



UPDATE

Official British Swimming Doping Newsletter

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100% ME

This year UK Sport Launched an athlete-centred education campaign designed to increase understanding and promote the benefits of drug-free sport.

100% ME will provide the athletes of today and of the future with the information, support and confidence they need to compete and WIN drug-free.

100% ME allows sportsmen and women to enjoy the plaudits of success knowing "That was 100% Me".

They are expanding our anti-doping work to include the next generation of swimmers, divers, water polo players and synchronised swimmers. What could be better than a 2012 Olympic Games in London with our athletes understanding the importance of being "100% ME".

They will be delivering 100% ME primarily through three main routes.

The Ambassador Programme

Athletes across all sports will be the "face" of the programme, influencing their peers and acting as role models to the next generation.

Stephen Parry our Bronze medal winner 200m Butterfly at Athens along with Johnny Wilkinson (Rugby Union) Paula Radcliffe (athletics) and many more have committed to work with UK Sport to make certain the right messages are getting to our stars of tomorrow.

Outreach

Outreach will be used to promote drug-free sport to athletes, support staff, juniors, parents, teachers, etc. through attendance at sports events, workshops, and training sessions across our sport.

Accreditation Scheme

The Tutor accreditation scheme will see us build a network of trained accredited tutors and advisors across our sports that can promote relevant and up-to-date anti-doping information and advice to current and future

sportspeople.

British Swimming to date has trained tutors for swimming, water polo diving and disability swimming. Wales have an accredited tutor and we hope by the middle of November to have persons trained in Scotland.

The Vision for 100% ME is to create a new generation of swimmers, water polo players, divers and synchronised swimmers who believe in what it truly takes to be a success:

- 100% Determination
- 100% Belief
- 100% Dedication
- 100% Control
- 100% Resilience
- 100% Respect
- 100% Talent
- 100% Desire
- 100% Empowerment
- 100% Commitment
- 100% Focus
- 100% Awareness

We want our athletes to:

- Take the lead in the global fight against drugs in sport.
- Increase their knowledge and understanding of anti-doping issues.
- Have full confidence in the testing procedure and anti-doping programme to support their right to compete drug free.
- Have confidence in themselves to succeed in sport without the misuse of drugs.
- Fully understand their responsibilities and the implication of their actions with regards to anti doping.
- To have access to the support, and information they need to make well-informed choices about competing drug-free.
- To, through their own success, and the way they live their lives, act as fitting role models for future generations.
- To achieve success at the highest level knowing "It was 100% ME".

We want our support personnel (coaches, physios, etc) to take the lead in the global

fight against drugs in sport.

- To ensure they are well placed to provide accurate, relevant and up to date information on drug-free sport to their athletes.
- To fully understand their responsibilities, and the implication of their actions with regards to anti-doping.
- To encourage their charges to compete drug-free by emphasising and building the attributes need to be a "100% ME athlete".

WORLD ANTI-DOPING CODE: WHAT ATHLETES NEED TO KNOW

The World Anti-Doping Code is an international set of rules and guidelines to protect sport from doping. It aims to simplify the anti-doping rules, with a fair and comprehensive guide for athletes across the globe.

As an athlete, YOU are SOLELY responsible for your own actions. If you break the anti-doping rules of sport – even unwittingly – you could face up to a LIFETIME BAN. For this reason it is vital that you understand what the Code is about and what it means to you.

TESTING PROGRAMME

For athletes, testing is the most effective way of demonstrating that you compete without the use of prohibited substances or methods.

The code requires Anti-Doping Organisations and in our case these are FINA and UK Sport to nominate the levels at which they plan to test.

For this reason we have established with FINA and UK Sport **National Registered Testing Pools (NRTP)** and **Domestic Testing Pools (DTP)**:

WHICH TESTING POOL ARE YOU IN?**SWIMMING:**

NRTP: You are eligible for testing if you:

- Are on the World Class Performance programme
- Are ranked top 50 absolute in the world either long course or short course
- Are selected onto the World Class Youth programme
- Are based at the Offshore Centre
- HAVE been on one of the lists above but are no longer

DTP: You are eligible for testing if you:

- Are part of a Home Counties Team for Commonwealth Games
- Are selected for the World Class Age Programme

DIVING:

NRTP: You are eligible for testing if you:

- Are on the World Class Performance Programme
- Are on the Junior Olympic Programme
- Have been on one of the lists above but are no longer

DTP: You are eligible for testing if you:

- Are part of a Home Counties Team for Commonwealth Games
- Start programme

DISABILITY:

NRTP: You are eligible for testing if you:

- Are on the World Class Performance Programme
- Are on the World Class Youth/Potential Programme
- Have been on one of the lists above but no longer

DTP: You are eligible for testing if you:

- Are on the World Class Start Programme

OPEN WATER:

NRTP: You are eligible for testing if you:

- Ranked top 10 in the World Championships
- Final of LEN Grand Prix

DTP: You are eligible for testing if you:

- Are selected for a Development Squad (All Home County Squads apply)

WATER POLO:

DTP: You are eligible for testing if you are:

- Selected for Senior National Squad Male and Female (All Home County Squads Apply)
- Selected for Junior National Squad Male and Female (All Home County Squads Apply)
- Selected for Youth National Squad Male and Female (All Home County Squads Apply)

SYNCHRONISED SWIMMING:

DTP: You are eligible for testing if you are:

- Selected for Senior National Squad (All Home County Squads apply)
- Selected for Junior National Squad
- Selected for the Age Group National Squad

WHAT DOES THIS MEAN?

If you are on the NRTP you will be notified by UK Sport to complete out of competition testing details. This requires you to submit to testing 5 out of 7 days of the week for one hour of the five days you nominate. You will be tested at training camps (home and abroad) and tested in competition. FINA will also send independent testers if you are ranked in the top 50 absolute long course or short course for swimming, ranked top ten diving, ranked top 10 World Championships in open water.

If you are on the DTP you will be tested by UK Sport at training camps (home or abroad) and tested in competition.

Sometimes you may need to take a banned substance for a legitimate medical condition. In this case you should first check with your doctor to see if there are any permitted alternative treatments or medications. If this is not possible you will need to apply for Therapeutic Use Exemption Certificate. There are two types of applications:

Abbreviated TUE (ATUE) this is required for some inhaled asthma medications and some products containing glucocorticosteroids, like eardrops. ATUE's are considered valid on receipt of a fully and appropriately completed form by either FINA or in the case of Disability UK Sport who notify the IPC.

REMEMBER:

If you are not in a NRTP or DTP you may still be selected at random for testing so it is important that you adhere to the anti-doping rules at all times.

Standard TUE – these forms are reviewed by a panel of independent physicians.

VIOLATING THE ANTI-DOPING RULES!

If you violate the anti doping rules you are risking your sporting career and perhaps bring your sport, Country and reputation into disrepute.

The current anti-doping rule violations are:

- The presence of a prohibited substance in a specimen.
- The use or attempted use of a prohibited substance/method.
- Avoidance or refusal to undertake a sample collection
- Failure to provide whereabouts information
- Tampering or attempting to tamper with any part of the doping control process.
- Possession or trafficking of prohibited substances/methods.

INADVERTENT DOPING!

Inadvertent doping occurs when an athlete takes a medication to treat an illness or injury – unaware that it contains a banned substance. It can also occur if an athlete takes a supplement, which contains a prohibited substance. This can either be through contamination or because not all the ingredients were listed. British Swimming and UK Sport strongly advise athletes not to take supplements.

Under the WADA Code ignorance is no excuse in such cases – you are solely responsible for checking the status of all medications and substances you use.

Athletes that have unwittingly taken a prohibited substance will still face sanctions.

PROHIBITED LIST

In order to ensure that you are not unknowingly taking banned substances it is necessary for you to be familiar with the most current Prohibited List (which is subject to change from time to time). This list outlines each prohibited class of substance with examples.

A current edition of the list can be found on the UK Sport Drug Information Database (DID) www.uk sport.uk/did or the WADA website www.wada.ama.org.

You can also use DID to check the status of UK licensed medications. A new list is reissued every year on 1st January, but updates

TO AVOID TESTING POSITIVE FOR A BANNED SUBSTANCE REMEMBER:

- ✓ Check all medications carefully against the prohibited list before use
- ✓ Inform your doctor or pharmacist about the rules under which you compete.

may be made by WADA throughout the year so it is worth checking regularly for any changes.

SANCTIONS

WHAT HAPPENS IF YOU TEST POSITIVE?

There is a clear and definitive set of sanctions if you are caught using banned substances. First offenders could have a two-year ban from competing in any sport, which has signed the WADA code. Athletes caught a second time may be banned for life.

All athletes are entitled to a hearing before the sanction is applied. However, all relevant competition results will be automatically disqualified – regardless of the hearing outcome.

WARNING

We have had a number of athletes who have since we have changed over to the electronic out of competition whereabouts system where UK Sport have reported you not available after their first attempt to test (in the past they gave you three attempts) so many of you have obtained a FIRST STRIKE – **please remember to go on line and alter your information if your circumstances change.**

Coaches – please help your athletes – if you give them a night off, or decide to shut training down for a week – remind your athletes to change their on line location details. It reflects against you and your club as well as your athlete.

Stop Press!! We have just had information that an athlete has had sanctions against them because they have failed on three occasions to be where they said they would be.

TWO-YEAR BAN FOR “INADVERTENT” POSITIVE

An open water swimmer who finished second at the last US championships has accepted a two-year suspension for what is said to have been an “inadvertent” violation of anti-doping rules, according to the US Anti-Doping Agency.

The swimmer tested positive for methylphenidate, or Ritalin, at the championship meet on June 2 in Fort Myers, Florida. She had disclosed her use of a prescription medication containing the substance at the time of the test, but she did not have a medical exemption in place before the competition, the agency said.

The rules require such documentation before a competition to confirm a valid medical need for using prescription drugs. Athletes may receive exemptions if proper documentation is in place.

TESTING OF YOUR SAMPLES:

I was invited to visit the HFL laboratories in Cambridgeshire recently where I saw how samples were analysed. Your samples are bar coded as soon as they enter the laboratory to avoid any mix ups in the testing process.

I was very impressed with the sterile environment and the number of procedures your

AND FINALLY REMEMBER:

- ✗ Using drugs is cheating – you are cheating yourself and your fellow athletes.
- ✗ By taking drugs you are risking your own health and possibly the safety of fellow competitors.
- ✗ If you do take drugs there is a strong possibility that you will get caught!
- ✗ You could bring your reputation, your coach, your team and your country into disrepute.

sample goes through

ATHLETE SUPPORT AND DOPING COMPLIANCE CONTACT:

Wendy Coles
Tel: 01509 228537

British Swimming
Medway Building
Loughborough University
Loughborough
LE11 3TU
Email: wendy.coles@swimming.org

For more information on 100% ME take a look at:

