

## ANTI-DOPING GUIDANCE

### Anti-Doping Guidance

#### INTRODUCTION

Everyone has the right to compete in clean sport and all British Cycling Members are bound by the UK Anti-Doping Rules. This guidance provides key information regarding your responsibilities under the Rules.

Both participants and their support personnel need to be fully aware of their rights and responsibilities under the UK Anti-Doping Rules. No matter what level you participate at, the UK Anti-Doping Rules apply to you as a British Cycling member. So, if you have any questions concerning these, please contact the British Cycling Compliance Department: [compliance@britishcycling.org.uk](mailto:compliance@britishcycling.org.uk).

#### What is Anti-Doping and who is involved?

Anti-doping aims to eliminate doping from sport, protecting your right to participate in clean sport.

Doping is where prohibited substances or methods are used by a participant to unfairly improve their sporting performance, or where a participant possesses a prohibited substance. Not only does it destroy clean sport, but it can also be harmful to your health and so it is important that all British Cycling members work together to combat doping in sport.

There are a number of organisations involved in maintaining clean sport, including the World Anti-Doping Agency (WADA). WADA was established in 1999 as an international independent agency. They monitor compliance with the World Anti-Doping Code, as well as scientific research and education, with the objective of securing a world where all participants can participate in a doping free sporting environment.

In addition, the UK's National Anti-Doping Organisation is UKAD which is responsible for overseeing the management and implementation of the UK National Anti-Doping Policy. UKAD's mission is to protect the right to participate in clean sport.

For international cycling, the Cycling Anti-Doping Foundation (CADF) manage the anti-doping programme on behalf of the UCI.

#### 100% Me and Strict Liability

100% Me is an athlete education programme which reinforces the participant's commitment to sport and their determination to perform without a need to enhance their performance. You can find more information about this, alongside resources and general advice on UKAD's website (<https://www.ukad.org.uk/athletes/100-me>).

The underlying principle of Anti-Doping is strict liability. This means that you are solely responsible for any prohibited substance which is found in your system or in your possession. This is regardless of whether you had an intention to cheat or not. Therefore, you must ensure you carry out the necessary research into any medications or supplements you choose to take.

It will not matter if you are not aware of the Anti-Doping Rules. It is still your responsibility.

#### Prohibited List - How will I know if a medication contains a banned substance?

The Prohibited List is published at the start of every year, but it can be updated from time to time. The List contains the substances and methods which are prohibited in Code-compliant sports, which includes cycling. All British Cycling members must ensure they stay up to date with any substances that are added to the List. The latest Prohibited List can be found on the WADA website (<https://www.wada-ama.org/en/what-we-do/the-prohibited-list>).

Before taking medication, you should check as to whether there are any prohibited substances within it. Members should do this whether the medication is prescribed or has been bought over the counter.

Medications can be checked on Global DRO (<https://globaldro.com/UK/search>). It is important when using Global DRO that you ensure the required information is completed accurately. As substances can be added to the Prohibited List from time to time, it is recommended you check Global DRO regularly and save all search results.

#### Supplements – Are supplements free from banned substances?

You should be cautious when choosing to take any supplements. There is no guarantee that they are free from banned substances.

Prior to choosing to take any supplements, you should consider the following:

- 1. Assess the need:** Do you need to take a supplement? Is there anything else that could be used instead of a supplement (i.e. more rest, better nutrition)?;
- 2. Assess the risks:** Consider the potential banned substances which could be in the supplement? Complete your research of what is in the product. You should be particularly careful when considering purchasing any supplements online.
- 3. Assess the consequences:** Consider the consequences that you could face if found to have a prohibited substance in a sample. Participants can face a four-year ban from sport if they are found to have a prohibited substance in a sample provided.

To reduce the risk when choosing to take a supplement, you should use Informed Sport (<https://www.informed-sport.com/>) to see if the product has been batch tested.

### Therapeutic Use Exemptions (TUEs) – What should I do if I am prescribed a medication which contains a prohibited substance?

If you are prescribed medication which contains a prohibited substance, you need to consider applying for a Therapeutic Use Exemption (TUE).

You can do this by using UKAD's Tue Wizard (<https://www.ukad.org.uk/tue-wizard>). This guide assists you in determining whether you need to apply for a TUE and when or how to do so. If you have any questions about this, please contact the British Cycling Compliance department ([compliance@britishcycling.org.uk](mailto:compliance@britishcycling.org.uk)).

Please note, if you are competing at an international level, you will need to submit a TUE application to the UCI. If you are competing at a national level, you will need to apply to UKAD for a TUE.

Further information about the process of applying for a TUE is available on UKAD's website (<https://www.ukad.org.uk/athletes/tues>).

### Testing Procedure – Who can be tested, and where do tests take place?

Any British Cycling member may be tested both in competition and out of competition. Testing is not confined to cyclists competing at national level or above, and it can be carried out at any time and any place. Therefore, it is important that you understand your rights and responsibilities if you are selected for a doping control test.

All your rights and responsibilities are outlined on the 100% Me app. These include your right to be accompanied by a representative or interpreter of your choice and to request a modification to the testing procedure if you need one.

You should always complete the test, refusing one is an anti-doping rule violation and this could result in a four-year ban from sport. However, if you have any concerns about the test, you must record these on the Doping Control Form.

Tests are carried out by Doping Control Officers, and they may be accompanied by a chaperone. The main steps within the testing process are:

- Notification that you have been selected for a test;
- Reporting for the test
- Providing a sample
- Dividing and sealing the sample
- Testing the suitability of the sample
- Recording and certifying the information.

To find out more about the testing process, your responsibilities during a test, and the modifications which can be made to the process, you can visit the UKAD website (<https://www.ukad.org.uk/violations/testing-process>) or download the 100% Me app.

### Anti-Doping Rule Violations and Sanctions

Under the 2021 World Anti-Doping Code, there are eleven anti-doping rule violations. These are:

- Presence of a prohibited substance in a sample
- Use or attempted use of a prohibited substance or a prohibited method
- Evading, refusing or failing to submit to sample collection
- Whereabouts failure
- Tampering or attempted tampering with any part of doping control
- Possession of a prohibited substance or a prohibited method
- Trafficking or attempted trafficking of any prohibited substance or prohibited method

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- Administration or attempted administration of a prohibited method
- Complicity or attempted complicity
- Prohibited association
- Acts to discourage or retaliate against reporting to authorities.

For information regarding the sanctions associated with the Anti-Doping Rule Violations and who they apply to, please visit UKAD's website ([https://www.ukad.org.uk/sites/default/files/2020-12/UKAD%20ADRV%20infographic%20FINAL\\_0.pdf](https://www.ukad.org.uk/sites/default/files/2020-12/UKAD%20ADRV%20infographic%20FINAL_0.pdf)).

### Protect your sport: Reporting doping

It is important that everyone helps in protecting clean sport. If you see something, no matter how small, you should report this. There are a number of ways in which you can do so:

- Email UKAD: [protectyoursport@reportdoping.com](mailto:protectyoursport@reportdoping.com)
- Send a message to UKAD on WhatsApp\*: +44 (0) 7587 634711
- Fill in UKAD's Form online (<https://forms.theinline.co.uk/ukad>)
- Call the 24/7 Hotline anonymously: 08000 32 23 32

*\*WhatsApp is an encrypted platform. This number is not open to receiving calls.*

### Useful links and resources

Should you have any queries, you can contact the British Cycling Compliance Department ([compliance@britishcycling.org.uk](mailto:compliance@britishcycling.org.uk)).

If you would like to read further information concerning anti-doping, you can access further resources on UKAD's website:

Advice for coaches: <https://www.ukad.org.uk/support/coaches>

Advice for participants: <https://www.ukad.org.uk/athletes>

Advice for Parents, Carers and Guardians: <https://www.ukad.org.uk/support/parents-carers-and-guardians>