

ANTI-DOPING POLICY

ANTI-DOPING POLICY STATEMENT

Welsh Judo Association is the Governing Body for Judo in Wales and we affiliate to The British Judo Association, complying with its rules and regulations.

As a Governing Body recognised by the British Judo Association and being responsible for the administration of Judo in Wales, we the Welsh Judo Association are responsible for overseeing the implementation of our Anti-Doping policy by our members.

The anti-doping rules of the Welsh Judo Association and the British Judo Association are the UK Anti-Doping Rules published by UK Anti-Doping. Such rules shall take effect and be construed as the rules of the Association.

You can find the UK Anti-Doping Rules [here \[http://www.ukad.org.uk/resources/document/uk-anti-doping-rules\]](http://www.ukad.org.uk/resources/document/uk-anti-doping-rules).

WHAT IS ANTI-DOPING?

Anti-doping is integral to clean sport. As an athlete, it's important you are clued up on the anti-doping rules so that you can continue to enjoy and achieve success in your sport.

UK Anti-Doping is the national body responsible for protecting clean sport in the UK. We ensure that sports bodies in the UK comply with the World Anti-Doping Code which governs clean sport.

100% ME – SUPPORTING ATHLETES TO BE CLEAN

100% me is UK Anti-Doping's prevention programme and is designed to help you throughout your sporting journey. 100% me support, informs and educates athletes throughout their careers by providing anti-doping advice and guidance. Find out about 100% me in the dedicated Athlete Zone of the UK Anti-Doping website at www.100percentme.co.uk

WHAT IS STRICT LIABILITY?

As an athlete, one of the most important things to be aware of is the principle of strict liability. This means that you are personally responsible for any banned substance found in your system, regardless of how it got there and whether or not you had an intention to cheat.

WHAT ARE THE ANTI-DOPING RULES?

The World Anti-Doping Code outlines eight Anti-Doping Rule Violations (ADRVs) which govern clean sport. Athletes – and athlete support personnel – may receive a ban from sport if any of the following ADRVs are committed:

- Returning a positive test
- Using or attempting to use, a banned substance or method
- Refusal or failure to provide a sample when requested
- Tampering, or attempting to tamper, with any part of the testing process
- Possession of a banned substance or method
- Trafficking, or attempted trafficking, of any banned substance or method
- Administering, or attempted administering, of a banned substance or method to an athlete; or encouragement, aiding and/or covering up of any involvement in an ADRV

Receiving of any combination of three filing failures and/or missed tests in a time period of 18 months (for athletes who are part of the National Registered Testing Pool).

THE PROHIBITED LIST

All banned substances and methods in Code-compliant sports are outlined on the Prohibited List, which is updated at the beginning of every calendar year but may also be updated throughout the year. The latest Prohibited List can be found on the WADA (www.wada-ama.org)

Help keep sport clean

We all have a responsibility to report doping in sport and help keep it clean. A 24-hour dedicated phone line, hosted by Crimestoppers, is ready to take your call if you have any suspicions or concerns about incidences of doping in sport.

You can provide information in complete confidence by calling 08000 32 23 32 or via a secure [online form](#)

All information is passed securely to UK Anti-Doping's intelligence unit for investigation.

USEFUL LINKS AND RESOURCES UK ANTI-DOPING ADVICE CARD

For essential anti-doping information, download or request your copy of the latest Advice Card.

www.ukad.org.uk/resources/document/advice-card