

Sport Ireland Anti-Doping

# Anti-Doping Update

# Outline

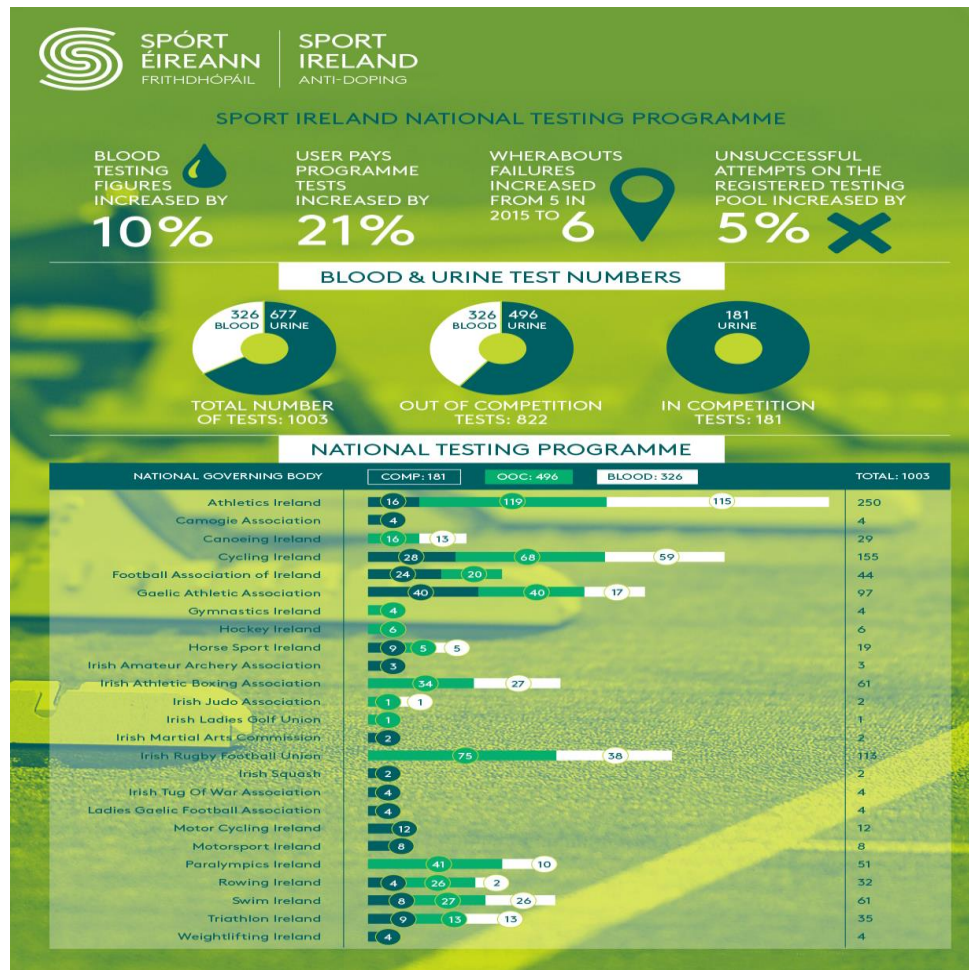
- 1 Sport Ireland Update**
- 2 Testing**
- 3 Prohibited List/ TUE's**
- 4 Anti-Doping Rule Violations**
- 5 Supplements & Risk Minimisation**

# Sport Ireland: National Anti-Doping Organisation (NADO)

## Functions

1. to take such action as Sport Ireland considers appropriate, including testing, to combat doping in sport;
2. to plan, implement, evaluate and monitor education and information programmes for good conduct, fair play and the elimination of doping in sport;
3. in its capacity as the national anti-doping organisation in the State, to direct the collection of samples, to manage the testing and test results of samples and attend hearings, as required;

# Testing figures 2016



# Sport Ireland Anti-doping Unit

- 1 Testing**
- 2 Prevention and Education**
- 3 Intelligence & Investigations**

# Testing

# In and Out of Competition





# Intelligence

---



# WADA Prohibited List



# WADA Prohibited List

‘the banned list’

Drug tests check for categories of substances and methods on this list



***Is it fair that an athlete can be banned from sport for taking a prohibited substance by mistake?***

**Strict Liability**

**Your Body.**

**Your Responsibility.**

The Simple Advice...

**Your athletes must check all  
their prescribed and over-the-  
counter medications**

# Republic of Ireland

[www.eirpharm.com](http://www.eirpharm.com)

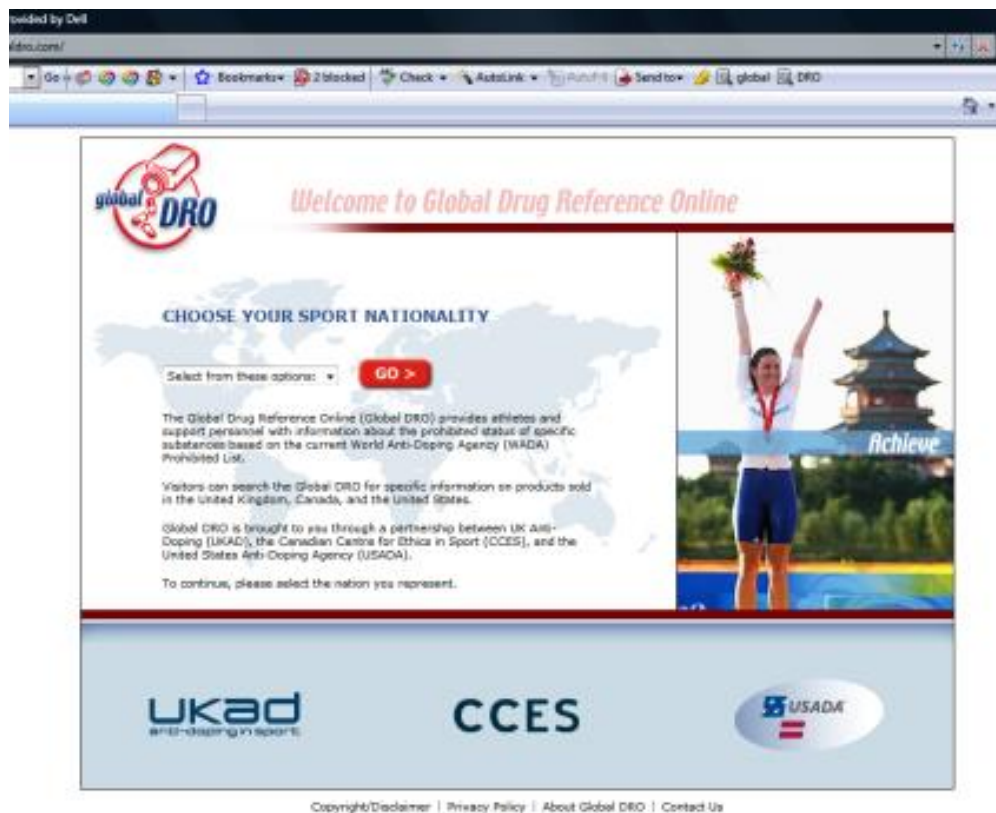


# ISC Medication Checker App

Links to [www.eirpharm.com](http://www.eirpharm.com)



# Northern Ireland, USA, UK



# The Same?

Republic of Ireland



America



**PROHIBITED!!!!!!**

# **Recreational Drugs (including Cannabis) are on the Prohibited List**

## TUE Advice

**If an athlete needs to take a prohibited medication for a medical condition the he/she will require a therapeutic use exemption.**

**The player's PRESCRIBING doctor needs to sign the form, and give the MEDICAL FILE details**

# Anti-Doping Rule Violations



# Doping Violations

1. Presence of a *Prohibited Substance* in an *Athlete's Sample*
2. *Use or Attempted Use* by an *Athlete* of a *Prohibited Substance* or a *Prohibited Method*
3. Refusing or failing to do a drug test after notification
4. Committing Three *Whereabouts Failures* (Filing Failures or Missed Tests) in 12 months

# Doping Violations cont....

**5. *Tampering***

**6. *Possession of Prohibited Substances and/or Prohibited Methods***

**7. *Trafficking in any Prohibited Substance or Prohibited Method***

**8. *Administration to an Athlete of any Prohibited Method or Prohibited Substance; assisting, encouraging, aiding, abetting, covering up***

# Anti-Doping Violations

**9. *Complicity - Involvement in an ADRV committed by another person, such as helping to cover up that ADRV or avoid detection, will be sanctioned in the same way as that violation.***

**10. *Prohibited Association -Associating with a person such as a coach, doctor or physio who has been found guilty of an ADRV or equivalent offence to a doping violation will be sanctioned with a ban of up to 2 years.***

# Supplements & Sports Foods

## Minimise Risk

**Remember no guarantee can be given that any supplement is free from banned substances**

**Assess the need**

**Assess the risk**

**Assess the consequences**

# Research

**The Anti-Doping Authority in the Netherlands conducted a study in 2015**

**Presence of prohibited substances in high risk sports supplements available from Dutch web shops**

**66 products from 21 different brands were submitted for analysis  
38% of the supplements tested positive for prohibited substances.**

# What's the consequence?

**BANNED!**

**4  
Years**

# Minimise Risk

**Undertake a thorough internet search**

**Only use batch tested products**

**Checking Informed Sport (which is a risk minimisation programme) that the supplement has been batch tested**



# Limitations to informed sport

As part of the informed sport, HFL do not test for all substances on the prohibited list.

Time delay when new substances emerge to when added to the HFL testing programme.

The amount tested is a tiny proportion of the entire batch

# Contaminated Product

The issue of contaminated products has been acknowledged in the new WADA 2015 code.

If an athlete can establish no significant fault or negligence then the sanction can range from a reprimand to a maximum of 2 years.

# Research

**Must** search the name of the products and the ingredients

Must take a screen shot of all research conducted and save it in a folder

Back up the saved data to be sure

Check informed sport, search product name and the ingredients.

# Sport Ireland eLearning

1 <http://elearning.sportireland.ie/login/index.php>

# Questions?