



# *Irish Tenpin Bowling Association*

## *Anti-doping Report*

ANTI-DOPING UPDATE FOR AGM 2024

May 2023 – APRIL 2024

The ITBA continue to work with Sport Ireland to keep our sport drug-free.

The WADA 2024 up-dated Prohibited List was issued and a link can be found on the ITBA website.

The Sport Ireland Anti-Doping Wallet cards have been replaced last year with NEW Anti-Doping Digital Wallet Card in 2022. This will be found on our ITBA website.

Sport Ireland have gone digital with the wallet cards since 2022 in a move to a more ‘Green’ approach to some of the annual ADU operations.

I would like to stress again how imperative it is that all bowlers familiarise themselves with their contents - remember the onus is on you, the bowler, to ensure that only permitted medication is taken.

The Wallet Card is designed as a brief overview and a lot more information on all aspects of Anti-doping can be found on the Sport Ireland website – [www.sportireland.ie/antidoping](http://www.sportireland.ie/antidoping). This includes links to “**Report Doping**”, “**Supplement Policy**” and “**Check your Medication**” link to [www.eirpharm.com](http://www.eirpharm.com) if in any doubt about any medication you are taking. Medication purchased in NI or the UK can be checked on [www.globaldro.com](http://www.globaldro.com). If your medication is prohibited and no alternative permitted treatment can be used, the Wallet Card also spells out how to apply for a TUE (Therapeutic-Use-Exemption).

Sport Ireland continue to advise athletes to be vigilant in relation to supplement use.

Please follow Sport Ireland’s Supplement Risk Minimisation Guidelines if you choose to use dietary supplements. See <https://www.sportireland.ie/anti-doping/athlete-zone/supplements-and-herbal-remedies>.”

I would particularly remind bowlers participating in European Bowling Federation (EBF) or International Bowling Federation (IBF) (formerly World Bowling WB) events – whenever that may happen - that before they travel they must check that any medication being taken is not on the Prohibited List as published by WADA – see [www.wada-ama.org/en](http://www.wada-ama.org/en).

David Staines

ITBA Doping Control Officer