



Anti-doping Within Swimming



INTRODUCTION



Anti-Doping is about **Competing Clean**

Doping is defined as athletes taking illegal substances to improve their performances.

It not only harms your future in sports but also your health and your reputation as an athlete.

The following information will help explain the risks, banned substances, and ultimately how to stay clean.

Failure to comply with anti-doping rules can lead to bans or more severe sanctions.

YOU ARE STRICTLY LIABLE!

This is a guide. You are responsible for observing the current anti-doping regulations. As athletes racing in the UK, we fall under two governing bodies:

WADA - World Anti-Doping Agency

UKAD - UK Anti-Doping



RIGHTS AND RESPONSIBILITIES



It is important that an athlete's rights within anti-doping are upheld. To ensure that these rights are clearly set out, **WADA** have created the Anti-Doping Rights Act.

This achieved through **17 Rights and Responsibilities of an Athlete** and can be summarised as follows:

- Know and abide by the Anti-Doping Rules, policies and practices
- Be available for testing at all times
- Take responsibility for what they ingest or use
- Tell medical professionals that they should not use prohibited substances or methods, as per the WADA Prohibited List, and that any advice or treatment given to an athlete should not violate the Anti-Doping Rules
- Tell UKAD and their International Federation if they have committed an Anti-Doping Rule Violation within the last 10 years
- Co-operate in any doping investigations when asked to do so
- Disclose the identity of their support personnel upon request from an Anti-Doping Organisation





REDUCE YOUR RISK OF TESTING POSITIVE: Medications



Global Dro

Global Dro is a useful site that can be used to find out if your medication contains any banned substances.

Simply fill out the search menu:

 *Is your medication banned in sport?* 

HOMESEARCHHELPFAQS

Search

User TypeAthlete

SportSwimming

Nation of PurchaseUnited Kingdom

Search forSUDAFED DECONGESTANT LIQUID

Search

Total Results: 1


SUDAFED DECONGESTANT LIQUID

Brand


It will then tell you if that product is clean or contains a banned substance for either only in competition or all the time

SUDAFED DECONGESTANT LIQUID

Status According to the WADA Prohibited List



In Competition
Prohibited



Out of Competition
Not Prohibited



In-competition commences 11:59pm on the day before the competition through to the end of that competition

REDUCE YOUR RISK OF TESTING POSITIVE – Supplements



Dietary supplements can be broadly defined as products containing a concentrated source of nutrients or other substances that have a nutritional or physiological effect.

No guarantee can be given that any supplement is free from prohibited substances however, risk can be reduced by checking batch tests. This informs you whether a batch of a supplement is at risk of being contaminated with a banned substance.

Informed Sport can be used to check if a supplement has been batch tested. Make sure that you have bought a batch that has been tested and take a record of evidence



Impact Whey Protein Elite

Search

Search by batch # or flavour

No batches are currently associated with this product.

My Protein
therefore is not
guaranteed to
be clean of
banned
substances

It is important to note that a balanced diet should provide you with all the supplements you require - this may exclude such things as Vitamin D and Iron - check with doctor and / or coach before taking anything

This is particularly important with taking supplements like caffeine before a race as this can be dangerous- especially as an age group athlete



Take Me To Informed Sport

MEDICATIONS & THERAPEUTIC USE EXEMPTION (TUE)



A Therapeutic Use Exemption (TUE) permits an athlete to use an otherwise prohibited substance or method, for therapeutic purposes, whilst continuing to compete in their chosen sport.

If an athlete must take a banned substance for medical reasons they are required to submit a completed TUE application form with the support of their doctor.

An application will only be considered when submitted alongside the following supporting medical evidence:

- Comprehensive medical history and the results of all relevant examinations, laboratory investigations and imaging studies
- Copies of original reports, letters and specialist reviews
- A detailed summary of any alternative medications tried (including names, dosages, duration of use, and effects) or clinical justification from the prescribing doctor that confirms that in their opinion there are no other reasonable permitted alternatives that exist to treat the medical condition.



TESTING: YOUR RIGHTS AND RESPONSIBILITIES



From notification for Doping Control, athletes have the right to:

- Be accompanied by a representative and/or interpreter of their choice
- Request a delay in reporting to the Doping Control Station for valid reasons
- Ask for additional information about the sample-collection process
- Request modifications – for individual needs

Athletes have a responsibility to:

- Always remain within direct observation of the DCP from the point of notification by the DCP until the completion of the sample collection procedure
- Produce identification such as competition accreditation or a driver's licence
- Comply with sample collection procedures
- Report immediately for a test, unless there are valid reasons for a delay

VALID REASONS FOR A DELAY

- Participate in a medal ceremony
- Fulfil media commitments
- Compete in further competitions
- Perform a warm-down
- Obtain medical treatment
- Locate a representative and/or interpreter
- Obtain photo identification
- Any other exceptional circumstances which may be justified, and which shall be documented

TESTING: THE PROCESS



Make sure to familiarise yourself with the testing procedure using the UKAD video



TESTING: SUMMARY

What that means for you

- You should always undertake the test. Refusing a test can lead to a four-year ban.
- It is also important that you understand your rights and responsibilities in relation to testing.

What you should do

- Familiarise yourself with the Testing Process and your rights and responsibilities
- Always undertake the test
- Consider taking a representative with you
- Download the 100% me Clean Sport App and use its medications function to record all the medications you have taken – this will help you complete the Declarations box on the Doping Control Form

ANTI-DOPING RULE VIOLATIONS (ADRVs)



As well as testing positive for banned substances there are 11 ADRVs that can lead to suspensions or bans

ATHLETES

Presence

Presence of a prohibited substance in an athlete's sample



Whereabouts Failures

Failing to report whereabouts or being absent- 3 failures is an ADRV



Evasion

Evading, refusing or failing to submit to sample collection



Use

Use or attempted use of a prohibited substance or method



ATHLETES, SUPPORT PERSONNEL & OTHER NON-PARTICIPANTS

Tampering

Tampering or attempted tampering with any part of doping control



Possession

Possession of a prohibited substance or method



Trafficking

Trafficking or attempted trafficking of any attempted substance or method. with any part of doping control



Administration

Administration or attempted administration to any athlete of any prohibited substance or method



Complicity

Intentionally assisting, encouraging or covering up an ADRV by another person



Prohibited Association

Associating in a professional or sport related capacity with anyone currently serving a sanction



Retaliation

Acts to discourage or retaliate against reporting to authorise



SUMMARY



Familiarise yourself with the testing process and your rights

Check with your coach before taking anything you are unsure about

Make sure you are aware and keep track of everything in your system

YOU ARE STRICTLY LIABLE



How To Report

Report anything that you consider to be suspicious or know is breaking an ADRV

FAILURE TO DO SO CAN RESULT IN YOUR OWN BAN

USEFUL RESOURCES



UKAD



WADA



Prohibited List 2025