



GAA Anti-Doping Booklet

Updated December 2016

GAA Medical, Scientific, and Welfare Committee

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INTRODUCTION

Since 2001 anti-doping testing has been conducted on players with the agreement of the GAA by Sport Ireland as part of their policy to cooperate with the international anti-doping campaign administered by the World Anti-Doping Association (WADA). The GAA believes that doping is contrary to the spirit of sport and every member has a duty to ensure that Gaelic games are free of doping.

ALL GAA members are subject to the Anti-Doping Rules as adopted by Sport Ireland (Rule 1.15 GAA Official Guide 2016). While any player may be selected for testing, there is a particular focus on testing with regard to Inter-County players. Indeed it is a condition of eligibility for the Government Eligible Expense Scheme and all county team support personnel (e.g. managers, coaches, medical personnel, nutritionists, psychologists, officials) have a responsibility to ensure that they are aware of the Irish Anti-Doping Rules and that there is an atmosphere supporting a drug free sport within each County.

This booklet highlights key areas with regard to anti-doping. The GAA advises all members to read and understand the Anti-Doping Rules and to 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 and/or concerns be clarified with either the GAA or the ISC.

There are several changes to the rules which come into effect on 1 January 2015. The main changes for players to note are in relation to sanctions and risk of supplements. The use of serious doping substances for example steroids, growth hormone, EPO and various calculated doping methods for example blood transfusions will be sanctioned with **four year bans**. Refusing to provide or evading sample collection will now be sanctioned with bans up to four years. The issue of contaminated supplements has been acknowledged by the latest version of the Anti-Doping Rules. If a player can establish 'no significant fault or negligence' then the sanction can range from a reprimand to a maximum of 2 years. This concept is explained in more detail in the 'Risk minimisation' section of this booklet.

ANTI-DOPING RULES

Irish Anti-Doping Rules

The Medical, Scientific & Welfare Committee of the GAA in conjunction with Central Council have adapted the Irish Anti-Doping Rules as the Anti-Doping Rules of the GAA. A complete copy of the Irish Anti-Doping Rules can be found by following the link in the resources section of this booklet.

GAA Official Guide

Rial 1.15 Treoir Oifigiúil Part 1 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 latest version can be downloaded from <http://www.irishsports council.ie/Anti-Doping>. 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.sportireland.ie/Anti-Doping/>

Anti-Doping Rule Violations

Doping is defined as the occurrence of one or more of the anti-doping rule violations (ADRVs) set out in the Irish Anti-Doping Rules.

Did you know that there are ten 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. Evading, refusing or failing to complete doping control
4. Committing three Whereabouts Failures in twelve 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
9. Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an ADRV
10. Associating with a person such as a coach, doctor or physio who has been found guilty of an ADRV or equivalent offence to a doping violation

Sanctions

Anti-Doping Rule Violations not only allow for players to be sanctioned, but for support personnel such as coaches, managers, medical personnel, trainers and officials. The use of serious doping substances for example steroids, growth hormone, EPO and various calculated doping methods for example blood transfusions will be sanctioned with four year bans. Refusing to provide or evading sample collection will now be sanctioned with bans up to four years.

THE PROHIBITED LIST

The Prohibited List is an international standard identifying substances and methods prohibited in sport. It was first published in 1968 by the International Olympic Committee. Since 2004, the WADA has been responsible for the preparation and publication of the List, which it updates every year effective January 1.

Athletes should be aware of the classes of substances that are on the Prohibited List, and should be careful to check the status of any medication they consume to ensure that it won't result in a positive test.

What is the Prohibited List?

- Separated into categories of substances and methods (e.g. steroids, stimulants, gene doping, recreational drugs)
- Identifies which substances are prohibited in-competition and/or out-of-competition
- Identifies which substances are prohibited in particular sports
- Distinguishes between specified and non-specified substances

How does a substance or method make the Prohibited List?

For a substance or method to be added to the Prohibited List, it must meet two out of three of the following criteria:

- There is evidence that the substance or method has the potential to enhance, or does enhance performance

- There is evidence that the substance or method represents an actual or potential health risk to the athlete
- WADA has determined that use of the substance or method violates the spirit of sport

The World Anti-Doping Agency issues a Prohibited List annually. For information on the Prohibited List visit -

<https://www.wada-ama.org/en/resources/science-medicine/prohibited-list>

CHECKING YOUR MEDICATIONS

All players are reminded of the need to check any medication that they consume.

The following extract from an interview with gaa.ie that Brendan Cummins gave in 2013 which illustrates the importance of checking medications:

"GAA.ie: Sports people get sick like everybody else, but do you have to be extra vigilant about the medicines you take because you are subjected to drug testing?"

BC: Everything has to be cleared. I worked in the Nenagh branch of AIB last October and I had a head cold and was feeling a bit sorry for myself. Without thinking I went over the road to the local pharmacy. When I asked for Lemsip, the guy behind the counter said, 'Are you sure you are allowed to take that?' Thank God he told me because I had forgotten all about it. I had to ring the team doctor and he told me I couldn't have that particular one.

It's one side of the game that people don't realise – that a GAA player is now subject to the same controls as an athlete that is being funded by the Irish Sports Council even if he's a lad putting out the flags at his local club one day and training with Tipp that evening. You don't own your body anymore; the Sports Council owns it from the point of view of drug testing. It's good to have it in the game, but it's just another thing we have to be conscious of."

Always remind your GP / Team Doctor that you are an athlete subject to drug testing. All athletes should check the status of all prescribed and over-the-counter medications using the resources below, **based on where the medication was purchased**. For example, if you purchased a packet of Lemsip in Dublin you should only check it on www.eirpharm.com, however, if you purchased the same packet in Antrim or whilst on holidays in another country, it must be checked on www.globaldro.com. This is because 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.

Medication Checker Resources

REPUBLIC OF IRELAND

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



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>

SIX COUNTIES / BRITAIN / CANADA / USA



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

REST OF THE WORLD

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

- Use the Medication World Map to check if there are any resources for checking medications in the country you purchase the medication in
- 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

OTHER



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

Telephone: 00 353 1 8608800

E-mail: antidoping@irishsportscouncil.ie



If a medication is prohibited, you must check and adhere to the Irish Sports Council TUE Policy at <http://www.irishsportscouncil.ie/tue>.

THERAPEUTIC USE EXEMPTIONS

A Therapeutic Use Exemption (TUE) permits an athlete to use a prohibited substance or method if the substance or method is medically required. Athletes can only get a TUE if there is no unfair advantage from taking the substance or using the method.

Criteria for determining whether a TUE is granted are defined by the WADA:

- The athlete would experience a significant impairment to their health without the use of the prohibited substance or method.
- The therapeutic use of the prohibited substance or prohibited method would produce no additional enhancement of performance.
- There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or prohibited method.

Senior Inter-County players are eligible to apply for a post-test TUE. It is important to keep dating accurate medical files and declaring all medications on the doping control form when tested.

See more at: <http://www.irishsportscouncil.ie/Anti-Doping/Athlete-Zone/Therapeutic-Use-Exemptions-/#sthash.1vBHiL0Q.dpuf>

SPORTS FOODS AND 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 following resources are available to GAA Players:

Sport Ireland Supplements and Food Policy

http://www.irishsportscouncil.ie/Anti-Doping/Athlete-Zone/Supplements_Nutrition/Supplements_and_Sports_Food_Policy.html

GAA Information Sheet on Sports Supplements

<http://learning.gaa.ie/sites/default/files/Information-Sheet-Sports-Supplements%202016.pdf>

The following is some general advice from Sport Ireland.

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.
- Carry out and record online research before taking any supplement. Obtain a batch certificate for the product if possible.

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

Sport Ireland recommends against the use of sports supplements because they believe that:

1. Correct dietary and nutritional regime will provide all the potential benefits of sports supplements.
2. 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. It is inappropriate for any junior player to be taking supplements that could have an impact on their physical development.

Risk Minimisation

The issue of contaminated supplements has been acknowledged by the latest version of the Anti-Doping Rules. If an athlete can establish 'no significant fault or negligence' then the sanction can range from a reprimand to a maximum of 2 years.

It is important to note that the World Anti-Doping Code still contains a principle of '**strict liability**'. This means that a player is wholly responsible for any prohibited substances found in their system, regardless of how it got there and whether they intended to cheat or not.

To minimise the risk of taking supplements, the GAA advises players to:

- Seek the opinion of a medical doctor or a registered sports dietitian
- Carry out online research and record findings in respect of any supplement you plan to take
- Keep screen-shots and print outs of findings

DOPING CONTROL PROCEDURES

Testing of GAA players can only occur at training or games. 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

1. Athlete selection

- 📍 The Doping Control Officer (DCO) contacts the Event Contact Person (ECP) upon arrival at the venue and requests the ECP to liaise with teams.
- 📍 The ECP is responsible for liaising with the teams and requesting the teams to provide relevant personnel for the selection draw and team briefing. The selection of players, either in or out of competition, may now be randomly completed on the day or pre-selected by the Anti-Doping Unit in advance. Therefore if the Doping Control Officer has already received pre-selections in advance (i.e. instructions to test a specific player) there may be no pre-match or pre-training random draw.
- 📍 If a draw is to take place each team is responsible for deciding which person attends the selection and briefing session and informing other relevant team personnel that testing is occurring after the match.
- 📍 The draw will normally be conducted approximately 45 minutes before the start of the game.

2. Athlete notification

- 📍 A player will be notified by a Doping Control Officer
 - Once notified, a player must report immediately to the Doping Control Station in the company of the Doping Control Officer
 - A player may nominate a representative of their choice to also accompany them to the Doping Control Station
- 📍 When being tested at a training session a player may ask permission to delay reporting, only for the following reasons:
 - Obtaining necessary medical treatment
 - Locating a representative
 - Obtaining photo identification
 - Completion of warm down / completion of training
 - Any other exceptional circumstances which may be justified, and which shall be documented
- 📍 Where testing is being carried out at a game, the following additional reasons to delay reporting to the Doping Control Station also apply:
 - Participation in a victory ceremony
 - Media commitments

3. Sample collection

- 📍 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
- 📍 From January 1st 2016, blood testing will also be used to test GAA players. Blood testing will not replace urine testing – a combination of both blood and urine testing, urine only or blood only testing can be used. If possible, Blood Testing can be facilitated before a training session commences, with the agreement of team management, to minimise disruption to the player and the training session.

Urine Testing

- 📍 The player must wear gloves when being tested
 - The player selects a sealed Sample Collection Vessel and proceeds to the toilet area with the DCO
- 📍 The player will be informed that they should avoid excessive rehydration
 - This is to stop possible manipulation of the sample
 - If the athlete continues to excessively re-hydrate after being warned, it may be reported as suspicious behaviour
 - Sealed drinks will be available at the Doping Control Station

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

Blood Testing

- ◆ The player selects a sealed venepuncture kit and sample security kit (blood collection kit).
- ◆ The player will be required to rest for a minimum of ten minutes. The player must remain in a seated position with two feet on the floor. If you are tested in-competition, after you've completed training or have just completed strenuous exercise the player required to rest for up to two hours in advance of the sample being collected. The main focus of the blood testing will be out of competition (at training sessions), however the Irish Sports Council cannot rule out that blood testing will take place after a match.
- ◆ The blood collection officer will apply a tourniquet around the upper arm of the player (if necessary) and clean the skin. The officer will insert the syringe into the player's vein and draw enough blood to fill either two to four tubes. The maximum that is taken is 3-5mls of blood. The volume of blood collected for the purposes of doping control will not have an impact on your performance. You will be advised not to undertake any strenuous exercise for 30 mins to minimise the bruising. The blood collection officer will be available for First Aid if required.
- ◆ Further information for players on the introduction of blood testing can be found at:
<http://www.gaa.ie/my-gaa/players/anti-doping>
- ◆ In both instances, the player is entitled to have a representative accompany and stay with him for the duration of the test
 - This person does not have to be the team doctor but rather whoever the player chooses
 - 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
- ◆ The sample is then sent to the Laboratory

4. Laboratory Analysis

- ◆ Samples are sent to a WADA accredited laboratory for analysis.
- ◆ The laboratory receives a copy of the Doping Control Form that reveals none of your personal details.
- ◆ On arrival at a WADA accredited laboratory, the A sample is opened and analysed and the B sample is securely stored.
- ◆ On receipt of the samples, laboratory staff complete checks on the integrity of the sample (signs of tampering, correlation between sample code numbers on forms and those on the bottles) before proceeding with the analysis of the sample.

5. Results Management

- ◆ Samples collected by the ISC are sent to a WADA accredited laboratory for testing. There are three possible outcomes following sample analysis:
 - **Negative Result** - no prohibited substances or methods are detected in your sample. The GAA will write to the player and County Secretary to inform them of the result of the test.
 - **Atypical Finding** - Some prohibited substances are produced naturally in the body. In certain circumstances the presence of such substances in the A Sample may result in the laboratory reporting an Atypical Finding.
- ◆ On receiving an A Sample Atypical Finding, the ISC reviews if a Therapeutic Use Exemption has been granted to you, or if you are entitled to apply for a post-test TUE, in which case the Sports Council will contact you to inform you of the process to make this post-test TUE application.

- ◆ A review will be undertaken if there has been a departure from the International Standard for Testing or International Standard for Laboratories that may have caused the atypical finding. Following the review, the ISC will make a decision whether to refer the case to the Disciplinary Panel for adjudication. In this case the ISC will forward all details to the player, the GAA the Irish Sport Anti-Doping Disciplinary Panel.

For more information, check out the ISC's Sample Collection Procedure leaflet - <http://www.irishsports council.ie/Anti-Doping/Athlete-Zone/What-Happens-In-A-Drug-Test/Sample-Collection-Procedures---Urine-and-Blood-Leaflet.pdf>

MANAGEMENT TEAM CONSIDERATIONS FOR GAME DAY

It is suggested that Management Teams / Team Liaison Officers 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 program
- 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
- Athlete 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

WHEREABOUTS

The Sports Council has the ability to test players at training and at matches. The Council requires 'whereabouts' information from each County which allows them to know the time and venue for each Inter-County training session in both codes. The costs of a missed test are incurred by any County that fails to supply accurate and correct information. The GAA liaises with Sport Ireland and County Committees in respect of whereabouts.

REPORTING DOPING

Please be advised there is now a "Report Doping" form that has been launched recently by the Irish Sports Council to help fight against doping in sport. Anyone reporting via this encrypted form can do so anonymously if they wish. The form can be found at:

www.irishsports council.ie/report

RESOURCES

RESOURCE	LINK
Information Sheet for Senior Inter-County Players	http://learning.gaa.ie/sites/default/files/Player/Anti-Doping%20Information-for-Players%202016.pdf
Supplements Information Sheet	http://learning.gaa.ie/sites/default/files/Information-Sheet-Sports-Supplements%202016.pdf
Irish Anti-Doping Rules	http://www.irishsports council.ie/Anti-Doping
WADA Anti-Doping Code	https://www.wada-ama.org/en/what-we-do/the-code
Check your Medications and TUE Policy	http://www.irishsports council.ie/Anti-Doping/Athlete-Zone/How_to_check_your_medications/
Sample Collection Procedures	http://www.irishsports council.ie/Anti-Doping/Athlete-Zone/What-Happens-In-A-Drug-Test/Sample_Collection_Procedures_-_Urine_and_Blood_Leaflet_.pdf
Supplements and Sports Foods Policy	http://www.irishsports council.ie/Anti-Doping/Athlete-Zone/Supplements_Nutrition/Supplements_and_Sports_Food_Policy.html
Information on Performance Enhancing Drugs	http://www.irishsports council.ie/Anti-Doping/Education-Zone/Anti-Doping_Fact_Sheets/
WADA 2017 Prohibited List	https://www.wada-ama.org/en/resources/science-medicine/prohibited-list

Official GAA Website	http://www.gaa.ie/my-gaa/players/anti-doping
GAA Learning and Development Portal	http://learning.gaa.ie/player
GAA Anti-Doping E-Learning Courses	http://learning.gaa.ie/Antidoping
Sport Ireland Website	http://www.sportireland.ie/Anti-Doping/
Medication Checker App	https://itunes.apple.com/ie/app/medication-checker/id432509378?mt=8

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 8610
E-mail: playerwelfare@gaa.ie
<http://www.gaa.ie/my-gaa/players/anti-doping>

The Sport Ireland Anti-Doping Unit can also be contacted directly at:

Anti-Doping Unit
Sport Ireland
Top Floor, Block A
Westend Office Park,
Blanchardstown,
Dublin 15.
Tel: 00353 1 8608800
E-mail: antidoping@sportireland.ie
Website: <http://www.sportireland.ie/Anti-Doping/>