

BAWFC Anti-Doping Policy

1. Introduction

- 1.1. Bristol Academy Women's Football Club is committed to adhering to the FA's anti-doping Bye-Laws on the Control of Doping that are available from Football Association.

2. The FA testing programme and players obligations

- 2.1. The FA runs a drug-testing programme throughout the year in conjunction with all football clubs. In registering with the BAWFC all players have given their consent to random testing for prohibited substances, which may take place at any time, and declared that they will inform the Club prior to the start of any game of all medicines they may be taking at that time (see below under "Restricted Medications"). For all tests, the procedure follows the standard procedure used by the FA in line with the World Anti-Doping Agency (WADA) requirements. The substances tested for are those prohibited by WADA (see <http://www.wada-ama.org/>).

3. Prohibited substances, medicines and treatments

- 3.1. Addition to the more widely known prohibited substances or classes such as anabolic steroids, amphetamines, narcotics and diuretics, all players must be aware that a considerable number of common medicines and treatments (e.g. those containing ephedrine), and also some food supplements, drinks, herbal treatments or preparations may contain banned substances. To establish whether a medication is permitted, prohibited, or restricted (i.e. only allowed if justified with supporting medical documentation) check with the FAs Drug Information Doping control at www.thefa.com/TheFA/SportsMedical-ExerciseScience/DopingControl/Postings/2007/DrugPolicies

4. Supplements and their risks

- 4.1. The very real possibility of inadequate labeling or cross-contamination of supplements puts players at risk of taking banned substances unknowingly. (A recent study by the IOC showed that of 600+ supplements tested, 15-20% contained non labeled pro-hormones of nandrolone and/or testosterone which would lead to a positive test.) Ultimately you are responsible for whatever is found present in your body. Lack of intent or ignorance is not a defence. This is what is termed "strict liability". Don't be duped by fancy claims and marketing. Ask yourself "do I really need this?" Proper diet and nutrition should come first.

5. Restricted medications permitted only by advanced notification

- 5.1. Players should be aware that some common asthma inhalers and other treatments are only allowed if a "Therapeutic Use Exemption " (a "T.U.E.") has been granted in advance. NB failure to obtain a TUE in advance would mean a doping offence being committed. The restricted treatments can be checked on UK Sport's Drug Information Database.

6. The Testing Process

6.1. Notifying the Player

- 6.1.1. Players to be tested are usually selected at random (although target testing can be done) and at an appropriate time, the competitor is notified of his selection by an independent Doping Control Officer (DCO) appointed by the FA. The player is accompanied to the Doping Control Station (normally a private changing room or medical room) where she will be asked to sign a notification form. The procedures for the test will be fully explained at this time. A copy of the notification will be given to the player. Sealed non-alcoholic drinks may be available alongside general reading material on the testing procedures.

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6.2. Reporting for the Test

- 6.2.1. From notification onwards, the competitor must be accompanied at all times by either a DCO or her appointed chaperone (this will be a female member of the player support staff). The Sample Collection Form will specify a time by when the player must report to the Doping Control Station to provide a urine sample. This reporting time will also be verbally stated to the player on notification of her selection for the drug-test. Failure to report by the specified time, or refusal to provide a urine

sample, will be taken as if the player had been issued with an adverse analytical finding and will be dealt with accordingly. On reporting for the drug-test the player may choose to be accompanied (e.g. her Coach or another player) but only the player being tested and the DCO will be present when the sample is passed.

6.3. Sample Collection

6.3.1. The procedure for collecting the player's urine sample will follow established practice and will be explained fully to the player by the DCO. Great care is taken by the DCO to ensure that the proper procedure is followed. The DCO must witness the sample being passed. The sample is then divided into two separate sealed containers and sent by a secure chain of custody to a laboratory for analysis. The lab receives no personal details of the player, only sample codes.

6.4. Recording and Certifying the Information

6.4.1. The DCO will ask the player to declare any medication that he or she has taken in the previous week. These are recorded on the Sample Collection Form which the player is then asked to check and sign. (NB Any such declaration of medications at this time does not avoid the need for certain medications to require a TUE - see above.) A copy of the form is given to the player who is then free to go.

6.5. Reporting the Result

6.5.1. Normally, the Club will receive notification of the result of the sample analysis approximately 14-21 working days later and the result will then be notified to the Player. If an adverse analytical finding is reported, and after a formal review it is considered that a doping offence may have been committed, the player may be suspended pending a Disciplinary Hearing. The procedures to be followed in such circumstances will be fully explained to the player in writing prior to the Hearing.

7. The Penalties for a Doping Offence

7.1. Doping is a very serious matter and offences will be dealt with by the FA accordingly. The FA lays down recommended penalties which are in accordance with those issued by the World Anti-Doping Agency. Penalties vary depending on the nature of the offence, the substance detected, and whether the player has committed a doping offence previously. Penalties range from up to a 3 month suspension to a life ban from all competitive sport.

7.2. The Anti-doping policy will be reviewed annually at the Annual General Meeting of the Football Club to ensure the actions remain appropriate and effective.