



## UK ANTI-DOPING

UK Anti-Doping is the National Anti-Doping Organisation responsible for ensuring athletes and sports comply with the World Anti-Doping Code.

This 2010 advice card is intended to help athletes understand their anti-doping responsibilities and to guide their decisions on which medications to use. The pocket-size design fits neatly into a wallet and can be easily referred to when required, such as a visit to the doctor or pharmacy.

Sir Chris Hoy,  
100% me Ambassador

## RESPONSIBILITY

Strict liability is a fundamental principle of the World Anti-Doping Code. This means that an athlete is personally responsible for any prohibited substance found in their system – regardless of how it got there.

### Key responsibilities for athletes

- Stay up-to-date with the latest prohibited list of substances and methods.
- Check the status of any substance or method before use.
- Advise all medical personnel they must abide by the anti-doping rules and any medical treatment given must not violate these rules.
- If required, submit a Therapeutic Use Exemption (TUE) for any prohibited substance and/or prohibited method prescribed.
- If required by the International Federation (IF) or UK Anti-Doping, provide accurate athlete whereabouts information for in-and-out-of-competition testing.

## ANTI-DOPING RULE VIOLATIONS

There are eight (8) anti-doping rule violations that can result in a sanction.

An athlete may be deemed to have committed an anti-doping rule violation if they:

- have a prohibited substance found in their bodily sample (blood or urine)
- use, or attempt to use, a prohibited substance and/or method
- fail or refuse to submit to sample collection after notification of testing
- provide inaccurate athlete whereabouts information resulting in any combination of three missed tests and/or filing failures in an 18 month period
- tamper, or attempt to tamper, with any part of the doping control process
- possess a prohibited substance or method
- traffic, or attempt to traffic, a prohibited substance or method
- administer, or attempt to administer, a prohibited substance or method; or assist, encourage, aid, abet or cover up an anti-doping rule violation.

# ANTI-DOPING ADVICE CARD

Information for athletes, athlete support personnel, parents and healthcare professionals.

Correct at time of going to print  
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## PERMITTED MEDICATION

Listed here are some of the substances permitted for use in 2010 to treat common illnesses.

- ✓ **Allergies and hayfever** – acrivastine, cetirizine, chlorpheniramine, desloratadine, fexofenadine, levocetirizine, levocabastine, loratadine, mizolastine, oxymetazoline, promethazine, sodium cromoglicate, tramazoline, xylometazoline. **Corticosteroids in eye drops and nasal sprays are permitted.**
- ✓ **Antibiotics** – antibiotic medication.
- ✓ **Asthma** – ipratropium, montelukast, sodium cromoglicate, theophylline.
- ✓ **Constipation** – bisacodyl, isphagula husk, methylcellulose, senna.
- ✓ **Cough and cold** – codeine, guaifenesin, oxymetazoline, paracetamol, phenylephrine, phenylpropanolamine, pholcodine, steam and menthol inhalations, xylometazoline.
- ✓ **Diarrhoea** – atropine, diphenoxylate, loperamide.

✓ **Ear** – chloramphenicol, clioquinol, clotrimazole, gentamicin, neomycin, docusate sodium. **Corticosteroids in ear drops are permitted.**

✓ **Eye** – antazoline, azelastine, levocabastine, nedocromil sodium, sodium cromoglicate, topical dorzolamide, topical brinzolamide. **Corticosteroids in eye drops are permitted.**

✓ **Haemorrhoids** – Topical creams and ointments containing corticosteroids are permitted.

✓ **Indigestion and bowel problems** – atropine, calcium carbonate, charcoal, cimetidine, famotidine, lansoprazole, mesalazine, omeprazole, paracetamol, ranitidine, sulfasalazine.

✓ **Local anaesthesia** – local anaesthetics are permitted (except for cocaine).

✓ **Nose** – acrivastine, levocabastine, oxymetazoline, phenylephrine, sodium cromoglicate, xylometazoline. **Corticosteroids in nasal drops and sprays are permitted.**

✓ **Oral contraception** – desogestrel, drospirenone, ethinylestradiol, etynodiol, gestodene, levonorgestrel, mestranol, norethisterone, norgestimate.

✓ **Pain and inflammation** – non-steroidal anti-inflammatory drugs (NSAIDs), aspirin, codeine, diclofenac, dihydrocodeine, ibuprofen, paracetamol, tramadol.

✓ **Skin** – Topical creams and ointments containing corticosteroids are permitted.

✓ **Sleeplessness** – alprazolam, diazepam, diphenhydramine, nitrazepam, temazepam, zopiclone, zolpidem.

✓ **Vaccination** – vaccines are permitted.

✓ **Viral infection** – aciclovir, famciclovir, idoxuridine, penciclovir.

✓ **Vomiting and nausea** – cinnarizine, cyclizine, domperidone, hyoscine, meclizine, metoclopramide, prochlorperazine, promethazine.

## PROHIBITED MEDICATION

**WARNING: As of 1 January 2010 pseudoephedrine is PROHIBITED. It is readily available in many over-the-counter cold and flu remedies, check the ingredients carefully. If in doubt ask the pharmacist and check www.globaldro.co.uk**

✗ **Asthma** – beta-2 agonists such as formoterol and terbutaline. **Corticosteroids used for the treatment of asthma require a declaration of use, as do inhaled salbutamol and salmeterol.**

✗ **Cough and cold** – ephedrine, pseudoephedrine.

✗ **Diabetes** – all forms of insulin are prohibited.

✗ **Pain, inflammation and narcotics** – fentanyl, morphine.

If the substance you are looking for does not appear here refer to [www.globaldro.co.uk](http://www.globaldro.co.uk)

## CHECKING MEDICATION



[www.globaldro.co.uk](http://www.globaldro.co.uk)

Before taking any medication, athletes should check Global Drug Reference Online (Global DRO). Global DRO is an online information service providing accurate information on which substances and branded products are prohibited and permitted according to the current WADA Prohibited List.

## SUPPLEMENTS

UK Anti-Doping cannot guarantee that any supplement is free from prohibited substances.

**Athletes take supplements at their own risk.**

Before taking supplements UK Anti-Doping recommends that athletes:

- assess the need – seek expert nutritional/dietary advice, it might not be necessary to take supplements
- assess the risk – know, understand and address the risks to make an informed decision about supplements.

In the UK, HFL Sports Science Ltd has created a scheme to support athletes in assessing the risk. The Informed-Sport programme [www.informed-sport.com](http://www.informed-sport.com) is designed to evaluate supplement manufacturers for their process integrity and the screening of ingredients for the presence of prohibited substances.

For more information on supplements visit [www.ukad.org.uk/supplements](http://www.ukad.org.uk/supplements)

## THERAPEUTIC USE EXEMPTIONS (TUE)

The TUE process gives athletes a means of obtaining approval to use a prescribed prohibited substance and/or prohibited method for the treatment of a legitimate medical condition.

### Key athlete responsibilities

- Inform all medical personnel that they must abide by the anti-doping rules of the sport and any medical treatment prescribed must not violate these rules.
- When prescribed a substance or method, check if it is prohibited by using Global DRO.
- If the medication is prohibited, check with the prescribing physician to see if there are any alternative treatments that are permitted by the sport.
- If there are no permitted alternatives, contact the National Governing Body to find out if they require a TUE prior to starting treatment or retrospectively following doping control.
- If a TUE is required, complete the relevant TUE form and attach the required medical evidence.

**A TUE application without medical evidence to confirm a medical condition will not be reviewed.**

### Declaration of Use (DoU)

Certain substances listed on the 2010 Prohibited List require a DoU rather than a TUE. A DoU can only be made for the following substances and routes of administration:

- salbutamol and salmeterol by inhalation
- glucocorticosteroids by inhalation
- glucocorticosteroids administered by localised injection
- platelet-derived preparations (such as platelet rich plasma, blood spinning) by non-intramuscular routes.

Any other routes of administration require a TUE.

At doping control you should note on the sample collection form any use of the above listed substances within four weeks of being tested, or you can record the unique reference number of your DoU.

For more information and an online declaration form visit [www.ukad.org.uk/tue](http://www.ukad.org.uk/tue)

## CATEGORIES OF PROHIBITED SUBSTANCES AND PROHIBITED METHODS ACCORDING TO THE 2010 PROHIBITED LIST

### Prohibited substances

**In-and-out-of-competition**

- S1:** Anabolic agents
- S2:** Peptide hormones, growth factors and related substances
- S3:** Beta-2 agonists
- S4:** Hormone antagonists and modulators
- S5:** Diuretics and other masking agents

### Prohibited substances

**In-competition**

- S6a:** Non-specified stimulants
- S6b:** Specified stimulants
- S7:** Narcotics
- S8:** Cannabinoids
- 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

The prohibited list is reviewed annually, but may also be updated throughout the year. The most current list can always be found at [www.wada-ama.org](http://www.wada-ama.org)

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## SAMPLE COLLECTION PROCEDURES

The sample collection procedures outlined apply to testing conducted by UK Anti-Doping and follow the World Anti-Doping Agency (WADA) International Standard for Testing (IST). The sample collection procedures must adhere to the International Standard for Testing so that the rights of the athlete are maintained. When tested abroad, there may be slight differences in the testing procedures, but the procedures outlined on this card must be followed.

### WHO CAN BE TESTED?

Any athlete competing at any level within the UK is eligible to be tested either in-competition or out-of-competition.

## IN-COMPETITION TESTING

In-competition testing is testing conducted in connection with a sporting event. The WADA code defines in-competition as “the period commencing twelve hours before a Competition...through to the end of such Competition and the Sample collection process related to the end of such Competition”, unless it is stated otherwise by the rules of an International Federation (IF) or other related Anti-Doping Organisation.

Athletes should familiarise themselves with the rules of each competition as defined by the IF or National Governing Body (NGB).

## OUT-OF-COMPETITION TESTING

Out-of-competition testing is defined by WADA as any testing “not in-competition”. Such testing can occur at any time of the year and at any location, including at home, place of training, or even overseas. UK Anti-Doping’s out-of-competition testing takes place with no advance notice.

# STEP-BY-STEP GUIDE TO SAMPLE COLLECTION



### STEP 1 Notification of selection for sample collection

If you have been selected for doping control, you will be notified by a Doping Control Officer (DCO), Blood Collection Officer (BCO) or Chaperone. They will ask you to provide photographic identification. All testing is done with no advanced notice, so you will not be given any warning before you are notified of selection for a test.



### STEP 2 Reporting for sample collection

You are required to report to the Doping Control Station immediately and you will be chaperoned at all times following notification. You are entitled, and are strongly encouraged, to have a representative accompany you throughout the doping control process. Prior to any competition it is advisable to inform your representative of the procedure and their role should they be required.



### STEP 3 Selecting sample collection vessels

You will be asked to select a sealed sample collection vessel. You should check it is empty, clean and the seal is intact. If you are in doubt ask your representative to assist, or choose another sample collection vessel.

The sample collection vessel should be kept in sight of the DCO and yourself (or your representative) at all times throughout the entire procedure.



### STEP 4a Urine sample provision

You will be required to provide a urine sample under direct supervision of a DCO of the same gender.

You must retain control of the sample collection equipment. The DCO should not handle the sample collection equipment unless requested to do so by you.

You will be asked to remove enough clothing so that the DCO can directly observe the passing of the urine from your body into the sample collection vessel.

You should provide as much urine as possible (at least 90mls) into the sample collection vessel unless otherwise advised by the DCO.



You will be offered a choice of sealed sample bottle kits (which includes the A and B sample bottles). Check that the kit has not been tampered with and the sample bottles are empty, clean and intact.



You should divide your samples between the A and B sample bottles, and tightly seal them. The DCO will never handle any of the equipment during the procedure, unless you ask them to.

Once the bottles have been sealed you will be asked to place them into plastic bags and into the storage box.

The DCO will use a refractometer to check that your sample has a suitable concentration for analysis.

If your urine sample is too dilute and unsuitable for analysis, the DCO will record this on the sample collection form and you will be asked to provide additional samples until you produce a sample that is suitable for analysis. The DCO may determine, in exceptional circumstances, that the sample collection session should end.



### STEP 4b Blood sample provision

The Blood Collection Officer (BCO) shall assess the most suitable vein for sample collection and will clean the site. Then they will unseal the hypodermic needle and attach the vacutainers and withdraw blood to fill the required number of vacutainers. No more than three attempts will be made per session.

After withdrawing the needle the BCO will place a cotton wool dressing over the puncture site and provide you with a plaster.

There is a slight possibility that a small amount of blood may leak from the needle site during or after sample collection. This is not unusual so you, or your representative, should not be alarmed by this.

#### Sealing the blood sample

Once the needle is removed, you or the BCO will place the self-sealing, secure vacutainers into the storage containers and tightly seal them. Make sure you check for any leakage.

#### Storing the blood sample

The sealed blood sample will be kept in the doping control station at a cool but not freezing temperature, prior to sending for analysis.



### STEP 5 Recording and certifying the information for blood and urine samples

The DCO or BCO will record the A and B sample bottle numbers on the sample collection form and you will be invited to check that this information is correct.

You will be asked to declare the following on the sample collection form:

- any medications or supplements taken within seven (7) days of the sample collection
- any therapeutic use exemption that you have in place
- any declaration of use that you have in place
- any blood transfusion that you have had in the past six months.



Finally, include any comments you have on the sample collection form.

Before signing, check the whole sample collection form thoroughly, making sure the information is accurate and correct.

You should check that the laboratory’s copy of the sample collection form (yellow page) does not include any of your personal details.

The DCO or BCO will give you a copy of the sample collection form, and you should make sure you keep it in a safe place.

This completes the sample collection procedure.

## ATHLETES WITH A DISABILITY

Samples collected from athletes with a disability shall be collected in accordance with the procedures outlined in this guide unless modifications are necessary due to the disability.

## ATHLETES WHO ARE MINORS

Athletes under 18 are strongly advised to have a representative accompany them throughout the sample collection procedure. This representative will not witness sample collection unless requested to by the athlete.

Athletes who are minors must be notified in the presence of an adult (this can be the representative or someone else) and, when the athlete provides the sample, the DCO must be observed by another DCO or a Chaperone.

Dame Tanni Grey-Thompson,  
100% me Ambassador



## DRUG INFORMATION

[www.globaldro.co.uk](http://www.globaldro.co.uk)

## 100% ME ATHLETE ZONE

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

## THERAPEUTIC USE EXEMPTION

E: [tue@ukad.org.uk](mailto:tue@ukad.org.uk)

F: +44 (0) 800 298 3362

## UK ANTI-DOPING

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

T: +44 (0) 20 7766 7350

## WORLD ANTI-DOPING AGENCY

[www.wada-ama.org](http://www.wada-ama.org)

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