrine decongestant treatment, at least 24 hours before competition Intramuscular injections of glucocorticosteroids such as Depo-Medrone (methylprednisolone acetate) are prohibited – TUE applications (Pre- or Post-test) will only be considered where a medical file shows that all other therapeutic options have been considered before use of glucocorticosteroid injections for hayfever are considered
Haemorrhoids	<ul style="list-style-type: none"> Preparation H is permitted Anusol Suppositories 	<ul style="list-style-type: none"> Suppositories containing steroids e.g. Anusol HC Suppositories are prohibited in-competition

Condition:	Permitted	Recommended Precautions
Skin Conditions	<ul style="list-style-type: none"> Dermatological preparations of steroids such as Eurax HC 	<ul style="list-style-type: none"> Do not take any medications given to you by others without checking them first and establishing if they are permitted in your sport
Pain and Inflammation	<ul style="list-style-type: none"> Paracetamol, codeine, dihydrocodeine, tramadol, local anaesthetics, all Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) including ibuprofen, aspirin Intra-articular, Peri-tendinous and Peri-articular injections of glucocorticosteroids and use of Platelet-Derived Preparations 	<ul style="list-style-type: none"> Some medications are available in different combinations; one may be allowed, while another is banned e.g. Anusol Suppositories are permitted, Anusol HC Suppositories are prohibited in-competition Seek appropriate medical assistance if you require medications when overseas. Use of foreign medications is at the athlete's own risk. Don't assume that brand names available abroad are the same as those at home e.g. Vicks Inhaler which is widely available in Ireland is permitted in sport, however, some Vicks Inhalers available in the US contain a prohibited substance Some products available in Northern Ireland (and not in the Republic of Ireland), e.g. Franol Plus, Cam, Haymine, Do-Do Tablets, contain the prohibited substance ephedrine and are therefore prohibited in-competition
Antidiarrhoeals	<ul style="list-style-type: none"> Loperamide, diphenoxylate and electrolyte replacement agents, e.g. Dioralyte 	<ul style="list-style-type: none"> If you suffer from a pre-existing condition (e.g. epilepsy, asthma, diabetes, hayfever), take a supply from Ireland of any medications you may need when you are travelling overseas
Stomach Upset, Nausea and Vomiting	<ul style="list-style-type: none"> Metoclopramide, domperidone and antacids 	<ul style="list-style-type: none"> When travelling overseas, consider taking common medications with you (e.g. painkillers, cold tablets, upset stomach medications)
Antibiotics	<ul style="list-style-type: none"> All permitted 	
Contraceptives	<ul style="list-style-type: none"> All permitted 	
Anti-Malaria treatments	<ul style="list-style-type: none"> All permitted 	
Vaccines	<ul style="list-style-type: none"> All permitted 	