

Purley Sports Club: Anti-Doping Policy

What is Clean Sport?

Clean Sport is a sport without doping. We all have a responsibility within a multi sports club to protect our different sports from doping. The PSC Anti-Doping Programme includes a combination of education and deterrence activities aimed at supporting clean players and their support personnel, and to deter and catch those who cheat.

PSC Anti-Doping programme

Purley Sports club is committed to promoting and protecting clean sports. We recognise the contribution that sport can make to health, national pride and social development when supported by a strong ethical and moral environment.

At Purley Sports Club our clean sport mission is:

To promote a ‘Clean sports’ culture and environment at all levels, and to protect the rights of players and their support personnel to play and compete clean.

Anti-Doping rules

2023 World Anti-Doping Code:

From 1 January 2023, a new version of the Code is in effect and it's important that all athletes and athlete support personnel are aware of how this impacts them. For more information on the changes within the 2023 Code, visit [**UKAD's website here**](#).

Under the 2023 Code, an athlete may be classified as being “International-Level”, “National-Level” or a “Recreational Athlete” based on their competition level. Further information on these different categories is available on the [**UKAD website**](#).

In total there are 11 anti-doping rule violations. All 11 apply to players and seven (*) also apply to player support personnel.

Full details on the anti-doping violations are available on [**UKAD's website**](#).

Anti-Doping governance

World Anti-Doping Agency (WADA)

Anti-doping is regulated internationally by the [**World Anti-Doping Agency \(WADA\)**](#).

WADA is responsible for the World Anti-Doping Code, from which all sports anti-doping regulations stem.

UK Anti-Doping (UKAD)

[UKAD](#) governs anti-doping in the UK. It is responsible for the implementation of the National Anti-Doping Policy and ensuring sports in the UK comply with the Policy and the WAD Code.

For further information about anti-doping governance, head to the [UKAD website](https://www.ukad.org.uk/about/how-anti-doping-governed) <https://www.ukad.org.uk/about/how-anti-doping-governed>.

Players' rights and responsibilities

The World Anti-Doping Code states the roles and responsibilities that athletes have in relation to anti-doping. So as a player, you must:

- Know and abide by the Anti-Doping Rules, policies and practices
- Be available for [testing](#) at all times
- Take responsibility for what you ingest or use
- Tell medical professionals that they should not use prohibited substances or methods, as per the WADA Prohibited List, and that any advice or treatment given to an athlete should not violate the Anti-Doping Rules
- Tell UKAD and your International Federation if you have committed an Anti-Doping Rule Violation within the last 10 years
- Co-operate in any doping investigations when asked to do so
- Disclose the identity of your support personnel upon request from an Anti-Doping Organisation

Strict liability Players need to take anti-doping seriously and fully understand the principle of strict liability.

Strict liability means that a player is solely responsible for any banned substance they use, attempt to use, or is found in their system, regardless of how it got there or whether there was any intention to cheat.

In anti-doping, not knowing is not an excuse! Players should exercise particular care with medication and supplements – for further advice in these areas please see the relevant section on this page.

Players' rights

All athletes have certain rights when it comes to anti-doping. These are set out in the [Athletes Anti-Doping Rights Act](#).

The Act, which was developed by WADA's [Athlete Committee](#) in consultation with thousands of athletes and stakeholders worldwide, aims to ensure that athlete rights within anti-doping are clearly set out, accessible, and universally applicable.

Anti-Doping Rule Violations

Breaking the anti-doping rules can result in a ban from **all** sport. The Code outlines the Anti-Doping Rule Violations (ADRVs). Athletes and athlete support personnel need to make sure they are fully aware of these violations, and the consequences of breaking them. For more information and what this means for those individuals, click [here](#).

For information on individuals serving a ban from sport, visit [UKAD's sanction page](#).

The Big Picture – Top Tips for Clean Sport

An athlete is responsible for anything found in their system, regardless of how it got there or whether there is any intention to cheat. All athletes and athlete support personnel should make themselves aware of the risks, so they don't receive an unintentional ban from sport. Useful information for athletes can be found on the [UKAD website](#).

The Prohibited List

All banned substances and methods in Code-compliant sports are outlined in the Prohibited List. Substances and methods can be added to the Prohibited List at any time; however, it is updated as a minimum once a year, coming into effect on 1 January. The latest Prohibited List can be found [on the WADA website](#). As this list is updated frequently, athletes and athlete support personnel should make sure they check it regularly for any changes. More information can be found on [UKAD's website here](#).

Checking Medications

Before taking any medication (whether from a doctor or purchased over the counter), athletes must check to make sure it doesn't contain any banned substances. Medications (ingredients or brand name) can be checked online at [Global DRO](#). It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country. For more information on checking medications, visit [UKAD's website here](#).

Check out the video below from UKAD's Athlete Commission member and British Paralympic Powerlifter, Ali Jawad, on using Global DRO:

<https://youtu.be/ABLbo20B-3Q>

Taking Nutritional Supplements

UKAD always advises a food first approach to nutrition, as there are no guarantees that any supplement product is free from banned substances. Athletes can support their training and progress towards their targets by eating and enjoying nutritious food. With a bit of planning, it is possible to eat a delicious and healthy diet made up of a variety of food types at the right time, and in the right quantities.

Athletes should assess the need, the risks and the consequences before deciding to take a supplement, and if they need to use one, visit the [Informed Sport website](#) to check whether supplements have been batch-tested. More advice on managing supplement risks can be found on [UKAD's Supplement Hub here](#).

Protect Your Sport

Protecting clean sport depends on everyone playing their part – athletes, coaches, or parents – whether on centre stage or behind the scenes. Speak out if you feel there's

something wrong – no matter how small. UKAD guarantee that your identity will always be kept 100% confidential. Find out more about Protect Your Sport [here](#).

There are four ways to contact if you want to speak out:

- Email – When you feel something's wrong, send UKAD an email. UKAD guarantee that your name and email address will be kept confidential. Email at protectyoursport@reportdoping.com
- WhatsApp – Message on WhatsApp* at +44 (0) 7587 634711 – no matter how small. UKAD guarantee that your name and number will be kept confidential.
- Online Form – Let UKAD know via the form on protectyoursport.co.uk. Choose the two-way communication option at the end of the form. You will still be anonymous, but UKAD will have the chance to follow up later on. Fill in the form [here](#).
- 24/7 Hotline – Call on 08000 32 23 32. UKAD is here to listen and won't ask who you are. You may want to keep your identity a secret but telling UKAD who you are makes a real difference later on, so consider emailing or speaking via WhatsApp first.
- *WhatsApp is an encrypted platform. This number is not open to receiving calls.

For further information:

Please do not hesitate to ask questions about the anti-doping rules. As well as asking Bowls England and athlete support personnel, athletes may also contact UKAD directly, who will be able to answer any questions and provide guidance. They can be contacted at ukad@ukad.org.uk or +44 (0) 207 842 3450.

Compliance

We are proud to work with UK Anti-Doping to keep sport clean and have met the Assurance Framework requirements laid down by UK Anti-Doping.

Please note this document has been compiled using information from UKADS's website, LTA Anti-doping policy and Bowls England Anti-Doping website.