# 2015 World Anti-Doping Code Changes

## Implementation Guidance for National Governing Bodies (NGBs)

From 1 January 2015 a revised World Anti-Doping Code (2015 Code) comes into effect. NGBs must ensure that by 1 January 2015 they are compliant with the 2015 Code.

This factsheet provides details of the steps you should take and how UK Anti-Doping (UKAD) can assist you in this process.

### 2015 Code Compliant Rules

NGBs must ensure they have an updated set of compliant anti-doping rules aligned to the 2015 Code.
* If you are an NGB that has adopted the UK Anti-Doping Model Rules they will be updated automatically and you should not need to take any action
* If you are an NGB that has adopted your International Federation (IF) Anti-Doping Rules, or developed your own Rules, then you must ensure these have been amended, approved through your governance structures and UKAD has confirmed they are 2015 Code compliant

### Communicate With Your Stakeholders

NGBs should inform their members of the new (2015) Code, the main changes, and how this impacts on the rights and responsibilities of athletes/Athlete Support Personnel (ASP).

Your communication should highlight the following:
* Rules apply to all members
* Deliberate cheating using doping substances (e.g anabolic steroids, growth hormone, EPO) and calculated doping methods such as blood transfusions will now be sanctioned with 4-year bans for a first offence
* Inadvertent doping will still result, in many cases, in a 2-year ban

### Update Your Education Strategy and Information Programmes

In the 2015 Code, education is now mandatory – you are **required** by your IF and National Olympic/Paralympic Committees to 'conduct anti-doping education in coordination with UKAD'.

For the purposes of information and education an athlete is defined as **'any athlete or person who competes in your sport and is under your jurisdiction'** and that the 2015 Code distinguishes between information and education.

Therefore, NGBs should:
* have a 'Clean Sport' (education) strategy in place
* update any existing strategies or implementation plans to reflect the wider remit
* ensure all individuals delivering education, or providing advice are able to do so in line with the 2015 Code
* update content in information resources provided to athletes and/or ASP to reflect the 2015 Code and NGB specific anti-doping rules, if applicable

## Update your Website

NGBs should ensure their websites are updated with the relevant 2015 Code and Anti-Doping Rule changes. If you haven't already done so, you should create a specific anti-doping section on your website.

As a minimum NGBs should provide:
- information on your (revised) Anti-Doping Rules
- a link to UKAD's website and, where possible, the relevant information sections for specific audiences (coaches, athletes, ASP, parents)
- information for athletes, ASP and other members on how to manage the risks associated with inadvertent doping (medications and supplements)
- a link to UKAD's 2015 Code Microsite

## Update Your Policies and Procedures

NGBs must update all relevant anti-doping policies and procedures prior to 1 January 2015. These may include:
- Internal procedures
- Confidentiality agreements
- Contracts for athletes and ASP

Nominate and appoint an Anti-Doping Liaison Officer (ADLO), if one is not already in place.



## Support and Assistance Available from UKAD

Many resources have been developed to support NGBs in implementing the 2015 Code. These include:
- UKAD 2015 Code Microsite
- UKAD 2015 Code Changes Factsheet
- UKAD Web Copy for NGB websites
- UKAD Communications Templates for
  - Athletes
  - ASP
  - General members
- UKAD Athlete 2015 Code Factsheet
- UKAD ASP 2015 Code Factsheet
- Clean Sport 'Live' Webinar Sessions
- UKAD ADLO 'drop in' information sessions
- Resources for accredited Educators
- 2015 Code E-Learning update for accredited Advisors

## Further Information and Assistance

Please contact UKAD's Education and Athlete Support Team via education@ukad.org.uk or visit www.ukad.org.uk for further information.