



How to check your medication?

Not all medications are the same – check it out.

For Ireland - <http://www.eirpharm.com/sports/> and for NI & GB - <http://www.globaldro.com/UK/search> OR download the Sport Ireland 'Medication Checker' App available for iPhone and Android - find it in the [Apple iTunes Store](#) or the [Google Play](#).

For rest of world check against WADA prohibited list. Medications bought in the Republic of Ireland can be checked by your G.P., Consultant or Pharmacist in a monthly publication called MIMS Ireland.

Do you need a **TUE**? Some medications will be allowed even if it's on the banned list where no other alternative medication is effective and for a legitimate medical condition. You need to speak to your GP and put a medical file in place and consult with your team Doctor.

**4
Years**

Is the time that you could be banned from rugby and all sports, both training and competition, if you serve an ADRV. The sanction depends on the type of violation, the circumstances of the case, which substances and if it was first time or repeated. The 2015 Code increased the ban to 4-years as requested by athletes, (so that intentional cheats could be penalised harshly), however a lesser ban for inadvertent cheats occurs.

Do You Know...?

What's involved in the Testing Procedure?

A player can be asked to provide a urine sample or a blood test, in competition and/or out of competition; most rugby tests are urine samples. Watch this video to review the testing procedure, <https://www.youtube.com/watch?v=834JTyqqpiys>

If your 'Supplements' are safe?

Regulated, supervised supplement use can have its place in professional sport. However, taken without adequate care and research can be risky. Research has shown that up to 1 in 10 supplements sold on the market are contaminated with some form of steroid or stimulant prohibited by the WADA. This could have serious consequences on a player's career.

Supplements are not classified (or regulated) as medicines, ingredients are listed in various ways and there can be cross contamination in products during manufacturing, in some cases supplements are manufactured in 'underground labs'. This can, not only lead to an ADRV but could, be a serious risk to your health. There is no such thing as 'WADA approved' supplements. Check with nutritionists and medical support staff before taking supplements – ask yourself are they necessary?

IRFU Players U18 years should not take supplements, http://www.irishrugby.ie/playingthegame/fitness/nutrition/supplements_and_the_young_player.php

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What would you do if.....?

You saw a member of your team (player, management and/or supporting staff) engage in behaviour that was against the anti-doping Code?

In rugby, if 2 or more players have an ADRV there can be consequences for the team

Report Doping

<https://www.sportireland.ie/anti-doping>

and

<https://www.wada-ama.org/en/report-doping/>

What's in the World Anti-Doping Agency (WADA) Code?

Visit <https://www.wada-ama.org> for the Code document and
<http://keeprugbyclean.worldrugby.org/?page=resource&id=53>
for a list of banned substances

What's 'ADVR' – ADRV stands for anti-doping rule violation. Do you know how many there are and what is the consequence for an anti-doping rules violation?

http://keeprugbyclean.worldrugby.org/downloads/Consequences_of_doping_EN.pdf



KNOW your player rights and responsibilities -

<http://keeprugbyclean.worldrugby.org/?page=resource>

Complete Online Training
<https://keeprugbyclean.worldrugby.org/?module=1>

Care about your health? **READ** about the Dangers of Doping -
https://www.wada-ama.org/sites/default/files/resources/files/WADA_Dangers_of_Doping_EN.pdf

WATCH this video to see why your pee is gold -

<https://www.youtube.com/watch?v=zJPgQ4vmXM>

You can also do your own **RESEARCH** using the 'informed sport' website,
<http://www.informed-sport.com>.

You need to be aware of **limitations** of this; HFL do not test for all substances on the prohibited list, there may be a time delay when new substances emerge before being added to the HFL testing programme, the amount tested is a proportion of the entire batch. To reduce your risk of NSF (no significant fault or negligence) make sure you:
*search the name of the products and the ingredients (informed sport), *Screen shot all your research conducted and *save it in a folder. Back up the saved data.
Remember - **Strict Liability** - you as a player are "solely responsible" for any substance found in your body whether there was an intention to cheat or not.

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