

42.17.10 SSASC Drugs Policy

The subject of drugs and sport is often in the press and frequently attracts headlines for all the wrong reasons. The term 'drugs' does not just refer to the use of illegal recreational drugs, to which the Club operates a zero-tolerance policy.

Drugs also means medication (whether prescribed by a Doctor or purchased from a pharmacy or other retail outlet) and includes supplements such as Vitamins, Creatine and Echinacea along with anything that you may apply to your skin or agents such as eye drops, ear drops, nasal sprays and inhalers.

The Club is affiliated to the Amateur Swimming Association. This means that the National policy on drugs applies to all members. In addition, the World Anti-Doping Agency (WADA) has determined that some medication may confer an unfair competitive advantage and have issued a list of those drugs and other agents that are banned for use by competitors.

Some agents on this banned list may be used for specific medical conditions and, in some instances the drug is the only one, which is effective. The lists of approved and prohibited drugs are constantly changing, and your doctor will have a copy of the list, and will refer to it if you tell him/her that you are a competing athlete. You with your parents are responsible for ensuring that only medicines on the approved list are used. The current edition of the list can be found on the WADA website www.wada-ama.org.

If you take medicine, you must declare it, using the ASA declaration form. You can get a form from the Club or the ASA web site. Another important thing to remember is that medicine may not be the same as the same name and brand bought in this country Doping Control.

If you enter swimming competitions, you may be subject to doping control as part of the ASA/British Swimming commitment to a drug free sport. At the time of sample collection, your personal data will be collected by UK Sport which undertakes the testing and administers the programme. You should see the data protection notice for UK Sport for details of how your information will be used. If you are selected for a drug test at a competition, which is unlikely unless you swim at National level, the process will be explained to you. Saying 'no' is not an option, and once selected co-operation is compulsory. It is not an unfriendly or threatening process.

A trained person will answer all your questions and escort you closely throughout the process. Remember selection for test is NOT an accusation, because test candidates are selected at random or because of their finishing place.

If you require any further information about drugs and their use in sport, please see Kim Mortimer of Jackie Hughes our Welfare Officer who will be pleased to answer any of your questions.