

Isle of Man Target Shooting Federation



Anti-Doping Policy

Introduction

All athletes have the right to compete in sport knowing that they, and their competitors, are clean.

The Isle of Man Target Shooting Federation ("the Federation") believes in clean shooting and will work in partnership with the Isle of Man Anti-Doping National Compliance Platform (IoM NCP), UK Anti-Doping (UKAD), British Shooting, the International Shooting Sport Federation (ISSF), the International Confederation of Fullbore Rifle Associations (ICFRA) as appropriate and other relevant agencies to ensure that the integrity of shooting is protected.

The use of performance-enhancing drugs and other doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

Anti-Doping rules

The Federation maintains anti-doping rules that all athletes, coaches and athlete support personnel must abide by. These anti-doping rules are consistent with the current World Anti-Doping Code, which governs anti-doping internationally.

The anti-doping rules of the Federation are the UK Anti-Doping Rules published by UKAD (or its successors), as amended from time to time. Such rules shall take effect and be construed as the rules of the Federation.

UK Anti-Doping Rules may be found here www.ukad.org.uk/anti-doping-rules.

If you are a member of a body affiliated to the Federation then its anti-doping rules apply to you, regardless of the level at which you participate.

Anti-Doping: the big picture

There are many organisations that work hard to protect sport. The World Anti-Doping Agency (WADA) is responsible for leading the collaborative world-wide campaign for clean sport. Established in 1999 as an independent agency and funded by both sport and governments, it manages the development of the World Anti-Doping Code. The Code aims to harmonise all anti-doping policies ensuring that athletes and athlete support personnel are treated fairly and consistently.

The aims of the current Code and WADA are to:

- protect the Athlete's fundamental right to participate in doping-free sport and thus promote health, fairness and equality for Athletes worldwide; and

- ensure harmonised, coordinated and effective anti-doping programmes at the international and national level with regard to detection, deterrence and prevention of doping.

The Federation will work in partnership with IoM NCP, UKAD, British Shooting and other relevant agencies to prevent doping.

UKAD is the national anti-doping agency for the UK, dedicated to protecting a culture of clean sport. It achieves this through implementing education and testing programmes, gathering and developing intelligence, and prosecuting those found to have committed an Anti-Doping Rule Violation.

UKAD is responsible for ensuring sports bodies in the UK are compliant with the World Anti-Doping Code through the implementation and management of the UK's National Anti-Doping Policy.

100% me – supporting athletes to be clean

'100% me' is UK Anti-Doping's education programme for athletes – designed to provide information resources, education sessions and general advice to athletes throughout their sporting careers.

Information about 100% me and the **Clean Sport App** can be found on the UKAD website at www.ukad.org.uk/100-me

What is strict liability?

All athletes need to be aware of the principle of strict liability. This means that all athletes are solely responsible for any banned substance they use, attempt to use, or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat.

It is crucial that athletes check all medications to be safe to take prior to use. Medications can be checked online via Global DRO (the Global Drug Reference Online) – www.globaldro.com/uk-en.

Athletes must undertake thorough internet research of any supplement products before use – including the name of the product and the ingredients/substances listed. Information revealed as a result should be further investigated and athletes are advised to keep evidence of their search.

What are the Anti-Doping Rule Violations (ADRVs)?

There is a number of ADRV's that are defined in Article 2 of the World Anti-Doping Code, which are as follows:

- Presence of a prohibited substance or its metabolites or markers in an Athlete's sample.
- Use or attempted use by an Athlete of a prohibited substance or a prohibited method.
- Evading, refusing or failing to submit to sample collection.

- Whereabouts failures (any combination of three missed tests and/or filing failures within a 12-month period by an Athlete).
- Tampering or attempted tampering with any part of doping control.
- Possession of a prohibited substance or a prohibited method.
- Trafficking or attempted trafficking in any prohibited substance or prohibited method.
- Administration or attempted administration to any Athlete in-competition of any prohibited substance or prohibited method or administration or attempted administration to any Athlete out-of-competition of any prohibited substance or any prohibited method that is prohibited out-of-competition.
- Complicity (assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an anti-doping rule violation).
- Prohibited Association.

Consequences are Significant

Under the current Code, a ban of several years from sport may apply to those who are found to be deliberately cheating and breaking the rules.

The Code has little sympathy for carelessness. For inadvertent doping, athletes are more likely to face a two-year ban from sport.

All athletes, coaches and athlete support personnel need to make sure they have sufficient anti-doping knowledge to avoid committing an ADRV and receiving a ban from sport.

Managing inadvertent doping risks

The Prohibited List

All banned substances and methods in Code-compliant sports are outlined in the Prohibited List, which is updated at the beginning of every calendar year, but may also be updated throughout the year. The latest Prohibited List can be found on the WADA website at www.wada-ama.org/en/prohibited-list

Understand the Importance of Checking Medications

Before taking any medication (whether from a doctor or bought over the counter) athletes must check to make sure it does not contain any banned substances. Medications can be checked online at Global DRO - www.globaldro.com/uk-en. It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country.

Know the Risks with Nutritional Supplements

Athletes are strongly advised to be very cautious if they choose to take any supplement such as vitamin tablets, energy drinks, or sport-nutrition formulas. This is because there is no guarantee that any supplement is free from banned substances.

All athletes are advised to:

- assess the need to use supplements by seeking advice from a medical professional or nutritionist;
- assess the risks associated with supplements and undertake thorough research of all supplement products they are considering taking;
- assess the consequences to their careers – they could receive a ban of several years – before making a decision to use supplements.

However, supplement risks can be reduced by:

- undertaking thorough internet research;
- only using batch-tested products;
- checking on Informed-Sport (which is a risk minimisation programme) that the supplement has been batch tested.

The UKAD website provides further information www.ukad.org.uk/supplements-hub including information on the Informed Sport www.informed-sport.com programme, which provides a batch-testing service for supplement products.

Apply for a Therapeutic Use Exemption (TUE)

Athletes who need to use a banned substance or method to treat a genuine medical condition, **and there are no reasonable alternatives**, may have to apply for a TUE.

- International-level athletes need to apply to their International Federation for a TUE (ISSF [link](#), ICFRA [link](#));
- Athletes competing at National level need to apply to UKAD for a TUE.

Athletes who have an existing TUE issued by UKAD do not need to reapply for a new TUE when becoming an International-Level Athlete. They should provide their International Federation with a copy of their TUE to ensure it is recognised.

International-level athletes should be aware that ISSF does not, under any circumstance, grant Therapeutic Use Exemptions for the use of beta blockers.

Athletes listed under the 'National' category for their sport must apply for their TUE in advance of competing. The 'National' category for TUEs in respect of Shooting is defined on UKAD's website <https://www.ukad.org.uk/national-tue-pool> (select Shooting). **See the Appendix** for advice on "National" and "non-National" athletes. Only in an emergency situation or where there will be a severe impact on health should treatment begin without the necessary approval.

More information about whether a TUE is needed and how to apply for one (including emergency TUEs) can be found on the UKAD website <https://www.ukad.org.uk/tue-application>.

Understand What Happens in a Test (Doping Control)

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. When selected for testing, athletes should take a representative with them to the Doping Control Station.

A urine test will follow these main steps:

- Notification;
- Reporting to the Doping Control Station;
- Providing a sample;
- Recording and certifying the sample information.

UK Anti-Doping recommends that athletes follow their normal hydration routines if selected for testing.

Athletes need to be prepared to provide details of any substances they have taken. These need to be written on the Doping Control form. Athletes should report any concerns they have about the process or the equipment on the Doping Control form.

Athletes can find out more about testing and what happens during a test, including their rights and responsibilities, at www.ukad.org.uk/testing-process or by downloading the Clean Sport App from their app store.

Know Where to Look for Support and Advice

Athletes should not hesitate to ask questions about the anti-doping rules. As well as asking coaches and athlete support personnel, athletes may also contact UKAD directly, who will be able to answer questions and provide guidance.

Help keep sport clean

Everyone has a responsibility to report doping in sport and help keep it clean. A 24-hour dedicated phone line, managed in partnership with Crimestoppers, is ready to take calls from anyone with suspicions or concerns about incidences of doping in sport. Information can be provided in complete confidence by calling 08000 32 23 32 or securely via the website <https://www.ukad.org.uk/protect-your-sport>. All information is passed – anonymously if desired - to UKAD's intelligence unit for investigation.

Useful resources and links

- Access UKAD's Clean Sport Hub www.ukad.org.uk/cleansporthub.
- Download the 100% me Clean Sport App for Smartphones from the App Store or Google Play.
- Check medications on Global DRO www.globaldro.com/uk-en. Remember to check all medications. You can search by ingredients or brand name.
- Assess the Risk of Supplements on Informed Sport. You can find information on supplements and ways of reducing the risks at www.informed-sport.com.
- For More Information from UKAD visit www.ukad.org.uk or call +44 (0)20 7842 3450

Isle of Man Target Shooting Federation Anti-Doping Policy: Appendix

Athletes defined by UKAD as being included within the National TUE Pool for Shooting, and thereby required in normal circumstances to apply for and obtain a TUE before using a prohibited medication or method, are as follows:

1. athletes on the British Shooting World Class Programmes (Olympic* and Paralympic**);
2. athletes on the British Shooting National Academy Programmes (Olympic and Paralympic);
3. athletes on the British Shooting Talent Academy Programmes (Olympic and Paralympic);
4. athletes competing at ISSF* and/or WSPS** Major International Events.

*Athletes who hold an International Shooting Sport Federation (ISSF) ID or have qualified to participate in an ISSF International Event or Major Event Organisation's Event (World Cups, World Championships and European Championships) should apply directly to the ISSF.

**Athletes who appear on the International Paralympic Committee (IPC)'s list of International Level Athletes must apply directly to the IPC.

Retroactive TUE Procedure

Athletes who are not defined to be within the National TUE Pool for Shooting do not need to be in possession of a valid TUE prior to commencing treatment with a prohibited substance or method. However, such athletes should check with their prescribing doctor prior to starting treatment that:

- the need to use the prohibited substance or method is necessary to treat the diagnosed medical condition;
- the diagnosis is supported by relevant clinical evidence such as investigations, clinical examinations, and/or test results; and
- no permitted alternatives exist (the status of other possible treatment options can be assessed using Global DRO).

Athletes have five working days to make a retroactive TUE application to UKAD following the receipt of an Adverse Analytical Finding (AAF).

In general...

While the principles of clean sport and the conditions of this Anti-Doping Policy must always be adhered to, athletes enjoying their sport below National and International level and requiring medication may continue to do so provided that any medication prescribed by a doctor for therapeutic purposes is used solely on that basis and not to further shooting performance. The improper use of drugs in furtherance of shooting performance will render an athlete liable for suspension or other penalty irrespective of the level at which they perform.

