



Irish Tenpin Bowling Association Anti-Doping Report (April 2024 – May 2025) AGM 2025

The ITBA continues to work closely with Sport Ireland to ensure that our sport remains drug-free and upholds the highest standards of fairness and integrity.

Sport Ireland Anti-Doping

Sport Ireland Anti-Doping is the national anti-doping organisation in Ireland. Its responsibilities include the implementation of guidelines, codes of practice, standards of good conduct, and the promotion of fair play. It is also committed to eliminating doping in sport through comprehensive education and information programmes.

Updated WADA Prohibited List

The updated WADA Prohibited List is now available and can be accessed via the ITBA website. Additionally, the **Sport Ireland Anti-Doping Digital Wallet Card** is available on our site. https://www.wada-ama.org/sites/default/files/2024-09/2025list_en_final_clean_12_september_2024.pdf

We urge all bowlers to familiarise themselves with these resources. Remember, **the responsibility lies with you, the bowler**, to ensure that only permitted medications are used.

The Wallet Card provides a brief overview, but more detailed information on all aspects of anti-doping is available on the Sport Ireland website:
www.sportireland.ie/antidoping

Key resources include:

- **Report Doping**
- **Supplement Policy**
- **Check Your Medication** via www.eirpharm.com

Checking Medications

Medications purchased in the Republic of Ireland can be verified using the **Drugs in Sport Database** at:

<https://www.sportireland.ie/anti-doping>

You can also download the **free Medication Checker App** from Google Play or the App Store by searching *Medication Checker*.

Alternatively, your **GP, Consultant, or Pharmacist** can check medications using the **MIMS Ireland** publication. Always ensure the **current month's edition** is used.

For medications purchased outside Ireland (e.g., Northern Ireland, UK, USA, Canada), refer to:

www.globaldro.com

If any medication you use is listed as *prohibited*, read the **Therapeutic Use Exemption (TUE) Policy** here:

TUE Policy – Sport Ireland

Sports Supplements Warning

Sport Ireland advises against the use of sports supplements, as a proper diet and nutritional strategy can provide all the required benefits.

A guidance document on sports foods and supplements is available for your NGB to distribute:

[Supplements and Herbal Remedies Guide](#)

Reminder for International Bowlers

Bowlers participating in **European Bowling Federation (EBF)** or **International Bowling Federation (IBF)** events must **check their medications** before travelling to ensure compliance with the WADA Prohibited List:

www.wada-ama.org/en

Ethics in Sport

Sport has important lessons for life; respect for rules and laws, dealing with victory and defeat etc. Sport can teach honor, self-esteem, humility, team work and healthy lifestyles.

However, in the wrong environment, it can also teach cheating, give a sense of entitlement and create inflated egos.

A strong ethical foundation can be the difference between the amazing benefits and the damage sport can inflict.

It is important that ethical decision making plays a significant part in your AntiDoping Education.

Your members may be encouraged to play sport to win, but winning should not be the only priority.

David Staines,

ITBA Doping Control Officer