

ANTI-DOPING THE BASICS

The values of Paddle Clean

- Fair play
- Respect
- Pride
- Determination
- Integrity of competition
- Health & well being

Strict Liability

Your Body, Your Responsibility.

You are solely responsible for any banned substances you use, attempt to use or is found in your system regardless of how it got there, or whether there was an intention to cheat or not.

Who has to abide by Anti-Doping Rules? Who can be tested?

All members including national and recreational athletes are bound by the BC Anti-Doping Rules (the UK Anti-Doping Rules) which specify that any athlete at any level in the UK could be tested at any time.

What is the Prohibited List?

Lists the prohibited substances and prohibited methods by sport in and out of competition. Updated annually 1 January but can be added to anytime.

How can I check my medications?

Globaldro.com includes products from the UK, USA, Japan, Australia, Switzerland, Canada and New Zealand only. Remember if buying medicines abroad they may contain different substances. The list is updated annually and can be added to at anytime. Check your medication regularly.

What if I am prescribed a prohibited substance?

If a medication is declared as 'prohibited' the athlete should first seek a suitable permitted alternative. If there is none, and its use is necessary, athletes should check if they require a Therapeutic Use Exemption.

What about supplements?

Assess the need, assess the risk, assess the consequences! Food first approach - diet, lifestyle and training should all be optimised before considering the use of supplements. Supplement products can pose a significant risk to athletes in terms of inadvertent doping. If you choose to use supplements, only use ones included on Informed Sport batch testing programme to reduce the risk.

Speak Out!

We all have a responsibility to keep sport clean. If anyone has any information, they should make the call to Report Doping in Sport on 08000 32 23 32 or visit reportdoping.com and play their part in protecting sport.

Find out more

www.britishcanoeing.org.uk/anti-doping

www.ukad.org.uk

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