
GB Taekwondo & Anti-doping Awareness:

Doping in sport remains a serious issue, putting an athlete's health at risk, threatening the integrity of clean athletes and the reputation of the sport. Whilst it is not prevalent in our sport it is essential that athletes are educated, aware and able to check medications that they may need to use whether it be 'over the counter' or prescribed medicine or supplements.

GB Taekwondo fully endorses the work conducted by UK Anti-Doping (UKAD) and WT to ensure that the integrity of our sport is protected. Therefore, GB Taekwondo support the testing programmes implemented by UK Anti-Doping [UKAD] and WT. Athletes and coaches should be aware that testing can take place at competitions (deemed to be testing 'in competition') and at National Squad training sessions (deemed to be 'out of competition'). Athletes under 16 years **may** be tested.

In addition to this, athletes, [especially those on Lottery funding], can be tested at home or at training without prior notification.

WADA

The World Anti-Doping Agency was founded with the primary aim of bringing consistency to anti-doping policies and regulations within sport organisations and governments across the world. WADA coordinated the development and implementation of the World Anti-Doping Code (Code), the document harmonising anti-doping policies in all sports and all countries. For more information on WADA please visit their website: <https://www.wada-ama.org>.

UKAD

UKAD is responsible for ensuring sports bodies in the UK are compliant with the World Anti-Doping Code through implementation and management of the UK's National Anti-Doping Policy.

Please do not hesitate to ask questions about the anti-doping rules as well as asking British Taekwondo / GB Taekwondo. You may also contact UKAD directly, who will be able to answer any questions and provide guidance. For more information on UKAD please visit their website. <https://ukad.org.uk>

ANTI DOPING RULES

GB Taekwondo adopts a set of anti-doping rules that all athletes, coaches and athlete support personnel must abide by. The anti-doping rules are consistent with that of UKAD and the World Anti-Doping Code (2015 Code), which governs anti-doping internationally.

You can find the UK Anti-Doping Rules on the UK Anti-Doping website. For further information on the UKAD 2015 Code, or navigate the UKAD Code Microsite.

PROHIBITED LIST

Since 2004, the World Anti-Doping Agency (WADA) has been responsible for the preparation and publication of the list of substances and methods that are prohibited in sport, known as the Prohibited List. It is an International Standard, identifying substances and methods prohibited in-competition, out-of-competition and in particular sports.

Substances and methods are classified by categories (such as steroids, stimulants or gene doping). An athlete may be permitted to use a prohibited substance for medical reasons, if they obtain a Therapeutic Use Exemption (TUE). Please visit Check the Prohibited List found on WADA's website. Note the prohibited and restricted list is viewed and updated annually and comes into effect 1st January each year.

TESTING PROCEDURES

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer, [DCO]. When selected for testing athletes should take a representative with them to the Doping Control Station.

A urine test will follow these main steps:

- Notification
- Reporting to Doping Control Station
- Providing a sample
- Recording and certifying sample information
- UK Anti-Doping recommends that athletes follow their normal hydration routines if selected for testing.
- Athletes need to be prepared to provide details of any substances they have taken within the past 7 days– this needs to be written on the Doping Control form. Athletes should report any concerns they have about the process or the equipment on the Doping Control form.

Athletes can find out more about testing, including their rights and responsibilities, in the Athlete Zone on the UK Anti-Doping website (www.100percentme.co.uk) or by downloading the Clean Sport App from their App store.

CHECK YOUR MEDICATION

Athletes need to be aware of the principle of strict liability. This means that all athletes are solely responsible for any banned substance they use, attempt to use, or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat. Before using any medications, whether prescribed by a GP, bought over the counter in a Pharmacy or even straight from a supermarket shelf, it is vital that athletes check whether they contain prohibited substances. Medicines bought in the UK, USA, Canada, Japan, Austria, Switzerland and now Sweden can be checked using GlobalDRO (www.globaldro.com), see step by step explanation on page 4.

Athletes, coaches, parents and support personnel can also check the status of medications by using either the Drug Enquiry Line on +44 (0) 800 528 0004 or by emailing information@ukad.org.uk or visiting www.ukad.org.uk

THERAPEUTIC USE EXEMPTIONS (TUEs)

The Therapeutic Use Exemption (TUE) process is a means by which an athlete can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.

The TUE Process

1. Athletes should advise all medical personnel that they are liable to be tested, of their obligation to abide by the anti-doping rules of their sport and that any medical treatment received must not violate these rules.
2. When prescribed a medication, athletes should check if that medication is prohibited by checking the Global Drug Reference Online system www.globaldro.co.uk.
3. If the medication is not prohibited, athletes can start using the prescribed medication or treatment.
4. If the medication is prohibited, athletes should check with their prescribing physician or the sport's medical personnel if there are any alternative medications or treatments that are permitted.

5. If there are no permitted alternatives, athletes should contact GB Taekwondo or click here to find out what type of exemption is required and if a TUE should be applied for prior to use or after doping control.
6. Only in emergency situations (e.g. allergic reaction, exacerbation of asthma, onset of bell's palsy) should treatment begin without the necessary approval.

SUPPLEMENTS AND NUTRITION

Diet, lifestyle and training should all be optimised before considering supplementation. Athletes should first assess the need for supplementation and consult with an accredited sports dietician and/or registered nutritionist with expertise in sports nutrition, or doctor experienced in Sports and Exercise Medicine before taking supplements. Scientific evidence continues to suggest that supplements can become contaminated with restricted or banned substances during their production, and could lead to a positive finding. Under the principle of 'strict liability', it is the athlete who is held accountable if a prohibited substance is found in a sample provided, whether intentional or unintentional.

Informed-Sport is a quality assurance programme for sports nutrition products which certifies that all nutritional supplements and/or ingredients that bear the Informed-Sport logo have been tested for banned substances by the world class sports anti-doping lab, LGC. Athletes choosing to use supplements can use the search function on www.informed-sport.com to find products that have been through this rigorous certification process.

- Assess the need
- Assess the risk
- Assess the consequence
- Use reputable organisations and avoid purchasing by internet based companies

In summary the use of supplements cannot be 100% risk free. However, if a product is on the Informed Sport certified list and has a batch number that you can locate on Informed Sport it dramatically narrows the odds.

ANTI DOPING EDUCATION

100% me is UK Anti-Doping's education programme for athletes – designed to provide information resources, education sessions and general advice to athletes throughout their sporting careers. The 100% me campaign is about being successful, confident and retaining the values of clean, fair competition. 100% me embodies and celebrates five core values:

- Hard work
- Determination
- Passion
- Respect
- Integrity

Be a part of 100% me and keep up-to-date with all the news by registering on this website. To register Join 100% me on Facebook at www.facebook.com/100percentme.uk

REPORT DOPING

Elite athletes need to feel confident they are competing against clean athletes, just as those entering competitive sport need to believe their role models have achieved their success cleanly. We all have a duty to help protect the integrity of sport in the UK. If you notice any suspicious behaviour that gives you concern, please contact 'Report Doping in Sport', a confidential and anonymous 24-hour phone line. Call 0800 032 2332. Alternatively you can use a confidential portal: <https://forms.theiline.co.uk/UKAD>

Checking Medications

In order to check whether a medication is prohibited, restricted or permissible please familiarise yourself with the following website; www.globaldro.com.

1. Upon entering the website you will need to register the country – use United Kingdom and enter.
2. Next you will need to hit the button 'drug search'
3. Scroll to the bottom of the page and tick the box 'I have read and understand the full Terms and Conditions.' Then hit 'search for medications'.
4. You will then be presented with 5 boxes;
 - User Type – select the appropriate user description from the drop down list
 - Select the correct sport from the drop down list – Taekwondo
 - Select the country in which you purchased the medication – United Kingdom
 - Search For – Accurately enter the exact name / correct spelling of the medication
 - Show - Unless you know whether you have searched for a medication brand or ingredient select 'Show All' in the drop down box
 - Click on 'view status' looking at the 'Overall Status' and 'Status of Individual Active Ingredients'
 - Note / save the enquiry as a PDF and the reference number on the search you make. This is a unique number which is peculiar to your search and the findings presented.
5. Depending on the status of the medication will determine whether you need to take further action.
6. If the medication gives Prohibited in or out of competition or Conditional output, in the first instance please contact steve.green@gbtaekwondo.co.uk detailing the exact medication name, the dosage, the reason for its use. This will be held as a confidential record, however it will be shared with the medical team and the Talent Officer.