

ANTI-DOPING POLICY

OBJECTIVES: To make **Boldmere SC Swimmers/Parents/Volunteers/Teachers & Coaches** fully aware of the issue of drug taking and drug testing within the swimming disciplines.

Anti Doping: Doping, that is taking drugs to make you perform better, is cheating, not only in swimming but also in all other sports. This is controlled by **The World Anti-Doping Agency** who oversee **The World Anti-Doping Code**. In swimming **British Swimming** looks after doping control. This applies to all aspects of competitive swimming, i.e speed swimming, polo, diving and synchronised swimming.

Banned substances: The list of banned substances is extensive. It is available on the web. www.wada-ama.org/en/ lists the banned the substances. www.didglobal.com/page/didengs/choose_country gives the names of the medicines/products and what they contain.

Responsibility: **YOU (the swimmer)** are responsible for what goes into your body. **YOU** will get banned if you contravene anti-doping rules.

Testing: It is unlikely that the vast majority of **Boldmere SC** swimmers will ever be tested. The testing authority needs written permission to test swimmers who are under 18. The parents of swimmers who get selected to train with a GB Squad have to give signed permission (to permit testing) as a condition of the swimmer joining that squad. There are members of **Boldmere SC** for whom this has applied. British Swimming has undertaken that every potential Olympic athlete will be tested before the Olympics. Anti-doping tests can be conducted:

- 1) **At any top flight British Swimming Competition**
- 2) **Out of competition.** GB Squad swimmers have to provide an itinerary of their whereabouts so that they can be tested at any time. This can be in training or at home. Athletes can be banned for missing out of competition tests or not being where they said they would be if the tester arrives and the athlete is absent.

Testing Results: In the test you have to provide a sample of your urine. Once you have been selected for a test, one of the testers will stay with you until you have provided a sample. They must know that it is your sample, so they have to be with you to witness you producing the sample. If the test is **POSITIVE**, you will be **BANNED FROM ALL SPORTING COMPETITION**. At the moment the ban is usually for **2 years** but there are moves to have cheats - and that's what drug takers are - banned for life. **If you are tested positive for a banned substance you will be banned by the British Olympic Committee from every competing in the Olympics.**

Medicinal Drugs: If you have to take prescribed – or over-the-counter drugs – for a medical condition, check that they are not on the banned list. If they are on the banned list, don't take them until you have checked with the ASA. If you have to take them because of a medical emergency tell the ASA.

Asthma Inhalers: Be aware that some inhalers contain Steroids which are banned substances, but you can use them. They allow you to compete on an equal footing with non-asthmatic swimmers and they do not give you an unfair advantage. The inhaler you use to help you when you have an asthma attack - and which some **Boldmere SC** swimmers use before swimming - **does not contain any steroids** and is not a banned substance. **However, if, in addition, you have to use an inhaler night and morning, IT WILL CONTAIN STEROIDS.**

If you are a serious senior competitor you need to get a **Therapeutic Use Exemption**. This is also available for other drugs.

ADVICE FOR SWIMMERS:

- 1) Using drugs is cheating.
- 2) By taking drugs you are risking your own health and possibly endangering those around you.
- 3) If you take drugs there is a strong possibility you will be caught.
- 4) If you are caught, it's not only your reputation that will be damaged, but also that of your Coach, Club and Country.
- 5) Swimming has a very low incidence of Doping. In other sports it is much more common.
- 6) Think and plan ahead. Don't let yourself, your sport and **Boldmere SC** down.