



ANTI DOPING POLICY

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

“The anti-doping rules of **Snowsport Cymru Wales** 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 the **Snowsport Cymru Wales**.”

A copy of the UK’s Anti-Doping Code can be downloaded at:
<https://www.ukad.org.uk/anti-doping-rules>

The Board of Snowsport Cymru Wales

November 2020

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Policy: Anti-Doping Policy

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Anti-Doping Code

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

Anti-Doping Rules

Snowsport Cymru Wales has in place a set of anti-doping rules that all athletes, coaches and athlete support personnel must abide by. The anti-doping rules for Snowsport Cymru Wales are consistent with the 2015 World Anti-Doping Code (Code), which governs anti-doping internationally.

The anti-doping rules of Snowsport Cymru Wales are the rules published by UK Anti-Doping (or its successor), as amended from time to time.

If you are a member of Snowsport Cymru Wales then the anti-doping rules apply to you, regardless of what level you participate at. You can find the UK Anti-Doping Rules [here](#).

Anti-Doping Rule Violations

Breaking the anti-doping rules can result in a ban from all sport. The 2015 Code outlines the ten 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 you, click [here](#).

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

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. Please make yourself aware of the [risks so you don't receive a ban from sport](#).

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 1st January. The latest Prohibited List can be found [on the WADA website](#). As this list is updated frequently, make sure you check it regularly for any changes. You can find more information 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.
[\[https://www.youtube.com/watch?v=ABLbo20B-3Q\]](https://www.youtube.com/watch?v=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.

Assess the need, the risks and the consequences before you decide to take a supplement, and if you 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](#).

Applying for a Therapeutic Use Exemption (TUE)

If an athlete with a legitimate medical condition needs to use a prohibited substance or method, they will need to apply for a Therapeutic Use Exemption (TUE). This is only accepted if there are no other suitable permitted medications or treatments that can be used, and there is a strict, detailed process to determine this. You can find more information about TUE applications on UKAD's website [here](#) – including whether you need to apply for one, emergency medication requirements, and how to submit a TUE.

What happens in a test?

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. Check out this video below on the testing process from start to finish.

https://www.youtube.com/watch?v=XzOnQBK_YZo

Athletes can find out more in the [Introduction to Testing](#) section of UKAD's website.

100% me – Supporting athletes to be clean

100% me is UKAD's values-based education and information programme, helping athletes meet their anti-doping responsibilities throughout their sporting journey. We want all athletes to be clean, stay clean and believe all others are clean.

For more information on what this means for you as an athlete, visit UKAD's website [here](#). You can also download UKAD's 100% me Clean Sport App from iTunes, Google Play or Windows Live Store, for essential anti-doping information.

Protect Your Sport

We all have a responsibility to report doping in sport and help keep sport clean. UKAD, working in partnership with Crimestoppers, provides a 24-7, 365 days-a-year dedicated service, which enables you to speak up, 100% anonymously, about any suspicions or concerns you may have of incidents of doping in sport. You can provide information by calling [08000 32 23 32](tel:08000322332), online at www.protectyoursport.co.uk, or via other means [here](#). 100% anonymous. Always.

Watch the video below on why receiving intelligence is so important to UKAD.
https://www.youtube.com/watch?v=DH9PUR_45IY&t=102s

For further information

Please do not hesitate to ask questions about the anti-doping rules. As well as asking Snowsport Cymru Wales and athlete support personnel, you 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.

You will also find regular updates from UKAD in the [news section of their website](#), or on their Twitter account: [@ukantidoping](https://twitter.com/ukantidoping).