

## Introduction to Anti Doping

Athletics Ireland has adopted the Sports Anti-Doping Rules which are compliant with the World Anti-Doping Code. Athletics Ireland strongly recommends that all athletes become familiar with their rights and responsibilities in relation to anti-doping programmes and act accordingly. Athletics Ireland condemns the use of banned substances and unethical methods to improve the performance of athletes in sport. We support a fair and equitable competition environment and doping does not promote the good health and safe welfare of athletes. We believe that any illegal substances and methods are against the spirit of sport and will bring the Sport of Athletics into disrepute and accordingly have zero tolerance for such practices

### Everything you need to know on Doping in sport

- What you can expect during a Drug Test
- What happens in a Blood Test
- Athlete Biological Passport
- Anti - Doping violations
- How to check your Medications
- Therapeutic Use Exemption Policy
- Registered Testing pool
- Dangers of Doping

The Irish Anti-Doping rules can be found on the following link:

<http://www.irishsportsCouncil.ie/Anti-Doping/About Us/National Anti-Doping Programme/Irish Anti-Doping Rules Version 4.pdf>

The IAAF have issued an athletes guide which will provide further information

<http://www.iaaf.org/mm/Document/imported/38877.pdf>

Irish Sports council anti doping <http://www.irishsportsCouncil.ie/Anti-Doping/>

### Where to start?

Athletes and their support personnel often say they are not sure where to start learning about anti-doping. There is a lot of information available about anti-doping, but a good place to start is to work through the various sections on this website to increase your knowledge of anti-doping, and check what leaflets or programmes would be useful to you.

Athletics Ireland advises that everyone take a look at the below links and become familiar with the following content in relation to educating athletes/coaches:

- All athletes should be aware of what happens in a drug test and their rights and responsibilities - view the section "[What happens in a drug test?](#)"
- All athletes should be aware of how to check their medications - read "[How to check your medications](#)". If you need to use a prohibited substance - read "[Therapeutic Use Exemptions](#)".
- Athletes who compete at international level competition should pay particular attention to section 1 of the [Therapeutic Use Exemption Policy](#) where some International Federations require athletes to apply directly to them for a TUE.
- Registered Testing Pool athletes and their support personnel should be aware of, and understand their responsibilities for complying with whereabouts requirements, and the serious consequences for non-compliance - read "[Registered Testing Pool](#)".

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