

100% ME

UPDATE

Official British Swimming Doping Newsletter

Issue: 10

November 09

WADA NEWS!!

BANNED SUBSTANCES

WADA have just informed us that as from 1st January 2010 PSEUDOEPHEDRINE will be reintroduced to the Prohibited List in the stimulant category which can result in a sanction of a warning up to a 2-year

TO AVOID TESTING POSITIVE FOR A BANNED SUBSTANCE REMEMBER:

- ✓ Check all medications carefully against the prohibited list before use
- ✓ Inform your doctor or pharmacist about the rules under which you compete.

ban in cases of anti-doping rule violations. Pseudoephedrine was on the banned list until 2003 and was subsequently put onto WADA's Monitoring Programme in 2004. The monitoring programme includes substances that are not prohibited in sport but are monitored in order to detect patterns of misuse. Results of the monitoring over the past five years indicated a clear abuse of this substance with high concentrations in a number of sports and regions. Pseudoephedrine can be found in products such as Actifed, Benylin 4-flu and Sudafed 24.

IF YOU ARE SUFFERING FROM A COLD PLEASE MAKE CERTAIN YOU READ THE LABEL, PARTICULARLY WHEN BUYING THE MEDICATION OFF THE SHELF WHERE THERE IS NOT NORMALLY A PHARMACIST TO HELP YOU.

WHERE THERE IS A PHARMACIST - EXPLAIN YOU ARE A TOP ATHLETE AND CANNOT TAKE MEDICATION THAT CONTAINS PSEUDOEPHEDRINE.

MESSAGE FOR ALL ASTHMA SUFFERERS

WADA have changed the status of SALBUTAMOL and SALMETEROL beta-2 agonists.

Under the 2010 list, their use by inhalation will no longer require a Therapeutic Use Exemption (TUE).

BE AWARE your specimens will still be tested for these substances and those of you on ADAMS will have to declare them on the system as you do injections and Beclomethasone -but not until 1st January 2010

Until then you are required to have a TUE if on the testing programme. Those not on ADAMS should declare it on the 100% ME web site—details of how this should be done will be notified nearer the end of the year. **WARNING—please note you are allowed under 1,000 nanograms per millilitre in your system when tested if it is above this you could receive a positive test result.**

We are also pleased to note that 88 research proposals were received from 22 countries, with 34 being selected for funding by WADA's Scientific Committee. These projects will help advance anti-doping research in areas such as the detection of blood manipulations, the development of new technologies of detection and the implementation of further means for detecting a number of substances and methods currently abused by athletes or potentially interesting to cheaters.

WHEREABOUTS / ADAMS

For the October/December period we have 88 swimmers, 34 disability swimmers, 13 divers and 2 synchronised swimmers on ADAMS. Can I remind you all that not only your one hour testing slot has to be entered but also your night residence and all of your training times. It is noted that some of you have only entered one training period a day, I am sure that this is not correct and that you do in fact train in the morning and evening.

As an athlete, YOU are SOLELY responsible for your own actions. If you break the anti-doping rules of sport – even unwittingly – you could face up to LIFETIME BAN. For this reason it is vital that you understand what the Code is about and what it means to you.

REMEMBER THAT TESTING CAN TAKE PLACE OUTSIDE OF YOUR 1 HOUR SLOT but if you cannot be found you will not encounter a strike. However, if you are there when they do a test outside the one hour you must agree to the test, failure to do this could result in a ban.

STRIKES can consist of either a failure to file or a failure to be at the given place in your one hour slot. 3 strike and you receive a ban of 1 year.

We have at the moment 8 athletes on one strike 4 from swimming, 2 from diving and 2 from disability. We have one other that we are questioning which could result in 5 from swimming. Strikes will stay with you for 18 months.

CHECK YOUR MEDICATION

The new site to check your medications is now up and running, we have put a link on the British Swimming website. United States, UK and Canadian anti-doping authorities have teamed up on a global drug reference site in support of clean athletes.

A key element in supporting clean athletes with understanding and complying with the Prohibited List is to provide resources on the ingredients and brands of medications that they might encounter. Anyone can now search Global DRO for specific information on products sold in the USA, UK or Canada by accessing www.GlobalDRO.com.

Searchers can find the status of ingredients and brands, and more specifically whether they are classified as "Prohibited," "Not Prohibited," or "Requires Declaration." Remember that it will only be those in the International, National and Domestic Pools that will be required to declare their medication.

100% ME VIDEO CAMPAIGN

A new video campaign has been launched by UK Sport's 100% ME programme. The video's show the procedures and processes athletes must be aware of, the videos feature a range of contributors from the world of sport on what it takes to compete clean. A broad overview of anti-doping is complemented by individual videos taking a more in-depth look at specific elements such as the whereabouts rule, the Prohibited List and supplements in sport. There is also a step by step guide to how sample collection is carried out, and a candid look at the consequences of falling foul of the authorities. We have linked you to these videos on the British Swimming website but for easy access go to:

The link to these videos is:

<http://www.100percentme.co.uk/1163616329.742/1175182436.140/>

2010 PROHIBITED LIST

The 2010 prohibited list is out and can be accessed on the anti-doping section of the British Swimming website.

REMEMBER:

If you are not in a INRTP, a NRTP or DTP you may still be selected at random for testing so it is important that you adhere to the anti-doping rules at all times.

UK ANTI DOPING

Following months of planning UK Sport will be handing over the ownership of the Results, Testing, Education & Management Function of Doping to UK National Anti-Doping on the 14th December. They will be commonly known as UKAD and they will move out of UK Sport's premises into their own offices at Oceanic House, Cockspur Street, London.

This changeover will have no effect to yourselves except that you might notice that the anti doping officers ID Cards and the collecting sample forms may have a different logo.

REMEMBER IF IN DOUBT—CHECK IT OUT!!

THERE IS ALWAYS SOMEONE ON THE END OF THE PHONE THAT WILL HELP YOU AND IF THEY CANNOT—THEY KNOW SOMEONE WHO CAN!!

**ATHLETE SUPPORT AND DOPING COMPLIANCE CONTACT:**

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For more information on 100% ME take a look at: WWW.100percentme.co.uk

AND FINALLY REMEMBER:

- ✘ Using drugs is cheating – you are cheating yourself and your fellow athletes.
- ✘ By taking drugs you are risking your own health and possibly the safety of fellow competitors.
- ✘ If you do take drugs there is a strong possibility that you will get caught!
- ✘ You could bring your reputation, your coach, your team and your country into disrepute.