



# Help Protect Clean Sport

A Guide for Parents and  
Carers of Talented Athletes



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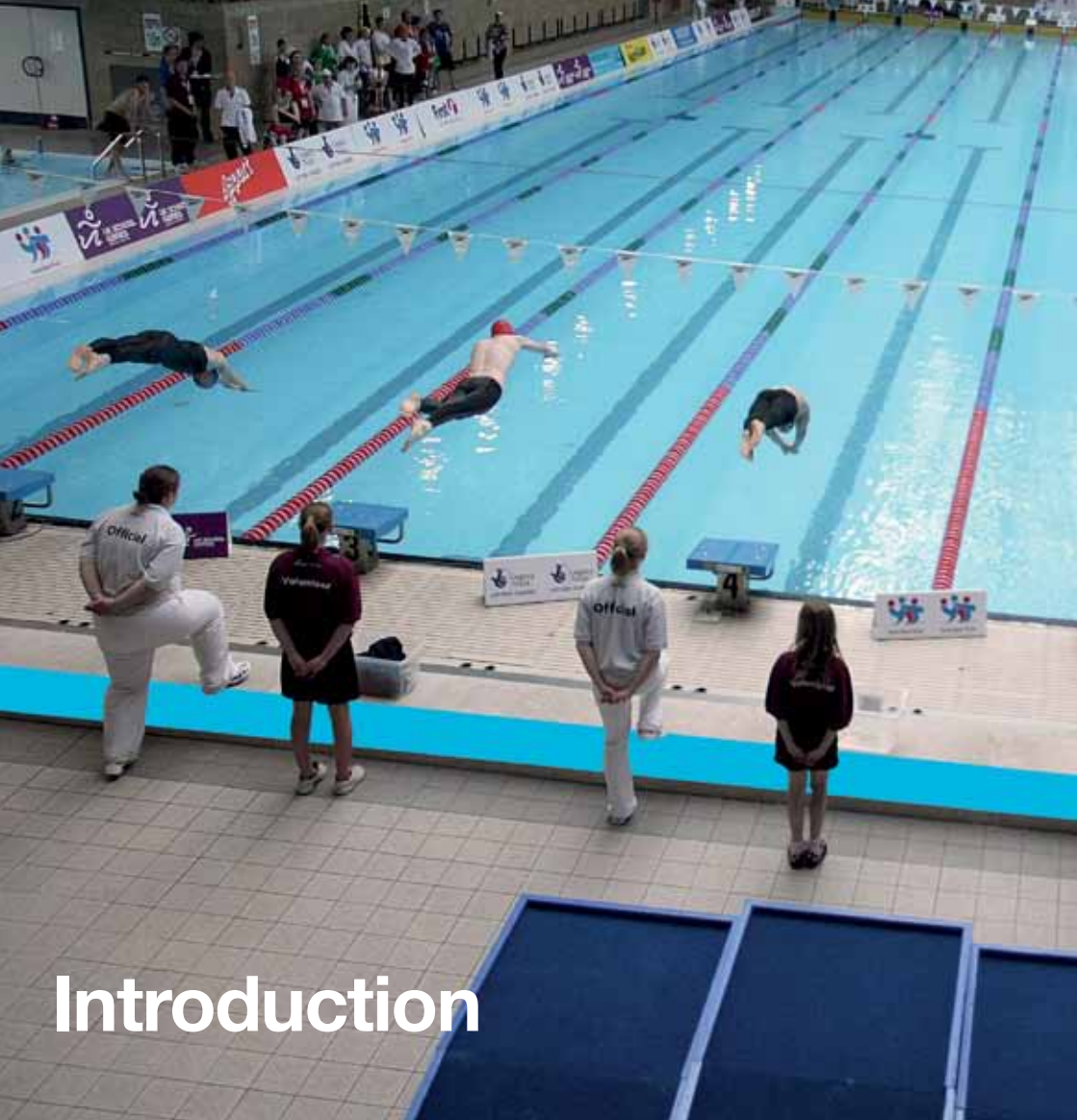
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# Introduction

Whether your child is firmly on their way to elite sport or just enjoying participating, sport needs your help. You will already be engaged in your child's sporting progress, and may be a keen participant yourself or an avid supporter of major teams and sporting events. Either way, you will know how important sport is and that the essence of sport is one team or individual competing fairly against another in the pursuit of glory.





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Anything that makes the competition unfair – and doping in particular – undermines the essence of sport. The emotion we feel when we realise that what we witnessed was not true damages our relationship with sport, and the sport itself. This is why we need your help in our mission to protect the integrity of sport and ensure that when your child puts in their best performance, the competition is fair.

## What Is My Role?

As a parent or carer you have a crucial role to play in supporting your child in their development as a clean athlete. You have a major influence on the values and behaviours they adopt, and this has a direct impact – alongside other factors such as motivation and their sporting environment – on whether in the pressure of performing, they choose to engage in doping. We realise that you also have many other roles: first and foremost you are your child's number one fan, but you're probably also the nutritionist, doctor, banker, taxi driver and psychologist for your athlete. All of these roles have a part to play in their development.

We need you, as parents or carers of a talented athlete, to help us achieve our aim of clean sport for everyone, starting with supporting your athletes to be clean and stay clean at all times.

This resource is designed to help you understand what you can do as a parent or carer to help your child understand their anti-doping responsibilities and actively promote and maintain the integrity of clean sport. It also contains guidance on spotting the signs when your child is under pressure, so you can help them to avoid risky behaviour that could ruin their sporting career.

## The Risks and Consequences

In order to minimise risk, it is important that you have a good understanding of the risks your child might face and where they are going to be exposed to them.

The World Anti-Doping Agency (WADA) is responsible for global anti-doping rules (known as the World Anti-Doping Code) and regulations and publishes the list of prohibited substances.

UK Anti-Doping (UKAD), as the national anti-doping organisation in the UK, implements the UK's Anti-Doping Policy (that aligns to the Code), enforces the 10 Anti-Doping Rule Violations (ADRVs) and helps sports to adopt anti-doping rules and implement an anti-doping programme, including educating athletes to ensure they train and compete clean.

It is vital that you understand the definition of doping is greater than a positive test. There are 10 ADRVs that athletes can be sanctioned for:

1. test positive for a prohibited substance or method
2. use or attempt to use a prohibited substance or method
3. refuse or fail to provide a sample once selected for a test
4. have three missed tests or fail to provide accurate Whereabouts information in a 12-month period
5. make any attempt to tamper with the doping control process
6. possess a prohibited substance or method
7. traffic a prohibited substance or method
8. make any attempt to administer a prohibited substance or method
9. are complicit in helping someone commit an ADRV or avoid detection
10. associate with anyone found guilty of an ADRV or criminal or disciplinary offence equivalent to an ADRV

ADRVs 5, 6, 7, 8, 9 and 10 also apply to any coaches and wider athlete support personnel your athlete may be supported by.

You can find out more information on these violations on the UKAD website at [www.ukad.org.uk](http://www.ukad.org.uk).





From 1 January 2015, the consequences for breaking the rules become greater. Those found deliberately doping will face a four-year ban and there is less leniency for carelessness whereby those who inadvertently break the rules are more likely to receive a two-year ban.

You may be surprised to learn that the greatest risk to a clean athlete is the inadvertent or accidental use of a prohibited substance. This may be present in medication or a supplement product they are taking. Under anti-doping rules, even if an athlete uses a prohibited substance accidentally, the consequences are the same as if the action had been deliberate. This is because there is a principle of Strict Liability.

The consequences of doping are serious and wide ranging. In the act of doping, the athlete is placing themselves at a significant health risk before even considering the impact this decision can have on their career and those around them. You can see how devastating the consequences are in case study examples of those found guilty of committing an ADRV in the resources section on the UKAD website.

Athletes found to have committed an ADRV could be subject to a ban from sport. In reality this means they will be unable to train or compete in any form of sport for the duration of their ban and they will not be able to use any National Governing Body (NGB) licensed facility. They are likely to lose funding and access to the coaches they are working with.

There are also social and psychological implications of being banned and labelled a drugs cheat. Athletes may face scrutiny from the media, and will certainly have to explain themselves to their coaches, fellow athletes, teammates, friends – and of course, to you and your family. Having worked so hard to support your child's career, you and other people may struggle to come to terms with their action.

## **Strict Liability**

Your child is completely responsible for any prohibited substance they use, attempt to use or is found in their system, regardless of how it got there or whether they had an intention to cheat or not. They will face the sanction and the consequences regardless of the circumstances which led to this. You need to understand what this means for you and your child's sporting career.



A man with a shaved head, wearing a light blue polo shirt, is shown from the back and side, looking out over a body of water. In the foreground, a blue spiral notebook and a pen are visible on a surface. The background is a soft-focus view of water and a distant shoreline under a clear sky.

# **Making Sure Your Child Competes Clean**





There are lots of practical things you can do to minimise the risk of inadvertent doping and ensure your child meets their anti-doping responsibilities and makes the right decisions.

## Checking Medications

In order to best support your child, ensure you can confidently answer these questions.

- Do you have a medicine cupboard that your child uses or has access to, or are you responsible for providing medication to your child?
- Do you know everything that is in there?
- Can you be certain there are no prohibited substances in any of the products? Even over-the-counter remedies for coughs and flu can contain prohibited substances
- Do you know exactly what your GP is prescribing for your child, and whether there are prohibited substances within it?
- **Prohibited** – The substance is prohibited in this form and will return a positive test if found in an athlete's system
- **Conditional** – There is a limit to the amount of this substance an athlete can have present in their body, or there are conditions on the methods of its use (e.g. it can only be inhaled and not taken in tablet form). This is clearly detailed and care should be taken when taking a prescribed dose
- **Not Prohibited** – The substance is not currently on the WADA Prohibited List

Athletes can check every medication they take using a website called Global DRO ([www.globaldro.com](http://www.globaldro.com)), to be certain that they avoid taking medications which may contain prohibited substances. You can do this for all the medications – prescribed ones as well as those bought over the counter – that you keep in the house and make certain that the whole family is aware of this.

Global DRO can be used to check any medication bought in the UK, USA, Canada or Japan. It will check all the ingredients against the WADA Prohibited List and give you an instant answer on the status of the medication. You must enter the full brand name of the product and give some information regarding where you bought it and the sport in which the athlete competes, all of which should take less than five minutes.

When checking medication on Global DRO, the status of the substance will be provided for in-competition and out-of-competition and will be one of the following:



## Consulting Your Doctor

It is of vital importance that when visiting the doctor, you ensure that they are fully aware of your child's participation in sport and the extra care they must take with medications. You can access Global DRO on a smartphone, so why not check the medication before the GP prescribes it?

What if the medication prescribed by the doctor contains a prohibited substance?

Firstly, ask the GP if there are any alternatives to the medication they are prescribing which do not contain the ingredient. If this is not possible, and it is vital that the medication is taken to treat a condition, then your child may be eligible to apply for a Therapeutic Use Exemption (TUE) which, if granted, will enable the use of the substance. To find out more about TUEs and to find an application form, please visit [www.ukad.org.uk/about-TUE](http://www.ukad.org.uk/about-TUE).



# The Supplement Decision







Athletes are always looking to make marginal gains to improve performance, whether it's through training, recovery, hydration or nutrition. Athletes sometimes use supplements, but it is important to understand there are risks involved.

## Supplement Risks

There is **no guarantee** that any supplement product is free from prohibited substances.

First things first, **assess the need**.

Prior to using supplements it is important that young athletes, particularly when still growing and developing, assess the need to use them. Are there other ways to improve training and performance? Could they achieve gains through adaptations to their diet or better rest and recovery strategies?

A good balanced diet combined with the principles of sports nutrition should provide your child with the energy they need.

Medical nutritional deficiencies diagnosed by a medical professional – a lack of iron, for example – may be an exception where a supplement is required for young athletes. You should consult a medical professional for nutritional advice to ensure that any decision to use a supplement is valid and justified.

Now, **assess the risk**.

There is a risk when taking supplements that they may contain a prohibited substance.

Contamination is a risk associated with supplement use, and counterfeit supplement products have been reported among those purchased over the Internet. All athletes have the responsibility to undertake thorough research of any supplement product prior to use. Many inadvertent doping cases involve supplements.

Informed-Sport provides a batch-testing service to the supplement industry and tests supplements against a number of – but not all – prohibited substances, to reduce the risk of known contamination. To find out if a product has been batch tested, visit **[www.informed-sport.com](http://www.informed-sport.com)** and look for their logo on supplement packaging.

Remember, even with batch testing, there is no guarantee that any supplement is completely free of prohibited substances.

Lastly, **assess the consequences** – the athlete could receive a four-year ban from all sport.

## Social Drugs

Your child will not only be influenced by their sporting peers and role models, but also by their own friendship groups outside sport. Both you and your child need to be aware that social drugs such as cannabis and cocaine, which are illegal, are also on the Prohibited List.

While temptation to experiment may exist, to take a 'break' from being an athlete with their regimented diet and training, or just wanting to join in, all athletes are role models in their local communities and maybe wider, and need to remember there is no place for social drug use in sport. Damaged reputations are hard to recover from.





# The Basics of Testing





Your child may or may not be tested at this stage of their career. As a parent you need to be aware that **any** athlete who is a member of an NGB could be tested – any time, any place.

## Testing

Testing is part and parcel of sport, and should be seen as a positive service to athletes, helping them to demonstrate that they train and compete cleanly.

UKAD tests athletes in order to:

- provide public assurance that an athlete's performance is clean
- act as a deterrent to a doping decision
- detect doping, finding those who choose to cheat

It's useful if you familiarise yourself with some of the basics of the testing procedure so that you can support your child if they find themselves at a competition where testing is taking place.

Athletes can be asked to provide urine and/ or blood samples and will be chaperoned at all times throughout the process. UKAD strongly encourages all athletes to take a representative with them if notified for testing. This representative may well be you, but it could be their coach, physio or another support person.

As a representative, you should be vigilant, ensuring that you are happy with the process – do ask questions if you are not happy at any stage. To understand more about the testing procedure, and the modifications for minors, please visit the UKAD website at [www.ukad.org.uk](http://www.ukad.org.uk).

Refusing a test is an ADRV, so always encourage your child to undertake their test if they are notified. Wanting to celebrate with the team, or having to get the bus home, are not valid excuses for missing a test.

## In-Competition and Out-of-Competition Testing

It is important to know that some substances are prohibited in-competition only and others are prohibited at all times.

**In-competition** – Unless otherwise stated, the in-competition period is usually defined as 12 hours before the competition your child is participating in, until all testing relating to that competition has finished.

This means, regardless of when the substance was taken (for example even three days before the event) if it shows up in your child's sample, they may have committed an ADRV.

**Out-of-competition** – This is defined as all other times outside of the in-competition period. Remember, athletes can be tested any time and any place, and substances prohibited out-of-competition are prohibited at all times.

**Remember** – A positive test is only one way to determine if an athlete has broken the anti-doping rules. Don't forget there are 10 ADRVs athletes can be sanctioned for.

## Preventing a Doping Decision

One of the most important roles you have is helping your child to be clean and stay clean.

Research suggests that transitional periods are stressful and may create additional pressure for athletes, particularly those who are trying to make selection for a major event or trying to make the first team.

At transitional stages in an athlete's career, they may be tempted – or more open to being influenced – to try new things, take short-cuts or look for a quick fix. Depending on how long this transition lasts, it is likely that frustrations will occur. This may lead to an increase in the vulnerability of your child as an athlete.

Anecdotal evidence suggests this stage of an athlete's career is where the real threats of engaging in doping behaviour occur. No athlete wakes up one day and says, "today I'm going to dope", as it is normally a gradual process – a mental struggle weighing up the pros and cons. Often, if an athlete is under pressure and comes under a strong influence from another person, they may start to form a belief that doping is the only way to succeed. Self-justification such as "everyone else is doing this", or "I'm never going to be tested so no one will know", have often been cited as reasons for making the wrong choice. Stories in the media will show athletes are found out sooner or later.

When frustration and stress are present, athlete decision making can become erratic, usually with little thought as to the consequences of that decision. It is important to remember that whether the intention is deliberate or accidental, under Strict Liability, a positive test could ruin your child's career.



## Being Vigilant

As a parent or carer, your chief role is to be supportive, but you also need to:

**Help them to cope** – Reinforce values and the ethics of sport, and make them realise that all top athletes have been through a similar journey. Most athletes have experienced many highs and lows during their career. Coping with these and having strong mental skills is fundamental to being a successful athlete. 'Mental toughness' applies on and off the field.



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**Observe** – Be extra vigilant during the stress periods for your child, such as transitional periods or qualifying for a major competition. Look for any significant changes in behaviour and attitude, such as: becoming less open, making snap decisions, being moody, showing signs of frustration, taking risks and experimenting. These changes may indicate an athlete is feeling stressed and is potentially more vulnerable to making poor decisions.

**Know their influencers** – Who do they listen to? What is the culture in the sport? If they use supplements, where

do they get them from? Get to know their coach and what they expect of your child. What are the main competitions and when are the key selection dates? Your child will be better supported if they know that you are all part of the same team, along with their coach, school or college and other support personnel.

Lastly, if you have any concerns, please contact UKAD at [education@ukad.org.uk](mailto:education@ukad.org.uk) or speak with your child's NGB.



TOTAL  
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1st INNS

**How UKAD Can Help**





**HOWZAT**  
action packed value

**Costcutter**  
Official Partner

**HEND**  
Official Partner

**HOWCRICKET**



100% me is UKAD's athlete support programme, which is delivered at various stages of their development. The aim is to make sure athletes can say that their achievements are clean.

## 100% me

The programme aims to provide fun, interactive and relevant anti-doping information to athletes, helping them to learn about clean sport, enabling them to make the right decisions. 100% me is underpinned by an ethos that we want all athletes to be able to stand on the podium and state that it was all '100% me'.

100% me is built on the following values:

- Passion
- Respect
- Determination
- Hard work
- Integrity

100% me is there for athletes at all stages of their career. Encourage your child to look at the Athlete Zone on the UKAD website at [www.ukad.org.uk/athletes](http://www.ukad.org.uk/athletes)





## Advisor Programme

Think you have what it takes to play a part in clean sport?

We encourage you to become an Anti-Doping Advisor to help your child and other athletes around them. Many parents like you have undertaken our programme and found it beneficial in being able to provide the right advice and guidance.

For more information on how to become an Anti-Doping Advisor, visit the Learning Zone on the UKAD website ([www.ukad.org.uk/learningzone](http://www.ukad.org.uk/learningzone)). You will need to register to take the programme, which doesn't take long, and you can gain a certificate at the end.

## UKAD's Final Word

- Encourage hard work, commitment and taking personal responsibility, promote a balanced diet and positive lifestyle choices – and remind them of the consequences of being caught cheating
- Being a great athlete takes a long time – allow them to enjoy the highs and lows of the journey and keep things in perspective. Remind them they are still developing physically, mentally and socially
- Understand the concept of Strict Liability and ensure your child is fully aware of their anti-doping responsibilities as an athlete
- Use Global DRO to check medications are safe to take. Remind your child to tell any healthcare professional that they are an athlete and have to abide by anti-doping rules
- Keep a list of all medication your child is taking on your phone or in your diary, ensuring they have been checked
- Remember, there is no guarantee that any supplement is free from prohibited substances
- Ensure you and your child are familiar with the testing procedure; a video is available on the UKAD website
- Visit the Learning Zone of the UKAD website and sign up to become an Anti-Doping Advisor



**UKad**  
protecting sport

Fleetbank House, 2-6 Salisbury Square  
London EC4Y 8AE

Phone: +44 (0) 20 7842 3450

Email: [ukad@ukad.org.uk](mailto:ukad@ukad.org.uk)

[www.ukad.org.uk](http://www.ukad.org.uk)

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