

A large version of the Snowsport England logo, with 'SNOWSPORT' in blue and 'ENGLAND' in red, both in a bold, italicized sans-serif font.

## ANTI-DOPING POLICY

### Version Tracking

Update Date	Version	Updated By	Changes Made	Date Approved by Board
July 2021	v 1	Tim Fawke		21.09.2021

Date of next scheduled review: June 2023



## Anti-Doping Policy

The **Board of Directors** of **Snowsport England** recognise and support the UK National Anti-Doping Policy and hereby resolves:

“The anti-doping rules of **Snowsport England** are the UK Anti-Doping Rules published by UK Anti-Doping Limited (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of **Snowsport England**”

A copy of the UK Anti-Doping Rules can be downloaded at:

<https://www.ukad.org.uk/anti-doping-rules>

A copy of the Snowsport England Anti-Doping Code can be found in Appendix 2.

**Specific Anti-Doping and Clean Sport information can be found at:**

[Anti-Doping Archives - Snowsport England](#)

**The Board of Snowsport England.**

**July 2021**



## Appendix 1

### Clean Sport Strategy for Snowsport England

#### **Snowsport England will:**

- Educate Snowsport England performance athletes and staff to protect them from inadvertent doping and to outline the procedures and consequences directed by WADA
- Maintain and report in partnership with GB Snowsport on the status of testing on English athlete in the talent pathway
- Promote Snowsport England as a Clean Sport with Anti-Doping embedded in our culture
- To work with all HN's to provide education information for all athletes and coaches involved in the talent pathway
- Work with GB Snowsport who will lead on education and support for all world class athletes and athletes on GBS programmes

#### **Our Commitments:**

##### **Education:**

##### Athletes

1. All performance development and development squad athletes to receive Clean Sport education as part the programme annually. (May/June)
2. Athlete Education to be tracked by Snowsport England
3. GBS athletes clean sport education to be tracked by Snowsport England communication

##### Coaches/ Staff

4. All coaches in the performance pathway to complete and pass UKAD Coach Clean Course online
5. Selective coaches/ staff members involved in the performance pathway to complete and pass UKAD Advisor Course online
6. All Coaches and staff to attend Clean Sport Education delivered annually with athletes (May/June)
7. Check and challenge supplement use within the programme aligned with Assessing the Need, the Risk and the Consequences
8. Coach and Staff Education to be tracked by Snowsport England

##### Parent and Guardians

9. Offer parent and guardian session annually (May/June)



ROLE	Need	What do we need to achieve?	How will we do this?	Support Needed	Comms
Athlete	To be up to date on the latest Anti-Doping information.	Athlete understands 100%, Global Dro, the testing process, whereabouts, anti-doping violations and where to access more information and help	Establish a series of workshops to be put on for athletes. This need to be regular and available to all relevant athletes (FIS athletes primarily)	SE to link with GBS and establish the key workshops.	Update SE website and provide comms for website, social and direct.
Coach	Understand the role a coach plays in supporting an athlete in this area.	The coach understands the testing process, rules violations, whereabouts	Ensure coaches operating at this level are aware of the education resources and complete any relevant courses	Ensure we have a plan for the coaches on where to access info and any workshops.	Comms in place to be sent to coaches
Parent	Be aware of the impact on medication in anti-doping and the steps needed to ensure the athlete is compliant	Knows where to go for information (Global Dro), how to speak with medical staff (GP) and the impact of medications.  Understands the TUI process	Guide parents towards the resources.  Workshop specific for parents who have athletes at this area of the pathway.	Talent lead to lead on this with comms support.	Wider SE support but led by Talent Lead on how to provide support. Videos, resources, links all shared through SE channels
Support Member (club/academy etc) This could include welfare or safeguarding staff	Is the organisation doing what it can to ensure they are supporting athletes and other key staff in this area.	A bank of resources for them to share within clubs and provide access to further information if they need it			

### Test Administration:

10. Snowsport England to allocate a staff member to be available to support any athletes and to support with any post test administration.
11. Maintain records in partnership with GBS of tests for each athlete inc. date of test, name, event/ training session tested at, copy of test paperwork in electronic format

### Promotion:

12. Snowsport England twitter and facebook page to Follow @UKantidoping on Twitter and retweet/ share (monthly) and promote UKAD Clean Sport week
13. Provide UKAD information in the form of links on the Snowsport England website to signpost all members
14. Identify a Snowsport England event where outreach work can be delivered by UKAD (Subject to UKAD support)
15. Ensure Snowsport England Commercial Partnerships align with UKAD recommendations specifically around supplements

Completed July 2021  
Review Date July 2023



## Appendix 2

### ANTI-DOPING CODE

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. Snowsport England believe in clean 'snowsports' and work in partnership with UK Anti-Doping (UKAD) and our International Federation to ensure that the integrity of snowsports is protected.

The use of performance-enhancing drugs and other doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

#### Anti-Doping Rules

Snowsport England coordinates a forum each year to provide more information about Anti-Doping Rules, which athletes, coaches and athlete support personnel must abide by. These rules are consistent with the World Anti-Doping Code (2021 Code), which governs anti-doping internationally.

You can find the UK Anti-Doping Rules at: [2021 UK Anti-Doping Rules v1.0 FINAL.pdf \(ukad.org.uk\)](#)

The anti-doping rules of Snowsport England are the UK Anti-Doping Rules published by UK Anti-Doping (or its successor), as amended from time to time. Such rules shall take effect and be construed as the rules of Snowsport England.

If you are a member of Snowsport England then the anti-doping rules apply to you, regardless of what level you participate at.

#### Anti-Doping: The Big Picture

There are many organisations that work hard to protect sport. The World Anti-Doping Agency (WADA) is responsible for leading the collaborative world-wide campaign for clean sport. Established in 1999 as an independent agency and funded by both sport and governments, it manages the development of the World Anti-Doping Code. The Code aims to harmonise all anti-doping policies ensuring that athletes and athlete support personnel are treated fairly and consistently.

The aims of the 2021 Code and WADA are to:

- protect the Athletes' fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide
- ensure harmonised, coordinated and effective anti-doping programmes at the international level and
- national level with regard to detection, deterrence and prevention of doping

In the UK, Snowsport England works in partnership with UK Anti-Doping (UKAD) to prevent doping. UKAD is the national anti-doping agency for the UK, dedicated to protecting a culture of clean sport – it achieves this through implementing education and testing programmes, gathering and developing intelligence, and prosecuting those found to have committed an Anti-Doping Rule Violation.

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

### **100% me – Supporting Athletes to be Clean**

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. Find out about 100% me in the dedicated [Athlete Zone](http://www.100percentme.co.uk) [www.100percentme.co.uk] of the UKAD website.

### **What is Strict Liability?**

All 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.

It is crucial that athletes check all medications are safe to take prior to use. Medications can be checked online via [Global DRO](#).

Athletes **must** undertake thorough internet research of any supplement products before use – including 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 search.

### **What are the Anti-Doping Rule Violations (ADRVs)?**

The 2021 Code outlines eleven Anti-Doping Rule Violations (ADRVs). Athletes, and Athlete Support Personnel (ASP), may receive a ban from sport if any of the following ADRV's are committed:

#### [Infographic for Anti-Doping Rule Violations](#)

1. Presence
  2. Use
  3. Evasion, Refusal or Failure
  4. Whereabout failures
  5. Tampering or attempted tampering
  6. Possession
  7. Trafficking
  8. Administering or attempted administering
  9. Complicity or attempted complicity
  10. Prohibited association
  11. Acts to discourage or retaliate against reporting to authorities
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- A decorative graphic in the bottom left corner consisting of two overlapping chevron-like shapes, one red and one dark blue.

## Managing Inadvertent Doping Risks

### The Prohibited List

All banned substances and methods in Code-compliant sports are outlined in the Prohibited List, which is updated at the beginning of every calendar year, but may also be updated throughout the year. The latest Prohibited List can be found on the [WADA website](http://wada-ama.org) [wada-ama.org]

### Understand the Importance of Checking Medications

Before taking any medication (whether from a doctor or bought over the counter) athletes must check to make sure it does not contain any banned substances. Medications can be checked online at [Global DRO](http://www.globaldro.co.uk) [www.globaldro.co.uk]. It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country.

### Know the Risks with Nutritional Supplements

Athletes are strongly advised to be very cautious if they choose to take any supplement such as vitamin tablets, energy drinks, or sport-nutrition formulas. This is because there is **no guarantee that any supplement is free from banned substances.**

All athletes are advised to:

- **assess the need** to use supplements by seeking advice from a medical professional or nutritionist
- on their need to use supplement products
- **assess the risks** associated with supplements and undertake thorough research of all supplement products they are considering taking
- **assess the consequences** to their careers – they could receive a four-year ban **before** making a decision to use supplements.
- However, supplement risks can be reduced by
  - undertaking thorough internet research
  - only using batch-tested products
  - checking on Informed-Sport (which is a risk minimisation programme) that the supplement has been batch tested

Visit the [UKAD website](http://www.ukad.org.uk/supplements) for further information [www.ukad.org.uk/supplements] including information on the [Informed Sport](http://www.informed-sport.com) [www.informed-sport.com] programme, which provides a batch-testing service for supplement products.



## Apply for a Therapeutic Use Exemption (TUE)

If you are included in the UKAD National TUE Pool or you are considered to be an International-Level Athlete by FIS.

•This means that if you ever need to use a prohibited substance or method for therapeutic reasons, then you are required to apply for a Therapeutic Use Exemption (TUE) in advance of using the substance or method in question (unless there is an exceptional circumstance—please see UKAD website for these).

•At the point that you are prescribed with any medication (or purchase any medication over-the-counter), you should check the anti-doping status of that medication on Global DRO.

•If the medication or method of treatment is prohibited, then use the UKAD TUE Wizard to find out how to apply for a TUE.

•Please contact UKAD at [tue@ukad.org.uk](mailto:tue@ukad.org.uk) should you have any questions relating to medications or TUEs.

•We are also obliged to inform you that you would be at risk of incurring an anti-doping rule violation should you be subject to Doping Control without having first obtained a TUE (unless there is an exceptional circumstance for not doing so).

## Understand What Happens in a Test (Doping Control)

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. 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 – 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](http://www.100percentme.co.uk) [www.100percentme.co.uk] or by downloading the Clean Sport App from their app store.

## Know Where to Look for Support and Advice

Please do not hesitate to ask questions about the anti-doping rules. As well as asking Snowsport England coaches and athlete support personnel, you may also contact UKAD directly, who will be able to answer any questions and provide guidance.



### Help Keep Sport Clean

We all have a responsibility to report doping in sport and help keep it clean. A 24-hour dedicated phone line, hosted by Crimestoppers, is ready to take your call if you have any suspicions or concerns about incidences of doping in sport. You can provide information in complete confidence by calling **08000 32 23 32** or via a [secure website](http://secure.crimestoppers-uk.org/ukad/) [http://secure.crimestoppers-uk.org/ukad/]. All information is passed securely to UKAD's intelligence unit for investigation.

### Useful Links and Resources

#### 100% me Elite Athlete Clean Sport App for Smartphones

For essential anti-doping information download the Clean Sport App from iTunes or Google Play – the sport specific or the generic version.

#### Check Your Medications on Global DRO

Remember to check all medications on [[www.globaldro.co.uk](http://www.globaldro.co.uk)] [Global DRO](http://www.globaldro.co.uk), where you can search by ingredients or brand name.

#### Assess the Risk of Supplements on Informed Sport

You can find information on supplements and ways of reducing the risks on [Informed Sport](http://www.informed-sport.com).  
[[www.informed-sport.com](http://www.informed-sport.com)]

#### Register with UK Anti-Doping

Visit UKAD's website and [register](#) to keep up to date with the latest news.  
[[www.ukad.org.uk/account/register](http://www.ukad.org.uk/account/register)]

#### For More Information from UKAD:

- Visit [www.100percentme.co.uk](http://www.100percentme.co.uk) If you're an **athlete**
- Visit [www.ukad.org.uk/coaches](http://www.ukad.org.uk/coaches) If you're a **coach**
- Visit [www.ukad.org.uk/support-personnel](http://www.ukad.org.uk/support-personnel) If you're **Athlete Support Personnel**
- \* Visit [www.ukad.org.uk/parents](http://www.ukad.org.uk/parents) if you're a **parent**

Keep up to date with the latest news on [www.facebook.com/100percentme.uk](https://www.facebook.com/100percentme.uk) or  
[www.facebook.com/ukantidoping](https://www.facebook.com/ukantidoping)

Have your say on [Twitter @UKAntiDoping](#).

For further information please contact:

UKAD at [ukad@ukad.org.uk](mailto:ukad@ukad.org.uk) or +44 (0) 207 842 3450 or Snowsport England: 01509 232323



