

Anti-Doping Booklet



2010

RUGBY LEAGUE. It's a whole different ballgame®



www.rfl.uk.com

INTRODUCTION

The RFL would like to thank UKAD for their considerable assistance in producing this anti-doping booklet.

The RFL has taken every care to ensure that the content of this booklet is current and correct and it has been produced in good faith. However the RFL cannot guarantee its correctness and completeness and no responsibility is taken for any errors or omissions.

The information provided in this booklet is only a short guide to the information available and does not constitute business, medical or other professional advice.

Anyone using this booklet should ensure that they are fully aware of the provisions of the RFL Anti-Doping Regulations available on the RFL website - www.rfl.uk.com - and the WADA Prohibited List, which takes precedence over the provisions of this booklet, before embarking on any course of action.

ELLERY HANLEY

“I achieved a great many things as a Rugby League player but I am just as proud of the things I didn't do during my time with at Bradford, Wigan, Leeds, Balmain, Western Suburbs, Yorkshire, England and Great Britain - I didn't smoke, I didn't drink and I didn't take drugs.

Looking back on my career, it is a source of immense personal satisfaction that everything I achieved was as a result of my hard work and determination.

All the highs from Championship successes, Challenge Cup wins, Test match victories and individual awards came not from chemicals, corner cutting or cheating but from commitment, application and being true to myself and my body. I can truly say it was 100%ME.

Don't put yourself in the position of being branded a cheat, or risk bringing disgrace on your family and your own reputation. Be clean. Be true to yourself and your sport.

Be 100%ME!”



Ellery Hanley MBE

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01. FOREWORDS

Welcome to the RFL Anti-Doping booklet. This guide aims to support Players and their support personnel in finding relevant and up to date information relating to anti-doping.

The RFL is committed to the principles of drug-free sport for the following reasons:

- To uphold and preserve the ethics of the Game
- To safeguard the physical and mental health of Players
- To ensure that all Players have an opportunity to compete equally

To underpin that commitment the RFL will:

- Educate and inform Players about the dangers of drugs and consequences of taking drugs or breaching the Anti-Doping Regulations
- Comply with the WADA Code
- Test Players to confirm and maintain their drug free status

This booklet will either provide, or direct you to, the information you need on the rights and responsibilities of Players and Support Personnel taking part in rugby league in relation to the World Anti-Doping Code (the Code) and the RFL Anti-Doping Regulations.

At the heart of the Code is the desire to achieve a level playing field on which Players in all sports can compete with confidence and natural sporting ability. It is there to preserve sport by harmonising the anti-doping rules and regulations across all sports in all countries.

The RFL wants to ensure that all Players in this country at all levels have been given all the support they need to perform to the very best of their ability. We want to ensure that all our Players are able to make well informed and positive decisions so they can say with pride, "That was 100% ME".

[Richard Lewis](#)

Executive Chairman RFL

November 2010

The Rugby League Players Association (RLPA) fully supports the RFL Anti-Doping policy and encourages all players to ensure that they are aware of their rights and responsibilities.

Professional Rugby League players have significant responsibilities to ensure that they are aware of the Anti-Doping regulations in order to protect themselves. This booklet gives players the information that they need to be aware of. The concept of 'strict liability' means that all players are responsible for any substances found in their body so all players need to ensure that they are aware of the latest information.

The RLPA would remind players & members that there are no guarantees relating to any supplement regarding whether or not they do or don't contain any Prohibited Substances. Any so called "authorisation" to take any supplements or substances from any person does NOT absolve you of your responsibilities under the principle of 'strict liability.'

Any players who are still in any doubt about their responsibilities should ensure that they speak to an accredited 100% ME Tutor at their club or the RFL, UKAD, or contact the RLPA.

[Geoff Burrow \(GMB Sports Secretary\)](#)

Rugby League Players Association (RLPA)

GMB Union, Grove Hall, 60 College Grove Road
Wakefield, West Yorkshire, WF1 3RN

[Telephone](#) 01924 887277 (Extension 1144)

[Mobile](#) 07788 413585

UK Sport/United Kingdom Anti-Doping

As of the 14th December 2009, UK Sport will not be responsible for anti-doping in the UK. A new organisation called United Kingdom Anti-Doping (UKAD) will take on all the previous drug testing and education functions of UK Sport. UKAD will also have investigative powers and will develop information sharing links with law enforcement agencies to share and develop information relating to doping practices. UKAD will also take results management functions away from National Governing Bodies, which will allow the RFL to be more active in supporting players.

Generally, most players will not see a difference once UKAD take over, apart from different logos appearing on forms and education materials.

02. ANTI-DOPING RULES

All sports including Rugby League are governed by a set of anti-doping rules called the World Anti-Doping Code (the Code).

The Code is the basis of the World Anti-Doping Programme and the RFL Anti-Doping Regulations are compliant with the Code. The Code aims to harmonise the rules and regulations governing anti-doping for all Players, in all sports, throughout the world. A fundamental principle of the Code is to protect the rights of all Players committed to competing in sport cleanly and fairly.

Players are bound by the rules of the Code as a condition of their participation in the sport of rugby league.

Player Support Personnel are expected to abide by the rules of the Code by virtue of their involvement in rugby league and are subject to the RFL Anti-Doping Regulations.

An important principle of the Code and the Regulations is that of 'strict liability'. This means that you are personally responsible for any banned substance found in your body - regardless of how it got there.

INTERNATIONAL STANDARDS

The Code is supported by five International Standards that outline mandatory systems and processes for: testing, the therapeutic use of a prohibited substance or method, the Prohibited List, and WADA accredited laboratories.

UK NATIONAL ANTI-DOPING POLICY

The RFL has signed up to UKAD's National Anti-Doping Policy and the RFL Anti-Doping Regulations reaffirm the RFL's commitment to upholding the principles of the Code. The RFL supports the world class anti-doping programme that UKAD delivers and complies with the Code while sustaining systems that are applicable to the structure and varying needs of Players in the sport of rugby league.

RFL ANTI-DOPING RULES

The RFL Anti-Doping Rules (Operational Rule Section D3) are available from your club or the RFL or can be downloaded from the RFL website www.rfl.uk.com - About Us - Rules and Regulations - Anti-Doping.

ANTI-DOPING RULE OFFENCES

In order not to break the rules, you'll need to make sure you know what they are. Under the Code and the RFL Anti-Doping Regulations, you don't need to test positive to break an anti-doping rule so it is important that you understand and are aware of the following offences.

You would be breaking the rules of anti-doping if:

- A prohibited substance and/or prohibited method is found in your bodily specimen, including blood and urine
- You use or attempt to use a prohibited substance or prohibited method
- You avoid or refuse to undertake a drugs test
- You fail to provide your whereabouts details (NRTP players only) for out of competition testing - a 'strike'
- You give inaccurate whereabouts details leading to a missed test (NRTP players only) - a 'strike'
- You receive 3 'whereabouts strikes' (NRTP players only)
- You tamper or attempt to tamper with any part of the doping control process
- You possess or traffick prohibited substances and/or methods
- You administer or attempt to administer a prohibited substance and/or prohibited method to any Player, or assist, encourage, aid, abet or cover up an anti-doping rule offence.

It is not just players who can commit anti-doping rule violations (ADRVs); coaching, support and medical staff are all subject to the RFL Anti-Doping rules so need to be fully aware of their responsibilities.

To find out more...

To learn more about the rules and procedures you need to adhere to, visit the websites listed at the end of this booklet.

03. RESPONSIBILITIES

Your role as a Player carries with it many responsibilities, and your responsibility to compete cleanly and fairly is fundamental. Be responsible: Under the rules of the World Anti-Doping Code and the RFL Anti-Doping Regulations you are ultimately responsible for any prohibited substance found in your system. This is referred to as **STRICT LIABILITY**.

WHAT IS STRICT LIABILITY?

STRICT LIABILITY means that the absence of a warning or a guarantee as to the safety of a product from a manufacturer does not reduce the seriousness of the doping offence. Players are personally responsible for any substance found in their specimen.

WHO DO YOU TRUST?

You are responsible for whom you trust to take advice from about substances, medication and supplements and you are accountable for those you entrust with access to your food and drink. This means that if you take medication from your doctor (GP or club doctor) and do not check whether it is permitted you are at fault if you provide a positive sample. Likewise, if you take a supplement that is contaminated, even after getting a guarantee from the manufacturer or anyone else, you are still responsible for choosing to use that product.

All Players have 4 key responsibilities they must fulfill:

1. Stay up to date with the latest Prohibited List of Substances and Methods
2. Check the status of any substance before you use it. Note: It is considered an anti-doping offence if a Prohibited Substance is found in your system - regardless of how it came to be there
3. Inform all medical personnel responsible for your health and well being that you compete under specific anti-doping rules and ensure that medical treatment received does not violate anti-doping rules
4. Submit a Therapeutic Use Exemption (TUE) for any prohibited substance and/or method you are prescribed for a legitimate medical condition

Those players in the National Registered Testing Pool (further details below) are also responsible for:

5. Providing accurate whereabouts details for out of competition testing if required by the RFL or UKAD - you will receive notification informing you that you are in the National Registered Testing Pool of players who must provide whereabouts information

PLAYER SUPPORT PERSONNEL RESPONSIBILITIES

In your role as Player Support Personnel either Coaching or Medical Staff, you have a responsibility to ensure that you fully understand and promote the rules of anti-doping - so you can guide your Players through a clean and successful rugby league career.

Player Support Personnel have a highly influential and important role. Your views and actions could have great impact on decisions taken by your Players and it is therefore vital that you set a positive and moral example by consistently enforcing clean anti-doping messages. Remember that it is your job to support and lead your Players, and you need to take responsibility for setting and enforcing the rules.

Player Support Personnel should:

- Make it clear to all Players that doping in Rugby League is simply not acceptable and not necessary in order to win
- Ensure your Players understand the Anti-Doping Regulations of the RFL, including the prohibited substances and methods, testing procedures and therapeutic use exemption applications
- Be aware of your role in the testing procedures so you can support your Players during the testing process
- Encourage and remind your Players to provide accurate and up-to-date whereabouts information (if they are required to do so)
- Safeguard the health of your players by emphasizing the risks associated with Prohibited Substances.

If you are supporting a Player, you should not:

- Ignore possible evidence of doping in your team; take positive action and speak to the RFL or UKAD
- Avoid enforcing rules or enforce the rules selectively
- Ignore doping because the team needs a particular Player
- Ignore drug misuse by Player Support Staff

The penalty: Under the rules of the Code and the RFL Anti-Doping Regulations, if you administer or attempt to administer a prohibited substance and /or prohibited method to any Player, or assist, encourage, aid, abet or cover up an anti-doping rule offence - you are breaking the rules of anti-doping and may have a sanction of four years or a life ban from sport.

04. SUBSTANCE INFORMATION

Many medications that you may need to take for common illnesses, such as asthma or hayfever, contain prohibited substances.

It is vital that you do not accidentally take a prohibited substance, the consequences are too great. For a first offence, the usual sanction is a 2 year suspension, depending upon the substance and individual circumstances.

Ignorance is no excuse!

You are responsible for checking the status of any substance before you use it. If you unknowingly take a banned medication you will still face a sanction.

The Prohibited List (the List) outlines which substances and methods are prohibited in competition and/or out of competition.

A new version of the List comes into effect every January. However, it may be changed from time to time so it is important that you check for changes on a regular basis.

Unless reported otherwise, any new version of the List will come into effect three months after its publication by the World Anti-Doping Agency (WADA).

If you are consulting this Directory you should check the WADA website (www.wada-ama.org) to be sure you are referring to the correct version of the Prohibited List when checking your medication.

The most current Prohibited List is always available on WADA's website: www.wada-ama.org

You can also find out the status of a substance according to your sport's rules by logging on to the Global Drug Reference Online website (GlobalDRO) at www.globaldro.com. This site only includes medications and drugs; it does not include supplements as these are unregulated. Supplements are discussed in depth in Section 3.

The RFL will always endeavour to keep club medical staff up to date with any changes in the WADA regulations

THE 2010 PROHIBITED LIST INCLUDES THE FOLLOWING:

PROHIBITED SUBSTANCES

Anabolic Agents
Hormones & related substances
Beta-2 agonists
Diuretics and other Masking Agents
Stimulants
Narcotics
Cannaboids

Glucocorticosteroids
Beta blockers
Pseudoephedrine

NB. This list is subject to change and should be read in conjunction with the current WADA Prohibited List.

PROHIBITED METHODS

Enhancement of oxygen transfer
Chemical & physical manipulation
Gene doping
Platelet Rich Plasma (PRP)/Blood Spinning if given via intramuscular injection

Please note that this list is a guide only and ensure that you refer to the full Prohibited List.

[Find out more...](#)

www.wada-ama.org for the Prohibited List

PSEUDOEPHEDRINE

Pseudoephedrine has been added to the WADA Prohibited List as of 1st January 2010. This means that any player who provides a sample containing Pseudoephedrine is likely to face a 2 year ban. Pseudoephedrine is commonly found in cold remedies so be careful which remedies you take when you have a cold. Consult club medical staff before taking any cold remedies. Many cold remedies do not contain Pseudoephedrine and these are often more effective. Therapeutic Use Exemptions will not be granted for cold remedies containing Pseudoephedrine.

Over-using Pseudoephedrine can lead to:

- Fast, pounding or uneven heartbeat
- Increased blood pressure
- Severe dizziness
- Easy bruising and bleeding
- Flu-like symptoms; chills, fevers, aches
- Anxiety and restlessness
- Unusual weakness

HEALTH RISKS

One of the criteria for WADA to include a particular substance on the Prohibited List is that a substance does or may cause a risk to health. The use of a Prohibited Substance can seriously damage health and all players should be aware of these risks.

PERMITTED SUBSTANCES

For Players requiring treatment for an illness or injury, there are many permitted substances that your doctor or pharmacist may find suitable for you, some of which are listed below.

Note: If your doctor cannot find a permitted alternative to treat a legitimate illness or injury, you can use the Therapeutic Use Exemption process outlined in Section 6 to apply for an exemption to use that prohibited substance or method. Due to the changing nature of the pharmaceutical market, neither UKAD nor the RFL is able to provide a definitive list of products that contain permitted substances, but we can provide a list of permitted substances that can be found in some over the counter medications.

CHECKING YOUR MEDICATION GUIDANCE

The advice is simple - check every single substance or medication before you use it - even if it's a medication you have used and checked before. The Services and Resources section of this booklet gives you information on the services available to help you check the status of your medication. Reading the information below will help you to use and interpret these services correctly, enabling you to get the right answer to your query.

When checking your medication, make sure:

- You check the status of all the active ingredients listed on the contents label of your medication;
- You ensure that the ingredients listed on the response page match the substances listed on the contents label of your product

If using the Global DRO website or the UKAD 100% ME advice card;

- You check the correct 'route of administration'; see below for more information;
- You check if there are any conditions attached to the response, e.g. this substance is only permitted with a Therapeutic Use Exemption; and
- You check if there are any specific regulations for a substance in rugby league (check the RFL anti-doping regulations).

ROUTE OF ADMINISTRATION

The route of administration refers to the way in which a medication or substance is taken or used, for example, tablets, injections or creams. Always check your medication according to the route of administration as its status may change according to how the medication is used.

The information below should be used as a guide only. If you are unsure about the route of administration, check with your doctor or a local pharmacist.

Oral Preparations: E.g. tablets, capsules and syrups are called "ORAL" or "SYSTEMIC" preparations that are taken through the mouth and go directly into your system.

Topical Preparations (not including Dermatological): E.g. drops, sprays (eye, ear, nasal) and nasal inhalers are called "TOPICAL" or "LOCAL" preparations because they affect only the area to which they are applied.

Dermatological Preparations: E.g. creams, ointments and gels that are applied externally to treat a dermatological condition. For the purposes of the TUE process, this route of administration does not include eye drops, ear drops, nasal sprays and oral gels containing a glucocorticosteroid

Rectal Preparations: e.g. suppositories are called "RECTAL" or "SYSTEMIC" preparations and are systemic because they are applied in the rectum and go directly into your system.

Local or intra-articular injections: These types of injections are called "TOPICAL" or "LOCAL" preparations because they affect only the area to which they are applied.

Intra muscular or intravenous injections: These are injections that are considered "SYSTEMIC" preparations that are administered to the muscle or the vein and go directly into the system.

EXAMPLES OF PERMITTED MEDICATION

(according to the January 2010 Prohibited List)

Allergies

acrivastine, brompheniramine, cetirizine, chlorpheniramine, desloratadine, loratadine, mizolastine, terfenadine.

Anti-depressants

amitriptyline, escitalopram, fluoxetine, flupentixol, paroxetine, venlafaxine.

Asthma

sodium cromoglicate and theophylline.

The following substances are permitted only with the submission of a Therapeutic Use Exemption (TUE) or Declaration of Use (depending on the specific medication) and only when administered by inhalation: Beclometasone, budesonide, fluticasone, formoterol, salbutamol, salmeterol and terbutaline.

Bacterial Infection

ALL ANTIBIOTICS ARE PERMITTED

Cough/Cold

caffeine, codeine, guaifenesin, oxymetazoline, paracetamol, phenylephrine, phenylpropanolamine, pholcodine, steam & menthol inhalations, terfenadine and xylometazoline

Diarrhoea

atropine, diphenoxylate, loperamide, and electrolyte replacements

Ear/Nose/Eye

ear and nose drops or sprays containing docusate sodium, eye drops or creams containing antazoline, sodium cromoglicate, chloramphenicol.

Fungal Infection

amphotericin, clotrimazole, fluconazole, miconazole, nystatin, terbinafine

Hayfever

antihistamines (see Allergies), phenylephrine, sodium cromoglicate and xylometazoline.

Haemorrhoids

preparations containing benzocaine, cinchocaine and lidocaine.

Local anaesthetics

local anaesthetics are permitted (except for cocaine).

Oral contraceptives

those containing one or more of the following: desogestrel, drospirenone, ethinylestradiol, etynodiol, gestodene, levonorgestrel, mestranol, norgestimate, norethisterone

Pain/inflammation

all non-steroidal anti-inflammatory drugs (NSAIDs), aspirin, caffeine, codeine, dextropropoxyphene, diclofenac, dihydrocodeine, ibuprofen, paracetamol, tramadol

Skin

paraffin, emollients, lanolin. Dermatological preparations containing a glucocorticosteroid (e.g. Hydrocortisone ointment) are permitted for use without a TUE application.

Stomach Upsets

calcium carbonates, charcoal, cimetidine, famotidine, lansoprazole, omeprazole, paracetamol, ranitidine

Viral Infection

aciclovir, penciclovir

Vomiting/nausea

cinnarizine, cyclizine, domperidone, hyoscine, meclozine, metoclopramide, prochlorperazine, promethazine

05. SUPPLEMENTS

Some Players take supplements in the belief that it will help maintain their health and improve their performance. However, it is now generally accepted that any Player who is liable to be tested in or out of competition, may be at risk of a positive drug test from the use of supplements that are contaminated.

Studies of supplements have shown that up to 25% of dietary supplements on sale to Players may contain small amounts of prohibited substances, commonly including anabolic androgenic steroids and stimulants. These quantities would cause, and have been found to cause, positive drug tests which have led to players and athletes being banned from sport.

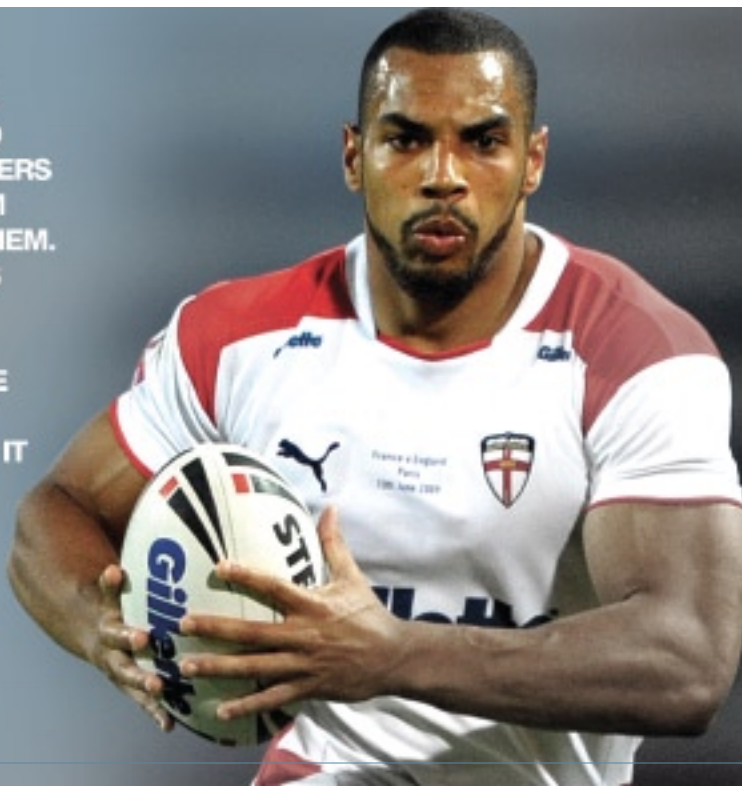
As a result, the RFL cannot guarantee that supplements, including vitamins and minerals, ergogenic aids and herbal remedies, are free from prohibited substances and it is for this reason that the RFL strongly advise Players to assess the need to use supplements and to assess the risks associated with supplements.

WHY ARE SUPPLEMENTS UNSAFE FOR PLAYERS?

The manufacture, distribution and promotion of dietary supplements are covered by a variety of regulations that relate mainly to their safety for the general human population, i.e. not professional players who are subject to stringent Anti-Doping regulations. There are Pharmaceutical Industry Standards in place to protect the consumer against the risk of ingesting substances that are potentially harmful to their health. These standards are set to ensure that levels of contamination in medicines or supplements do not exceed 0.1% by mass. As the general human population are not subject to the anti-doping rules of sport and are not drug tested as Players are, these Pharmaceutical Industry Standards are satisfactory for the majority. In the case of some doping substances, however, much smaller levels of contamination may cause a Player to test positive. This is because all WADA Accredited Laboratories are required to analyse your urine or blood sample to a standard that could detect a level of contamination of 0.00001%, or ten thousand times less than the pharmaceutical standard of 0.1%. Where supplements are consumed in relatively large amounts, for example, protein powders where daily intakes by Players may reach 100g, contamination could result in a positive drug test and an anti-doping rule offence.

"SOME SUPPLEMENTS MAY CONTAIN BANNED SUBSTANCES SO PLAYERS NEED TO CHECK THEM OUT BEFORE USING THEM. IF A PLAYER PROVIDES A SAMPLE WHICH CONTAINS A BANNED SUBSTANCE, THEY ARE RESPONSIBLE FOR IT, REGARDLESS OF HOW IT GOT THERE."

RYAN ATKINS
WARRINGTON WOLVES



It is important to realise that these substances may not be an ingredient in the supplement, but a contaminant from other products made on the same production line

Manufacturers that advertise their products as being 'IOC Permitted' or 'WADA approved' are misleading Players as the IOC, WADA or UKAD do not endorse the safety or legality of any supplements for Players.

ANALYSE THE NEED

Players should look to optimize diet, lifestyle and training before considering supplements. However, The RFL recognise that the lifestyle, training and game demands on some players may not allow sufficient time to be able to ingest sufficient food to meet energy needs and there may be possible circumstances that necessitate supplement use.

Players should assess the need for supplements by consulting an accredited sports dietician and/or registered nutritionist and a sports and exercise medicine doctor before taking supplements.

ANALYSE THE RISK

Due to the risk of contamination, minimising the risk is essential. Although the risk of supplements can be nullified by not taking any, avoiding the use of supplements for some players is not realistic.

To minimise the risk of supplements containing even trace amounts of any Prohibited Substance the following may be checked during the manufacturing process:

- No Prohibited Substance can be introduced as a by-product of any part of the manufacturing process.
- The product (including the raw ingredients) is physically separate from potential sources of contamination at all stages of manufacture, processing, packaging and distribution.
- Has the product been manufactured, packaged and distributed in such a way that will minimise the risk of a contaminated product reaching an athlete?
- Avoid purchasing supplements from a manufacturer who also produces supplements that contain Prohibited Substances
- Understand the reason why some supplements could contain Prohibited Substances as contaminants

- Understand what supplement testing for Prohibited Substances is. Look for supplements that are produced by companies which batch test their products
- Seek expert guidance to assess your dietary and performance needs and supplement requirements (registered nutritionist or accredited sports dietician).

SUPPLEMENT TESTING

Getting your supplements tested by a reliable laboratory does not provide a guarantee to the safety or legality of your supplements. Supplement testing is one step towards assessing the risk of contamination to your product and it should be encouraged of manufacturers to test their product. However you must be aware that this is not a guaranteed method of identifying safe products.

Some supplement manufacturers test their products and there are services which are available that can be used as a useful tool to minimise the risk of a supplement being contaminated. One such example is Informed Sport (www.informed-sport.com)

However, please note that sites of this nature do not give any guarantees regarding the status of a particular supplement and players are responsible for any supplements they decide to use.

06. SERVICES & RESOURCES

To assist Players and their support personnel in making well informed and safe choices in relation to medication the RFL recommends that players use the many drug information services and resources offered by UKAD.

GLOBAL DRUG REFERENCE ONLINE (GLOBALDRO)

For an immediate answer to an enquiry about the status of a substance in rugby league, log on to the Global Drug Reference Online (GlobalDRO) - www.globaldro.com

DID allows you to search for the status of a licensed medication that can be purchased in the UK and also allows you to search for the status of generic ingredients that can be found in foreign products, which may contain different ingredients to similar brands in the UK.

ANTI-DOPING RESOURCES

Players and Support Personnel looking for additional information on anti-doping should visit the 100% ME site at www.100percentme.co.uk

From here you will find the following information and resources:

- The Prohibited List
- TUE process and application forms
- Fact sheets on Prohibited Substances and Methods
- Advice about Supplements
- Anti-Doping Rules and Policy documents

TRAVELLING ABROAD - MEDICATION ADVICE

For Players that travel abroad to train or play it is important that you don't take a holiday from checking your medication.

When you're in another country, although your medication may sound or look the same, the ingredients will often vary from country to country. So permitted medication in the UK could contain Prohibited Substances when purchased abroad!

I BELIEVE IT IS TOTALLY WRONG FOR ANY RUGBY LEAGUE PLAYER TO USE BANNED SUBSTANCES TO ENHANCE THEIR PERFORMANCE. PLAYERS SHOULD NEVER FORGET THAT THEY ARE RESPONSIBLE FOR WHAT THEY TAKE AND WHAT IS INSIDE THEIR BODIES

PAUL SCULTHORPE



BE SAFE!

If you are planning a trip abroad, make sure you complete the following checklist before you board the plane:

- Check that you have taken enough medication to allow continuation of a treatment
- Check that you have notified the RFL and/or UKAD of any changes to your whereabouts details if required.
- Check the status of all products you buy before you leave
- Check that you have packed UKAD's 100%ME advice card
- Check that any medication you take into the country is permitted through customs

TRAVELLING ABROAD - CUSTOMS ADVICE

Some countries have different customs laws that may prohibit you from taking some substances into a particular country.

If you are carrying a prohibited substance for a legitimate medical condition, you should carry the following documents with you at all times:

- Your prescription from your prescribing physician including the name of the substance, dosage and strength; and
- Your Therapeutic Use Exemption Certificate to demonstrate that the anti-doping authorities have permitted you to use a prohibited substance for medical purposes.

Remember: If you need to buy a product overseas you must check carefully as common medications can and do contain different substances to those available in the UK. Wherever possible you should take your own medication abroad with you as this will help to avoid buying foreign products.

07. THERAPEUTIC USE EXEMPTIONS (TUEs) & DECLARATIONS OF USE (DOU)

Any Player that is eligible for drug testing in the UK or abroad will need to apply for a Therapeutic Use Exemption (TUE) or Declaration of Use (DoU), depending on the medication if they are prescribed a prohibited substance or prohibited method by their doctor to treat a legitimate medical condition. Before applying for a TUE or DoU, you should check with your doctor to see if there are any permitted alternative treatments or medications. If there are not, you will need to apply for a TUE or DoU according to the information and process outlined below.

In January 2010 the International Standard for TUEs changed and the regulations regarding TUE have changed significantly so even if you have had a TUE in the past you should make sure you are familiar with the new regulations.

GLUCOCORTICOSTEROIDS

The use of Glucocorticosteroids administered via inhalation (e.g. Beclomethasone or Budesonide) or a non-systemic route will no longer require a TUE. Non-systemic routes means intra-articular, peri-articular, peri-tendinous, epidural and intra-dermal injection. They will however require a Declaration of Use to be made, this is done on ADAMS for those players in the NRTP or on the 100% ME website for all other players. Players also need to declare the use of Glucocorticosteroids on the Sample Collection Form when tested. Glucocorticosteroids administered via a systemic route (i.e. orally, rectally, intravenous or intra-muscular) still require a full TUE.

BETA-2 AGONISTS (Asthma medication)

Two Beta-2 Agonists taken via inhalation, Salbutamol and Salmeterol, no longer require a Therapeutic Use Exemption (TUE). Instead players are required to complete a Declaration of Use using the online declaration form provided on the 100% ME website (www.100percentme.co.uk).

All other Beta-2 Agonists will still require full lung function tests and a TUE application.

TUE application for Beta-2 Agonists now require:

- Comprehensive Medical History
- Clinical Review
- Objective Spirometry assessment at rest and following a challenge

Option 1 - Bronchodilator Challenge

Option 2 - Bronchoprovocation Challenge

Option 3 - Clinical Suspicion Persists (used if the above 2 options are negative and clinical suspicion persists)

It is essential that the TUE Beta-2 Agonist Guidance document is consulted to obtain full details of these requirements so that the correct evidence is submitted with TUE applications. Also, please note that there is a specific form for TUEs for Beta-2 Agonists. Applications on regular TUE forms will not be accepted.

Only the 25 man first team squads from Super League clubs will have to complete proactive TUEs for Beta-2 Agonists. This means that TUEs must be granted before these players take the medication.

All other players (non 25 man squad Super League players, Championships players, Academy, Foundation & Scholarship players) must complete TUEs for Beta-2 Agonists retroactively, i.e. once they are tested they have 10 days to submit the TUE application. All players are advised to show the Beta-2 Agonist guidance documents to their Doctors and tell the Doctor that they are drug tested as they play professional sport and would need sufficient objective evidence to confirm the diagnosis of asthma. If a player cannot meet the criteria, the player needs to have a discussion with the Doctor to find out why they have been prescribed asthma medication and if clinical suspicion of asthma or any other respiratory problem is still present then this must be recorded as this can be used to support a TUE application if the criteria are not met, although it is not a guarantee that the TUE will be granted.

TUEs for all other Prohibited Substances must be submitted proactively by all players.

TUE applications are reviewed by a panel of independent physicians known as UKAD's TUE Committee.

TUE applications should be sent direct to UKAD in an envelope marked "Private & Confidential" to:

UKAD - TUEs, Oceanic House, 1a Cockspur Street, London, SW1Y 5BG

Or faxed to the confidential fax line 0800 298 3362 or emailed to tue@ukad.org.uk

CAN MY CLUB DOCTOR COMPLETE MY TUE FOR ME?

The Doctor can help you complete the form but you must ensure that you are happy with the contents and sign it. The ultimate responsibility rests with the Player in line with the principles of strict liability so you must ensure that the form is lodged correctly, and that you receive the TUE certificate stating that the TUE has been granted.

ASTHMA AND OTHER BREATHING PROBLEMS

The RFL have produced a leaflet to give players who suffer from asthma or other breathing problems guidance about their medication and the relevant anti-doping regulations. This leaflet can be downloaded from the RFL website, copies have been sent to clubs or call the RFL and ask for a copy. All players must be aware that many asthma medications are Prohibited Substances so all players need to seek advice before making any decisions. Players also need to be aware of the fact that Salbutamol has an upper limit of 1000ng/ml which means that even if you have a TUE or Declaration of Use, it is still an anti-doping offence to have Salbutamol at this level in your system. Please refer to the leaflet for further advice.

HOW DO I KNOW IF I HAVE TO APPLY FOR A TUE?

You can find out if the medication you have been prescribed is prohibited by logging on to the Global Drug Reference Online system (www.globaldro.com). If the medication is prohibited then you must apply for a TUE.

Check the TUE section of www.globaldro.com to see if you are required to submit a TUE or ask the RFL Operations Department.

1. Download a copy of the TUE application form and guidance documents from the UKAD, 100% ME or RFL website
2. Complete all sections of the form thoroughly and accurately and ensure you and your prescribing physician sign the application
3. Submit your application to UKAD as follows:

Confidential Fax to: 0800 298 3362, or by email to tue@ukad.org.uk or by post (in an envelope marked "Private and Confidential TUE application") to:

UKAD - TUEs, Oceanic House, 1a Cockspur Street, London, SW1Y 5BG

Players should keep a copy of the application and other medical information that was sent to UKAD, along with a receipt (if possible) as proof of the date you posted/mailed/faxed your TUE application.

WHEN SHOULD I APPLY FOR A TUE?

In accordance with the International Standard for TUEs, Players are required to obtain a TUE in advance of the use of any Prohibited Substance(s) or Prohibited Method(s). You should apply for a TUE as soon as you are prescribed a prohibited substance for a medical condition.

Please note that UKAD endeavor to process TUE applications within 7 days but it is your responsibility to ensure that your TUE has been approved before taking a Prohibited Substance. To ensure a swift process, make sure you supply all the relevant medical information relating to your illness, with results of medical examinations and tests conducted and details of any alternative permitted treatments previously tried.

WHAT IF I AM PRESCRIBED A PROHIBITED SUBSTANCE IN THE WEEK BEFORE A MATCH?

Emergency or retrospective applications for a TUE will be considered only when:

- a. Emergency treatment or treatment of an acute medical condition was necessary; or
- b. Due to exceptional circumstances, there was insufficient time or opportunity for the Player to submit, or for the UKAD TUE Committee to consider, an application prior to providing a sample.

A Player should not assume that by submitting a TUE application it will be granted. Any use or possession of a Prohibited Substance or Prohibited Method before an application has been granted shall be entirely at the Player's own risk.

Players should retain a copy of the application and enclosures sent to UKAD, along with a receipt (if possible) as proof of the date you posted/mailed/faxed your TUE application.

I'M NOT USUALLY SUBJECT TO TESTING BUT WAS RANDOMLY TESTED, FOR EXAMPLE, IMMEDIATELY AFTER SIGNING FOR THE CLUB. I NEED A TUE WHAT SHOULD I DO?

This procedure relates to Players who are not regularly subject to testing (e.g. a Trialist Player) and therefore are not normally required to submit a TUE application. If you are not normally required to submit TUEs under the anti-doping rules applicable to you, you should be aware that if you are tested at random, you are required to submit a TUE application at or following the match if you are using a prohibited substance for a legitimate medical condition. You should inform the Doping Control Officer at the time of the test that you need to apply for a TUE and then send the fully completed TUE application to UKAD so that it is received by UKAD no later than five (5) working days after the test is completed. (See mailing details above)

WHAT IF MY TUE APPLICATION IS REJECTED?

If your TUE application is rejected by the UKAD TUEC, you are entitled to appeal the decision. Any Player who wishes to appeal a decision made by UKAD or the UKAD TUE Committee must lodge written notice of the appeal with UKAD, specifying the grounds of the appeal, within fourteen (14) days of the date of receipt of the decision in question. The notice should be sent to UKAD at the following address, in an envelope marked "Private and Confidential" to:

UKAD - TUEs, Oceanic House, 1a Cockspur Street, London, SW1Y 5BG

For further information on whether you need to apply for a TUE and where to send the application, check the TUE section of the 100% ME website at www.100percentme.co.uk From here you can download:

- TUE application forms
- A checklist to help you in preparing your TUE application
- Advice to your prescribing physician to ensure the relevant medical information is provided

Visit www.100percentme.co.uk and download UKAD's Anti-Doping Procedures Guide for Sport for more details on the TUE process.

DECLARATION OF USE

To complete an online Declaration of Use go to www.ukad.org.uk/declaration. Please print off the confirmation email and keep a record of the reference number as you may need this in future.

08. TESTING

Where UKAD conducts testing whether under its own jurisdiction or on behalf of the RFL, RLIF, another Anti-Doping Organisation or WADA, it conducts that testing according to the International Standard for Testing.

Under the RFL's Anti-Doping Programme, Players are required to submit to testing when notified by a Doping Control Officer or Chaperone - with little or no notice.

Testing can take place in the following three ways:

- Competition testing (i.e at a match)
- Out-of-competition testing at squad training
- Out-of-competition testing of individuals at home or other venues

DRUG TESTING IN THE UK

The doping control procedures used by UKAD adhere to the World Anti-Doping Code's International Standard for Testing. This International Standard ensures that the integrity, anonymity and security of samples are maintained throughout the whole procedure, from the notification of Players through to transporting the samples to the laboratory. A departure from the International Standard for Testing will not invalidate a test result unless it is determined that the integrity of the sample has been affected. You should ensure that the following aspects of the doping control procedure are maintained:

- The Doping Control Officer (DCO) has official identification and evidence of his/her authority to carry out the test from UKAD or another official anti-doping agency
- The DCO or official chaperone accompanies you at all times until you are required to report to the doping control station
- At the doping control station, the DCO remains with you at all times until the sample collection procedures are complete
- The DCO offers you the right to take a representative of your choice to the Doping Control Station
- The DCO offers you an explanation of the testing procedures
- You are given a choice of sample collection equipment
- You are given a copy of the notification and sample collection documentation

- That the DCO observed the sample provision process
- That your name is not on any documentation to be sent to the laboratory

YOUR OBLIGATIONS

In accordance with the international Standard for Testing and the RFL Anti-Doping Regulations, players have certain responsibilities they must uphold when providing a sample, these are:

- Report immediately to the Doping Control Station upon notification. The Lead Doping Control Officer may allow you to return to the dressing room under the supervision of a Chaperone at his discretion
- Hydrate
- Check the sample collection equipment
- Record any recent medication or supplement taken and any concerns on the Sample Collection Form

YOUR RIGHTS

The same principles for doping control are applied to all Players, including Players with a disability and young Players. As a Player, you should know your rights and responsibilities during the doping control procedure.

You have the right to:

- Take a representative of your choice with you to the doping control station
- Complete the following before reporting for doping control (with the DCOs agreement and in the presence of the DCO or chaperone at all times):
 - Locate a representative and/or an interpreter
 - Warm down and collect your personal belongings
 - Participate in a Cup/medal/man of the match presentations
 - Fulfil a media commitment

- Complete a training session
- Receive treatment for an injury
- A choice of sample collection equipment
- Receive a copy of the sample collection documentation
- Ask your representative to handle your sample only when:
 - You have a genuine reason for requiring assistance with holding the sample collection equipment
 - You have an intellectual or visual impairment
- Designate your representative to fill in the documentation for Doping Control if:
 - You have difficulty writing
 - You have a visual or intellectual impairment

If you wish to take part in a team debrief, then you must inform a DCO or a Chaperone. The DCO or Chaperone will stay with you at all times.

Players are now asked to consent, via the Sample Collection Form, to their sample being used for anti-doping research purposes. The anonymity of the player will be upheld at all times and there will be no adverse implications should you decline permission.

Players should ensure that any concerns they may have about a test or a Doping Control Officer are recorded on the Sample Collection Form

DOPING CONTROL OFFICERS

A team of trained independent Doping Control Officers (DCOs) conduct testing in the UK on behalf of UKAD. All DCOs are trained and re-certified on an annual basis and are regularly audited to ensure they adhere to procedures and professional conduct which complies with the International Standard for Testing at all times.

Chaperones

UKAD has a team of trained chaperones to assist the DCOs during doping control by conducting notification and in escorting Players until they report to the doping control station.

Chaperoning is essential to protect the integrity and validity of a Player's sample and to exclude any possibility of manipulation of a sample from the time of official notification to sample collection.

Blood or Urine?

Both blood and urine samples are collected as part of the RFL's Anti-Doping programme.

Urine Testing

Players must provide a 100ml sample and must produce additional samples if requested to do so by a DCO if the first sample(s) fails due to the fact that it falls outside of the acceptable pH/specific gravity range. Players must also wash their hands or wear gloves when dividing the sample between the A and B sample bottles.

Blood Testing

Blood Control Officer (BCOs) are registered nurses who are contracted by UKAD to carry out blood tests. They are accompanied by DCOs and Chaperones who complete the Sample Collection Form and ensure that the correct procedures are followed. The BCOs will ensure that all blood samples are taken safely by selecting the appropriate site for venipuncture (collection by needle) cleaning the skin at the puncture site with the sterile disinfectant pad. After the sample has been taken, the BCO will perform appropriate after care procedures to the puncture site.

Only two 4ml samples of blood are taken and players must rest for at least 10 minutes after exercise before a sample can be taken.

The only legitimate reason to refuse to provide a blood sample is a medical condition such as Haemophilia. Obviously, medical evidence must be provided for this. Having a phobia of needles or holding certain religious beliefs, are not valid excuses to refuse to provide a blood sample. Either urine or blood collected by UKAD will only be used for doping control purposes and research if the player has granted permission on the Sample Collection Form.

TESTING YOUNG PLAYERS

If you are considered a 'minor' according to the rules of Rugby League (under 18), you may require some modifications to the sample collection procedure if you are eligible for testing.

Testing conducted under the UK National Anti-Doping Policy and Rules may only be conducted on a minor where a person with legal responsibility of that minor has given prior written consent. In order to compete in Rugby League, your Parent or Guardian must have given their consent.

“DRUGS IN SPORT DON'T WORK, DRUGS IN RUGBY LEAGUE DON'T WORK AND DRUGS IN LIFE DON'T WORK.”

**KEVIN SINFIELD
LEEDS RHINOS & ENGLAND**



Any Player considered a minor has the right during the doping control process to be accompanied by a representative of their choice at all times during the sample collection process.

UKAD encourages all minors to be accompanied by a representative of their choice at all times.

As a minor during a sample provision, your representative should be present to observe the DCO (at the request of the Player) when you are providing a urine sample. Your representative should not directly watch the provision of the sample (unless requested to do so by yourself).

TESTING PROGRAMME

The RFL works in partnership with UKAD to determine the levels of testing for each year. Depending on the level in which you compete, you will be required to fulfill certain obligations for anti-doping. These obligations are outlined below.

IN-COMPETITION TESTING

In-Competition testing is where Players are selected for testing whilst participating in a match. At a match, a team of Doping Control Officers (DCOs) authorised by UKAD, will be present to oversee the Player selection process, verify and coordinate the collection of samples and securely dispatch samples to the laboratory.

OUT OF COMPETITION TESTING OF SQUADS

UKAD conduct tests at squad training sessions. These tests are known as Out of Competition Squad tests.

OUT OF COMPETITION TESTING OF INDIVIDUALS

UKAD, together with the RFL will nominate certain Players for the out of competition testing of individuals (OOCT-I) programme. These players are known as the National Registered Testing Pool (NRTP). The Players who are selected to be in the NRTP will be the elite players in the top level of competition. These Players will be required to update UKAD of their whereabouts to allow no-advance notice testing to take place at any time or any where.

If you are selected for out of competition testing by UKAD or the RFL, you will be required to submit whereabouts information for 1 hour a day 7 days a week. You will be contacted directly and informed of this requirement if you are selected to be in the NRTP.

If you have been selected for Out of Competition Testing of Individuals (i.e. if you are in the NRTP) you will be notified by the RFL or UKAD and inducted onto the online whereabouts system at www.myadams.co.uk. You should ensure that you keep your details up to date at all times as you are eligible for out of competition testing unless told otherwise because failure to do so could result in an Anti-Doping Rule Violation.

All players should note that they should make themselves available for testing at all times and all locations when notified.

HOW DO I ENTER WHEREABOUTS?

UKAD and the RFL will induct you onto the system where you will be shown how to use the ADAMS website.

Firstly you need to log on using your username and password that have been provided to you by the RFL or UKAD. If you forget your username and/or password please use the “Forgot Password” button on the ADAMS website. Alternatively please contact the RFL or UKAD.

When you are logged into ADAMS, you need to enter “Location Descriptors”, which are specific venues where you will be, for example, Home, Gym, Club etc. You should enter the full address details and the usual time you are at this venue. Once you have entered as many Location Descriptors as you need to, you need to open up the monthly calendar for the month you wish to enter information for. You can then select the relevant days and select which Locations you want to be entered into that day using the dropdown box in the bottom right of the screen.

For a more detailed explanation, please refer to the ADAMS user guide which the RFL will circulate. You can also use the online tuition tool on the 100% ME website.

PROCEDURE FOR LOCATING PLAYERS FOR OUT OF COMPETITION TESTING OF INDIVIDUALS

If you are selected for an out of competition test, a UKAD Doping Control Officer (DCO) is required to visit at least one (1) of the locations specified in your Player Whereabouts details, on the specific day and at the specific time the you have said you will be at that location on your form.

The DCO must wait for you at that location for at least one (1) full hour, and that hour must fall within the time that you have said on the form that you will be at that specific location. The DCO will only knock on the front door - if it is more convenient to you for him to do something different, e.g knock on the back door, then you need to make this clear in ADAMS.

Please note that DCOs are not allowed to telephone players.

If the DCO cannot locate you during this attempt, he is required to submit a full report setting out the efforts that he made to locate you. UKAD will review the DCO's report and your Player Whereabouts details, and will conduct a full audit trail that will allow them to see if you had attempted to provide a change in your whereabouts details prior to the 'missed test,' either by using ADAMS, phone, text, email or fax.

If there appears to be a reasonable basis for deeming this a missed test with Player Whereabouts requirements and testing, UKAD shall send notice to the RFL notifying them of the alleged anti-doping rule violation, which is called a 'Missed Test'.

You will be invited to provide a written explanation as to why you were not available on that particular day at the location specified on your whereabouts details. In this circumstance, you must provide any such explanation within fourteen (14) days of receipt of the notice.

UKAD, in conjunction with the RFL will consider whether or not the incident should be counted as a 'Missed Test', taking into account any explanation you have offered.

MISSED TESTS

If you miss a test carried out under the circumstances outlined above, you will be given a 'strike'.

PROVIDING PLAYER WHEREABOUTS

We understand that for many Players providing detailed whereabouts information can be difficult because of the many factors that may affect your lifestyle. Below are some tips to help minimise any inconvenience to your schedule and to reduce, as much as possible, the amount of changes you have to make to your regular whereabouts details in order to avoid incurring any missed tests.

- You must specify a minimum of 1 hour a day for 7 days of the week at a location where you will be available for testing

WHEREABOUTS TIPS:

- If you provide more than this you increase the number of details you will need to update if your schedule changes, thereby increasing the likelihood of failing to provide accurate whereabouts and potentially missing a test.
- Try to find a location that you know you will definitely be at that is unlikely to change at the last minute
- Do provide your training details if they are unlikely to change regularly
- Don't provide your training locations if you cannot guarantee that you will be training at those times or if your training schedule is subject to last minute changes
- Even if you intend to be at a location for more than one hour, this doesn't mean you are required to provide more than one hour on your whereabouts details. You must record at least one hour and should ensure you are there for the hour specified
- Don't provide location details for times when you know you will be in a hurry. Try to find times when you aren't in a hurry to leave. If you are selected for a drug test, it is not acceptable to refuse to submit to doping control because you have arranged other plans
- Do provide as much detail as you can for all locations so that the DCO will be able to locate you easily, for example, in the likelihood of bad weather where would you go to train if you usually train outdoors?
- A lot of players use early morning time slots, e.g 6-7am as they know they will be at home, however, you need to use whatever time slots are best for you.
- Try to plan ahead. If you have an away game where you need to change your whereabouts, try to change your details as soon as you can so you do not forget.
- It may be best to factor in any chance of being late or leaving early from a location, for example, although you may train between 9-12, you might want to record 10-11 as your whereabouts time slot. You have the right to complete a training session before reporting to testing.
- If you want the DCO to knock on the back door or a particular window, rather than the front door, you must make this clear on your whereabouts submission.

If your plans change and if this would affect your whereabouts submissions you need to submit this information. You should make sure that you have the Emergency Whereabouts numbers saved in your mobile phone so that you can call or text with any unexpected changes, e.g if your car breaks down.

Phone line: 00800 94373 78 (00800 WHERE R U) SMS Text line: 07786 202 407

WHAT HAPPENS IF I DON'T SUBMIT MY WHEREABOUTS INFORMATION?

Failure to enter whereabouts information will result in UKAD issuing you with a 'strike.'

STRIKES

If a player has 3 strikes, either 3 missed test strikes or 3 whereabouts (failure to enter) strikes, or any combination of strikes, within an 18 month period, he will be charged with an Anti-Doping Rule Violation and may be subject to disciplinary action, which could lead to a suspension between 12 and 24 months.

09. RESULTS

On completion of a drug test conducted under the International Standard for Testing, your A and B sample bottles and doping control paperwork will be sent by a secure chain of custody to a WADA accredited laboratory. The A-sample is then analysed, while the B-sample is securely stored, in case of an adverse finding in the A-sample. There are two possible scenarios that will follow sample analysis; a negative result may be reported or an adverse analytical finding may be reported.

1. A negative result is reported.
2. An Adverse Analytical Finding is reported.

NEGATIVE RESULTS

If a negative result is reported this means that no prohibited substances are found in your sample. The negative test result will be reported to you by the RFL and the B-sample will be destroyed. If you have not been notified of your test results within six weeks of taking the test, we recommend you contact the RFL Operations Department to find out if the result has been received.

ADVERSE ANALYTICAL FINDINGS

The process for dealing with an adverse finding is conducted in three stages:

- i) Review
- ii) Hearing
- iii) Appeal

i) Review - If an adverse finding is reported, UKAD will undertake an initial review to determine whether an applicable TUE has been granted or if there was any apparent departure from the International Standards for Testing or Laboratories that may have undermined the validity of the finding. If it is determined from this review that there is a 'Case to Answer', the Player will be notified of the result by the RFL and you may then be provisionally suspended. A Player has the right to request the analysis of their B Sample and the Player also has the right to witness, or nominate a representative to witness, the B Sample opening and analysis. The B sample should be analysed within 30 days of the A-sample result being reported to the Player. If a Player does not request the B-sample analysis, this right may be deemed waived.

ii) Hearing - A Player has the right to a fair hearing. This should be on a timely basis (within 3 months of the initial A-sample report). The hearing provides a Player with the opportunity to present their case to a panel with the aim of reducing or eliminating the period of ineligibility. More information about the hearing and the reduction or elimination of sanctions can be found in the RFL Anti-doping Regulations. As of 1st January 2009, the RFL have delegated responsibility to hear doping cases to the National Anti-Doping Panel.

iii) Appeal - Players have the right to appeal a Panel's decision. Please refer to the RFL Anti-Doping regulations for further information.

SANCTIONS FOR ANTI-DOPING RULE VIOLATIONS

WADA outlines a clear and definitive set of sanctions for Players found to have committed a doping offence and these sanctions have been adopted by the RFL and are detailed in the Anti-doping Regulations.

In the majority of cases first offenders will face a two year ban from competing in rugby league and any other sport. Players caught a second time are likely to be banned for life.

Player support personnel found guilty of violating the anti-doping code face harsh penalties. It is outlined in the Code that individuals involved in aiding, abetting, encouraging or covering up doping in sport, will be subject to more severe sanctions than Players that test positive.

Player support personnel found guilty of the administration or trafficking of prohibited substances may face a minimum of four years or a lifetime ban.

11. USEFUL CONTACTS & LINKS

RFL

www.rfl.uk.com - About Us - Rules and Regulations - Anti-Doping
anti.doping@rfl.uk.com
tel 0844 477 7113 - Option 6

UKAD

www.ukad.org.uk
drug-free@ukad.org.uk
tel 0800 528 0004
Oceanic House, 1a Cockspur Street
London, SW1Y 5BG

National Anti-Doping Panel

<http://www.sportresolutions.co.uk>

Australian Sports Drug Agency, ASADA

www.asada.org.au
asada@asada.org.au

French Anti-Doping Organisation

www.jeunesse.sports.gouv.fr

Irish Sports Council

www.irishsportsCouncil.ie
info@irishsportsCouncil.ie

New Zealand Anti-doping Organisation

www.nzsdA.co.nz
nzsdA@nzsdA.co.nz

World Anti-Doping Agency

www.wada-ama.org
info@wada-ama.org

Informed Sport - Supplement Testing

www.informed-sport.com

OTHER DRUG INFORMATION SERVICES

For help and advice about general drug misuse you could contact:

Talk to Frank

www.talktofrank.com
frank@talktofrank.com
tel 0800 77 66 00

Drug Scope

www.drugscope.org.uk
tel 020 7928 1211

National Health Service

www.nhs.uk
tel 0845 46 47

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