



SUMMARY OF BRITISH SWIMMING'S ANTI-DOPING RULES

Introduction

Doping is the use of drugs to gain competitive advantage. Hertford SC is against doping.

In Britain 'British Swimming' enforces anti-doping rules and maintains a doping control programme for all disciplines of swimming (i.e. all swimming, water polo, synchronised swimming and diving). The use of performance enhancing drugs in sport is cheating.

Testing

British Swimming's doping control programme aims to protect the health and rights of individuals through education and controlled doping tests. In Britain, any registered competitor may be tested for drug abuse. Very young competitors tend not to be tested but testing has occurred on several occasions at the National Age Group competitions.

Performance enhancing drugs are associated with serious medical complications and, above all, their use is illegal. Procedures to detect drug abuse have been in operation for many years and the analytical techniques used currently detect minute traces of drugs, which may have been taken several weeks previously. Punishment for the abuse of drugs may vary widely between a warning letter and a lengthy ban from training and competition. **Every competitor in the sport must be aware of the problems that they may face and of the procedure for collection of samples for analysis.**

Although many club swimmers may never compete at the level where they are obliged to submit samples to be tested for prohibited drugs it is important for **everyone to be aware that the British Swimming organisation has an anti-doping policy/code.**

A swimmer is considered solely responsible for their own actions. If a swimmer breaks the anti-doping rules – even unwittingly – they could face up to a LIFETIME BAN from competition.

There are very few positive doping control test results in British swimming. Most cases are unwitting. This means that a competitor has either taken the agent without knowing it is illegal, or they were unaware of the agent's presence e.g. in a medicine.

Swimmers/parents. It is YOUR responsibility to check the legality of all medicines or supplements you take, whether prescribed or bought 'over the counter'. Ask the pharmacist, your GP or contact your local ASA District Medical Advisor to check if a preparation is legal. If they do not know, they will be able to find out and, if in doubt, don't take it.

Caffeine is an agent, which is permitted, providing the concentration in the urine does not exceed a certain value - it is safer to advise the use of drinks such as tea, coffee and coke sparingly.

Many swimmers suffer from asthma and the majority of the drugs used for asthma are perfectly legal. **It is important, however, to remember that they are only legal if taken by inhaler.** Drugs such as Salbutamol (Ventolin) and steroids are ILLEGAL if taken by mouth or injection, even if they have been prescribed by a GP or hospital specialist. All competitors, who have asthma and are taking such medication, must declare it in writing to the ASA. This is even more important if the competitor competes at international level since the drugs must be declared to FINA.

Some other groups of drugs are legal if they are declared in advance but only if they are given for a specific condition. An example would be the administration of local anaesthetic for a tooth extraction or stitches or the administration of an injection of an anti-inflammatory steroid for an arthritic condition or inflammation of a tendon. The doctor who gives the injection must give a letter indicating the dose of the drug, the route of administration and the reason that it has been given in order that you can inform the ASA.

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HERTFORD SWIMMING CLUB
(Affiliated to SE Hertfordshire and SE East Region)
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For these reasons it is vital you understand what the Code is about & what it means to you.

British Swimming considers doping to be cheating and contrary to the ethics of 'fair play' in sport. Their objective is to make swimming drug free.

Medical Declaration

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

Therapeutic Use Exemption (TUE) may, in exceptional circumstances, be applied for by a swimmer or their doctor to permit therapeutic use of substance(s) otherwise banned.

Swimmers should:

- Ensure that they and their advisers (swimming coach/support team and medical personnel) are aware of the anti-doping rules (plus amendments).
- Take responsibility for what they ingest or use.
- Ensure any medical (including nutritional) treatment they receive complies with the rules or they have a TUE.

List of Prohibited Drugs

To check you are not unknowingly taking banned substances the current Prohibited Drugs List can be consulted. This can be found on the WADA website www.wada-ama.org/

Always check all medications carefully against the prohibited list before use.

Remember to inform your doctor or pharmacist about the rules under which you compete and he will try and ensure the medication you receive is not a banned substance. Very occasionally there may be no alternative medication that can be prescribed for your medical condition in which case you should contact your local ASA Medical Adviser for advice (or ask your Doctor to do so on your behalf).

Finally – using banned drugs is cheating

You are cheating yourself and fellow athletes and risk your own health. If you do take drugs there is a strong possibility that you will be caught and bring the reputation of your club, coach and team into disrepute.