



Medications, Education and Anti-Doping Guidelines

The player: (including contracted players)

The player is ultimately responsible for any substances present in their bodies, this is known as **Strict Liability**. Below is an extract from WORLD ANTI-DOPING CODE 2015 with 2018 amendments:

"The following constitute anti-doping rule violations:

2.1 Presence of a *Prohibited Substance* or its *Metabolites* or *Markers* in an *Athlete's Sample*

2.1.1 **It is each Athlete's personal duty to ensure that no Prohibited Substance enters his or her body. Athletes are responsible for any Prohibited Substance or its Metabolites or Markers found to be present in their Samples.** Accordingly, it is not necessary that intent, Fault, negligence or knowing Use on the Athlete's part be demonstrated in order to establish an anti-doping rule violation under Article 2.1."

This is 1 of 10 ADVR (anti-doping rule violations), see https://www.wada-ama.org/sites/default/files/resources/files/wada_anti-doping_code_2018_english_final.pdf for further information

TUEs – ensure you have informed your doctor(s) you are involved in a 'testing panel' if you are being prescribed medication in case it needs a TUE, TUEs applications must be completed by the **prescribing doctor** see below and/or <https://www.sportireland.ie/anti-doping>

Whereabouts: the player must ensure team managers have most up-to-date information in relation to home address for '**availability**'

Education: Players are responsible for ensuring they are up-to-date with anti-doping information, <https://keeprugbyclean.worldrugby.org/?module=1>
This certificate is a pre-requisite for entry into some Tournaments

Team doctors:

- Will be responsible for advising players in relation to any Anti-Doping implications for medications they prescribe, this will include
 - aiding the player in applying for a Therapeutic Use Exemption (TUE) form if required
 - advising the player of any dose restrictions associated with the prescribed medication they are taking (e.g. inhaled salbutamol).
 - Advising the player of any use restriction of a prescribed medication (e.g. out of competition use only).

Irish Rugby Football Union

10-12 Lansdowne Road | Ballsbridge | Dublin 4 | D04 F720

T +353 01 6473800 | F +353 01 6473801

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- Will, where he/she is aware, advise the player of any anti-doping issues associated with medications they are taking. As always players are advised to seek clarification if they are uncertain about the prohibited status of any non-prescribed or 'over the counter' medication they are taking. Team doctors will not be responsible for the anti-doping implications of medications that they are unaware a player is taking.
- Will aid in the arranging of Anti-Doping education for contracted players.

TUEs applications must be completed by the prescribing doctor. Team Doctors will liaise as appropriate with another medical professional who has prescribed a medication subject to restrictions, where that other doctor is unaware, unfamiliar or uncomfortable with the process.

For further information on TUEs see <https://www.sportireland.ie/anti-doping>
And http://keeprugbyclean.worldrugby.org/downloads/TUE_Application_EN.pdf

Spirit Officers:

Spirit Officers will provide anti-doping education to players.

Professional and Contracted players

Complete at least 1 face-to-face session (every 4-years) in Province, and complete WR online module, <https://keeprugbyclean.worldrugby.org/?module=1>, certificate on completion to be sent to Team Manager (provincial and national)

Squads

U20s, U19s and U18 squads (male and female) in each Province to complete face-to-face session at start of summer programme (early July) before Sport Ireland testing programme begins. Where a player is absent and/or has completed WR cert. the player will be sent the PDF of the presentation and sign to acknowledge the content and offer to attend information session. (Sign in sheets will be retain by IRFU for Sport Ireland audits).

Clubs

- ALL players (male and female) to complete face-to-face session every 4-years. Intervening years they receive wallet card and Spirit presentation and acknowledge same through email to team manager.
- Youth teams – adopted education session available as necessary and delivered by Spirit Officer.

Other

- Sport Ireland online module available to all players, coaches and associated staff, <https://elearning.sportireland.ie/login/index.php>
- World Rugby online module available for players, <https://keeprugbyclean.worldrugby.org/?module=1>

Please see our [anti-doping](#) players factsheet for information that can be distributed as necessary

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