

# Anti-Doping

The policy of the Irish Tenpin Bowling Association is that doping is contrary to the spirit of FAIR PLAY and all members have a responsibility to ensure that our sport is free of doping.

## What is Doping?

'Doping' refers to a bowler's use of prohibited drugs or methods to improve training and sporting results. Steroids are the drugs that often come to mind when we talk about doping, but doping also includes a bowler's use of other forbidden drugs and even the refusal to take a drug test or an attempt to tamper with doping controls.

Bowlers, like all others have illness or conditions that require them to take particular medications. All bowlers should check their prescribed and over the counter medications to see if they are permitted. If the medication you require falls under the World Anti- Doping Agency prohibited list, you may need to apply for a Therapeutic Use Exemption (TUE).

## The Irish Anti-Doping Programme

The Anti-Doping Unit of the Irish Sports Council runs the Irish Anti-Doping programme.

All bowlers need to be aware of the Irish Anti-Doping rules

All bowlers must be aware if they are participating in any listed events as defined by ETBF or WTBA, to check the current list.

## ETBF OR WTBA Listed Events

If any bowler is participating in a ETBF OR WTBA listed event, you must review the WTBA documentation and follow the "Pre Test TUE Policy". Link is <http://www.worldtenpinbowling.com/antidoping/index.php>

The decision to test bowlers is not based on age - it is based on the level the bowler is competing at.

Minors competing at national level may be tested.

## Therapeutic Use Exemption

**Step 1:** Check your medicine to see if it is prohibited

All bowlers who may be subject to drug testing should check all medications on [www.eirpharm.com](http://www.eirpharm.com) (Republic of Ireland medications) or [www.globaldro.com](http://www.globaldro.com) (Northern Ireland medications).

Always remind your GP/Consultant that you are a bowler subject to drug testing. He/she can check any medications they prescribe for you in MIMS – a booklet available to all doctors on a monthly basis. The Irish Sports Council ensures that each monthly edition is updated if there are any changes to the status of a medicine in sport. All prescription medications

available in Ireland are listed and each medication is classed as permitted, prohibited (requires a TUE) or requiring declaration. You should insist that your doctor consults the current month's edition of MIMS when checking your medication.

**Step 2:** Your medication:

a) Is Permitted – you do not need to complete a TUE form but you should declare the medication on the Doping Control Form at the time of a drug test if taken within the last 14 days

b) Requires Declaration – you do not need to complete a TUE form BUT YOU MUST DECLARE THE MEDICATION ON THE DOPING CONTROL FORM AT THE TIME OF A DRUG TEST IF YOU HAVE TAKEN IT WITHIN THE LAST 14 DAYS.

c) Requires a TUE – you need to check whether you are required to apply for a Pre-test TUE or Post-test TUE (see above for criteria). See Step 3 below for guidance:

**Step 3:** Your medication requires a TUE!

A doctor should always prescribe a permitted medication to treat a medical condition if there is one available. If there is no permitted alternative you must either apply for a TUE before you take the medication or ensure that a comprehensive medical file is kept containing full details of your medical condition, including a detailed medical history, any relevant test results and any further supporting medical information.

**For further information please refer to [www.irishsportscouncil.ie/anti-doping](http://www.irishsportscouncil.ie/anti-doping) or contact the Irish Tenpin Bowling Association Anti-Doping Officer, Yvonne Randell at - [itbaexec@gmail.com](mailto:itbaexec@gmail.com)**