

GUERNSEY DARTS



ASSOCIATION

(2010)

Anti-Doping Code
(Policy on Drugs)
First Edition – 26th June 2020

Anti-Doping Code (Policy on Drugs)

All athletes have the right to compete in sport in the knowledge that they, and their competitors, are clean. We, the Guernsey Darts Association (2010), believe in “clean” Darts and are working in partnership with the Guernsey Sports Commission, UK Anti-Doping (UKAD) and the World Darts Federation (WDF) in order to ensure that the integrity of our sport is protected at all times.

The use of performance-enhancing substances or drugs and other doping behaviour severely damages the legitimacy of sport and undermines the honesty and integrity of clean athletes.

1 ANTI-DOPING RULES

The Guernsey Darts Association (2010) has in place a set of anti-doping rules that ALL players, coaches and player support personnel must abide by at all times. The anti-doping rules for the Guernsey Darts Association (2010) are consistent with the [World Anti-Doping Code \(2015 Code\)](#) which governs anti-doping internationally.

The anti-doping rules of the Guernsey Darts Association (2010) are the Anti-Doping Rules adhered to by the Guernsey Sports Commission which are published by UK Anti-Doping (or whichever body becomes its successor), as amended from time to time. Such rules shall take effect and be construed as the rules of the Guernsey Darts Association (2010).

If you are a member of the Guernsey Darts Association (2010), then the Anti-Doping rules apply to you. This is regardless of what level you participate at.

2 ANTI-DOPING: THE BIG PICTURE

There are many organisations that work hard to protect sport and uphold its integrity. The World Anti-Doping Agency (WADA) is responsible for leading the collaborative worldwide campaign for clean sport. WADA was established in 1999 as an independent agency and is funded by both the sporting movement and governments throughout the globe. It manages the development of the World Anti-Doping Code. The Code aims to harmonise all anti-doping policies ensuring that athletes and athlete support are treated fairly and consistently.

The aims of the 2015 Code and WADA are to:

- Protect the Athletes’ fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide, and
- Ensure harmonised, coordinated and effective anti-doping programmes at the international and national level with regard to detection, deterrence and prevention of doping

In the Bailiwick of Guernsey, the Guernsey Darts Association (2010) works in partnership with the Guernsey Sports Commission and UK Anti-Doping in order to prevent doping.

The Guernsey Sports Commission is a charitable organisation designed to promote physical activity and sport on Guernsey, and its role is to lead, represent and be a voice for all sport in Guernsey.

UKAD is the national anti-doping agency for the United Kingdom. It is dedicated to protecting a culture of clean sport – it achieves this through implement education and testing programmes, gathering and developing intelligence, and prosecuting those who have been found to have committed an Anti-Doping Rule Violation.

UKAD is responsible for ensuring that sports bodies in the United Kingdom are compliant with the world Anti-Doping Code through the implementation and management of the United Kingdom’s National Anti-Doping Policy.

3 100% ME: SUPPORTING ATHLETES TO BE CLEAN

“100% Me” is the official UK Anti-Doping education programme for athletes. This is designed to provide information resources, education sessions and general advice to athletes throughout their sporting careers. There is a dedicated section on the UKAD website for further information, this can be found at www.100percentme.co.uk

4 WHAT IS STRICT LIABILITY?

All athletes need to be aware of the principle of strict liability. This means that all athletes are solely responsible for any banned substance they use, attempt to use, or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat.

It is crucial that athletes check all medications are safe to take prior to use. Medications can be checked online at www.globaldro.com

Athletes **must** undertake through internet research of any supplement products before use – including the name of the product and the ingredients / substances listed and used in its manufacture. Information revealed as a result should be investigated further and we strongly advise all athletes to keep evidence of their search.

5 WHAT ARE THE ANTI-DOPING RULE VIOLATIONS (ADRVs)?

The 2015 Code outlines ten Anti-Doping Rule Violations (ADRVs). Athletes, and Athlete Support Personnel (ASP), may receive a ban from sport if any of the following ADRV are committed:

- (i) Returning a positive test.
- (ii) Using, or attempting to use, a banned substance or method.
- (iii) Refusal or failure to provide a sample when requested to do so.
- (iv) **Tampering, or attempting to tamper, with any part of the testing process.**
- (v) **Possession of a banned substance or method.**
- (vi) **Trafficking, or attempted trafficking, of any banned substance or method.**
- (vii) **Administering, or attempted administering, of a banned substance or method to an athlete; or encouragement, aiding and / or covering up any involvement in an ADRV.**
- (viii) Receiving any combination of three filing failures and / or missed tests in a time period of 18 months (for those athletes who are part of the National Registered Testing Pool).

- (ix) **Complicity.**
- (x) **Prohibited Association**

All of the above ten ADRVs are applicable to athletes. Only the ADRVs which have been highlighted in bold type are applicable to ASP.

The Consequences are significant:

Under the 2015 Code, a minimum ban of four years from sport will apply to those who are found to be deliberately cheating and breaking the rules.

The 2015 Code has little sympathy for carelessness. For inadvertent doping, athletes are more likely to face a ban of two years from sport.

All athletes, coaches and athlete support personnel need to make sure that they have sufficient anti-doping knowledge to avoid committing an Anti-Doping Rule Violation and subsequently receiving a ban from competing in sport.

7 MANAGING INADVERTENT DOPING RISKS

A THE PROHIBITED LIST

All banned substances and methods on Code-complaint sports are outlined in the Prohibited List, which is updated at the beginning of every calendar year. This List may also be updated when necessary throughout the year. The latest list of banned substances and methods can be found on the World Anti-Doping Agency website at www.wada-ama.org

B UNDERSTANDING THE IMPORTANCE OF CHECKING MEDICATIONS

Before taking any medication (whether it has been prescribed by a doctor or bought in person over the counter), athletes must check to make sure that it does not contain any banned substances. Medications can be checked online at www.globaldro.com. It is also important to note that medications which have been bought in one country may contain different ingredients to the same branded medication which may be available in another country.

C KNOW THE RISKS WITH NUTRITIONAL SUPPLEMENTS

Athletes are strongly advised to be very cautious if they choose to take any supplement such as vitamin tablets, energy drinks, or sports-nutrition formulas. This is because there is **no guarantee that any supplement is free from banned substances.**

All athletes are advised to:

- (i) **Assess the need** to use supplements by seeking advice from a qualified medical professional or nutritionist on their need to use supplement products;
- (ii) **Assess the risks** associated with supplements and undertake thorough research of all supplement products they are considering taking;
- (iii) **Assess the consequences** to their careers – they could receive a four year ban – **before** making a decision to use supplements.

However, supplement risks can be reduced by:

- (i) Undertaking through internet research;
- (ii) Only using batch-tested products;
- (iii) Checking on “*Informed Sport*” (which is a risk minimization programme) that the supplement has been batch tested.

For further information, it is advised to visit www.ukad.org.uk/supplements. For information on the Informed Sport programme, which provides a batch-testing service for supplement products, visit www.informed-sport.com

8 APPLYING FOR A THERAPEUTIC USE EXEMPTION

Athletes who need to use a banned substance or method in order to treat a genuine medical condition, with there being no reasonable alternatives, may have to apply for a Therapeutic Use Exemption.

- (i) International-level athletes (as defined by their International Federation) need to apply for a Therapeutic Use Exemption via their International Federation.
- (ii) Athletes competing at a National level need to apply for a Therapeutic Use Exemption via the UK Anti-Doping Agency.

Athletes who have an existing exemption which has been issued by the UK Anti-Doping Agency do not need to re-apply for a new exemption when becoming classed as an International-Level athlete. They should, however, provide their International Federation with a copy of the Therapeutic Use Exemption which has been granted by the UK Anti-Doping Agency as proof to ensure that it is recognised.

Athletes listed under the “National” category for their sport must apply for their Therapeutic Use Exemption in advance of competing. The “National” category for Exemptions is defined by the UK Anti-Doping Agency by sport and can be found on their website. Only in an emergency situation or where there will be a severe impact on health, should treatment begin without having obtained the necessary approval.

To find out more information about whether you need a Therapeutic Use Exemption and how to apply for one (including emergency Exemptions), visit www.ukad.org.uk/about-TUE

9 UNDERSTANDING WHAT HAPPENS IN A TEST (DOPING CONTROL)

Athletes should feel prepared and know their rights and responsibilities when they receive notification that they are to be tested by either a Chaperone or Doping Control Officer. When selected for testing, athletes should take a representative with them to the Doping Control Station. A urine test will follow these main steps:

- (i) Notification
- (ii) Reporting to the Doping Control Station
- (iii) Providing a sample
- (iv) Recording and certifying sample information

The UK Anti-Doping Agency recommends that athletes follow their normal hydration routines if they have been selected for testing. Athletes need to be prepared to provide details of any substances which they have taken, and this needs to be written on the Doping Control form. Athletes should also report any concerns that they may have about the process or the equipment on the Doping Control form.

Athletes can find out more about testing, including their rights and responsibilities, at www.100percentme.co.uk or by downloading the “Clean Sport” app from their app store.

10 KNOW WHERE TO LOOK FOR SUPPORT AND ADVICE

Please do not hesitate to ask questions about the Anti-Doping Rules. As well as asking the Guernsey Darts Association (2010), coaches and athlete support personnel, you may also directly contact the UK Anti-Doping Agency, who will be able to answer any questions which you may have and provide the correct guidance.

11 USEFUL LINKS AND RESOURCES

For essential anti-doping information download the “Clean Sport” app via iTunes or Google Play. This can be either the sport specific or generic version.

www.globaldro.co.uk	For checking all medications, and can search either by ingredients or brand name;
www.informed-sport.com	Information on supplements and ways of reducing the risk;
www.ukad.org/account/register	To register with the UK Anti-Doping Agency and to keep up to date with the latest news;
www.100percentme.co.uk	For more information if you are an Athlete;
www.ukad.org.uk/coaches	For more information if you are a Coach;
www.ukad.org.uk/support-personnel	For more information if you are Athlete Support Personnel;
www.ukad.org.uk/parents	For more information if you are a Parent;

You can also keep up to date with the latest news on Facebook, at

www.facebook.com/100percentme.uk or www.facebook.com/ukantidoping

UK Anti-Doping can also be found on Twitter at the hashtag: @UKAntiDoping

For further information, either contact the UK Anti-Doping Agency via email at ukad@ukad.org.uk or via telephone on the following number: +44 (0) 207 842 3450