

## THE GBSF IS COMMITTED TO CLEAN SPORT

*“Be a real winner”*

The international governing body for savate, FISav, has shown its commitment to clean sport by becoming recognised by WADA, the World Anti-Doping Agency. The GBSF, through its affiliation to FISav is therefore bound by the anti-doping regulations. This means that **every GBSF member** may be subject to anti-doping measures.

Anti-doping measures are most likely to affect higher-level athletes, but random drugs tests can be conducted at any GBSF or club event so it is important that all savateurs understand their anti-doping responsibilities.

### **Anti-Doping Regulations**

As an athlete, you are responsible for everything that enters your body. The following would be considered violation of the anti-doping rules.

- The presence of a prohibited substance or its metabolites or markers in an athlete's sample
- The use or attempted use by an athlete of a prohibited substance or a prohibited method
- Refusing, or failing without compelling justification, to submit to sample collection after notification as authorised in applicable anti-doping rules or otherwise evading sample collection
- Violation of applicable requirements regarding athlete availability for out-of-competition testing, including failure to provide whereabouts information and missed tests which are declared based on reasonable rules
- Tampering or attempted tampering with any part of doping control
- Possession of prohibited substances and prohibited methods
- Trafficking or attempted trafficking in any prohibited substance or prohibited method
- Administration or attempted administration to any athlete in-competition of any prohibited method or prohibited substance, or administration or attempted administration to any athlete out-of-competition of any prohibited method or any prohibited substance that is prohibited out-of-competition, or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an anti-doping rule violation or any attempted anti-doping rule violation.

## **The Prohibited List**

The Prohibited List is the universal list of all substances and methods that are banned in sport. It is important to note that the Prohibited List is updated annually and published every January. However, substances can be added to the list at any time, so make sure you check it regularly.

Both substances and methods (such as blood doping) are included in the Prohibited List. They will be included if they meet at least two of the following criteria:

- Potential to enhance sports performance
- Actual or potential health risk to an athlete
- Their use violates the spirit of sport.

Some substances or methods are included on the List because they have the potential to mask another prohibited substance or method.

The Prohibited List does not contain product names. You must check the individual contents of any product to see whether any are banned.

The prohibited list includes two sorts of banned substance. The first are banned at all times (the **Out of Competition** List) and the second are only banned during competition (the **In Competition** list). However athletes must bear in mind that substances can be detected in their samples for differing time periods after they have been taken, some last up to six months, and often the time it takes to clear out of your body depends on your own metabolism so it's important to be very, very careful. Any substances on the in competition list that were taken before a competition but are still lingering during the competition will cause a positive test result. It is therefore best to avoid all substances on both lists. Remember to always check your medication and any dietary supplements, and keep up to date on any changes to the Prohibited List.

Note that substances which have very similar chemical properties or similar effects on performance to chemicals on the list are also considered to be banned substances: the list is not necessarily exhaustive.

The 2013 Prohibited List can be found here:

<http://www.ukad.org.uk/resources/document/the-prohibited-list-2013>

The World Anti-Doping Code can be found here:

<http://www.ukad.org.uk/resources/document/world-anti-doping-code>

### **Therapeutic Use Exemption**

Athletes may have illnesses or conditions that require them to take particular medications which are on the Prohibited List. If this applies to you, you must apply for a Therapeutic Use Exemption (TUE) **prior** to undergoing treatment, unless the need for help is critical.

Applications must be sent to FISav, including an explanation of why the treatment is required, a minimum of 30 days before the treatment is needed. A doctor must support your request.

The circumstances under which this will be granted are

- The athlete would experience significant health problems without taking the prohibited substance or method
- The athlete's performance would not be significantly advantaged over their normal condition by use of the prohibited substance or method
- There is no reasonable therapeutic non-prohibited alternative
- The requirement for the treatment must not arise from misuse of other substances or methods on the prohibited list

The TUE form can be found here: <http://www.wada-ama.org/rtecontent/document/standard.pdf>. It should be filled in and sent to the GBSF President or DTN, who will send the information on to FISav who will deal with it in conjunction with WADA. If your application is granted you will be sent a certificate of exemption, that you should bring to all savate events. If your application is denied you will be advised on how to appeal.

In an emergency situation (requiring treatment that cannot wait without resulting in serious health problems for the athlete) it is permissible to receive a banned substance or method, but you should then apply for a therapeutic use exemption retroactively.

### **Selection of Athletes for Anti-Doping Tests**

There are two ways that an athlete can be tested. The first is through random checks, usually at GBSF or FISav events. However there are also a number of athletes who have been selected, based upon their international performance, as part of the FISav "registered testing panel". These athletes have been notified in writing of their inclusion in the registered testing pool. They must register their whereabouts with WADA so that they can be located for "no advance notice", out-of-competition tests. According to the rules, these athletes must make themselves available at a given time and specific place each day, every day of the year, for testing, as well as at training sessions and competitions. For members of the testing panel, failure to submit precise, accurate information regarding your whereabouts can be

counted as a failed test. It is acceptable to ask a representative to submit your whereabouts for you, but it must be accurate and up to date. If you cannot be found for your anti-doping test on three occasions within an 18 month period you will be in violation of the anti-doping rules and suffer penalties, possibly including banning.

### **Urine and Blood Test Procedure**

It is most likely that you will be asked for a urine sample. In this case you will be asked for identification, and then will be accompanied at all times by a same-gender anti-doping official until you have provided a urine sample. You will have to remove all clothing between knee and mid-thigh and wrist and elbow in order to do so. You will be offered a range of sampling kits to choose from, containing two testing bottles. Check that the kit you choose is clean and sealed, and that it has not been tampered with. It is important that you personally retain control of your sample until it has been sealed.

You will pour your own sample into two testing bottles (leaving a little behind for the doping control officer to check the quality of your urine, to make sure they will be suitable for testing. This left over urine should be disposed of in your presence). You will be required to seal your own sample (you will be shown how) in order to avoid any contamination. If you have any queries about the safety of the procedure or feel there is any chance of contamination you should speak up immediately. You should be accompanied by a representative such as a coach, to observe the procedure and offer support.

You will then be asked to fill out a form detailing any medication or supplements you have taken, and you will check that your urine sample numbers on the form matches those on the bottles. If you feel that there were any irregularities during your test, you should note them on the form before you sign it.

Most anti-doping tests are performed on urine, but it is possible to be asked for a blood sample. The procedure selection and control of equipment, and the paperwork, is the same for blood tests is the same as for urine tests. A qualified doping control blood collector is required to perform blood tests.

### **What happens if you fail an anti-doping test**

Failing an anti-doping test will result in sanctions, most commonly involving a fixed-term ban from competition and the recall of medals or titles won whilst doping.

- Your national federation will be informed
- They may decide to notify your club, in confidence, under certain circumstances
- The case may be reported to the police by the organisation who initiated the test

- Results and medals won prior to the sample which tested positive was taken are not disqualified, but if you are found to have been using prohibited substances when medals were won they will be recalled.
- You may appeal the decision, and have the case heard by an independent body.
- Only one of your sample bottles is automatically tested (the “A-sample”). You may request a second test to be performed on the second “B-sample”
- If you contribute to removing doping from sport by revealing information that helps in the fight against doping your punishment might be reduced by up to 75%

**Where to go for more information**

The FISav has information and a number of forms on its website:

[http://fisavate.org/index.php?option=com\\_docman&task=cat\\_view&gid=85&&Itemid=89](http://fisavate.org/index.php?option=com_docman&task=cat_view&gid=85&&Itemid=89)

World Anti-Doping Agency: <http://www.wada-ama.org/>

UK Anti-Doping Agency: <http://www.ukad.org.uk/>

Or contact the GBSF’s anti-doping representative at *antidoping@savate.org.uk*.