



INFORMATION PERMANENTLY DISPLAYED ON
CLUB NOTICE BOARD AND ON CLUB WEBSITE

ANTI DOPING IN SWIMMING

The ASA operates under:

- the World Anti-Doping Agency Code, commonly known as WADA
- and
- British Swimming Anti-Doping Rules

For full, up-to-date information, look at the British Swimming website:
www.britishswimming.org

There is an endless list of prohibited substances, but the most important thing for an individual swimmer to remember is:

“if you are participating in a competition, it is down to you to make sure that anything you take (e.g. coffee with caffeine or a remedy for a cold) is not on the banned list”

Even herbal remedies can contain substances that are on the banned WADA list and, no doubt, you have all heard of the odd famous sports person being caught out by not checking the list!

If you use an Inhaler, it is important that you complete a

British Swimming Medication Declaration Form

and keep this information up-to-date

Some of the medication used is regarded as a steroid and is on the banned WADA list.

If a swimmer taking one of these substances is selected for any of the Elite programmes, they will have to sign a FINA Declaration Form (for the therapeutic use of a prohibited substance on the WADA list).

The Motto is: ***IF IN DOUBT, CHECK IT OUT !***

The Head Coach, Wayne Owide, is available to advise swimmers.

at March 2018