



WELSH ATHLETICS
ATHLETAU CYMRU

Anti- Doping Education Strategy
2015 - 2019



Welsh Athletics Anti-Doping Education Strategy April 2015 - 2019

Introduction

Welsh Athletics fully supports the principal that Anti-Doping in sport is critical to maintain the integrity and ethos that sport abides by.

As a National Governing Body (Home Countries) Welsh Athletics falls under the overall umbrella of British Athletics and as such are committed to adopting and implementing the objectives as fully outlined in the Anti-Doping Education Strategy 2013 - 2017. It is important that we do so to ensure continuity and consistency.

Link to British Athletics Anti-Doping

<http://www.britishathletics.org.uk/anti-doping/#>

Link to Welsh Athletics Anti-Doping

<http://www.welshathletics.org/athletes/anti-doping.aspx>

Link to UK Anti-Doping (UKAD)

<http://www.ukad.org.uk/>

Link to World Anti-Doping Agency (WADA)

<https://www.wada-ama.org/>

Welsh Athletics acknowledges that the British Athletics education cycle run from 2013 - 2017 and we will adopt any revisions as they are published.



Objectives 2015 - 2019

1. As a National Governing Body our intention is to provide Anti-Doping education at all levels including delivery to; athletes on our support programme, club athletes, coaches and parents. This education strategy is to be delivered to ensure all involved in the sport of Athletics are empowered to make informed decisions relating to Anti-Doping Regulations.
2. All Welsh Athletics supported athletes are to undertake an annual education session supported by UKAD.
3. To be agreed at Welsh Athletics Board Level and in full collaboration with UKAD an educative presence as deemed appropriate at the following events:
 - Indoor / Outdoor Age Group Championships (Under 15/17/20 & Senior)
 - Welsh Schools Cross Country / Track and Field Championships
 - National Performance / Development Programme Days (Athlete / Coach / Parent Education)
 - All Team events
 - Appendix 1 details all possible opportunities to deliver sessions
4. Establish a robust annual register of Athletes who have participated in education sessions.

Education Strategy & Core Principles

The core principles that underpin the strategy are as follows;

- A positive and systematic approach to anti-doping education
- Increase the knowledge and understanding throughout the athletics community in Wales
- Deliver an athlete focused programme which is tailored to their participation level
- An integrated anti-doping development pathway throughout the levels of competition
- To reduce the likelihood of unintentional doping



Key Messages to be delivered

- Importance of assessing and understanding nutritional needs (Appendix 1 - UK Athletics' Supplement Position Statement)
- Understanding of strict liability
- Understand the risks - Informed-Sport
- Record keeping
- Checking Medications and Substances -Global Dro
- Therapeutic Use Exemptions (TUE)
- Testing Procedure

These key messages will initially be delivered to Clubs throughout Wales as per delivery schedule in Appendix 2

Useful links

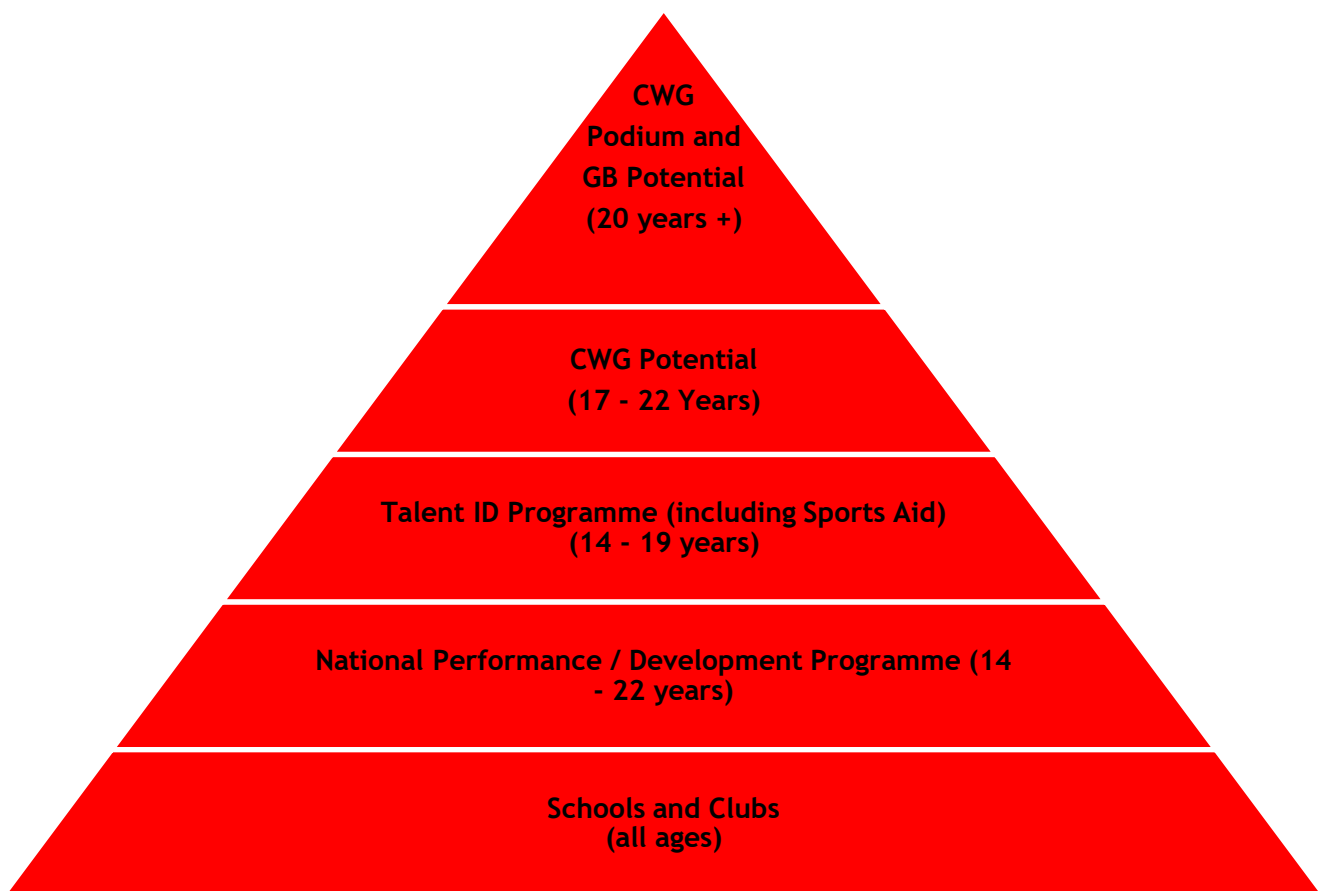
Global Dro - <http://www.globaldro.com/uk-en/>

Informed Sport - <http://www.informed-sport.com/>


Therapeutic Use Exemptions (TUE) - <http://www.ukad.org.uk/about-TUE>

Education pathway

Welsh Athletics is committed to tailoring the education platform to the athlete pathway (see below) in the most effective manner.



Education Pathway Breakdown

 WELSH ATHLETICS ATHLETAU CYMRU	CWG Podium @ Great Britain Potential (20 years +)	CWG Potential (17 - 22 years)	Talent ID Programme (including Sports Aid) (14 - 19 years)	National Development Programme (14 - 22 years)	Schools and Clubs (all ages)
ADAMS	X				
Whereabouts	X				
Testing Procedures	X	X	X	X	X
Rule Violations & Consequences	X	X	X	X	X
Rights & Responsibilities	X	X	X	X	X
Prohibited List	X	X	X	X	X
TUE	X	X	X	X	X
Checking Medication	X	X	X	X	X
Risk of Supplements	X	X	X	X	X
Alternative to Doping	X	X	X	X	X
Case Management Process	X	X	X	X	X
Importance or Fair Play	X	X	X	X	X



Appendix 1

UK Athletics' Supplement Position Statement

UKA recognises that some athletes choose to use supplements but believes that it is important that athletes are aware of all the facts, and risks, so that this choice is an informed one. This document sets out UKA's position on supplements and provides clear advice to athletes, and those who support athletes, on how to reduce the real risk of inadvertent doping posed by supplement use.

UKA places great value on the importance of good nutrition and believes that athletes should aim to satisfy their nutritional needs from a balanced diet of whole foods and good hydration. Athletes are fully responsible for what they take in to their bodies. Unfortunately, the manufacture of supplements is not regulated to the same extent as the manufacture of registered medications and therefore there can never be any guarantee that a particular supplement is totally free of prohibited substances, regardless of which ingredients are listed on the supplement packaging.

Irrespective of how a prohibited substance enters an athlete's body (even unknowingly or unintentionally), the presence of the prohibited substance is an anti-doping rule violation and disciplinary proceedings will follow any finding. UKA's recommendation therefore is for athletes to follow this clear, 3-point approach to reduce their exposure to the risks associated with supplements:

- **Assess and understand your nutritional needs** and use a balanced diet to satisfy these. Where possible, seek the advice of a qualified nutritionist (a register of Performance Nutritionists can be found at www.senr.org.uk). With good nutrition and hydration you may find there is nothing to be gained by using supplements. However if, having reviewed your diet, you decide that supplementation is of benefit to your diet, carefully research these supplements to see if there is any independent, scientific evidence to support their claimed benefits
- Understand that **strict liability** makes you solely responsible for what you ingest and the presence of a prohibited substance in your sample, regardless of how it got there or whether or not it was taken intentionally, can not only be harmful for your health but is an anti-doping rule violation which will likely lead to a **ban from athletics** for a period of time
- Having completed steps 1 and 2, if you believe that supplement use would provide a real benefit to you and you understand the risks associated with supplement use and the consequences of ingesting a prohibited substance, then UKA recommends that you only use specific batches of products which have been tested as part of the Informed-Sport www.informed-sport.com programme. **Informed-Sport batch-testing** reduces the risk of a product containing a prohibited substance however there is no 100% guarantee that any product is safe; you would still be liable if a finding resulted from the use of an Informed-Sport tested product. When searching on the Informed-Sport website ensure that you search both the product and the specific batch you are intending to use, and keep a record of your search. Informed-Sport is UK-based; athletes living abroad should either refer to a similar local scheme or source Informed-Sport tested products whilst back in the UK .



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If you are tested and have used a supplement in the previous 7 days **you must record this on the Doping Control Form (DCF).**

Useful link - www.informed-sport.com/en



Appendix 2

Clean Sport Delivery Strategy 2015 - 2016

- (1) All Welsh Athletics Staff that have any direct contact with Athletes, Coaches, Teachers etc are to complete and pass the UKAD Anti-Doping Advisor* training by Dec 31 2016.
- (2) As a pilot work with clubs below to ensure that they have an Anti-Doping Advisor* in place and that the role of the Advisor is understood by the clubs / members by 1 April 2017.

Club	Contact Name:	Contact No:	Contact Email:	Region
Bridgend				South Wales
Cardiff				South Wales
Cardiff Archers				South Wales
Aberdare				South Wales
Rhondda Athletics Club				South Wales
Barry & Vale				South Wales
Deeside				North Wales
Menai				North Wales
Colwyn Bay				North Wales
Wrexham				North Wales
Blaenau Gwent				East Wales
Brecon / Newtown				East Wales
Cwmbran Harriers				East Wales
Newport Harriers				East Wales
Neath Harriers				West Wales
Swansea Harriers				West Wales
Llanelli AC				West Wales
Pembroke Harriers				West Wales
Carmarthen Harriers				West Wales

**These are UKAD trained personnel who can advise on anti-doping good practice and direct them effectively to further information*



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- (3) Clean Sport update to be given at National Coaching Conference (27 September 2015) and an information sheet enclosed in conference pack.
- (4) Anti-Doping Workshops for Athletes, Coaches and Parents at NDP & NPP Sessions delivered in 2015 / 2016.
- (5) Anti-Doping update sessions to be included in Team Meetings of all International Fixtures in 2015 / 2016 and a registry kept of athletes attending.
- (6) Registry of club visits where Anti-Doping was discussed is to be kept going forward to include date, club contact, brief summary of discussion / training and any action plans/logs generated.
- (7) Reporting:
 - a. Scott Simpson / James Williams / Chris Moss - Monthly update (summary)
 - b. Board / GC - ¼ updates (AP→SS→Board / GC)
 - c. Board / GC - Annual Report (AP→SS→Board / GC)