



## ITBA Coaches Briefing Note

## ANTI-DOPING

In Article 11 of the ITBA Constitution, we have adopted the Sport Ireland Anti-Doping rules. The ITBA – [www.tenpinbowling.ie](http://www.tenpinbowling.ie), World Bowling – [www.worldbowling.org](http://www.worldbowling.org) and Sport Ireland [www.sportireland.ie](http://www.sportireland.ie) are all committed to providing a clean sport and a stage upon where athletes can compete in fairness. The use of doping substances or doping methods to enhance performance is fundamentally wrong and is detrimental to the overall impact of bowling. Drug misuse can be harmful to an athlete's health and also indirectly impact other athletes competing in bowling. To ensure integrity of the sport of bowling, the ITBA is fully signed-up to World Bowling and Sport Ireland's National Programme and will enforce the World Anti-Doping Code developed by the World Anti-Doping Agency (WADA) - [www.wada-ama.org/en](http://www.wada-ama.org/en)

### **WHAT IS DOPING:**

Doping is defined as the occurrence of one or more of the following anti-doping rule violations:

- Presence of a prohibited substance (such as steroids, stimulants, hormones, diuretics or narcotics) in an athlete's sample.
- Possession, trafficking, use or attempted use of a prohibited substance or method (such as blood transfusions or gene doping).
- Refusing to submit to sample collection.
- Failure to file whereabouts information and missed tests.
- Tampering with any part of the doping control process.
- Administering or attempting to administer a prohibited substance or method to an athlete.

### **AS AN ATHLETE, WHAT DO YOU NEED TO KNOW ABOUT DOPING?**

Any athlete may be tested in- and out-of-competition at anytime, anywhere and with no advance notice. The principle of strict liability applies in anti-doping – if it is in the athlete's body, the athlete is responsible for it. **Athletes' responsibilities include (but are not limited to):**

- complying with the Sport Ireland's Anti-Doping Rules in line with the World Anti-Doping Code;
- being available for sample collection (urine or blood), whether in-competition or out-of-competition;
- ensuring that no prohibited substance enters his body and that no prohibited method is used;
- making sure that any treatment is not prohibited according to the Prohibited List in force and checking this with the prescribing physicians, or directly with the Sport Ireland if necessary;
- applying to the Sport Ireland if no alternative permitted treatment is possible and a Therapeutic Use Exemption (TUE) is required (see the Sport Ireland TUE application process)

Every athlete needs to take into account the list of prohibited substances and know what are his/her rights and responsibilities under the World Anti-Doping Code and the Sport Ireland anti-doping rules. Athletes should know that, under the Code, they are strictly liable whenever a prohibited substance is found in their body. This means that a violation occurs whether or not the athlete intentionally, knowingly or unknowingly, used a prohibited substance or was negligent or otherwise at fault.



The World Anti-Doping Code (Code) is the core document that provides the framework for harmonized anti-doping policies, rules and regulations within sport organizations and among public authorities. It works in conjunction with five International Standards aimed at bringing harmonization among anti-doping organizations in various areas: testing, laboratories, Therapeutic Use Exemptions (TUEs), protection of privacy and personal information, and the List of Prohibited Substances and Methods. The Code and the Standards are mandatory documents for WADA's stakeholders. These documents are supported by non-mandatory guidelines.

The ITBA Anti-Doping Officer Anti-Doping Update for the AGM 2018, pointed out the ITBA following:

***“I attended the Sport Ireland 2017 Anti-Doping Annual Review which was held in March. Great emphasis was placed on the increasing use of nutritional supplements by Irish athletes. These supplements can pose risks to athletes as many can contain prohibited substances and if the packaging does not have a Marketing Authorisation number it cannot be checked.”***

The **Sport Ireland 2018 Wallet Cards** were circulated with the AGM 2018 documents at the end of March 2018. In the Anti-Doping Update for the AGM 2018, the ITBA Anti-Doping Officer stressed:

***“It is imperative that all bowlers familiarise themselves with its contents. 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” (link also on ITBA website), “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”***

The Sport Ireland “REPORT DOPING” intelligence programme is a vital part of the Anti-Doping programme and seeks to collect any information that will assist in the detection, deterrence, enforcement or prevention of an Anti-Doping Rule Violation (ADRV). ADRVs include use and attempted use of prohibited substances in sport, but also extend to administration of a prohibited substance, possession and trafficking in prohibited substances. Those who are most at risk of an ADRV are competitive athletes and support personnel (including Coaches) involved with competitive athletes. In the Anti-Doping Update for the AGM 2018, the ITBA Anti-Doping Officer highlighted:

***“I would particularly remind bowlers participating in European Tenpin Bowling Federation or World Bowling events that they should 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) .”***

An “Athlete Support Person” who participates as **coach, trainer, manager, team staff, official, medical or paramedical personnel** in a *Competition* or activity authorised or organised by World Bowling or one of its member organisations (including ITBA) agrees to be bound by (i) anti-doping rules including complying with drug testing requests and (ii) *Anti-Doping Organisation* results management authority in conformity with the *Code* as a condition of such participation.

In summary, bowlers (and “Athlete Support Person”) should remember, that under the Code, they are strictly liable whenever a prohibited substance is found in their body. This means that a violation occurs whether or not a bowler intentionally, knowingly or unknowingly, used a prohibited substance or was negligent or otherwise at fault. So, let's continue to be fully aware of our responsibilities and let's continue to keep Irish Tenpin Bowling drug free.