



# UPDATE

Official British Swimming Doping Newsletter

Issue: 5 August 2007

## 100% ME

Starting from September we will be changing over from the UK Sport Out of Competition Testing programme to the ADAMS programme (the Anti-Doping Administration and Management System) which is a web based data management system designed by the World Anti-Doping Agency (WADA). Its purpose is to co-ordinate anti-doping activities for all stakeholders, including athletes, involved in the world of anti-doping. The system is simple and easy to use, easy to access across the world and will help to ensure the harmonisation of anti-doping activities across athletes in all sports from all nations. It will take time to get you all trained and changed over, please be patient.

UK Sport are asking all athletes to attend training on the system and as a result we are trying to organise sessions in various parts of the country where athletes can obtain their tuition.

Divers will attend 2.00pm 18th September in Loughborough. Disability swimming will all be trained on 4th November at Sheffield following their National Championships.

Swimmers have two sessions in Loughborough where they can attend 18th/19th September 10.00am—12.00noon or 2.00pm—4.00pm.

We are trying to arrange a session in Swansea and in Scotland—possibly Stirling but are awaiting for WASA and SASA to come back with some information.

Should you not be able to attend this training you will be sent a user guide but will be asked to sign a disclaimer by UK Sport.

I go around to various clubs and squads giving talks on our Doping programme and thought it would be good to share a few questions that have been asked.

What is Doping in sport! ‘Doping’ is the word used in sport when athletes use prohibited substances or methods to unfairly

improve their sporting performance.

What is Anti-doping? - ‘Anti-doping’ is the bid to eliminate doping from sport.

Why is it important to be drug-free—If you have ever watched a swimming race, a diver diving, a water polo match or a synchronised solo, or team routine and cheered on your favourite athlete to victory, then imagine how meaningless that victory would become if that favourite athlete had used drugs to succeed. Our sport generates positive role models for your people. It is crucial that there is a commitment within our sports to fair play. Cheating is unacceptable and contrary to the spirit of our sport. Doping violates important values of fairness, camaraderie and human endeavour. It is important that our athletes performances are true, without unethical practices.

Why is doping in sport prohibited? - Drug misuse can be harmful to an athlete’s health. It severely damages the integrity, image and value of sport, whether or not the motivation to use drugs is to improve performance, it is fundamentally wrong and is detrimental to the overall impact of our sport.

What is In competition testing? - In-Competition testing is testing that is conducted in connection with a sporting event as defined by your sport. The period of In-Competition can be either of few hours of competition (e.g. a match day), competition at a single event (e.g. National Championships over x number of days) or over a more prolonged period of time (e.g. at a major games like the Olympics). All of British Swimming events are open to the possibility of In-competition testing.

Who can be tested? - Any athlete that has entered the competition or has been named as a member of the team participating in the competition or has been named as a member of a team participating in a competition (even if you do not actually enter the water, at any level can be tested as part of British Swimming and UK Sport’s Anti-doping Programme. When you register to compete you

sign up to this as part of the registration procedure.

How are the athletes selected? - the selection of athletes for testing in Competition is determined by UK Sport in conjunction with British Swimming or International Federation. This could be placing in the event (eg. 1st 2nd and 10th) or in lane draw (e.g. heat 7 lane 3), by random selection or a set number of players from each team (usually using random selection) or qualifying for selection to major games.

In swimming if you break a World or European record it will not be recognised until the athlete has undertaken a drug test and returned a negative result.

What is Out-of-Competition testing? - Out-of-competition testing can occur at any time of the year and at any location, such as an athlete’s home, place of training, or even while

**As an athlete, YOU are SOLELY responsible for your own actions. If you break the anti-doping rules of sport – even unwittingly – you could face up to a LIFETIME BAN. For this reason it is vital that you understand what the Code is about and what it means to you.**

they are overseas. UK Sport’s Out-of-Competition testing takes place with no-advance notice to the athlete.

Who can be tested Out-of-Competition? - UK Sport work with British Swimming to determine who falls within the National Registration Testing Pool (NRTP). All athletes within the NRTP are eligible for Out-of-Competition testing. If an athlete is nominated for inclusion in the NRTP, they will be notified by British Swimming, and their International Federation to provide athlete whereabouts information. If you are notified of this requirement you will be given instructions on how you should provide this information.

**ATHLETE WHEREABOUTS REMINDER**

If you currently provide whereabouts information, please ensure that you keep your information up to date as failure to do so could lead to a **MISSED TEST STRIKE OR WHEREABOUTS STRIKE**.

**WADA CODE**—The WADA Code is being updated and there will be some alterations which will affect athletes—these will be notified to you as soon as they are confirmed.

**LIST OF PROHIBITED SUBSTANCES**—we will notify you of any alterations to this list when it becomes available shortly to come into effect as of 1st January. **REMEMBER—HOWEVER, STRICT LIABILITY** it is up to you the athletes to be responsible for what medications or supplements you are taking.

**IS YOUR MEDICATION ON THE BANNED IN YOUR SPORT?** Check the status of any medication or its ingredients before using it.

To find out if the medication is banned log onto UK Sport's Drug Information Database at [www.didglobal.com](http://www.didglobal.com)

The Drug Information Database contains details regarding most licensed medication and substances and can be accessed from anywhere in the world.

**TO AVOID TESTING POSITIVE FOR A BANNED SUBSTANCE**  
**REMEMBER:**

- ✓ Check all medications carefully against the prohibited list before use
- ✓ Inform your doctor or pharmacist about the rules under which you compete.

**TRAVELLING ABROAD?****HAVE YOU UPDATED YOUR WHEREABOUTS INFORMATION?**

If you currently provide whereabouts information using online athlete whereabouts system, please ensure that you keep your information accurate and up-to-date as failure to do so could lead to a **MISSED TEST STRIKE OR WHEREABOUTS STRIKE**.

From time to time you may need to travel abroad, either to train, to represent your sport in international competitions or for a holiday. Remember, when travelling abroad make sure you update your Athlete Whereabouts Information as you can be tested both in the UK and abroad.

**HAY FEVER** — UK Sport has received an increase in the number of people applying for Therapeutic Use Exemption (TUE) applications for the use of intramuscular steroid injections in the treatment of hay fever.

Many of these applications have NOT been supported by sufficient medical information to allow approval. Please be aware that you will be required to state:

When the hay fever condition started, the symptoms experienced, the severity of these symptoms and the effect on performance  
The symptoms that have been suffered in previous years

Evidence of the permitted oral, nasal and/or ophthalmic medications that have been tried for at least 2 weeks including names, doses, dates, duration and the effect of the treatment

Details of any known allergens or allergic history

Whether a specialist has been consulted and, if yes, the relevant correspondence with a specialist.

Then only when satisfied will a Standard TUE be issued for a one off injection with a time frame of 6 weeks for the injection to be given and FINA and UK Sport to be notified of the injection date.

**BRITISH SWIMMING HAVE SEVERAL PEOPLE TRAINED TO TALK ON 100% ME**

Should your Region, County or Club wish to have a person come and give a talk to Athletes and parents please contact:

Wendy Coles on 01509 234088 or e-mail [Wendy.coles@swimming.org](mailto:Wendy.coles@swimming.org)

**REMEMBER:**

**If you are not in a NRTP or DTP you may still be selected at random for testing so it is important that you adhere to the anti-doping rules at all times.**

**ATHLETE SUPPORT AND DOPING COMPLIANCE CONTACT:**

Wendy Coles  
Tel: 01509 228537

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Loughborough University  
Loughborough  
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Email: [wendy.coles@swimming.org](mailto:wendy.coles@swimming.org)

For more information on 100% ME take a look at:  
[www.100percentme.co.uk](http://www.100percentme.co.uk)

**AND FINALLY REMEMBER:**

- ✗ Using drugs is cheating – you are cheating yourself and your fellow athletes.
- ✗ By taking drugs you are risking your own health and possibly the safety of fellow competitors.
- ✗ If you do take drugs there is a strong possibility that you will get caught!
- ✗ You could bring your reputation, your coach, your team and your country into disrepute.