

Anti-Doping Policy

Doping is the use of drugs to gain competitive advantage. This is cheating. It is also illegal and can damage your health.

The British Swimming Association has an anti-doping policy. It enforces anti-doping rules and maintains a doping control programme (including drug detection tests).

Testing

In Britain, any registered competitor may be tested for drug abuse. Very young competitors tend not to be tested but testing has occurred at the National Age Groups.

Punishment

Punishment for a positive drugs test may vary widely from a warning letter up to a lengthy (possibly permanent) ban from training and competition.

Accidental Doping.

A swimmer may be penalised even if the drug was taken unknowingly/accidentally eg in medicines.

Medicines

Some common medicines contain drugs which are illegal. If in doubt check with your GP or pharmacist and refer to the WADA (World Anti-Doping Agency) checklist [here](#)..

Most anti asthma drugs are only legal if taken by inhaler. If such drugs have to be used by mouth or injection they must be declared in writing to the ASA.

Therapeutic Use Exemption

Some other groups of drugs are legal if they are declared in advance but only if they are given for a specific condition eg. dental anaesthetic. Check [here](#) for therapeutic exemptions

Even the taking of legal medications may require competitive swimmers to complete a medical declaration form.

World Anti Doping Agency (WADA)

