

#Be 
Squeaky

100%
me

WELCOME TO YOUR 100% ME CLEAN SPORT POCKET GUIDE!

Here at UK Anti-Doping (UKAD) we want all athletes to be clean, stay clean and believe all others are clean. It is important you feel confident in your clean sport knowledge and know where to turn if you need support.

It is your responsibility as an athlete to ensure you further develop your understanding of all things clean sport by:

- Downloading the 100% me Clean Sport App
- Getting involved in clean sport education either through UKAD or your National Governing Body (NGB)

But for the time being, have a read of this **100% me Pocket Guide** with all your basic clean sport **need-to-knows...**



Strict Liability

So, where to begin? First things first, let's talk about the concept of Strict Liability. Strict Liability is the underlying principle of anti-doping.

Athletes are solely responsible for any prohibited substance found in their system, whether there was an intention to cheat or not. Knowing what you are putting in your body is vital. Your body, your responsibility.

As an athlete, it's important to know about substances and methods that are prohibited.

The Prohibited List is an official list of substances and methods that athletes can't use, whether in-competition, out-of-competition or in particular sports. The List is updated at least annually, coming into effect on 1 January each year.

You could receive a ban from sport if a substance or metabolites of a substance are found in your system.

Make sure you know where to find the Prohibited List on the World Anti-Doping Agency (WADA) website:

www.wada-ama.org/en/what-we-do/the-prohibited-list



As mentioned, it's important you know what's going into your body, keeping in mind the concept of Strict Liability.

So why not try and develop some clean sport habits to help you along the way? Below are three key clean sport habits you need to understand and apply.

One: Check Your Medications

The use of medications could lead to an athlete accidentally committing an Anti-Doping Rule Violation (ADRV). It's important you are aware that even over-the-counter medications can contain prohibited substances. So, you must check all medications you take.

You can do this through a tool called Global Drugs Reference Online (Global DRO). Global DRO is an easy and effective tool that you can use to check the status of your medications bought in the following countries: Australia, Canada, Japan, New Zealand, Switzerland, the UK and the USA.

When using Global DRO to check your medications, make sure you save your search references, either by printing them and keeping them somewhere safe or by logging the reference number in the 100% me Clean Sport App under 'My Medications'. If you are ever unsure, you can consult Global DRO, ask your NGB or get in contact with us - we're here to help.

Two: Have a Food First approach

Despite what the multi-million-pound supplement industry may lead you to believe, for many athletes, you do not need supplements to shine in your competitive sport.

A Food First approach can fuel you appropriately and give you the confidence, strength and energy you need to perform at your best. Here at UKAD, we encourage all athletes to educate themselves about a well-balanced and nutritiously dense lifestyle before considering supplementation.



Three: Assess the need, risks and consequences of supplements.

UKAD's core message on supplements is that diet, lifestyle and training should all be optimised before considering the use of supplements.

Supplement use can result in a ban, and although some supplements label their ingredients clearly, others that contain banned substances are not signposted so clearly, and use can be risky! There is no guarantee that any supplement is completely free of a banned substance.

You must consult an accredited sports dietitian, a registered nutritionist with expertise in sports nutrition or a medical doctor if considering supplementation. If then you still require a supplement, we recommend that you use **Informed Sport**, a UK based supplement testing and certification programme accessible online. Informed Sport highlights which products are batch tested for prohibited substances and manufactured to strict standards. Check it out at www.informed-sport.com



Athletes are central to clean sport. Your actions, behaviours and choices determine how clean sport is.

To make the global anti-doping system work, you, together with other athletes around the world, need to commit to your responsibilities. The World Anti-Doping Code states the roles and responsibilities that athletes have in relation to anti-doping.

You must:

- ✓ Know and abide by the Anti-Doping Rules, policies and practices
- ✓ Be available for testing at all times
- ✓ Take responsibility for what you ingest or use
- ✓ Tell medical professionals that you should not use prohibited substances or methods, as per the WADA Prohibited List, and that any advice or treatment given to an athlete should not violate the Anti-Doping Rules
- ✓ Tell UKAD and your International Federation if you have committed an Anti-Doping Rule Violation within the last 10 years
- ✓ Co-operate in any doping investigations when asked to do so
- ✓ Disclose the identity of your support personnel upon request from an Anti-Doping Organisation

Let's look at some of these a little more closely...

The Anti-Doping Rule Violations

Doping is defined as the occurrence of one or more of the Anti-Doping Rule Violations (ADRVs) set out in the WADA Code.

Committing an ADRV can lead to various consequences, not just a ban from your sport. There are 11 ADRVs that you need to be aware of - seven are also relevant to your support personnel. It's important to know that bans range from 1-2 years to life!



Some sanctions may be reduced if it can be proven that there was no fault or negligence, but these exceptions are few and far between. In short, the consequences of committing an ADRV are severe and simply not worth the risk! Check out the 100% me Clean Sport App for more information on each of the 11 ADRVs.

Testing

Testing is an essential part of protecting sport and it can be a great way to feel proud of your clean sport achievements! If you are selected for doping control you must cooperate as refusal to be tested may lead to an ADRV. Remember, you can be tested any time, any place.

Here are the eight stages of the urine testing process:

1. Notification of selection for a drugs test
2. Reporting for testing
3. Selecting a collection vessel
4. Providing the sample under supervision
5. Selecting the sampling kit
6. Dividing and sealing the sample
7. Testing the suitability of the sample
8. Recording and certifying the information

The blood testing process differs to urine. For more information check out the 100% me Clean Sport App.



Know your testing rights!

You are entitled to ask for additional information about the testing procedure, have a representative with you throughout, request a delay in reporting to the Doping Control Station with valid reason and request modifications if you are a minor or have an impairment.

Know your testing responsibilities!

You must provide suitable ID, always remain within sight of the Doping Control Officer (DCO)/ Chaperone, comply with all procedures and report immediately for your test unless you have adequate reasons for a delay.

During the process athletes should ensure they are shown the Doping Control Personnel's accreditation, receive a copy of the Doping Control Form and make comments on the form regarding the procedure. Samples may be kept for 10 years and can be tested again should any medical advancements be discovered.



TUE - Therapeutic Use Exemption

If you are prescribed something that contains a prohibited substance, then you may be eligible for a Therapeutic Use Exemption (TUE).

Before you are prescribed a medication, it is your responsibility to make your GP or medical professionals aware of your profession and your need to avoid certain substances #strictliability.

If there is no alternative medication recommended to you by your GP or medical professionals and you are eligible for a TUE, you can apply through UKAD or to your IF as an International-Level Athlete. It is advised to apply for the TUE before you start taking the medication. You can now use the TUE Wizard to check if you are eligible!

www.ukad.org.uk/tue-wizard



Doping does not just impact your sporting journey. You may face severe health concerns by using certain substances, as well as social consequences and financial struggles.

We understand that for many there are societal factors that may influence your decisions when using substances. In these instances, you may wish to use certain substances known as Image and Performance Enhancing Drugs (IPEDs). It is important to remember that most IPEDs are prohibited in sport and even if your motivations to use are purely aesthetic, you may be risking it all.



It is important to remember that UKAD are here to support you as athletes. Through our 100% me education programme and Clean Sport App we aim to provide you with as much information as possible, to help you make well-informed decisions and continue with your clean sport journey.

Protecting clean sport depends on everyone - we know we can't do it alone. It relies on athletes, parents and support staff having the know-how to speak out when something is wrong and the support to do so.

That is why we have a number of confidential reporting options so you can pick the one that suits you. Just search Protect Your Sport to find more information.



Remember to be clean and stay clean. UKAD are here to support you. Here are some helpful resources with extra information:

- Download the 100% me Clean Sport App on iOS or Android
- Consult the Prohibited List – www.wada-ama.org/en/content/what-is-prohibited
- Athletes' Anti-Doping Rights Act – www.wada-ama.org/en/resources/anti-doping-community/athletes-anti-doping-rights-act
- Consult the TUE Wizard - www.ukad.org.uk/tue-wizard
- Use Global DRO – www.globaldro.com
- Use Informed Sport - www.informed-sport.com
- Search www.ukad.org.uk
- Follow [@ukantidoping](https://www.instagram.com/ukantidoping) and [@theonlysqueaky](https://www.instagram.com/theonlysqueaky) on Instagram and Twitter

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