

Anti-doping Policy

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. Great Britain Wheelchair Rugby (GBWR) believe in clean sport and work in partnership with UK Anti-Doping ([UKAD](#)) and our international federation, World Wheelchair Rugby ([WWR](#)) to ensure that the integrity of our sport is protected. The anti-doping rules of GBWR are the rules published by UK Anti-Doping (or its successor), as amended from time to time. If you are a member of GBWR then the anti-doping rules apply to you, regardless of what level you participate at. You can find the UK Anti-Doping Rules [here](#).

World anti-doping code

From 1 January 2021, a new version of the Code came into effect and it's important that all athletes and athlete support personnel are aware of how this impacts them.

For more information on the changes within the 2021 Code, visit UKAD's website [here](#).

Under the 2021 Code, an athlete may be classified as being "International-Level", "National-Level" or a "Recreational Athlete" based on their competition level. Further information on these different categories is available on the UKAD website [here](#).

Anti-doping rule violations

Breaking the anti-doping rules can result in a ban from all sport. The Code outlines the anti-doping rule violations (ADRVs). Athletes and athlete support personnel need to make sure they are fully aware of these violations, and the consequences of breaking them.

For more information and what this means for those individuals, click [here](#).

There are 11 ADRVs. All 11 apply to athletes, the ADRVs in **bold** apply also to athlete support personnel.

- Presence
- Use or attempted use
- Evading, refusing or failing to submit to sample collection
- Whereabouts failures
- **Possession**
- **Administration or attempted administration**
- **Tampering or attempted tampering**
- **Trafficking or attempted trafficking**
- **Complicity or attempted complicity**
- **Prohibited association**
- **Acts by an athlete or other person to discourage or retaliate against reporting to authorities**

For information on individuals serving a ban from sport, visit UKAD's sanction page on their website [here](#).

Strict liability

Athletes need to be aware of the principle of strict liability. This means an athlete is responsible for anything found in their system, regardless of how it got there or whether there is any intention to cheat.

All athletes and athlete support personnel should make themselves aware of the risks, so they don't receive an unintentional ban from sport. Useful information for athletes can be found on the UKAD website [here](#).

The Prohibited List

All prohibited substances and methods in code-compliant sports are outlined in the Prohibited List. The Prohibited List is managed and coordinated by WADA, found on the WADA website [here](#).

The List is updated each year, coming into effect on 1 January. It is possible for WADA to make changes to the List more than once a year, but they must communicate such changes three months before they come into effect. As this list is updated

annually, athletes and athlete support personnel should make sure they check it ahead of it coming into effect. More information can be found on UKAD's website [here](#).

Medication

Before taking any medication (whether from a doctor or purchased over the counter), athletes must check to make sure it doesn't contain any prohibited substances. Medications (ingredients or brand name) can be checked online at [Global DRO](#). It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country. For more information on checking medications, visit UKAD's website [here](#).

If an athlete with a legitimate medical condition needs to use a prohibited substance or method, they may need to apply for a Therapeutic Use Exemptions (TUE). More information about the TUE process can be found on the UKAD website [here](#) and may want to use the [TUE Wizard](#) to find out whether they need to apply for a TUE and who to submit their application to.

Watch this video from UKAD's athlete commission member and British Paralympic powerlifter, Ali Jawad, on using Global DRO.

Supplements

Where possible athletes should look for a "food first" approach to support their training. With a bit of planning, it is possible to eat a delicious and healthy diet made up of a variety of food types at the right time, and in the right quantities.

Athletes should assess the need, the risks and the consequences before deciding to take a supplement. More advice on managing supplement risks can be found on UKAD's Supplement Hub [here](#).

All athletes should be cautious of any supplement they choose to take. [Informed-Sport](#) provides a list of batch tested supplements to minimise risk, but there is no guarantee that any supplement is free from banned substances.

Support and advice

If you have further questions and need additional guidance please contact either:

- UKAD directly: ukad@ukad.org.uk or +44 (0) 207 842 3450
- GBWR's anti-doping lead, Lee Stutely, at: Lee.stutely@gbwr.org.uk

Regular updates from UKAD can also be found in the news section of their website, or on their Twitter account: [@ukantidoping](#).