

2015 World Anti-Doping Code

An Athlete's Guide – What You Need to Know

The Anti-Doping Rules are Changing

From 1 January 2015 there will be a revised World Anti-Doping Code (2015 Code). This factsheet highlights important changes in the 2015 Code that as an athlete you need to make sure you are fully aware of.

The Code is the internationally agreed set of anti-doping rules that apply to all athletes, in all countries that are Signatories to the Code. The World Anti-Doping Agency, National Anti-Doping Organisations (like UK Anti-Doping) and Sports implement anti-doping programmes to protect sport and clean athletes.

What's Changing?

The following sections provide a summary of the key changes that could impact on you:

Strict Liability

You are solely responsible for any banned substance **you use, attempt to use**, or is found in your system, regardless of how it got there and whether there was an intention to cheat or not.

Consequences

- The minimum sanction for deliberate cheating is now 4 years for the first offence
- There is less leniency for carelessness – you are more likely to receive a 2-year ban for inadvertent doping
- To get any reduction in sanction from 2 years, athletes must have substantial proof that they were not at fault or intending to cheat

Managing Inadvertent Risks

You 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 research.



Supplements: Same Risks, Bigger Bans!

From 1 January 2015 the risks associated with supplement use remain the same, but the bans will get longer.

- Remember **no guarantee can be given that any supplement is free from banned substances**
- **Assess the need:** all athletes should seek advice from a medical professional or nutritionist on their need to use supplement products
- **Assess the risk:** undertake thorough research of all supplement products you are considering taking
- **Assess the consequences:** you could receive a 4-year ban

The main supplement risks are:

- Some supplements contain banned substances
- Ingredients can be listed differently to how they would appear on the Prohibited list
- Contamination can happen when supplements are made
- 'Fake' supplements are sold on the internet

However, you can reduce the risks 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

Therapeutic Use Exemptions (TUE)

If you are an International athlete (as defined by your International Federation) and you require a TUE then you must apply to your International Federation. If you compete at National level then apply to UKAD. Visit www.ukad.org.uk/support-personnel/tues/

International athletes and athletes competing at National level need to apply for a TUE in advance. The TUE must be granted before the use of any banned substance or method. Only in an emergency or where there will be a severe impact on health should treatment begin without the necessary approval.

Anti-Doping Rule Violations (ADRVs)

There are now 10 ADRV (previously there were 8). The new ADRVs are:

- **Complicity:** e.g. helping to cover up an ADRV or avoid detection
- **Prohibited Association:** e.g. working with a person such as a coach, doctor, physio or agent who is currently serving a ban or has been convicted in criminal or disciplinary proceedings that would constitute doping

Prohibited Association

- Before any athlete can be found to have broken this specific ADRV, they will be notified in writing by UKAD or their NGB to explain that the individual is currently 'disqualified'
- Post-notification, if an athlete refuses to stop the association then they may be charged with committing an ADRV



WADA President Sir Craig Reedie



Whereabouts

If you are currently part of a Registered Testing Pool your responsibility to provide and update your Whereabouts remains the same.

Whereabouts Failures

From 1 January 2015, if you receive 3 missed tests and/or filing failures within a 12-month period you will receive a 2-year ban. It was previously 18 months. Any current Whereabouts strikes remain valid when the 2015 Code comes into effect.

Important: Athletes charged with a Whereabouts violation will not be eligible for a reduction in their ban if they have a pattern of last minute Whereabouts updates.

Further Information

For more information on the 2015 Code, please visit the UKAD website www.ukad.org.uk/2015-code

If you have specific queries please contact your NGB, or email UKAD at athlete@ukad.org.uk