

The World Anti-Doping Agency (WADA) is the “international independent organization created in 1999 to promote, coordinate, and monitor the fight against doping in sport in all its forms”. The World Anti Doping Code came into force in January 2004 and was widely accepted by governments and sporting organisations and it has recently undergone further revision.

The IDSF has adopted the World Anti Doping Agency’s anti-doping policy and the anti doping code is one of the IDSF’s statutes. The IDSF has testing jurisdiction over all athletes who are members of an IDSF member or who participate in their events. Participants must, before they take part in a IDSF-granted DanceSport event, agree to comply with this anti-doping code.

EADA is also recognised by WADA and as a member of IDSF we are asked to inform you about the anti-doping code. We have also undertaken testing of our members and we are proud to announce that 100% of tests have so far been negative.

What does this mean for me?

WADA code is applicable to everyone competing both Nationally and Internationally, so all EADA members should be prepared to be tested by EADA. Those who compete overseas in particular should be prepared to be tested by EADA and/or IDSF. Regulations are in place to test minors so this can include Juveniles and Juniors. Testings are conducted by placings, random selection or target-testing based on intelligence.

All sportspeople in the UK must comply with “athlete’s whereabouts filing requirements”. This ensures if an organisation such as WADA, IDSF or EADA wanted to carry out random out-of-competition testing they would know a certain time when they could locate you. EADA members must complete a diary giving their location in case they are called for testing. You should give your location for two hours on five days in any given week. The hours can be together or apart, at the same or different locations, but must begin on the hour or half-hour. Locations can be overseas and the five days each week do not have to be the same five days.

At the start of each quarter, you should fill in your location diary for the next three months, put it in an envelope, seal it and sign across the seal. In the corner of the envelope write your name and date it and send the envelope to the Anti-Doping Officer. That envelope will then only be opened if either EADA, IDSF or WADA request an out of competition test.

If your plans change after you have sent in the form then please let us know the changes. You can change your whereabouts slot up to the very last minute before your chosen time slot begins.

What should I do if I am on medication?

If you are on medication (including inhalers for asthma) you may need to fill in a Therapeutic Use Exemption Form (TUE). There are two types of TUE (i) A standard TUE - required for a Prohibited Substance or Prohibited Method other than inhaled beta-2 agonists and (ii) A TUE for asthma - only required for the use of inhaled beta-2 agonists. If you are on medication that contravenes the banned substances list you must fill in one of these forms and send it to EADA's Anti-doping representative for registration in case you get tested. You can apply for a TUE after you have taken the substance, but there is no guarantee that it will be approved. This should only be the case when the treatment was taken in an emergency.

Your doctor will be able to advise you. It usually costs nothing to obtain a TUE form, although some doctors may charge a small administrative cost. If there is an extension to the period over which you have to take the medication please note that you may have to reapply for a TUE. The length a TUE can be valid for may depend on the substance; generally asthma is two years and the maximum for a substance would be 4 years. A TUE for asthma will have an expiry and you will need to renew the TUE every time it expires.

More information about TUE can be found here www.wada-ama.org/en/exemptions.ch2 and here www.100percentme.co.uk/1162215951.406/

What is on the banned list? Are alcohol and coffee included?

The WADA have a list of banned substances on their website www.wada-ama.org/en/prohibitedlist.ch2 and another helpful list can be found here www.100percentme.co.uk/1162212006.747/1229598406.699/

Caffeine has currently been removed from the list pending discussions and alcohol is only permitted at specific limits. The ingredients of vitamin supplements and herbal remedies should be checked against this list. Prescription over the counter drugs might be on the list so we advise checking every medication you might be taking. If you take something by mistake there is a rule regarding to "strict liability".

How does the test work?

Testing can take place both in and out of competition. Out of competition testing occurs with no advance notice and can be at any time. A tester (or Doping Control Officer) will show identification: If they are from IDSF or WADA they will show their UKSport ID. If they are from EADA they will show their EADA authorisation. You will also be required to show photographic identification.

Testing involves a urine test –you will be required to provide a 90mls sample which meets the specific gravity requirements for testing. The testers will be of the same sex and will be CRB checked. To protect the integrity of the Sample once you have been notified, you must stay in full view of the DCO or Chaperone until after your Sample has been securely sealed - this ensures there is no possibility of Sample manipulation. UK Sport strongly encourages all Minors to have a representative of their choice present during the whole Doping Control procedure. The representative can be present during Sample Provision to observe the DCO, if the Athlete so wishes.

All the equipment that is used is tamper-evident and sealed and the sample will be sent for testing without any name or identification of the owner of the sample. You will be given a copy of the Sample Collection Form which gives you an opportunity to declare any TUE you have in place. Consult with the tester if you are unsure about the procedures or have any concerns. It usually takes around two weeks to analyse a sample. The results are via EADA and the Anti- Doping Representative will inform the athlete.

Helpful websites:

World Anti-Doping Agency
www.wada-ama.org/en/

For Information about Therapeutic Use Exemptions
www.wada-ama.org/en/exemptions.ch2

For a list of prohibited substances
www.wada-ama.org/en/prohibitedlist.ch2

IDSF Anti-Doping Info
www.idsf.net/index.tpl?id=7#Anti

IDSF Anti-Doping Code 2009
www.idsf.net/anti-doping/IDSF_Anti-Doping_Code_2009.pdf

100% me – helpful information
www.100percentme.co.uk

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