

GAA

Anti-Doping Booklet

2014



INTRODUCTION

The GAA forbids the use of prohibited substances or methods, a practice generally known as doping in sport. Since 2001, Inter-County players have been subject to cooperation with the Irish Sports Council's (ISC) anti-doping programme with compliance being a condition of eligibility for the Government Eligible Expenses Scheme. All personnel involved with teams (players, coaches, managers, doctors, physiotherapists, strength and conditioning coaches, nutritionists, administrators etc...) have a responsibility to ensure that they are aware of the Irish Anti-Doping Rules and that there is an atmosphere of supporting a drug free sport within each County.

This booklet provides up-to-date information from World Anti-Doping Agency (WADA), Irish Sports Council (ISC) and GAA rules and regulations in the area of doping and key areas of the anti-doping programme.

CONTENTS

INTRODUCTION	2
RULES	4
Irish Anti-Doping Rules.....	4
GAA Official Guide.....	4
Anti-Doping Rule Violations.....	4
CHECKING MEDICATIONS	5
How to check your medications.....	5
TUE Policy	6
RISK OF SUPPLEMENTS	7
General Advice.....	7
Do:	7
Do Not:	7
Sports Supplements Factsheets	8
DOPING CONTROL PROCEDURES	8
Athlete Selection / Notification	8
Sample Collection	9
Laboratory Analysis / Results Management	10
Considerations for Match Days.....	10
RESOURCES	12
Real Winner.....	12
GAA E-Learning Module.....	12
FURTHER INFORMATION	13

RULES

IRISH ANTI-DOPING RULES

The Medical, Scientific & Welfare Committee in conjunction with Central Council have adapted the Irish Anti-Doping Rules as the Anti-Doping Rules of the GAA. It is advised that all GAA members involved with teams read and understand the Anti-Doping Rules and understand their responsibilities under the rules. The consequences of not adhering to Anti-Doping Rules can be severe for players and their support personnel such as coaches and parents; therefore it is critical that any questions/concerns be clarified with either the GAA or the ISC.

A complete copy of the Irish Anti-Doping Rules can be found by [clicking here](#).

GAA OFFICIAL GUIDE

Riall 1.15 Treoir Oifigiúil 2013 Part I states:

‘The Association forbids the use of prohibited substances or methods, a practice generally known as doping in sport. The Rules of the Association regarding doping are the Irish Anti-Doping Rules as adopted by the Irish Sports Council and as amended from time to time. The Rules contained in the said Irish Anti-Doping Rules shall have effect and be construed as Rules of the Association. Central Council shall establish a committee known as the Anti-Doping Hearings Committee. Pursuant to an agreement made between Central Council and the Irish Sports Council, for the purposes of this Rule and the Irish Anti-Doping Rules, all references to the Irish Sport Anti-Doping Disciplinary Panel in the Irish Anti-Doping Rules shall be construed as referring to the Anti-Doping Hearings Committee. International Units shall comply with the Anti-Doping legislation in their respective Countries of operation. Central Council shall establish a committee known as the Doping Control Committee and shall designate to it such functions of the Association in relation to the prevention of doping in the games of the Association as it deems suitable.’

Full details on the Irish Anti-Doping Programme are available at: <http://www.irishsportsCouncil.ie/antidoping>

ANTI-DOPING RULE VIOLATIONS

The World Anti-Doping Code contains a principle of ‘strict liability’. This means that a player is wholly responsible for any prohibited substances found in his system, regardless of how it got there and whether he intended to cheat or not.

» **Did you know that there are eight Anti-Doping Rule Violations? These are:**

1. Presence of a Prohibited substance or method
2. Use or attempted use by an athlete of a prohibited substance or method
3. Refusing or failing to complete doping control

4. Committing three Whereabouts Failures in Eighteen months
5. Tampering or attempted tampering with any part of doping control
6. Possession of a prohibited substance or method
7. Trafficking or attempted trafficking of a prohibited substance or method
8. Administration or attempted administration to an athlete or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an Anti-Doping Rule Violation

Read Article 2 of the [Irish Anti-Doping Rules](#) which explains the various types of Anti-Doping Rule Violations. It is very clear that the rules and sanctions not only apply to players, but to coaches, parents, doctors, physiotherapists, G.P.s, officials etc... - everyone involved in sport.

CHECKING MEDICATIONS

HOW TO CHECK YOUR MEDICATIONS

Always remind your GP/Consultant that you are an athlete subject to drug testing. All players should check the status of all prescribed and over-the-counter medications using the resources below, depending on where the medication was purchased. Use one of the following methods:

eirpharm.com

Medications bought in the Republic of Ireland can be checked on the Drugs in Sport Database on www.eirpharm.com



Download the 'Medication Checker' Smartphone App available for iPhone and Android for Eirpharm - find it in the [Apple iTunes Store](#) or the [Google Play](#) Medication Checker links to the Drugs in Sport Database on www.eirpharm.com

MIMS
Ireland

Medications bought in the Republic of Ireland can be checked by your G.P., Consultant or Pharmacist in a monthly publication called MIMS Ireland. Ensure the current month's edition is checked. Medical Publications Ireland publishes MIMS Ireland (www.mims.ie); the subscription page can be accessed at <http://www.imt.ie/subscribe>.



Medications bought in the Six Counties, Britain, U.S.A and Canada can be checked on www.globaldro.com
Mobile Version of Global DRO: www.globaldro.com/m



If you purchase medications in any other part of the world, do one of the following:

- a) Use the [Medication World Map](#) to check if there are any resources for checking medications in the country you purchase the medication in
- b) Check the medication against the current WADA Prohibited List on www.wada-ama.org, - print off the Prohibited List or download the Prohibited List from [iTunes](#) for the iPhone – ask a sports pharmacist or doctor to assist you when checking.



Check confidentially with the Anti-Doping Unit of the Irish Sports Council:

Telephone: 00 353 1 8608800

E-mail: antidoping@irishsportsCouncil.ie

TUE POLICY

- The Therapeutic Use Exemption (TUE) process is a means by which a player can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.
- When you have checked your medication, if the status of the medication requires you to apply for a Therapeutic Use Exemption (TUE), you should read the '[Therapeutic Use Exemptions](#)' section for further advice.
- An application must be completed with your doctor, as it must be supported by medical history, evidence of an accurate diagnosis, evidence of consideration given to alternatives, defined dosage and time period of treatment.

BUYING MEDICATIONS OUTSIDE OF IRELAND?

The ingredients in a medication can differ from country to country, so even though a medication has the same name, and has the same type of packaging in another country, it is **crucial** that you check the medication in the country where you purchase it. To assist athletes, the contact details and available resources in other countries for checking medications are shown on the [Anti-Doping World Map](#)

RISK OF SUPPLEMENTS

Sports supplements are commonly used by athletes in the hope of maximising the benefits of participating in sport. Understandably sports people can be confused about the issues around sports supplements. It is important to remember that there are risks associated with supplement use.

» **The Irish Sports Council and GAA recommend against the use of sports supplements because:**

1. We believe that a correct dietary and nutritional regime will provide all the potential benefits of sports supplements.
2. We believe that, given the World Anti-Doping Agency (WADA) principle of strict liability, players are opening up the possibility of inadvertent positive tests by taking supplements.
3. We believe it is inappropriate for any junior player to be taking supplements that could have an impact on their physical development.

GENERAL ADVICE

DO:

- Follow a dietary plan that will allow you to adapt your eating and drinking practices to maximise your performance.
- Seek advice from a professional such as a Sports Dietician (e.g. a Member of the Irish Nutrition and Dietetic Institute MINDI, (www.indi.ie) before taking any supplement.
- Make sure that the professional is familiar with the [WADA Prohibited List](#).
- Remember that dietary alteration may replace the need for any particular supplement.
- Remember that there is a variable level of risk associated with supplements. Vitamins and minerals produced by reputable pharmaceutical companies especially those with a marketing authorisation number such as a product authorisation (PA) number are less likely to be associated with health risks or inadvertent drug tests.
- Check if these products are listed on www.eirpharm.com (for products bought in the Republic of Ireland) or www.globaldro.com (for products bought in the Six Counties, Britain or USA).
- Be aware that supplements which claim to be muscle building or fat burning are more likely to be associated with contamination with anabolic steroids, stimulants and other contaminants.
- Always remember that there are no quick fixes for improving sports performance.

DO NOT:

- Do not take a supplement just because a team mate or a competitor is taking it or recommends it.
- Do not take any supplements made by a company which also manufactures substances which are on the [WADA Prohibited List](#) due to the risk of cross contamination.

- Do not take any supplements that make claims that sound too good to be true. Always validate product claims through non-biased sources.
- Do not take any supplements made by a company which in the past has been associated with positive drugs tests.
- Do not buy supplements either over the internet or through magazines as they are more likely to be associated with an increased risk of inadvertent doping, adverse health effects and other associated problems.
- Do not exceed the recommended dose - Remember more is not always better. Excessive use of one vitamin or mineral can have a negative impact on the availability or absorption of another. The recommended daily allowances (RDA) for vitamins and minerals should be used as a guide in determining nutritional needs.
- Read the full [Supplements and Sports Food Policy](#)

SPORTS SUPPLEMENTS FACTSHEETS

Useful fact sheets in relation to supplements are available on the Institute of Sport website at:

[Irish Institute of Sport - Performance Nutrition](#)

DOPING CONTROL PROCEDURES

» **The doping control process for GAA players is made up of five stages:**

1. Athlete selection
2. Athlete notification
3. Sample collection
4. Laboratory analysis
5. Results management

ATHLETE SELECTION / NOTIFICATION

1. Testing of GAA players can only occur at training or games
 - a. A player will be notified of his selection by a Doping Control Officer
2. Once notified, a player must report immediately to the Doping Control Station in the company of the Doping Control Officer
 - a. The player may nominate a representative of their choice to also accompany them to the Doping Control Station

SAMPLE COLLECTION

3. When being tested at a training session, a player may ask permission to delay reporting, only for the following reasons:
 - a. Obtaining necessary medical treatment
 - b. Locating a representative
 - c. Obtaining photo identification
 - d. Completion of warm down / completion of training
 - e. Any other exceptional circumstances which may be justified, and which shall be documented

4. Where testing is being carried out at a game, the following additional reasons to delay reporting to the Doping Control Station also apply:
 - a. Participation in a victory ceremony
 - b. Media commitments

5. *If a player fails to comply with the request to be tested he will have committed a doping offence and will be subject to sanctions*

6. The player must wear gloves when being tested
 - a. The player selects a sealed Sample Collection Vessel and proceeds to the toilet area with the DCO

7. The player will be informed that they should avoid excessive rehydration
 - a. This is to stop possible manipulation of the sample
 - b. If the athlete continues to excessively re-hydrate after being warned, it may be reported as suspicious behaviour
 - c. Sealed drinks will be available at the Doping Control Station

8. The Doping Control Officer may continue to collect samples until the requirement for specific gravity is met
 - a. In effect this means that the Officer will take as much time as necessary to obtain the sample
 - b. This is part of the procedure and contains no prejudicial element

9. The player is entitled to have a representative accompany and stay with him for the duration of the test
 - a. This person does not have to be the team doctor but rather whoever the player chooses
 - b. It should be noted that if a test does take a few hours to complete, appropriate travel arrangements should be made for the player and accompanying person

10. The sample is then sent to a Laboratory

LABORATORY ANALYSIS / RESULTS MANAGEMENT

Once the sample has been collected, it will be analysed in a WADA accredited laboratory. The GAA will generally be notified of the results six weeks after the test. Each individual player and his County Secretary will receive a letter outlining the test results from the GAA based on the address given on the doping control form. For more detailed information on results management, visit –

http://www.irishsportsCouncil.ie/Anti-Doping/Testing/Results_Management/

CONSIDERATIONS FOR MATCH DAYS

It is suggested that teams organise their departure transport taking the possibility of doping control into account. This means there may be a need to have flexible departure times or the possibility of having back-up transport for the selected players if doping control goes later than the pre-arranged departure times.

PRE-GAME

- The Doping Control officials will arrive at the match venue approximately an hour before the start of the match
- An official from each County team (usually the manager, doctor, physiotherapist or other) will be required to attend the draw to select the players to undergo doping control
- The draw will normally be conducted approximately 45 minutes before the start of the game
- The County official will have to provide a team sheet for the draw or will have to confirm the team list in the match day programme
- It is important to note that all 30 players in the match day squad are eligible for selection for doping control, even if a player does not take the field during the game
- The County official will randomly select two cards which correspond to numbers on the team sheet
- The County official will not be informed of who is selected for doping control
- At least one reserve will always be selected at the time of the draw
- This is in case the selected player suffers a serious injury and is deemed medically unfit to complete doping control
- The definition of whether the player is medically fit to provide a sample following a serious injury will be made by the match day doctor or emergency services personnel
- The lead Doping Control Officer will brief the County official on notification and escorting of players and entrance into the change room

POST-GAME

- Upon the completion of the game, the doping control officials will approach the selected players and notify them of their selection for doping control as they leave the field
- The selected players are required to report immediately to the Doping Control Station (DCS) to register for doping control

- This may mean that they will miss any team talk or team commitments after the game
- There are valid reasons that a player can request a delay in reporting to the DCS, such as the need to perform media commitments, receive medical treatment or obtain appropriate identification
- Any request for a delay in reporting to the DCS should be made by the players to the doping control officials for approval
- In certain circumstances (such as obtaining the appropriate identification) or to get changed after they have registered at the DCS, the player may need to go into the changing room
- When this happens, the doping control official who is chaperoning the player will need to be granted access to the changing room with the player
- Teams are reminded that if a person is monitoring the change room door, they should always allow the doping control officials access to the changing room if they are chaperoning a player
- If the doping control official is denied access and the player goes into the changing room without them and goes out of the sight of the doping control official, the player could be in breach of the Anti-Doping Rules
- Support personnel may be prosecuted under the Irish Anti-Doping Rules for blocking chaperoning/notification of players and may lead to a ban from sport
- It should be noted that players selected for doping control are not permitted to shower (except in exceptional circumstances) until after they have completed all requirements of the doping control process

MORE INFORMATION

- Download and read the [Sample Collection Procedures](#) leaflet
- Watch the [WADA Doping Video – Sample Collection Procedures](#)

RESOURCES

- [Irish Anti-Doping Rules](#)
- [WADA Anti-Doping Code](#)
- [Check your Medications and TUE Policy](#)
- [Sample Collection Procedures](#)
- [Supplements and Sports Foods Policy](#)
- [Irish Institute of Sport Fact Sheets – Sports Nutrition Supplements](#)
- [WADA 2014 Prohibited List](#)
- [WADA 2014 Monitoring Program](#)
- [Irish Sports Council – Anti-Doping Website](#)
- [GAA Medical and Player Welfare Website](#)
- [GAA e-Learning Portal](#)

To order education resources for you and your Club or County, [click here](#).

REAL WINNER

Real Winner is an interactive e-learning education programme about anti-doping covering topics such as Doping Control Procedures, the WADA Prohibited List, whereabouts, therapeutic use exemption and the consequences of doping. Real Winner consists of nine interactive modules, ranging from five to ten minutes per module, plus an introduction module; the entire course can be completed in just over an hour.



To access the programme, click the banner above; on the 'Login' section of the Real Winner homepage, enter your Name, Email address, select your Sport and Status and click 'Log In'.

GAA E-LEARNING MODULE

As part of its commitment to educating players, coaches, medics and team support personnel, the Medical, Scientific and Welfare Committee has developed a GAA specific e-Learning programme which aims to transfer knowledge in areas of the anti-doping programme such as anti-doping rules and violations, risk of

supplements, checking medications, therapeutic use exemptions and testing procedures. The course takes about 20 minutes to complete and it comprises of a total of 18 questions.



» Steps

1. Users must be registered on <http://learning.gaa.ie/> ([Portal Registration Guide](#))
2. Once logged in, visit the player section - <http://learning.gaa.ie/player>
3. You will see a block on the right of your screen called 'e-Learning Courses', click on 'Anti-Doping Education' in this block
4. Click enter

FURTHER INFORMATION

» For any queries regarding anti-doping in the GAA please contact:

Games Administration and Player Welfare Department,

Croke Park,

Dublin 3.

Tel: (0) 1 865 8685

E-mail: playerwelfare@gaa.ie

Website: <http://www.gaa.ie/medical-and-player-welfare/anti-doping/>

» The Irish Sports Council Anti-Doping Unit can also be contacted directly at:

Anti-Doping Unit

Irish Sports Council

Top Floor, Block A

Westend Office Park,

Blanchardstown,

Dublin 15.

Tel: 00353 1 8608800

E-mail: antidoping@irishsportsCouncil.ie

Website: <http://www.irishsportsCouncil.ie/antidoping>