

A large, stylized, light blue GAA logo is positioned in the upper right background of the cover. It is composed of three interlocking shapes that form the letters G, A, and A.

GAA

Anti-Doping Booklet
2013

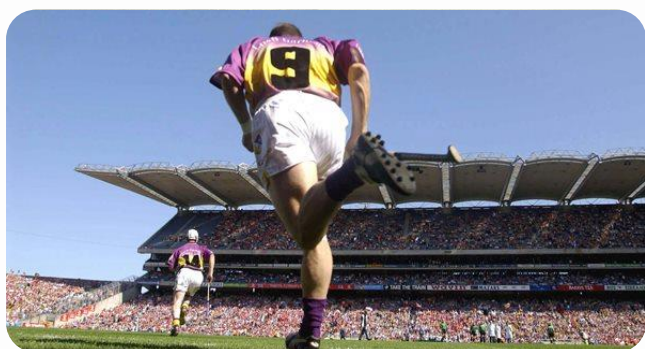


INTRODUCTION

In July 2001, the GAA agreed to begin drug testing senior Inter-County players as part of an agreement with the Irish Sports Council and 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. 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.

All Inter-County players may be selected for testing, their membership of the Gaelic Players Association (GPA) commits players to agreeing to testing and in the case of a minor (U/18) the prior written consent of the parent or guardian is required via the initial membership process at club level, or at selection for competition or through competition entry forms.

All County team personnel (players, doctors, managers, coaches, physiotherapists, nutritionists, psychologists, officials etc...) 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 Club and County.



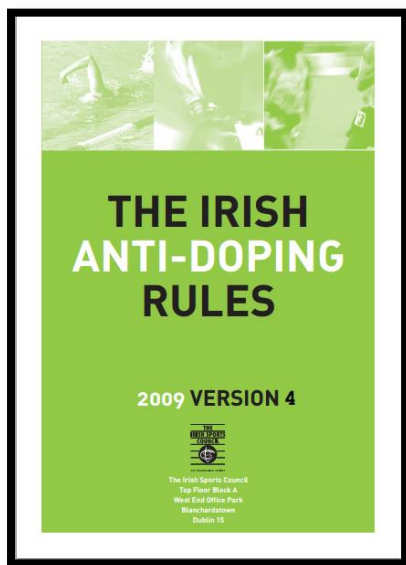
KEY AREAS

The following sections highlight key areas with regard to anti-doping. The Medical, Scientific and Welfare Committee of the GAA advise 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 athletes 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.

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. A complete copy of the Irish Anti-Doping Rules can be found by clicking on the icon below.



Link -

http://www.irishsportsCouncil.ie/Anti-Doping/About_Us/National_Anti-Doping_Programme/Irish_Anti-Doping_Rules_Version_4.pdf

GAA Official Guide

Rial 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 their system, regardless of how it got there and whether they 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

Anti-Doping Rule Violations allow for coaches, managers, doctors, physiotherapists to also be sanctioned (refusing, tampering, possession, trafficking and administration).

KEY INFORMATION FOR INTER-COUNTY PLAYERS

In principle, any player competing in Inter-County Gaelic games can be tested so each athlete regardless of the level at which they are competing needs to be aware of the anti-doping rules.

(1) WADA Prohibited List – Checking Medications & TUE Policy

All players are reminded of the need to check any medication (Over the counter and prescribed) that they consume. The medication should be checked based on where it was purchased.

Republic of Ireland

Drugs in Sport Database on <http://www.eirpharm.com>

For instant access to the Drugs in Sport Database, download the free 'Medication Checker' App available for iPhone and Android for Eirpharm - find it in the Apple **iTunes Store** or the **Google Play Store**

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.

Northern Ireland/ UK/ Canada/ USA

Medications bought in Northern Ireland, U.K., U.S.A and Canada can be checked

on <http://www.globaldro.com>

For further information, visit http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/



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

The World Anti-Doping Agency issues a Prohibited List annually. For information on the Prohibited List visit:
http://www.irishsportscouncil.ie/Anti-Doping/Medicines_TUEs/Prohibited_List/

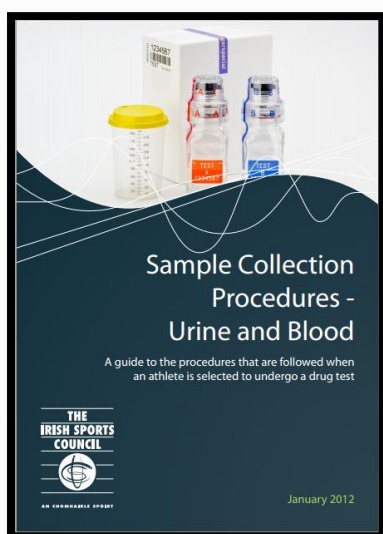
Note: Recreational Drugs are tested in-competition.

(2) Sample Collection Procedures

1. Testing of GAA players can **only** occur at training or games
 - a. A player will be notified 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 athlete may nominate a representative of their choice to also accompany them to the Doping Control Station
3. 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
4. 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
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 athlete 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

Read the leaflet '**Sample Collection Procedures – Urine and Blood**' by clicking on the icon below.



Link -

http://www.irishsportsCouncil.ie/Anti-Doping/Testing/What_happens_in_a_drug_test/_Sample_Collection_Procedures_-_Urine_and_Blood_Leaflet_.pdf

Check out the e-learning programme Real Winner:

<http://www.irishsportsCouncil.ie/realwinner>

(3) Sports Foods and Supplements

A substantial amount of misinformation exists regarding optimal strategies for achieving peak athletic performance and health. Many 'nutritional' products are sold under the pretence that they hold the secret to enhancing performance, however, it must be noted that these typically lack research and sport medicine literature is filled with cases of athletes who have used such products with negative unintended consequences.

There is no substitute for matching good food intake with nutrition needs.

Proper nutrition supports training and can improve performance, whereas improper nutrition can be detrimental to performance. A well-planned eating strategy will help any training programme, whether you are training

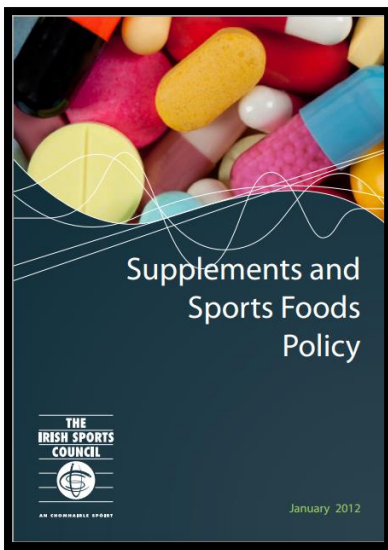
for fitness or for competition; promote efficient recovery between workouts; reduce the risk of illness or overtraining; and help you to achieve your best performance.

Points to consider

- 📌 Players should be aware that supplements are not classified as medicines and therefore cannot be checked

- ✦ Ingredients in supplements can sometimes be referred to by a variety of names or perhaps not listed at all
- ✦ Be aware that supplements which claim to be muscle building or fat burning could potentially be contaminated with stimulants or even possible anabolic agents
- ✦ Remembering the principle of strict liability, players are potentially opening up themselves up to the possibility of inadvertent positive tests by taking supplements

Athletes need to be aware that there are risks associated with the use of sports supplements with many positive drug tests associated with their use. For more information, read the Irish Sports Council Supplements and Sports Food Policy by visiting:



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

Irish Institute of Sport - Performance Nutrition

CONSIDERATIONS FOR GAME DAY

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.

Link - http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/Supplements_Nutrition/Supplements_and_Sport_Food_Policy.pdf

(1) 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.

(2) 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

RESOURCES



Supplements and Sports Foods Policy



WADA 2013 Prohibited List



WADA 2013 Monitoring Programme



Summary of modifications to the 2013 Prohibited List



Important Fact Sheets

FURTHER INFORMATION

Check out <http://www.irishsportsCouncil.ie/antidoping> for further information on these topics or to order education resources for you and your Club or County, [click here](#).

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

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Tel: (0) 1 865 8685

E-mail: ruairi.harvey@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>