



## **BAB Anti-Doping Policy & Guidelines**

### **Policy Statement**

*In accordance with Clause 14 of the Constitution, the BAB's Anti-Doping Policy is mandatory for all Member Associations, including their Clubs and individual members providing services for, or undertaking Aikido as a competitive sporting activity.*

### **Anti-Doping Policy**

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

- To uphold and preserve the ethics of the sport
- To safeguard the physical and mental health of players/aikidoka
- To ensure that all players/aikidoka have an opportunity to compete equally
- To act as a moral foundation for young people

To underpin that commitment the BAB will:

- Educate and inform players/aikidoka and members about the dangers of drugs and consequences of taking drugs or of breaching the Anti-Doping Regulations
- Comply with the World Anti-Doping Code (WADA Code)
- Test players/aikidoka to confirm and maintain their drug free status

The following procedures, responsibilities, and guidelines will either provide, or direct you to the information you need on the rights and responsibilities of players/aikidoka and support officials taking part in Aikido in relation to the World Anti-Doping Code (the Code) and the BAB Anti-Doping Regulations.

At the heart of the Code is the desire to achieve a level playing field on which players/aikidoka 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.

### **Anti-Doping Rules and Offences**

In order not to break the rules, you'll need to make sure you know what they are. Under the Code and the BAB 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 for out of competition testing •You give inaccurate whereabouts details leading to a missed test
- You receive 3 'whereabouts strikes'
- You tamper or attempt to tamper with any part of the doping control process
- You possess or traffic prohibited substances and/or methods
- You administer or attempt to administer a prohibited substance and/or prohibited method to any player, or assist, encourages, aid, abet or cover up an anti-doping rule offence.

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

The BAB wants to ensure that all players/aikidoka 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/aikidoka are able to make well informed and positive.

The BAB Anti-Doping rules are aligned with UK Anti-Doping (UKAD) rules. UKAD is the national body responsible for the implementation and management of doping policy, and it in turn is aligned to the rules of the World Anti-Doping Agency (WADA). The BAB complies with the UK Anti-Doping Rules (2009) in line with the World Anti-Doping Code.

The BAB is committed to ensuring that Aikido is a drug free sport. By affiliating to the BAB clubs and their members are bound by BAB regulations that include the Anti--Doping rules. In addition by signing the BAB player registration form players/aikidoka give automatic consent to being tested in line with Anti-Doping rules. Players/aikidoka are solely responsible for any prohibited substance found in their system whether there was an intention to cheat or not.

### **Procedure for Testing**

Any player competing in any approved BAB competitive event can be tested. Doping Control Officers (DCOs), authorised by UK Anti-Doping may attend these events. They will draw at random players/aikidoka from teams (i.e. any player who appears on the match sheet). This will be done during the competition and team managers may attend the draw. These players/aikidoka will be required to undertake doping tests after the match in line with UKAD procedures.

### **Therapeutic Use Exemptions (TUEs)**

The Therapeutic Use Exemption (TUE) process allows a player to obtain approval from UKAD to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition. It is a player containing any banned substances on the WADA Prohibited List. If a player is taking medication or is recommended medication that includes a banned substance, they should explain to their Doctor that they might be drug tested. The Doctor should be asked if an alternative medication exists that does not include a banned substance. If this is available, then the player should request that this medication be prescribed. If there is no alternative to taking medication that does contain a banned substance, then the player should apply for a TUE.

Players/aikidoka are required to apply for a TUE prior to using a prohibited substance.

### **TUE Application Form**

Players/aikidoka should keep a copy of their application and the notification from UKAD in a safe place, and take it with them to any competitions where they may be drug tested as proof that they have a TUE. The substance should also be declared on the Sample Collection Form if use within 4 weeks of Doping control.

There is a separate UKAD TUE form for players/aikidoka taking prescribed Terbutaline or Formoterol for the treatment of Asthma.

The WADA Prohibited List identifies certain substances, methods or routes of administration that are not prohibited but for which an athlete is required to file a Declaration of Use (DoU) form online via the UKAD website. A declaration of use can ONLY be made for the substances and routes of administration listed below:

- salbutamol and salmeterol by inhalation
- glucocorticosteroids by inhalation
- glucocorticosteroids administered by localised injection
- platelet-derived preparations (e.g. platelet rich plasma, "blood spinning") by non-Intramuscular routes.

### **BAB Anti-Doping Guidelines**

The Global Drug Reference Online Website (Global DRO) provides players/aikidoka and support personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List. They can search. It allows individuals to search for specific information on products bought in the UK, Canada and the USA. Supplement Guidance BAB advise all players/aikidoka to assess the need and risk before taking any supplement, as previous studies have shown cross-contamination of nutritional supplements and the presence of prohibited substances not declared on contents lists.

For further information see the UKAD website or for details of individual supplements see Informed Sport, a quality assurance programme for sports nutrition products.

For further information on any anti-doping issues please visit the UKAD website [www.ukad.org.uk](http://www.ukad.org.uk) or World Anti-Doping Agency, UK Anti-Doping in Sport.

### **Recommended Sanctions for Positive Cases in Doping Control.**

The recommended scale of sanctions is as follows.

Scale 1. Anabolic Steroids, Amphetamine related and other stimulants, Caffeine, Diuretics (found during competition testing \*), Beta Blockers, Narcotic Analgesics, Masking Agents such as Probenecid and Designer Drugs

- **First Offence:** Two years suspension from membership of the BAB and/or a four year ban from competition. This period can be extended depending upon the seriousness of the offence.

- Second Offence: Four year suspension from membership of the BAB and/or a six year ban from competition. This period can be extended depending upon the seriousness of the offence.
- Third Offence: A Life Ban from membership of the BAB and All competitions.

Scale 2. Ephedrine, Phenylpropanolamine, Codine etc. (when administered orally as a cough suppressant or painkiller in association with decongestants and / or anti histamines).

- First Offence: Maximum one year suspension from membership of the BAB and of Aikido competitions.
- Second Offence: Two year suspension from the BAB and/or from Aikido competition.
- Third Offence: A Life ban from membership of the BAB and competition.

Before passing judgment the BAB Executive will consult with a Medical Officer on the use by female players/aikidoka of a diuretic discovered in 'Out of Competition' testing. There is no medical reason for a fit, competitive, male Aikido player to be taking diuretic at any time.

### **UKAD Anti Doping Policy**

[www.bcu.org.uk/resources-and-policies/policies/anti-doping-policy/](http://www.bcu.org.uk/resources-and-policies/policies/anti-doping-policy/)

### **WADA List of prohibited Substances:**

[www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/](http://www.wada-ama.org/en/World-Anti-Doping-Program/Sports-and-Anti-Doping-Organizations/International-Standards/Prohibited-List/)

### **Testing procedures**

[www.ukad.org.uk/support-personnel/testing-procedures/Information-on-results-management](http://www.ukad.org.uk/support-personnel/testing-procedures/Information-on-results-management)

[www.ukad.org.uk/what-we-do/results-management](http://www.ukad.org.uk/what-we-do/results-management)

### **UKAD procedures**

[www.ukad.org.uk/support-personnel/testing-procedures/](http://www.ukad.org.uk/support-personnel/testing-procedures/)

### **Download a UKAD TUE form**

[www.ukad.org.uk/resources/document/tue-form](http://www.ukad.org.uk/resources/document/tue-form)

### **Download the UKAD Asthma TUE**

[www.ukad.org.uk/resources/document/asthma-screening-tue-form](http://www.ukad.org.uk/resources/document/asthma-screening-tue-form)