

Anti Doping Guide



Introduction

All sports including swimming and water polo have to become increasingly alert to the dangers of performance-enhancing drugs; and members of Sutton & Cheadle swimming club should be aware of the anti-doping laws adopted by British swimming in February 2006.

The ASA operates under:

- the World Anti-Doping Agency Code (WADA)
- Federation Internationale de Natation (FINA) Doping Protocols
- the Amateur Swimming Federation of Great Britain (ASFGB) Doping Control Rules & Protocols

These rules govern all competitive swimmers, irrespective of age. As such, any registered competitor could be drug-tested, though it would be unusual for very young competitors to be tested.

Anyone reaching the National Age Group Championships for both Swimming (for which the youngest category is 11 years old as of the last day of the championships) and Water Polo, could be selected randomly for a test, and swimmers or players over 16 who reach the level of the World Class programme may also be tested away from competition at any time.

Most people think of sports' dope testing as the search for performance enhancing steroid use by athletes.

However, it is very important for club members to be aware that for the avoidance of doubt, the offence of doping is a 'strict liability' offence. **This means that it is not necessary to prove any intention on the part of an athlete to commit a doping offence.**

The mere presence in the body of a banned substance automatically triggers the decision to find the athlete guilty.

It must also be stressed that ignorance is not a defence if a positive test were to occur as a result of accidental or inadvertent consumption of a prohibited substance.

All members of the club should therefore be aware of the following:

- It is each swimmer's personal duty to ensure that no prohibited substance enters his/her body.
- Swimmers are responsible for any prohibited substance found to be present in their bodily specimens - so take responsibility for what you consume and use.
- Swimmers should ensure that each person from whom you take advice (including medical personnel) is acquainted with the provisions of the Anti Doping Laws (including any subsequent amendments).
- Swimmers should ensure that any medical treatment does not infringe the Anti-Doping Laws.

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- Swimmers should also be aware that upon receiving a request from British Swimming or a designated representative; they must make themselves available for and submit to Doping Control at any time, whether in or out of competition.

'Accidental' taking of a Banned Substance

There is a small but very real risk that athletes could test positive to a banned substance as a result of taking it inadvertently, and there are three main areas that could affect the 'innocent' swimmer:

Asthma Medication and Doping Control

Some of our members need to take Asthma medication and the key is to ensure that any such medication is **only taken by inhaler**.

Reliever inhalers such as salbutamol (Ventolin) and terbutaline (Bricanyl), and the common steroid preventer inhalers such as beclomethasone (Becotide), budesonide (Pulmicort) and fluticasone (Flixotide), are **permitted** substances under ASA and FINA law.

The preventer inhaler sodium cromoglycate (Intal) can also be used legally, as can the more recently introduced oral leukotrine antagonists, such as montelukast (Singulair), and the longer lasting bronchodilator inhaler salmeterol (Serevent).

However, it is important NOT to exceed the maximum dose of two puffs four times daily, except in an emergency, as high levels could trigger a positive Doping Control test.

It is also important NEVER to let another swimmer use your inhaler for fun.

Although salbutamol can be taken by inhaler, salbutamol tablets are NOT permitted and the older inhalers (although very rarely used these days) such as isoprenaline, ephedrine, and orciprenaline are banned.

Sometimes a short course of oral corticosteroid drugs is administered to bring asthma under control. If this is the case then the swimmer must not compete until at least two weeks after the course has finished or again, they could test positive if subjected to Doping Control.

If you have to take a banned substance for a legitimate medical condition you should first check with your Doctor to see if there are any permitted alternative treatments or medications. If this is not possible, a Therapeutic Use Exemption (TUE) is required in order to take approved medications.

The reason why declaration of asthma is so important is that the beta agonists and steroids drugs can enhance performance if used by an athlete without asthma.



Therefore, to avoid infringing Doping Control regulations, swimmers attending ASA or British Swimming national events, such as British Gas National Age Groups, must declare inhaler use annually to the ASA together with the details of the medication that they are taking using the [British Swimming Medical Declaration Form](#). You also need to keep this information up-to-date and any subsequent changes in medication should also be notified. In addition, any swimmer tested at doping control MUST declare any asthma medication taken at the time of the test.

Remember: it is your responsibility as a swimmer to keep the ASA informed.

Over the counter everyday medications

Some 'over the counter' medications for common ailments such as colds, coughs and hay fever can also cause you to fail a test.

Everyone has heard of British slalom skier Alain Baxter who lost his bronze medal when he unwittingly failed a drug test at the Salt Lake City Winter Olympics 2002 after he had bought and used a Vicks nasal inhaler in America that he thought was identical to the one he had been using at home. Unfortunately, the US version contained a strain of a banned substance classified as a stimulant, while the British version does not. Although the explanation of how he came to test positive was not disputed, the IOC had no choice under its anti-doping rules other than to strip him of his medal.

The reason is that many of these over the counter remedies (even herbal remedies) contain ephedrine, pseudoephedrine, phenylephrine or phenylpropanolamine, which are all classed as stimulants. Other cures for diarrhoea or pain can contain opioids such as morphine.

It is therefore recommended that athletes do NOT take cold cures containing any of these substances.

So if you (or your child swimmer) have a cold, please read the packet before administering anything! Even "LEMSIP" contains phenylephrine!

Dietary Supplements and sports foods

From press reports, it seems many of the notorious positive drug tests in various sports can be traced to dietary supplements.

Independent research has shown that up to 10% of nutritional supplement tested contained enough illegal substances to trigger a positive drug test.

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Lack of regulation of quality control and labelling of products in the supplement industry makes it impossible to identify supplements and sports foods that are risk free.

The advice to parents and swimmers therefore is that dietary and nutritional supplements should not be taken, full stop.

IF IN DOUBT, CHECK IT OUT !

Useful Links

British Swimming Anti-Doping Rules can be viewed at
http://www.swimming.org/assets/uploads/library/BSAntiDoping_Rules_Jan_2010.pdf

World Anti-Doping Agency (WADA) www.wada-ama.org/

Federation Internationale de Natation (FINA) Doping Protocols
http://www.fina.org/H2O/index.php?option=com_content&view=category&id=90:doping-control-rules&Itemid=184&layout=default

Prohibited List <http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/>

UK Anti-Doping www.ukad.org.uk

Global Drug Reference Online an online service provided by UK Sport that provides information about which drugs and other substances are prohibited under the rules of sport. It will also tell you the active ingredients and whether it is cleared for use - but even then, you should check that the ingredients listed on the product match those recorded by the database. <http://www.globaldro.com/uk-en/default.aspx>

100% Me www.ukad.org.uk/pages/100-me-programme/

You can also Join the 100% me community on Facebook
www.facebook.com/100percentme.uk

British Swimming Medical Declaration Form
<http://www.swimming.org/library/document/medical-declaration-form>

Therapeutic Use Exemption Form: <http://www.ukad.org.uk/pages/therapeutic-use-exemptions/>