



Sport Ireland is the organisation responsible for the management of the Irish Sports Anti-Doping Programme on behalf of the National Governing Bodies (NGBs) of Sport in Ireland.

This wallet card is designed as a brief overview of key aspects of Anti-Doping.

You should also check out:

- www.sportireland.ie/anti-doping for comprehensive information
- The Anti-Doping Rules of your International Federation (if applicable)

Role of the NGB

NGBs play a pivotal role in ensuring their membership are informed and educated about anti-doping rules, and ensuring that all athletes and athlete support personnel participate in an environment that is drug-free and that promotes the spirit of sport.

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Each NGB has appointed an Anti-Doping Officer who is the primary contact person between Sport Ireland and the NGB on anti-doping matters.

The Anti-Doping Officer is ultimately responsible for ensuring that their NGB meets its responsibilities in relation to anti-doping. See www.sportireland.ie/anti-doping

Do you know who the Anti-Doping Officer is for your sport? If not, contact your NGB or Sport Ireland.



Sport NI is committed to drug-free sport and fully supports Sport Ireland anti-doping programme. The Pure Winner initiative continues to educate and inform athletes, coaches and athlete support personnel on their rights and responsibilities, and aims to create a strong clean sport culture by empowering athletes to be 'Pure Winners'.

Website: www.sportni.net
Telephone: +44 (0) 20 9038 1222
Email: anti-doping@sportni.net
Twitter: @PureWinnerNI

Supplement Guidelines

There are no guarantees that any dietary supplements are safe. Before taking any dietary supplements please assess the following.

The Need: seek nutrition advice from a professional sports dietician

The Risk: If you choose to take a supplement you should assess the associated risks and make an informed decision. Please see risk minimisation guidelines below

The Consequences: Consider the consequences of consuming a contaminated product on your sporting career. Potentially this could result in a 4 year ban

Contaminated Products

The issue of contaminated products has been acknowledged in the new 2015 WADA Code. If an athlete can establish no significant fault or negligence then the WADA sanction can range from a reprimand to a maximum of 2 years.

Before taking any dietary supplements please ensure you have evidence of the following

Managing the Risks of Supplements

- You MUST undertake thorough internet research of any supplement products before it is consumed.
- This search should include the name of the product and the ingredients/substances listed.
- Information revealed as a result should be further investigated and we advise athletes to keep evidence of their research.
- Screen shots should be taken and the results saved in a folder. All saved information should be backed up.
- www.informed-sport.com is a risk minimisation tool that can be used to access supplements that have been batch tested.



If you have any information with regard to doping that you would like to share with us. This information can be submitted anonymously if you wish. Please go to our report doping form on our website at www.sportireland.ie/Anti-Doping/Report-Doping/

Irish Anti-Doping Rules

The Irish Anti-Doping Programme is based on the Irish Anti-Doping Rules. The rules are updated from time to time, with the most recent version of the rules available at www.sportireland.ie/anti-doping

Doping is defined as the occurrence of one or more of the anti-doping rule violations which are outlined in Article 2 of the Irish Anti-Doping Rules and summarised as follows:

- Having a prohibited substance found in your bodily sample (blood or urine)
- Use or Attempted Use of a prohibited substance or method
- Refusing to provide a sample when requested
- Tampering or Attempted Tampering with any part of the drug testing procedures
- Possession of any prohibited substance or method
- Trafficking or Attempted Trafficking in any prohibited substance or method
- Administration or Attempted administration of any prohibited substance or method
- Registered Testing Pool (RTP) athletes accumulating three whereabouts failures within an 12 month period
- Involvement in an Use Anti-Doping Rule Violation (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.
- 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.

Coaches

Coaches have an important role to play in ensuring that their athletes are not tempted by doping, and ensuring that athletes are aware of their responsibilities under the Irish Anti-Doping Programme. Check out the resources for Coaches on www.sportireland.ie/anti-doping

Test your knowledge by taking part in the online Coach True e-learning programme at <http://www.sportireland.ie/Anti-Doping/Support-Personnel/>

Disclaimer

The information in this card is deliberately concise and is intended to be used as a guide only. For full information on Anti-Doping please visit www.sportireland.ie/anti-doping. The information is correct at time of going to press.

Sample Collection Procedures

To familiarise yourself with the sample collection procedures that are followed during a drug test:

RESOURCES

- Check out www.sportireland.ie/anti-doping
- Read the leaflet 'Sample Collection Procedures – Urine and Blood'
- Check out Sport Ireland's e-learning programme <https://elearning.sportireland.ie/login/index.php>

Briefly, there are 5 steps in the Sample Collection Process:

1. Athlete Selection

Testing takes place in two situations – in-competition and out-of-competition. In-Competition testing takes place at sporting events. Selection is usually random, from members of a team/squad or athletes entering a competition. Selection may be random or targeted such as finish position, jersey numbers, discipline or targeted for a particular reason. Athletes who have not taken part in the competition, e.g. reserves or non-starters, are still subject to doping control. Out-of-Competition testing takes place anytime, anywhere with no advance notice. Out-of-Competition is usually for athletes on the Registered Testing Pool (RTP), or teams/national squads on the National Testing Pool (NTP).

2. Athlete Notification

A Doping Control Officer (DCO)/Chaperone will notify you if you have been selected for testing – either urine, blood or both. They will explain your rights and responsibilities and ask you to sign the Doping Control Form. You must report immediately to the Doping Control Station. The DCO/Chaperone will stay at your side at all times until the process is finished. Check out the resources for detailed information on

3. Sample Collection

One or more urine samples and/or blood samples will be collected from you. Testing by other anti-doping authorities may be slightly different; if you have any concerns with the process, record it on the doping control form. The DCO/Chaperone will guide you through a process of selecting equipment, provision of the urine/blood sample and sealing the sample for the lab. Check out the resources for detailed information on how the sample is collected and your rights and responsibilities in the process. You should declare all medications and supplements taken in the past 7 days prior to drug testing on the Doping Control Form at the time of testing.

4. Sample Analysis

Samples are sent to a WADA accredited laboratory for analysis.

5. Results Management

The laboratory sends the result to Sport Ireland who will then forward the result to your National Governing Body (NGB). It is the responsibility of your NGB to notify you of the result in writing. If you have not received your result from your NGB within 6 weeks of the sample collection, please contact your NGB for the result.

Who can be tested and when?

Athletes across the full spectrum of sport in Ireland may be drug tested both in- and out-of-competition. Athletes competing at national level in team sports and athletes participating in national level squad training may be tested out-of-competition at their training venue or in some cases at their residence.

The decision to test athletes is not based on age; it is based on the level that the athlete is competing at. Minors competing at national level may be tested. When a minor is providing a sample, they have the right to request their representative to be present in the toilet area to observe the witnessing chaperone/doping control officer. Check out www.sportireland.ie/anti-doping for more details on the testing programme.

The Prohibited List

The World Anti-Doping Agency publishes the Prohibited List of Substances and Methods prohibited in sport. It is issued on an annual basis and may be updated throughout the year. The complete and current list can be found at www.sportireland.ie/anti-doping

The following is a summary: Prohibited substances in-and-out-of-competition

S0: Non-Approved Substances

S1a: Exogenous Anabolic Androgenic Steroids

S1b: Endogenous Androgenic Anabolic Steroids when administered exogenously

S1.2: Other Anabolic agents, e.g. Tibolone

S2: Peptide hormones, growth factors, related substances and mimetics

S3: Beta-2 agonists

S4: Hormone and metabolic modulators

S5: Diuretics and masking agents

Prohibited substances in-competition

S6a: Non-specified stimulants

S6b: Specified stimulants

S7: Narcotics

S8: Cannabinoids

NOTE: Recreational drugs including cannabis are prohibited and tested for in-competition

S9: Glucocorticoids

Prohibited substances in particular sports - Consult the relevant sport for its individual prohibited list

P1: Beta-blockers

Prohibited methods in-and out-of-competition

M1: Manipulation of blood and blood components

M2: Chemical and physical manipulation

M3: Gene doping

Supplements

Athletes are held to the standard of "strict liability" which means that you are responsible for any prohibited substance found in your system, regardless of how it got there. If a Vitamin or Mineral Supplement has a Marketing Authorisation number its status can be checked using one of the sources on the Resources section of this card. While the status in sport of some over-the-counter or prescribed medications are included in this wallet card, full information is available in the sources listed in the Resources section. If a product has no Marketing Authorisation number then it cannot be checked and therefore you use it at your own risk.

WARNING:

- Some vitamin, herbal and nutritional substances/ supplements may also contain prohibited substances, such as Ma Huang, Chinese Ephedra
- Methylhexanamine has been found in nutritional supplements, typically those that are designed to increase energy or aid weight loss, and is referred to by a number of alternative names including 1,3-dimethylamylamine, dimethylamylamine, dimethylpentylamine, DMAA, forthan, forthane, floradrene, geranamine and geranium oil. A list of known products containing methylhexanamine is as follows: Jack3D, 1.M.R, Lipo-6-Black, Hemorush, Hemodrene, Hemo-Rage Black, Napalm, Spirodex, F-10 and DY Nox Pump
- Do not be misled by the term "natural" or that a product is specifically marketed as a "sports supplement", and remember that a prohibited substance can sometimes be referred to by a different name on the list of ingredients, or perhaps not listed at all
- Refer to the Sport Ireland's Supplements and Sports Food Policy for more information available at <http://www.sportireland.ie/Anti-Doping/>

Therapeutic Use Exemption (TUE)

TUE stands for Therapeutic Use Exemption. If your medication is prohibited check if an alternative permitted treatment can be used, otherwise you may need to apply for a TUE before using the substance (a Pre-Test TUE) OR in some cases, as long as you have a medical file in place for a TUE, you may take the substance, and if required apply for a Post-Test TUE. Check out www.sportireland.ie/Anti-Doping/Athlete-Zone/Therapeutic-Use-Exemptions-/ for full details on Sport Ireland TUE Policy and the TUE application process. Athletes who compete at International Level should check, and comply with, the TUE requirements of their International Federation.

All TUE applications MUST be accompanied by a medical file reflecting current best medical practice to include:

1. A complete medical history
 2. Copies of all relevant examinations and clinical notes (for example, if you reference a clinical visit in a letter or summary, you must include a copy of the clinical notes taken during the visit with your application form)
 3. Copies of laboratory results/ reports, and imaging studies
 4. Exact name, speciality, address (including telephone, e-mail, fax) of examining physician
- Reminder: Athletes on the RTP must submit a Pre-Test TUE before taking a prohibited medication

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If in doubt, contact Sport Ireland for assistance

Resources to check over-the-counter and prescribed medications to see if they are prohibited in sport:

Republic of Ireland

Sport Ireland drugs in Sport database in partnership with eirpharm <http://medcheck.sportireland.ie>

Medication Checker App

Download the App on iPhone or Android Smartphones (links to www.eirpharm.com)

MIMS Ireland



A G.P., Consultant or Pharmacist can check a monthly publication called MIMS Ireland

Northern Ireland, UK, Canada, USA

Global DRO

www.globaldro.com hosts a database for checking medications

www.globaldro.com

Rest of the World Medications

WADA Prohibited List

If you purchase medications in any other part of the world, check your medication as follows:

- a) Use the Medication World Map on www.sportireland.ie/anti-doping to check if there are any resources for checking medication status in the country where you purchase the medication
- b) Check the medication against the current WADA Prohibited List on www.wada-ama.org - print off the Prohibited List or download the Prohibited List on your smartphone - ask a sports pharmacist or doctor to assist you when checking

Treatment Guidelines

The substances and brands listed below are some examples of substances permitted and prohibited by WADA. This is not a comprehensive list. If in doubt, check with Sport Ireland. Where brand names are listed, they were checked based on purchase in the Republic of Ireland; if purchasing the same brand name in Northern Ireland, check the brand on www.globaldro.com, or if purchasing in any other country, check on a resource available in that country.

Condition:	Permitted	Prohibited
Coughs, Colds 'Flu and Nasal Congestion	<ul style="list-style-type: none"> ✓ To treat high temperatures and aches and pains associated with colds and 'flu, where medication is necessary, it is suggested paracetamol or ibuprofen be considered e.g. Panadol, Nurofen, Nurofen Express ✓ To treat coughs a number of permitted preparations are available, these include: Benlylin Non Drowsy Chesty Cough, Benlylin Non Drowsy Dry Cough ✓ Xylometazoline nasal sprays e.g. Otrivine, Non-Drowsy Sudafed Decongestant ✓ Corticosteroid nasal sprays, e.g. Nasonex Aqueous and Nasacort 	<ul style="list-style-type: none"> X Pseudoephedrine is prohibited in-competition at urinary concentrations > 150 micrograms/ml. Pseudoephedrine is found in many over-the-counter medicines available in pharmacies including many multi-ingredient products used as cough and cold remedies, hayfever and decongestant treatments, e.g. Benlylin Four Flu, Advil Cold & Flu, Actifed Syrup and Tablets, Non-Drowsy Sinutab Tablets, Day Nurse, Nurofen Cold & Flu, Robitussin Plus X Athletes should stop taking pseudoephedrine containing medicines at least 24 hours before competition. X The cough and decongestant medication Casacol is also prohibited in-competition
Respiratory and Asthma (see www.sportireland.ie/Anti-Doping/Athlete-Zone/Therapeutic-Use-Exemptions-/ for full guidance on respiratory and asthma medications)	<ul style="list-style-type: none"> ✓ Theophylline, aminophylline, tiotropium bromide and montelukast are permitted ✓ Inhaled salbutamol (e.g. Ventolin Evohaler, Ventolin Diskus, Salamol Easi-Breathe, Salamol CFC-Free Inhaler) to maximum inhaled dose of 1600 micrograms over 24 hours in divided doses, not to exceed 800 micrograms over 12 hours starting from any dose ✓ Inhaled salmeterol (e.g. Seretide, Serevent) maximum 200 micrograms over 24 hours ✓ Inhaled formoterol (e.g. Symbicort Turbohaler, Oxis Turbohaler, Foradil Aerolizer, Flutiform) to a maximum DELIVERED dose of 54 micrograms over 24 hours is permitted. The delivered dose is the dose delivered that leaves the mouthpiece of device. There are a number of different devices available. Of these, currently the most popular is Symbicort. Symbicort labelled as containing 12 mcg per metered dose, delivers 9 mcg. For more information see www.sportireland.ie/Anti-Doping/Athlete-Zone/Respiratory-Asthma-Medications/ ✓ Inhaled steroids beclomethasone (e.g. Beclazone, Becotide), fluticasone (e.g. Flixotide), budesonide (e.g. Pulmicort), mometasone (e.g. Asmanex) and ciclesonide (e.g. Alvesco) are permitted 	<ul style="list-style-type: none"> X Indacaterol (e.g. Onbrez, Ultibro Breezehaler), olodaterol (e.g. Spiolto Respimat, Striverdi Respimat), vilanterol (e.g. Relvar Ellipta, Anoro) and terbutaline (e.g. Bricanyl) are prohibited ! Thresholds of use apply to three beta-2 agonists - If an athlete needs to use the beta-2 agonists salbutamol, salmeterol or formoterol at levels over the thresholds stated (under the Permitted column to the left), they should immediately contact Sport Ireland for advice, adhere to the TUE Policy, and ensure they have a medical file in place - see www.sportireland.ie/Anti-Doping/Support-Personnel/Therapeutic-Use-Exemptions-/ for details X Oral beta-2 agonists, e.g. oral terbutaline, salbutamol (e.g. Ventolin Oral Solution), are prohibited X Oral steroids (e.g. oral prednisolone) are prohibited in competition
Hayfever and Allergy	<ul style="list-style-type: none"> ✓ Oral antihistamines such as loratadine or cetirizine, e.g. Zirtek, Neoclarityn, Cetrine Allergy ✓ The grass pollen allergen extract Grazax or Oralair ✓ Corticosteroid nasal sprays, nasal drops and eye drops ✓ Sodium cromoglycate eye drops 	<ul style="list-style-type: none"> X Athletes should stop taking any Pseudoephedrine-containing products such as Zirtek Plus Decongestant, a combination antihistamine and pseudoephedrine decongestant treatment, at least 24 hours before competition X Intramuscular injections of glucocorticosteroids such as Depo-Medrone (methylprednisolone acetate) are prohibited - TUE applications (Pre- or Post-Test) will only be considered where a medical file shows that all other therapeutic options have been considered before use of glucocorticosteroid injections for hayfever
Haemorrhoids	<ul style="list-style-type: none"> ✓ Anusol Suppositories, cream and ointment 	<ul style="list-style-type: none"> X Suppositories containing steroids e.g. Anusol HC Suppositories are prohibited in-competition
Condition:	Permitted	Recommended Precautions
Skin Conditions	<ul style="list-style-type: none"> ✓ Dermatological preparations of steroids such as Hc45, Cortopin and Hydrocortisyl 	<ul style="list-style-type: none"> Do not take any medications given to you by others without checking them first and establishing if they are permitted in your sport Some medications are available in different combinations; one may be allowed, while another is banned e.g. Anusol Suppositories are permitted, Anusol HC Suppositories are prohibited in-competition Seek appropriate medical assistance if you require medications when overseas. Use of foreign medications is at the athlete's own risk. Don't assume that brand names available abroad are the same as those at home e.g. Vicks Inhaler which is widely available in Ireland is permitted in sport; however, some Vicks Inhalers available in the US contain a prohibited substance Some products available in Northern Ireland (and not in the Republic of Ireland), e.g. Franol Plus, Cam, Haymine, Do-Do Tablets, contain the prohibited substance ephedrine and are therefore prohibited in-competition If you suffer from a pre-existing condition (e.g. epilepsy, asthma, diabetes, hayfever), take a supply from Ireland of any medications you may need when you are travelling overseas When travelling overseas, consider taking common medications with you (e.g. painkillers, cold tablets, upset stomach medications)
Pain and Inflammation	<ul style="list-style-type: none"> ✓ Paracetamol, codeine, dihydrocodeine, tramadol, all Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) including ibuprofen, aspirin, and local anaesthetics ✓ Local injections e.g. intra-articular, peri-tendinous and peri-articular etc. and the use of platelet-derived preparations (PRP) 	
Antidiarrhoeals	<ul style="list-style-type: none"> ✓ Loperamide and electrolyte replacement agents, e.g. Dioralyte 	
Gastric Complaints, Nausea and Vomiting	<ul style="list-style-type: none"> ✓ Metoclopramide, domperidone, antacids ✓ Pantoprazole e.g. Pantoloc Control and Pantup Relief ✓ Omeprazole e.g. Losec Control 	
Antibiotics, Contraceptives, Anti-Malaria treatments and Vaccines are permitted.		