



Anti - Doping

Protocol & Guidance



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Foreword

'Doping is currently one of the greatest risks to the integrity and reputation of sport on a global basis. Doping is cheating and is fundamentally contrary to the spirit and values of sport. Anything that makes competition unfair, and doping in particular, undermines the essence of sport.

The Welsh Rugby Union (WRU) are committed to promoting clean sport, and this protocol has been designed to support Players and Support Personnel such as Coaches and Medical Staff to ensure that they have up to date current and accurate information relating to anti-doping.

Doping deprives other athletes who play by the rules, of their right to competition that is safe and fair. A number of doping issues are common across sport and Rugby Union is no different to any other sport in looking to effectively tackle this threat to the integrity of our great game.

The WRU have a responsibility as a National Governing Body (NGB) to develop ethical players who are opposed to doping.

The WRU provide education, awareness and training for players and support staff to ensure that they understand their responsibilities. They also provide ongoing advice and guidance to protect them from inadvertently committing Anti-Doping Rule Violations (ADRV), and making ill informed decisions that will impact negatively upon them, their clubs and their families.

The WRU are committed to ensuring that the principles of anti-doping are promoted and championed within our sport to ensure that:

- the ethics and integrity of our game are upheld and preserved through positive values based education
- we safeguard the physical and mental health of our players
- all players have the opportunity to compete equally
- all players have the opportunity to develop in the game as ambassadors of clean sport

Therefore, the WRU will continue to work in partnership with other agencies to effectively implement the anti-doping regulations that are in place worldwide. To ensure that this is applied successfully on an operational basis, the WRU have designed a strategy specific to Welsh Rugby with the aim to educate the relevant people, and protect our game. This strategy sits within the wider Welsh Rugby Strategic plan as approved by the Board of the WRU.'

Martyn Phillips
Welsh Rugby Union CEO

'Keep Rugby Clean (KRC) is World Rugby's anti-doping education and awareness campaign. It is an ongoing campaign which reaches across all levels of the game delivering key educational messages, and promoting awareness of anti-doping issues. The campaign is an essential part of World Rugby's strategy to deter doping, assist players to make the right ethical decisions and promote the importance of maintaining a level playing field'.

'World Rugby fully recognises the proactive work that the WRU conducts in the area of anti-doping education, and its strong commitment to educating players and parents in this crucial area'.

Mike Earl

Introduction

The WRU would like to thank UKAD, World Rugby, the Rugby Football Union, and the Rugby Football League for their assistance in producing this guidance booklet.

The information provided outlines the various protocols that the WRU have adopted in managing anti-doping rule violations, and does not constitute business, medical or other advice.

The WRU strategy is focussed upon having more people involved, more often, with more enjoyment, and more success. The WRU's purpose, vision and mission are underpinned by values and beliefs which embrace integrity, excellence, success, courage, family and humour.

The anti-doping strategy focusses around practices relating to anti-doping, by supporting individuals and clubs to ensure that they can make well informed decisions.

The WRU have liaised closely with UK Anti-Doping and other relevant organisations in developing the anti-doping protocol, so that we can support our clubs in promoting clean sport, and provide appropriate advice and guidance to our players and support staff.



Anti-Doping Governance

The Welsh Rugby Union have their own Anti-Doping Rules, which operates in line with both the World Anti-Doping Agency (WADA) regulations, and UK Anti-Doping Rules, and this is monitored and supported by UK Anti-Doping (UKAD).

World Rugby adopted the World Anti-Doping Code in June 2004, and all provisions of the Code are mandatory, and these principles have been adopted and incorporated into the revised World Rugby Regulation 21, which the WRU are also required to adhere to.

WADA is the international and independent organisation that governs anti-doping globally. WADA's mission is to promote, co-ordinate and monitor the fight against doping in sport. Their key activities include scientific research, education, and development and monitoring of the World Anti-Doping Code.

UK Anti-Doping is the National Anti-Doping Organisation (NADO) for the UK. It is the national body responsible for the implementation and management of the UK's anti-doping policy. UKAD is an Executive Non-Departmental Body that receives funding from, and is accountable to the Department for Culture, Media and Sport. UKAD acts as the principal advisor to the UK Government on anti-doping, and it's mission is to protect the right to participate in clean sport.

UKAD are responsible for ensuring that sports bodies in the UK comply with the Code, and have responsibility for the testing and education programmes. They work with a variety of stakeholders including athletes to support clean sport. UKAD work with athletes and sports to develop and deliver education and information programmes, as well as carrying out testing across more than 40 different sports. UKAD also have responsibility for managing intelligence, case management and the prosecution of ADRV's.

WRU registered players and support personnel who are members or affiliated to the WRU or member clubs are subject to the jurisdiction of the WRU's Anti-Doping Rules and Regulations, and those of World Rugby.

It is important that players and support personnel understand that they are subject to anti-doping rules and regulations. They have a personal responsibility to ensure that they understand the requirements of the anti-doping rules, and that they only take anti-doping advice from people who also understand those requirements.

WRU Education Programme

One of the key functions of anti-doping is education, and in order to deliver this we have designated contacts within the WRU (see section 13 Useful Contacts and Links) who will be working with all our clubs and regions to deliver the WRU education programme.

All clubs are required to identify a point of contact within the club as a Club Integrity Officer (CIO), who with the Club Management Committee, has responsibility for anti-doping matters. We would recommend as best practice, that the Head Coach at the club is appointed as the CIO, but it can also be a member of the senior coaching staff, medical staff, or club committee.

Club Integrity Officers play a key role in clubs, and they will be offered anti-doping 'Train the Trainer' induction training, and provided with resource materials, so that they can deliver anti-doping education within their club.

The 'Train the Trainer' induction training focuses upon providing the CIO's with the skills and resources to deliver the education programme within their club, and it will provide them with guidance on delivering training, on issues such as medication, supplements, testing, and anti-doping rule violations.

Regions and Premiership clubs receive 'face to face' anti-doping education on an annual basis, as will all Regional and National Age Grade squads.

The programme is focussed on ensuring that young players are also aware of their responsibilities, so that best practice is developed in their quest to improve their skills and abilities. All of the under 15 Dewar Shield squads and under 16 and 18 Regional Age Grade squads receive mandatory anti-doping education, with their parents also invited to attend these sessions. There is also a co-ordinated approach to delivering anti-doping education to Women and Girls Rugby.

The Prohibited List

There is a list of substances and methods that players cannot use. The Prohibited List is an International Standard that identifies these substances and methods that are prohibited in and out of competition, and those that are prohibited in particular sports.

The substances and methods on the Prohibited List are classified by different categories, for example steroids, stimulants, narcotics, diuretics and blood manipulation.

The Prohibited List contains the twelve categories of substances and the three methods that are banned from sport.

A substance or method will be considered for inclusion on the Prohibited List if it meets at least two of the following criteria :

- The substance or method has the potential to enhance, or actually enhances sport performance
- Use of the substance or method represents an actual or potential health risk to the athlete
- Use of the substance or method violates the spirit of sport

A substance or method may also be included on the Prohibited List if it has the potential to mask a prohibited substance or method.

It is important that players understand that this includes both performance enhancing and recreational drugs.

The Prohibited List is updated at least annually, following an extensive consultation process with stakeholders facilitated by the WADA Expert List Group.

An updated list comes into effect on the 1st January of each year, and in accordance with the Code is generally published three months before implementation.

The Prohibited List is circulated to all clubs and can also be found on the WADA website at:
www.wada-ama.org



Responsibilities and Strict Liability

What is Strict Liability?

Strict Liability is the underlying principle of anti-doping. Players are solely responsible for any prohibited substance found in their system whether there was an intention to cheat or not. It is imperative that every player understands their personal responsibility and that they incorporate the principle of Strict Liability into their day to day lives.

'As a rugby player you set goals to get to the highest levels, from turning out for your club to representing your Region and pulling on the Wales jersey at the Rugby World Cup. I know that every time I go on that field I have trained to my potential to reach these goals and that I have taken nothing I shouldn't have. I know my hard work in the gym and on the training field has made me the player I am'

Sam Warburton

Why is understanding Strict Liability so important for a Player?

The principle of Strict Liability does not cater for the careless or ill-informed. Players not knowing about the Anti-Doping Rules is not an excuse. An ADRV can happen regardless of whether a Player deliberately uses a prohibited substance. Many Players have been banned after testing positive for prohibited substances through 'inadvertent doping'.

Players have a responsibility to check any medications or supplements that they take, and this is discussed in more detail later in this protocol, but as outlined above the principle of Strict Liability is clear. Players should be confident that anything they ingest or use, including food, drink, medication, supplements and herbal remedies, does not contain a prohibited substance.

It is not an excuse to state that a Player has drunk from the wrong bottle, or has taken the wrong medication. Remember STRICT LIABILITY.

YOUR BODY - YOUR DECISION - YOUR RESPONSIBILITY

NO EXCUSES



Players & Support Personnel Responsibilities



The WRU are committed to ensuring that Welsh Rugby is a clean sport, and players have a responsibility to compete cleanly. The WRU Anti-Doping Rules state that players are ultimately responsible for any prohibited substance that is found in their system. Therefore players have a responsibility to ensure that they don't commit any anti-doping rule violations, and also ensure that they don't take any prohibited substance or use prohibited methods.

They need to ensure that they are up to date with the latest Prohibited List of Substances and Methods, that is published by WADA. They need to check the status of any substances that they intend taking, again players are accountable for their own actions remember STRICT LIABILITY. The Prohibited List is circulated by the WRU to clubs on an annual basis.

Players should question the advice given to them by people in positions of authority or by those who seemingly offer an expert opinion, and this includes advice provided by Support Personnel.

Players should notify their Doctor or other medical personnel that they are a registered rugby union player with the WRU. It is the player's responsibility to ensure that any medical treatment received does not violate any anti-doping rules. Players need to submit a Therapeutic Use Exemption for any prohibited substance and or method they are prescribed for a legitimate medical condition (Please see section on Therapeutic Use Exemptions).

Under the 2015 Code, if a player tests positive for a prohibited substance, they could receive a four year ban. The player may be eligible for a reduced sanction if they can prove that they bore 'No Significant Fault or Negligence'. However it is the responsibility of the player to prove this, an example may be where a prohibited substance came from a contaminated product.

This is especially important for sports medics and nutritionists, who need to be confident in their practice and advice to athletes at all times.

Athlete Support Personnel will probably be the main point of contact for players on areas ranging from physical conditioning, nutrition, and mental preparation, to competition scheduling or whereabouts queries. In addition to this they may be required to provide technical advice, including questions around anti-doping.

Athlete Support Personnel, should ensure that they are familiar with the WRU Anti-Doping Rules, and have an understanding of the doping control procedures.

They should have a good understanding of the essential anti-doping practices and tools available, to help ensure that players compete clean.

Athletes trust and rely on the expertise, guidance and advice of their support personnel in helping them to achieve their goals. They are bound by the WRU Anti-Doping Rules and can commit Anti-Doping Rule Violations (ADRV's). These are explained in more detail on page 19.

It is vitally important that Athlete Support Personnel assist players in their decision making and reduce the incidence of both deliberate and inadvertent doping in Welsh Rugby.



Role of Parents and Carers

Parents and Carers have a crucial role to play in supporting the development of their child's sporting progress. They will be engaged in this and they need to understand the important role that they have in ensuring that children compete cleanly.

Whether their child is on the elite pathway or just enjoying participating in rugby, there is a need to ensure that they are supported and safeguarded in relation to doping.

Parents and Carers have a major influence on children, particularly in relation to the values and behaviours that their children adopt. This has a direct impact, alongside other factors such as motivation and sporting environment, on whether in the pressure of performing, they choose to engage in doping. Parents and Carers alongside Coaches and other Support Personnel have a responsibility to ensure that their children develop in a safe and positive environment, through good advice and support from those closest to them.

There are lots of things that can be done to minimise the risk of inadvertent doping and ensure that your child makes well informed decisions, particularly around medications and supplements.



WRU Anti-Doping Rules

Doping is described by UKAD as ‘when athletes use prohibited substances or methods to unfairly improve their sporting performance’

World Rugby defines doping as ‘the occurrence of one or more of the anti-doping rule violations set forth in Regulation 21.2 of these Regulations’

Regulation 21.2 states ‘Players or other persons shall be responsible for knowing what constitutes an anti-doping rule violation and the substances and methods which have been included on the Prohibited List’

‘Players who take banned substances to enhance their performance set a poor example to current players, but more importantly the next generation of players as well. Taking banned substances is cheating and that has no place in sport, be true to yourself and your own values’.

Ken Owens

As outlined previously all sports are governed by a set of anti-doping rules called the World Anti-Doping Code (the Code)

The Code is the basis of the World Anti-Doping Programme and the WRU Anti-Doping Regulations are compliant with this code. The Code aims to harmonise the rules and regulations governing anti-doping for all players and support staff across sport. A fundamental principle of the Code is to protect the rights of all players to compete as clean athletes in sport.

Players and Player Support Personnel, from Elite to Community level are bound by the rules of the Code as outlined previously as a condition of their affiliation and participation in Welsh Rugby, and are subject to the WRU Anti-Doping Rules.

Support Personnel can be sanctioned for the following ADRV’s – Trafficking, Possession, Use, Administering, Tampering, Complicity and Prohibited Association. All Support Personnel should ensure that they are familiar with the ADRV’s that affect them as some can carry a lifetime ban from sport. The WRU strongly advises that all Support Personnel are fully aware of their anti-doping responsibilities.



Anti-Doping Rule Violations

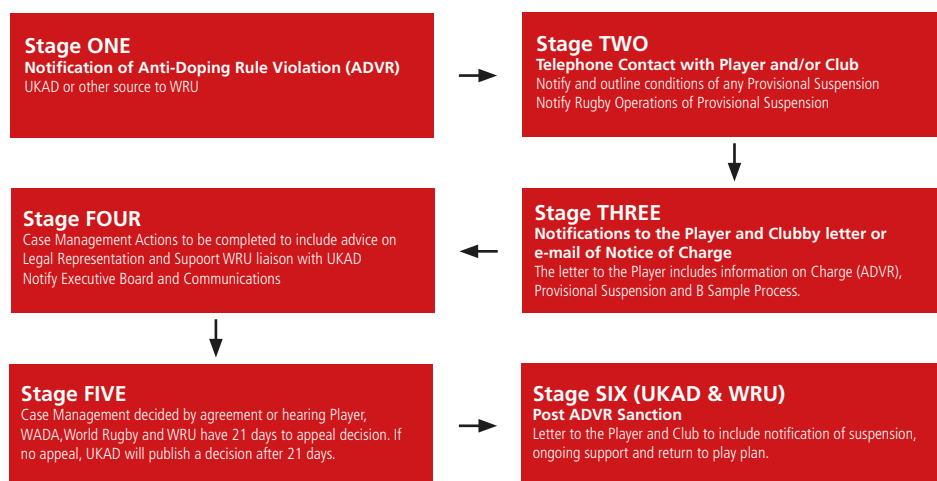
There are ten Anti-Doping Rule Violations:

ADRV	Who can commit?	Sanction
Presence	Player	Four Years
Use	Player	Four Years
Failure or Refusal	Player	Four Years
Whereabouts	Player	One to Two Years, depending upon the player's degree of fault
Tampering	Player or other support personnel	Four Years
Possession	Player or other support personnel	Four Years
Trafficking	Player or other support personnel	Between Four Years and Lifetime Ban
Administering, aiding and abetting etc.	Player or other support personnel	Between Four Years and Lifetime Ban
Complicity	Player or other support personnel	Four Years
Prohibited Association	Player or other support personnel	Two Years

ADRV (Anti-Doping Rule Violation) Case Management

UKAD are responsible for the results management from drug testing that falls under its jurisdiction. Results management includes communicating the results of anti-doping tests to NGBs, and the adjudication of athletes suspected of committing an ADRV.

The matter will be dealt with in accordance with the WRU anti-doping procedures, which shall be in compliance with their anti-doping regulations. There is a six stage process in place to ensure that the WRU comply with their responsibilities as a National Governing Body in respect of case management.



Recreational Drugs

The Welsh Rugby Union believes that recreational drug use presents a threat to the well-being and health of players and to the reputation of the game. The WRU are committed to promoting clean sport, and this includes a 'zero tolerance' approach to recreational drug use.

The WRU will support clubs and clusters through the education programme to raise awareness of this issue throughout our game. It is vitally important that players and support personnel understand the consequences of breaching the anti-doping rules through recreational drug use. Any information regarding recreational drug use will be forwarded directly to UK Anti-Doping and may also be shared with law enforcement agencies.

Player Support

The Welsh Rugby Union have a responsibility as a national governing body, to be signed up to the World Anti-Doping Code, to ensure that the Anti-Doping Rules are adhered to. We are responsible for ensuring that clean sport is promoted by working in partnership with UKAD to educate players and support personnel, and with World Rugby to 'Keep Rugby Clean'

The WRU understand that they have a duty of care to players and athlete welfare is a priority. If any players are charged with any ADRV's then the WRU have a duty to support them through the case management process. If a player is charged then as outlined above they will be contacted by the WRU Policy and Integrity Manager, and if required, assisted in relation to seeking legal advice.

The Club Secretary and Club Integrity Officer of the player's club will also be informed, along with the Rugby Operations Team to ensure that any provisional suspensions imposed are adhered to. The Head of Rugby Operations will also be notified at Executive Board Level. These notifications will be made on a confidential basis, with all parties advised of their responsibilities.

National Anti-Doping Panel

The National Anti-Doping Panel (NADP) is the United Kingdom's independent tribunal responsible for adjudicating anti-doping disputes in sport. It is operated by Sport Resolutions in accordance with its own procedural rules and is entirely independent of UK Anti-Doping, who are responsible for investigating, charging and prosecuting cases before the NADP. The NADP is established by the United Kingdom's Anti-Doping Policy and is funded by the UK government's Department for Culture Media and Sport.

The service is available to athletes and governing bodies without charge.

If a WRU registered player or support personnel is charged with an ADRV, the matter is investigated by UKAD, and if the respondent admits the violation a decision will be issued by them. However if the respondent does not admit the violation and contests the charge, then the matter is referred to the NADP for a tribunal to be convened to determine the charge.

Post ADRV Sanction

Where the Tribunal determines that the respondent has committed the ADRV(s) charged, the Tribunal will impose consequences in accordance with the Anti-Doping Rules.

Where a Notice of Appeal is received there will be an Appeal Tribunal convened.

If the Tribunal determines that the respondent has committed the ADRV (s) charged, the respondent will be contacted by UKAD to inform them of the decision.

The WRU will contact the Club Secretary and Club Integrity Officer to notify them of the final decision, along with the Rugby Operations Team to ensure that any sanctions/suspensions imposed are adhered to. The Head of Rugby Operations will also be notified at Executive Board Level.

The WRU will also make counselling and support services available to any player or athlete support personnel who commit an ADRV. Any queries regarding this should be directed to:
jrogers@wru.wales

The player will also be offered a return to play plan, which includes support and education before returning to play.

Consequences of Committing an ADRV

There are severe consequences to committing an ADRV for both Players and Support Personnel.

There are a range of sanctions that can be imposed depending upon the type of ADRV, and the starting point for providing a positive test is FOUR YEARS. Individuals who commit other ADRV's such as Trafficking or Administering can be banned from the sport for LIFE. There are also additional sanctions that can also be imposed such as the loss of titles or medals.

Players should be aware that doping can have severe health and social consequences, such as the impact upon your personal and professional reputation, and also a financial impact.

Supplement Policy

The Welsh Rugby Union acknowledges that rugby players may have increased nutritional needs. Nutritional supplements do not fall under the same strict regulations as pharmaceutical medicines, and as a result, there is an increased risk that products might contain substances which are listed on the WADA Prohibited List for banned substances, as not all products may be listed on the label. They may also be listed on the product label under a different name to that given on the Prohibited List.

All WRU registered players must consider these risks and the consequences before deciding to take supplements.

Food First

The WRU promotes a 'Food First' approach, and a focus on getting your daily eating right will give you the best results in terms of improving performance, recovery and reaching your goal of increasing lean muscle and /or reducing body fat. Players should consume a varied, nutrient rich and complete diet, based largely around whole natural foods replete in carbohydrate, protein, quality fats and micro-nutrients.

In particular, young players need to understand the importance of eating healthy as early as possible in their rugby career. The key principle is that food and a healthy balanced diet is more important than dietary supplements.

To maximise their athletic potential, players should ensure that they have a solid foundation to underpin this through the six pillars

- Healthy and balanced diet
- Good hydration habits
- Effective injury prevention strategies
- Appropriate rest and recovery
- Mental focus skills
- Effective training program

Elite players have access to qualified WRU Nutritionists and work closely with them to ensure they gain the maximum benefit from eating the right foods at the right times. Focus on cooking skills and food preparation allows elite players to maximise recovery and performance. Once these key areas are in place then under the guidance of the WRU Nutritionists then appropriate supplementation may be used.

At this level of performance, the use of appropriately selected and quality assured nutritional supplements can contribute to maximising an athlete's performance potential. Players considering the use of supplements should be aware of the risks and be able to make well informed decisions. All WRU registered players and athlete support personnel should be clear on the type of products that are regarded as 'supplements'.

Nutritional supplements cover a broad range of products including vitamins, minerals, herbs, meal supplements, sports nutrition products, natural food supplements, and other related products.

There are various definitions of what supplements may be, but in general terms they might be regarded as products used alongside diet to improve health or enhance sporting performance and can be taken in any form (tablets, capsule, powder, liquid and bars)

Players should only seek and accept advice on the use of supplements from suitably qualified personnel, such as nutritionists or dieticians. There is good evidence to support the effectiveness of some supplements; equally, there are many for which there is no evidence that they actually work; and some contain prohibited substances that are banned under the World Anti-Doping Code.

Young Players

We would strictly advise under 18's avoid the use of creatine and caffeine based products.

While Creatine is accepted as an effective sports nutrition product in adults its use in athletes under 18 years of age it has not been thoroughly studied.

Focus on correct training and good nutrition has been shown to produce excellent results in this age group.

Reminder – As always if you do decide to use Creatine then choose an Informed Sport registered product.

Players under 18 are discouraged from using Caffeine for training or games, use your own energy systems to fuel training, do not rely on energy drinks with high caffeine

In addition the WRU are keen to highlight that the use of isotonic drinks should be limited to games and hard training sessions. Consumption of isotonic drinks outside of these times can provide additional sugars, which can lead to increases in body fat and tooth decay.



The WRU recommends that players under 16 years of age DO NOT take any dietary supplements.

Players under 16 should have very limited need for supplementation use, with the exception of advice by a qualified nutritionist following a needs and risk assessment for clinical deficiencies, e.g. iron and vitamin D based.

The WRU feel that players under the age of 16 years will get maximum benefits from ensuring good nutritional habits are in place in conjunction with a suitable training program. Players should be taught how to cook basic nutritional food, and therefore take responsibility for their diet.

At this age even though maturation and physical activity place an increased demand on the nutritional requirements these can be easily met by making some simple adjustments to your daily eating.

Protein needs of the young athlete can easily be met by ensuring a handful of protein is consumed at every meal, use of self-made recovery shakes as below will also be a good way to support muscle growth and fuel recovery.

The WRU Nutrition website provides more specific information on how to meet your nutritional requirements.

www.wru-nutrition.co.uk



Minimising the Risk and Making Informed Decisions

There can be NO guarantee that a supplement is free from prohibited substances. However WRU Registered players can take steps to minimise the risk to their general health and well-being, and the added risk of committing an anti-doping rule violation (ADRV) by consumption of a prohibited substance through the use of supplements.



Informed-Sport is a quality assurance program for sports nutrition products, suppliers to the sports nutrition industry, and supplement manufacturing facilities. The program 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 laboratory, LGC. The program, which receives the support of UK Anti-Doping (UKAD) helps athletes to minimize risk by enabling them to make informed decisions.

For a product to bear the Informed Sport logo it will have undergone the following:

- Full audit of raw material and manufacturing facilities
- Pre registration testing of five different samples
- Final testing of the finished product
- Blind testing once per year of product
- Company agrees to test every batch of the product before it is released for sale

The WRU advise players to choose from Informed Sport registered products, preferably from companies who have all their product range Informed Sports registered.

This demonstrates that the company is fully committed to testing all of its products.

Athletes can check supplement products against batch testing results and note the batch number using the informed sport website **www.informed-sport.com**.

STRICT LIABILITY always applies and players should remember there is now a 4 Year Ban for a POSITIVE TEST. Players must be able to show that they have taken responsibility to check that any supplements that they take are safe.

Players should ensure that before considering the use of supplements, they maximise their performance potential by having a healthy lifestyle and professional approach, through the six pillars of performance.

Where recovery drinks may be provided by your club, then it is your responsibility to check they are Informed Sport Registered or batch screened.





Medications

Players should not take any medication without first checking that it doesn't contain a prohibited substance. UKAD and other NADO's have developed an online tool so that players can check their medications.

Global DRO (Global Drugs Reference Online) is based on the current WADA Prohibited List, and provides users with information about the status of licensed medications that can be purchased in the UK, Australia, Canada, Japan, Switzerland and USA. Global DRO allows players and other personnel to search for the brand name, for example 'Lemsip', or the individual ingredients of the medicine i.e. Ibuprofen. When searching the brand name you must ensure that you enter the brand correctly and any derivatives it might have i.e. 'Lemsip Cold and Flu'.

Global DRO is 'mobile enabled' making it even easier for players to check the ingredients of medications before purchase or use. It is a player's sole responsibility to ensure that they are not using a medication that contains a prohibited substance. Players should use Global DRO even if medical or other athlete personnel have claimed to have checked it.

How to use Global DRO

Users are first asked to select their sport and nationality before reading and accepting the terms and conditions. Users must then specify their user type, sport and nation of purchase, and then enter a product name or individual ingredient. It is essential that users carefully check the spelling of the brand, product and ingredient names that are generated.

The user can view the status of the brand or ingredient during the in and out of competition periods. The overall status and the status of individual active ingredients are listed prohibited, not prohibited or conditional. If it is conditional then there will be conditions to the use i.e. Asthma Inhaler, the number of doses taken per day. The prohibited status of some substances are dependent upon the way they are administered, as this may result in potential performance enhancing effects.

Record Keeping

It is important to keep a record of any medications that you have taken and the dates that you took them. This will ensure that you record them accurately on the sample collection form when you are tested.

Players should record the search reference each time they check their medication. This is a record that the search was performed and could provide evidence supporting the player if there is an allegation of doping.

Please note that Global DRO cannot be used to check the status of supplements.



Therapeutic Use Exemptions (TUE's)

What is a TUE?

The TUE process provides a player with authorisation to use a prohibited substance or method to treat a legitimate medical condition whilst continuing to play rugby. Players should advise their medical personnel of the obligation to abide by the anti-doping rules of their sport, and that any medical treatment received must not violate these rules. Before applying for a TUE, players should check with their prescribing physician or the sport's medical personnel if there are any reasonable alternative medications or treatments that are permitted before considering the need to apply for a TUE.

When prescribed a substance or method, players should themselves find out if that medication is prohibited by Global DRO.

If the medication is not prohibited, players can start using the prescribed medication or treatment.

When should a Player apply for a TUE?

1. When a player is advised by medical personnel that a prohibited substance is the only way to treat their medical condition or illness, and has supporting evidence regarding their medical condition.
2. When a player is administered a prohibited substance in a medical emergency. In this case the player is required to apply retroactively for a TUE. Note that a retroactive TUE will only be granted in emergency situations or in exceptional circumstances where there was insufficient time or opportunity for a player to submit, or the TUE Committee to consider an application prior to Doping Control.
3. In addition to the circumstances outlined above a player should only submit a TUE to either World Rugby or their National Anti-Doping Organisation (UKAD)

What are the criteria for granting a TUE?

A TUE will be granted only in accordance with the following criteria –

1. The player would experience significant impairment to health without taking the prohibited substance or method
2. The therapeutic use of the substance would not return the player beyond their normal physiological capabilities. Therefore there are no performance enhancing effects.
3. There is no reasonable alternative to the use of the otherwise prohibited substance or method.
4. The necessity for the use of the prohibited substance or method is not a consequence, wholly or in part, of the prior use (without a TUE) of a substance or method which was prohibited at the time of such use.

Who has to apply for a TUE in advance?

The following groups of players must obtain a TUE in advance of the administration of a prohibited substance or method

- Players included in World Rugby's Registered Testing Pool, or Testing Pool, or players who participate in an international match or tournament directly organised by World Rugby (Section 9) must obtain a TUE in advance
- Players included in the UKAD Domestic Testing Pool
- Welsh Regional Contracted Players
- Welsh Premiership Contracted Players
- Welsh Championship Players

World Rugby has delegated responsibility to UKAD to manage and process all TUE applications from rugby players in the UK. Players should check with the WRU Anti-Doping Team or UKAD to see if they fall under these arrangements.

Applications should be submitted at least 30 days prior to a player's participation in an international match or tournament organised by World Rugby, with the exception of medical emergencies which can be submitted within this period or retroactively.

The World Rugby TUE Application Form can be downloaded from World Rugby's Anti-Doping website and can be submitted by e-mail to **tue@worldrugby.org**

All players should consult the WRU Anti-Doping Rules with regard to the submission of a TUE application.

How do I apply for a retroactive TUE?

If a player who is not required to apply for a TUE in advance (see above) is then selected for Doping Control, and have to provide a sample, they are required to make a retroactive TUE application for any prohibited medications. Players should apply to UKAD for a retroactive TUE application for any prohibited medications, the application should be made no later than five working days following sample collection.

Mutual Recognition of TUE's

World Rugby will recognise TUE's granted by other Anti-Doping Organisations under the mutual recognition provision of the WADA Code upon submission of a current and valid copy of the TUE application and certificate of approval subject to the approval of the World Rugby TUE Committee (TUEC). The World Rugby TUEC has the right to review and appeal all TUE approvals submitted to World Rugby where approval has been granted by another Anti-Doping Organisation.

How do I know if my application has been approved?

The World Rugby TUEC will issue a certificate of approval to the player via their member union, which will be for the specified medication, the defined route of administration, dose and will outline the expiry date. Players must comply with all the treatment conditions outlined in their TUE Certificate of Approval, and should reapply well in advance of their current TUE expiring or if they need to make any change to their treatment regime.

What if my TUE is denied?

If a player applies for a TUE and is denied this by the World Rugby TUEC, then they may appeal this decision to WADA.

Any decision by WADA reversing the granting or denial of a TUE may be appealed exclusively to the Court of Arbitration for Sport (CAS).

Decisions by the World Rugby TUEC which are not reversed by WADA may be appealed by the player to CAS.

Where can I find more information?

A full copy of World Rugby Regulation 21 can be found in the Regulations section of the World Rugby Anti-Doping website at worldrugby.org/keeprugbyclean

The specific provisions relating to TUE's are located within Section 21.4 along with Schedule 3a and 3b.



Testing

Where UKAD conducts testing whether under its own jurisdiction or on behalf of World Rugby, another anti-doping organisation or WADA, it conducts testing in accordance with the International Standard for Testing and Investigations.

The WRU Anti-Doping programme and anti-doping rules require players to submit to testing when notified by an authorised official i.e. Doping Control Officer (DCO) or Chaperone. Testing can take place in the following three ways for all players –

- In Competition Testing (at a match time)*
- Out of Competition Testing at squad training
- Out of Competition Testing of individuals at home or other venues

Doping Control Procedures

Doping control plays an essential part in promoting and protecting doping free rugby. Testing worldwide is conducted in accordance with the World Anti-Doping Code and applicable International Standards.

* In Competition Testing is conducted in connection with a sporting event. In Competition is the period commencing 12 hours before competition through to the end of such competition and the sample collection process related to such competition.



Urine Sample Collection

Notification

You can be selected for testing either at random or targeted. A Doping Control official will notify you that you have been selected for Doping Control showing you their identification and authority to test. They will inform you of your rights and responsibilities, ask you to sign a Doping Control form confirming your acceptance to complete the test and will then escort you to the Doping Control Station.

A failure to comply with the request to provide a Sample may be considered an anti-doping rule violation and may result in a sanction of four years.

You are entitled to have a representative and/or interpreter accompany you to the Doping Control Station. If you are a Minor you are strongly advised to bring a representative with you.

You should report to the Doping Control Station as soon as possible however you may request a delay to complete any of the following activities whilst remaining in direct view of a Doping Control official and within one hour of being notified:

- Attend a victory ceremony
- Fulfil media commitments
- Perform a warm-down or take an ice bath
- Be medically assessed and receive any necessary medical attention
- Attend a post-match team meeting in the team change room
- Change out of your playing uniform
- Locate a representative and/or interpreter
- Obtain relevant identification
- Complete a training session if selected for out of competition testing
- Any other exceptional circumstances which may be justified and which shall be documented

Selection of Collection Vessel

You will be provided with a choice of individually sealed collection vessels in which to provide your Sample. After making your selection check the collection vessel has not been tampered with and is clean inside.

Provision of Sample

You are required to provide a Sample in direct view of a Doping Control official of the same gender. This means you should remove items of clothing from your knees to your midriff and from your hands to your elbows to provide an unobstructed view of the Sample leaving your body. You should also wash your hands prior to and after providing your Sample.

Volume of Urine

The minimum volume of urine required is 90ml. However, you should provide more if possible. If you provide less than 90ml it will be treated as a Partial Sample, temporarily sealed, documented and stored by the Doping Control Officer (DCO) until you are ready to provide a further Sample which will be added to your Partial Sample to meet the minimum volume.

Selection of Sample Collection Kit

Once you have provided 90ml you will be asked to choose a tamperproof Sample collection kit in which to seal your Sample. Check the kit has not been tampered with, open the kit, remove the A and B bottles and verify that the numbers on the bottles are identical.

Splitting the Sample

The DCO will instruct you to pour the correct amount of urine into the B bottle and then the A bottle. You will be asked to leave a small amount of urine in the collection vessel.

Sealing the Sample

The bottles can now be sealed. The DCO should verify that both bottles have been sealed correctly.

Measuring Specific Gravity

The residual urine left in your collection vessel will be measured for specific gravity to ensure the density of the Sample is suitable for analysis. If the Sample does not meet the minimum requirements, i.e., it is too dilute, you may be asked to provide additional Samples. It is therefore very important that you do not over hydrate before you provide your Sample.

Paperwork

The Doping Control form must be completed, checked and signed by you, the DCO and any representative you have with you. You should declare any medications or supplements you have taken in the last seven days and can make any comments you have about the Doping Control process. You will receive a copy of the Doping Control form which completes the process.

Laboratory Analysis

Your Sample is then sent to a World Anti- Doping Agency (WADA) Accredited Laboratory for analysis. A section of the Doping Control form containing only your Sample details will accompany your Sample to the laboratory. The laboratory will report the results to the relevant authorities.

Sanctions

If you are sanctioned for a positive test you will not be allowed to train with a team, play, coach or administer the Game of Rugby while under sanction. The decision of your positive test may also be published in a public environment.

Blood Sample Collection

The process for blood collection follows much of the same principles as those for the collection of urine however the drawing of blood is carried out by a trained Phlebotomist or Blood Collection Official (BCO).

Doping Control can involve the collection of blood only, urine only, or both.

The notification process of your selection for blood testing is the same as it is for urine. Reporting to the Doping Control Station and your rights and responsibilities are also the same.

In general, the blood collection procedure is as follows:

- You will be asked to rest for a period of time before the drawing of blood starts, usually 10 minutes.
- You will be asked to select a blood collection kit containing all the necessary equipment for blood collection. The equipment typically includes a sterile needle, syringe, and the relevant vacutainer tubes for collecting your sample.
- You will also be asked to select a sample sealing kit in which your blood sample will be secured and transported to the laboratory. As always you should check the equipment thoroughly to be sure it is clean and has not been tampered with.
- The BCO will assess the most suitable site to draw blood (usually on your non dominant arm), apply a tourniquet if necessary, and clean the skin at the puncture site.
- The BCO will then draw the necessary volume of blood filling a minimum of two tubes.
- The amount of blood collected in each tube is up to a maximum of 5ml which is approximately 1 teaspoon.
- If the BCO is unable to find a vein after three attempts to insert the needle, the blood collection will be cancelled.
- Once the blood has been drawn, the tubes can then be sealed in tamperproof bottles ready for transport.
- The DCO will record the relevant sample code numbers on the Doping Control form and complete the remainder of the process with you.
- If you are also required to provide a urine sample this can be completed before or after blood collection depending on when you are ready to provide a urine sample.
- Your sample will then be transported to a WADA accredited laboratory for analysis

World Rugby provide guidance for players and support personnel in the World Rugby Anti-Doping Handbook which is published on an annual basis. This can be downloaded from the World Rugby website

<http://www.keeperugbyclean.worldrugby.org/>

The Doping Control procedures in the UK adhere to the WADA International Standards to ensure that the integrity, anonymity, and security of samples are maintained throughout the whole procedure.

DCO's should have official identification and evidence of his/her authority to carry out the test from UKAD, World Rugby or another anti-doping agency.

DCO's or Chaperones must accompany the player at all times, after the player has been notified, until they arrive at the Doping Control Station.

At the Doping Control Station the DCO will remain with the player at all times until the sample collection procedures are completed.

The DCO offers the player the right to take a representative to the Doping Control Station, and they should offer an explanation of the testing procedures.

The players is given a choice of sample collection equipment, and a copy of the notification and sample collection document. The DCO must then observe the sample provision process, ensuring that the anonymity of the players is maintained on the sample collection document

Rights and Responsibilities of Players:

- Players must report immediately to the Doping Control Station unless there is a valid reason to request a delay (valid reasons are listed above)
- Players must remain in direct observation of the DCO/ Chaperone at all times from the point of notification until the completion of the testing procedure
- Players must produce identification or be identified by a third party
- Players must comply and undertake the test otherwise they would commit an anti-doping rule violation
- Players have the right to be notified by a DCO/ Chaperone with official identification and evidence of their authority from an anti-doping organisation
- Players can be accompanied to the Doping Control Station by a representative of their choice
- Players can ask for an interpreter
- Players should be observed during the provision of a sample by a DCO of the same gender
- Players can provide comments or additional information on the testing procedures and receive a copy of the Doping Control Form
- Players are entitled to confidentiality on any documentation submitted to the laboratory
- Players can request a delay in reporting to the Doping Control Station for a valid reason

Top tips for Doping Control

Hydration:

It is recommended that you follow your normal hydration routine, as a urine sample will be tested for its specific gravity.

This means that the urine must be of a certain concentration to be suitable for analysis at the laboratory. Excessive rehydration (too much fluid) could lead to the repetition of the sample-collection procedure.

The Doping Control Form:

You will be given an opportunity on the Doping Control Form (DCF) to record any medications and supplements that you may have taken in the last seven days.

We advise athletes to include anything that may come under these categories, including over-the-counter medicines such as cold and flu remedies, multi-vitamins or herbal remedies. It is recommended that athletes keep a record of any medications and supplements that they have taken recently so they do not forget to list anything. If you have downloaded the Clean Sport App, then you can use the 'My Medications' function to record these.

You can ask the Doping Control Personnel any questions about the sample-collection procedure. However, they will not be able to give advice on areas such as which medicines and supplements to record.

If you have any comments or concerns about the procedure, you should record this on the Doping Control Form.



Whereabouts

Whereabouts is information provided by a number of players about their location to World Rugby or UKAD.

Why is it important that some players provide whereabouts?

There is a need for accurate and up to date information to be received, so that out of competition testing can be conducted without advance notice to players. This type of testing is one of the most effective means of deterrence and detection of doping violations.

Registered Testing Pools

Any eligible player can be tested at anytime, anywhere in or out of competition.

Some players are selected for inclusion in a Registered Testing Pool, so that they are required to provide information about where they can be located for testing.

This allows anti-doping organisations to undertake out of competition testing without advance notice, which is at the core of an effective anti-doping programme.

The requirements in these pools vary, some are managed through the Anti-Doping Administration Management System (ADAMS) and others are required to submit their whereabouts by other methods.

If there are players in a Registered Testing Pool, they have to provide specific information about their location.

This could include –

- 60 minute time slot for every day of the year
- The address of their overnight accommodation for each day
- All regular activities such as training and work
- Competition schedules and locations

If selected for an out of competition test a UKAD Doping Control Officer (DCO) could visit at the time and location that have been provided.

The player must be available at this location for the entire hour, and the DCO will make repeated attempts to notify you throughout the hour.

If the DCO cannot locate the player during this period then a report will be submitted to UKAD. This will be reviewed along with the whereabouts details provided. If there appears to be a reasonable basis for deeming this to be a 'missed test', UKAD will send a notice to the WRU, notifying them of the alleged anti-doping rule violation.

The player will be invited to provide an explanation as to why they were not available, this must be provided within 14 days of receipt of the notice.

Players can be tested at any place and any time by UKAD or World Rugby.

Whereabouts Tips:

- Players must provide a 60 minute timeslot and must be at that location for the entire hour
- If possible the player should find a location that they will be at for the entire hour
- If players are selected for a test, it is not acceptable to refuse to submit to submit to doping control, even if they have other plans
- Players should provide as much detail as possible, so that the DCO can locate them
- Players often use early morning time slots, as they know they will be at home during this period. However they should use the best time slot for them
- Players should ensure that they have emergency whereabouts contact information such as e-mail addresses and phone numbers for updating their whereabouts.

Squad Whereabouts

National, Regional and Premiership sides are all required to provide squad whereabouts such as training and competition schedules, so that they can be tested in or out of competition. However this does not absolve players of their responsibility to provide whereabouts information, strict liability still applies.

Report Doping in Sport

UK Anti-Doping has a 24 hour confidential phone line to support the fight against doping in sport. The phone line provides a service for athletes, support personnel, and concerned family or friends to securely pass on information to UK Anti-Doping with guaranteed anonymity.

Hosted by Crimestoppers, a dedicated team of trained operators are able to manage calls related to anti-doping. All information provided will be treated in confidence and researched and investigated by UK Anti-Doping.

08000 032 2332

Information can also be submitted anonymously via the Crimestoppers website at:
secure.crimestoppers-uk.org/ams.form.anonymous.asp

World Rugby also has a confidential e-mail address to report doping in rugby:
confidential@worldrugby.org

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Report Doping in Sport

08000 032 2332 or <http://secure.crimestoppers-uk.org/ams.form.anonymous.asp>



THIS IS OUR GAME

THIS IS WELSH RUGBY