

UKAD states

“Everyone has a role to protect clean sport, cheating in any form undermines the spirit of the sport and efforts of clean athletes”

Firstly who you need to know: WADA and UKAD; who are they?

WADA is the world anti-doping agency, it is a collaborative worldwide movement for doping-free sport. It co-ordinates, develops and harmonizes the anti-doping rules and policies in all sports and all countries.

UKAD is the national body responsible for creating a UK-wide environment of confidence in clean sport. It makes sure sports bodies comply with the WADA code through implementation and management of the UK's National Anti-Doping Policy.

The prohibited list developed by WADA sets out the substances and methods prohibited in Sport.

<https://www.ukad.org.uk/athletes/whats-banned-sport-prohibited-list>

It does not matter when you take a substance, if it is prohibited in-competition and it is found in your system you may face a ban.

What that means for you

You are responsible - 'strictly liable' - for anything found in your system, regardless of how it got there or whether there was any intention to cheat.

WADA website - <https://www.wada-ama.org/en>

UKAD website - <https://www.ukad.org.uk/>

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Anti-Doping Guide

Most of you may never come across races where you have anti-doping testing but that is no excuse for not understanding your responsibility to keep sport clean at all levels and ages. Start now, to apply useful habits to protect the future of sport.

What you put in your body whether food, drink, medication prescribed by the doctor or bought over the counter at a pharmacy, matters. Most athletes get caught out due to the use of the supplements they take.

Here are some resources to help you keep clean

<https://www.ukad.org.uk/athletes/100-me>

This is the UKAD education and information program to help you play by the rules



<https://www.globaldro.com/UK/search>

Check out your medications for prohibited substances



<https://www.informed-sport.com/certified-product-brands>

Check out your supplements to make sure they are Certified and safe.



If you genuinely have a medical condition which requires medication that has a substance on the prohibited list you can apply for a TUE (therapeutic use exemption) If it is required for any competitions you enter, it is your responsibility to check the rules of the races you enter and understand the application process. <https://www.ukad.org.uk/tue-wizard>

Never mind getting a ban, outcast from races and be shunned by athletes working hard to keep sport clean. People who use performance enhancing drugs can cause significant harm to their health including but not limited to cardiovascular problems, which are potentially life threatening. Hence why they are banned.

Keep Safe and Keep Sport Clean!

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