

Anti Doping

22/23 Information Booklet



**Basketball
Ireland**



What is Anti Doping?

- 'Doping' refers to an athlete's use of prohibited drugs or methods to improve training and sporting results.
- Sport Ireland's National Anti-Doping Programme acts to protect Ireland's sporting integrity against the threat of doping.
- Basketball Ireland has adopted the Sport Ireland and World Anti Doping Agency (WADA) position that cheating, including doping, in sport is fundamentally contrary to the spirit of sport, undermining the otherwise positive impact of sport on society.
- Download the Clean Sport Commitment Statement in the Anti Doping Section on the Basketball Ireland Website.
- All club personnel have a responsibility to ensure that club members are aware of the Irish Anti-Doping Rules and that there is an atmosphere supporting a drug free sport within the club.
- The consequences of not adhering to Anti-Doping rules can be severe for athletes and their support personnel such as coaches and parents.

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Irish Anti-Doping Rules

Under the Irish Anti-Doping Rules, Sport Ireland carries out drug testing on behalf of Basketball Ireland. These measures came into effect on January 1st, 2021.

Sport Ireland E-learning Guide - <https://www.sportireland.ie/anti-doping-e-learning>

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Strict Liability

Players are solely responsible for any prohibited substance found in their body.

Your Body

Your Responsibility

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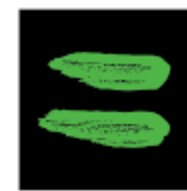
WORLD ANTI-DOPING AGENCY = WADA

WADA PROHIBITED LIST

“The List of Prohibited Substances and Methods (List) indicates what substances and methods are prohibited in sport and when”

Medications must be checked regularly to ensure they are not prohibited by the World Anti-doping Agency.

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**WORLD
ANTI-DOPING
AGENCY**

play true

- 1. 2023 List of Prohibited Substances and Methods (List)** which comes into effect on January 1st 2023.
- 2. 2023 Summary of Modifications** which will come into effect on January 1st 2023.
- 3. Glucocorticoids and Therapeutic Use Exemptions**
*These documents are also available
on <https://www.sportireland.ie/anti-doping-rules>*

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How to Check your Medications

ALL players must check all of their medications, even if it is a once off anti-biotic or over the counter medicine '**OTC**'.

See links below to check medications

For medications bought in the Republic of Ireland – check them on the new Sport Ireland site:
medcheck.sportireland.ie

Medications bought in Northern Ireland, U.K., U.S.A and Canada can be checked on
<http://www.globaldro.com/>

If you are taking a **restricted or prohibited substance** for medicinal purpose contact me immediately to arrange a TUE (**Therapeutic Use Exemption**) sbennett@ireland.basketball

Note: Recreational drugs such as cannabis, cocaine etc. are prohibited and can provide a positive test leading to a minimum of 4 years ban in sport. Recent example via the following link
[AD Violation Example - Recreational Drugs](#)

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EXAMPLE OF COMMON COLD OTC MEDICINE PROHIBITED IN-COMPETITION

Sports

Nurofen Cold and Flu Tablets

■ **WADA Status: Prohibited in-Competition only**

You should record your reference number: 451340
28/09/2022 12:20:23

Drug category: Non-steroidal Antiinflammatory and stimulant

Used for: Cold and Flu relief, Nasal Congestion, Sinusitis

Explanation of status: Pseudoephedrine is prohibited in-competition at urinary concentrations $>150\text{mcg/ml}$. Pseudoephedrine is found in many over the counter medicines available in pharmacies including many multi-ingredient products used as cough and cold remedies, hayfever and decongestant treatments. Athletes should stop taking any pseudoephedrine containing products at least 24 hours before competition. For therapeutic applications during the In-Competition period, athletes should consider the use of alternative permitted medications after prior consultation with their doctor or pharmacist, or apply for a TUE for the use of pseudoephedrine for therapeutic purpose(s).

Ingredient	Status
Ibuprofen 200mg	Permitted
Pseudoephedrine Hydrochloride 30mg	Prohibited in-Competition only

Medicine Image



Explanation of...

■ Prohibited in-Competition only

This medicinal product contains substance(s) prohibited in sport during the competition period only. Athletes requesting to use this product in-competition are required to adhere to the Sport Ireland Therapeutic Use Exemption Policy

Detailed Explanation of WADA Status

IMPORTANT TO CHECK BOTH OVER THE COUNTER AND PRESCRIBED MEDICATION

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EXAMPLE OF COMMON COLD OTC MEDICINE PROHIBITED IN-COMPETITION

eirpharm.com Brought to you by [Rochford's Pharmacies, Clare](#) & [University Late Night Pharmacy, Galway](#)

Home Health **Sports** Pharmacy

Sports

Benylin Day and Night Tablets

WADA Status: Prohibited in-Competition only

You should record your reference number: 424415
11/09/2020 09:05:11


Drug category: Sympathomimetic (Stimulant), Paracetamol & other agents

Used for: Cold and flu relief

Explanation of status: Pseudoephedrine is prohibited in-competition at urinary concentrations >150mcg/ml. Pseudoephedrine is found in many over the counter medicines available in pharmacies including many multi-ingredient products used as cough and cold remedies, hayfever and decongestant treatments. Athletes should stop taking any pseudoephedrine containing products at least 24 hours before competition. For therapeutic applications during the In-Competition period, athletes should consider the use of alternative permitted medications after prior consultation with their doctor or pharmacist, or apply for a TUE for the use of pseudoephedrine for therapeutic purpose(s).

Ingredient	Status
Day Tablet (white)- Pseudoephedrine (HCl) 60mg	Prohibited in-Competition only
Day Tablet (white) -Paracetamol 500mg	Permitted
Night Tablet (Blue) -Paracetamol 500mg	Permitted
Night Tablet (Blue) -Diphenhydramine Hydrochloride 25mg	Permitted

Medicine Image



Explanation of...

Prohibited in-Competition only
This medicinal product contains substance(s) prohibited in sport during the competition period only. Athletes requesting to use this product in-competition are required to adhere to the Sport Ireland Therapeutic Use Exemption Policy

Detailed Explanation of WADA Status

- Check medications regularly.
- WADA prohibited List is updated yearly and some items may be added to the list making a product that was previously permitted now prohibited.

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IMPORTANT: USE CORRECT WEBSITE TO CHECK OTC OR PRESCRIPTION MEDICINE

Same product below, one purchased in NI/UK and one on Republic of Ireland (ROI).

UK/NI product is prohibited in competition while ROI one is permitted.

UK/NI product contains Pseudoephedrine which is prohibited in competition.

LEMSIP MAX FLU LEMON

Overall Status

Route of Administration
Route Independent *

In Competition

✗ Prohibited

Out of Competition

✓ Not Prohibited

* The intravenous (IV) infusion and/or injection of more than 100mL per 12 hour period of any substance is a prohibited method, even if the substance itself is not prohibited, unless it is received while being treated at the hospital, during surgery, or during clinical diagnostic investigations. [Read More.](#)

Additional Information ⓘ

⚠ Pseudoephedrine is prohibited when the urinary concentration exceeds 150 microgram/mL. Further information can be found from WADA : https://www.wada-ama.org/sites/default/files/resources/files/WADA_Additional_Info_Pseudoephedrine_2010_EN.pdf
This threshold is not valid if you are using any substances in the category of diuretics and masking agents. In this case, you must have a Therapeutic Use Exemption for both the diuretic/masking agent and pseudoephedrine.

WADA Classification(s)

Stimulants (S6)

Status of Individual Active Ingredients

Pseudoephedrine

Other Names Pseudoephedrine hydrochloride; Pseudoephedrine sulfate; Pseudoephedrine tannate

Route of Administration

In Competition

Out of Competition

Route Independent *

✗ Prohibited

✓ Not Prohibited

Paracetamol

Other Names Acetaminophen

Route of Administration

In Competition

Out of Competition

Route Independent *

✓ Not Prohibited

✓ Not Prohibited

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Home

Health

Beauty

Sports

Pharmacy

Sports

Lemsip Cold and Flu Headcold

WADA Status: Permitted

You should record your reference number: 424416
11/09/2020 09:07:00

Drug category: Paracetamol

Used for: Cold and flu relief

Explanation of status: Permitted when used in accordance with the product's Marketing Authorisation.

Ingredient	Status
Paracetamol	Permitted

From January 2018, intravenous infusions and/or injections of more than a total of 100 mL per 12 hour period are prohibited except for those legitimately received in the course of hospital treatments, surgical procedures or clinical diagnostic investigations.

Print this for your records

Check if your medicine is allowed according to WADA guidelines

Name of your medicine (min. 3 letters)

Find an Ailment

Select ailment...

☐ I'm not a robot



BACK

Medicine Image



Explanation of...

Permitted

This medicinal product is permitted for use in sport.

Detailed Explanation of WADA Status

**ALWAYS CHECK MEDICATION IN
JURISDICTION IT WAS PURCHASED**

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Therapeutic Use Exemptions (TUE)

- TUE permits an athlete to use a prohibited substance or method if the substance or method is medically required. Athletes can only get a TUE if there is no unfair advantage from taking the substance or using the method.
- Criteria for determining whether a TUE is granted are defined by the World Anti-Doping Agency (WADA).
- The athlete would experience a significant impairment to their health without the use of the prohibited substance or method.
- The therapeutic use of the prohibited substance or prohibited method would produce no additional enhancement of performance.
- There is no reasonable therapeutic alternative to the use of the otherwise prohibited substance or prohibited method.
- Athletes may be required to apply for pre-test TUE or they may be eligible for a post-test TUE.

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Basketball Ireland – National League players considered NON-RTP Athletes

- A non RTP athlete who is not part of the Registered Testing Pool (RTP) but still competes at National or International level may be subject to doping control / testing in-competition.
- Non RTP athletes are eligible to apply for a post-test TUE. Therefore, it is very important to keep up to date medical files and declare all medications on the doping control form.
- If an athlete competes internationally at events organised by FIBA a pre-test TUE may be required. Please contact sbennett@ireland.basketball if you are involved in FIBA events.

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SUPPLEMENTS

Managing the Risk of Taking Supplements

- You **MUST** undertake thorough internet research of supplement products before it is consumed.
- This search should include the name of the product and the ingredients/substances listed.
- Information revealed as a result should be further investigated and we advise athletes to keep evidence of their research.
- Screen shots should be taken and the results saved in a folder. All saved information should be backed up.
- www.informed-sport.com is a risk minimisation tool that can be used to access supplements that have been batch tested.

Assessing the need for Supplement Use

Sports supplements are commonly used by athletes in the hope of maximising the benefits of participating in sport. Understandably sports people can be confused about the issues around sports supplements. It is important to remember that there are risks associated with supplement use.

Sport Ireland (SI) recommends against the use of sports supplements for the following reasons:

- We believe that a correct dietary and nutritional regime will provide all the potential benefits of sports supplements.
- We believe that, given the World Anti-Doping Agency (WADA) principle of strict liability, elite athletes are opening up the possibility of inadvertent positive tests by taking supplements.
- We believe it is inappropriate for any junior athlete or player to be taking supplements that could have an impact on their physical development.
- There are no guarantees that any dietary supplements are safe.

Before taking any dietary supplements please assess the following

- The Need: seek nutrition advice from a professional sports dietician
- The Risk: If you choose to take a supplement you should assess the associated risks and make an informed decision. Please see risk minimisation guidelines below
- The Consequences: consuming a contaminated product may result in a 4 year ban from sport

More information on Sport Ireland Website

<https://www.sportireland.ie/anti-doping/athlete-zone/supplements-and-herbal-remedies>

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CANNABIDIOL (CBD)

There is a growing number of cannabidiol (CBD) products that can be purchased in forms such as oils, extracts, vape and e-liquids available on the market, but what exactly are they and can athletes use them safely within the rules of anti-doping?



WHAT IS CANNABIDIOL (CBD)?

CBD is one of over 100 known cannabinoids produced by the cannabis plant. CBD is not currently listed on the World Anti-Doping Agency's Prohibited List, and so is permitted to use in sport. All other cannabinoids are prohibited in-competition.

Despite the permitted status of CBD, there is still a risk to athletes using CBD products.

Any athletes who would like to use herbal remedies or supplement products should follow Sport Ireland's Supplement Risk Minimisation Guidelines.



WHAT IS THE RISK OF CANNABIDIOL (CBD) PRODUCTS IN SPORT?

It is difficult to extract only CBD from the cannabis plant, so most CBD products will contain a mixture of compounds that are derived from the plant, including Tetrahydrocannabinol (THC). THC is the psychoactive compound that illicit drug users use to get "high" and is prohibited in-competition.

Athletes must still consider the risk of inadvertently ingesting a CBD product that either has a higher THC concentration than expected or contains another cannabinoid that is prohibited in sport.



**CBD products pose a risk to athletes.
Athletes use CBD products at their own risk.**

SPORTS FOODS & SUPPLEMENTS GUIDELINES



Sports foods and supplements are categories of nutritional products that are marketed to athletes that claim to enhance athletic performance (ACSM 2016). They are generally categorised according to their main mode of action, which may be to increase strength and power, improve energy and endurance or enhance recovery after exercise. Sports foods and supplements may contain banned substances. This could result in a positive test for an athlete.

HOW MAY SUPPLEMENTS CAUSE PROBLEMS FOR ATHLETES?

- ✗ NOT REGULATED LIKE MEDICINES
- ✗ LABELS PROVIDE NO GUARANTEE OF THE PRODUCT CONTENTS
- ✗ CROSS CONTAMINATION IN THE PRODUCTION PROCESS



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WHAT IS CONSIDERED A HIGH RISK SUPPLEMENT?



Products that make unauthorised health claims such as weight loss, muscle building and sexual enhancement are considered to be higher risk of containing ingredients that could lead to a doping violation.

WHAT SHOULD I DO IF I WANT TO TAKE A SUPPLEMENT?

- ✓ Seek advice from a qualified sports nutrition professional
- ✓ Conduct a thorough internet search of the product you intend to take
- ✓ Research the name of the product and the ingredients listed
- ✓ Check the product website for any warnings
- ✓ Keep evidence of all research conducted
- ✓ Screenshots of research should be saved and backed up
- ✓ Only use batch tested products from a reliable source such as www.informed-sport.com



HERBAL PRODUCTS ARE NOT ALWAYS SAFE FOR ATHLETES. HERBAL SUPPLEMENTS MAY CONTAIN INGREDIENTS THAT COULD RESULT IN A DOPING VIOLATION



ALL ATHLETES ARE SOLELY RESPONSIBLE FOR WHAT THEY CONSUME

REMEMBER! Consideration of using a supplement should not be based on product marketing claims. Adopt a food first philosophy, not supplement first, to maximise health, safety and performance.

FALSE ADVERTISING

From time to time supplement products are promoted as 'drugs tested' or 'WADA endorsed'. These promotions are false and may lead to serious consequences for athletes.

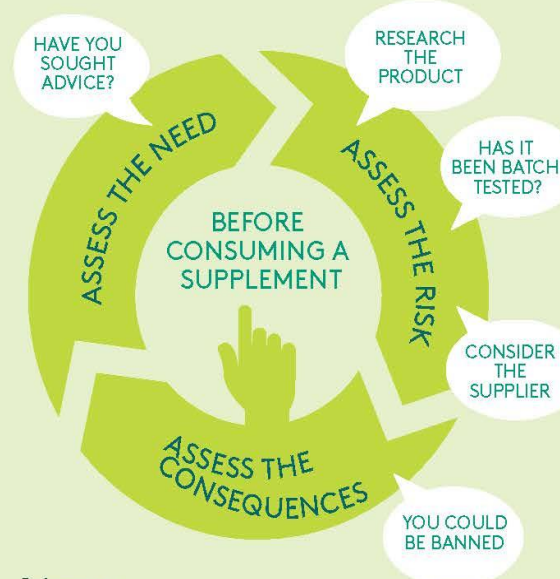
Sport Ireland and the World Anti-Doping Agency do not endorse supplement products.

CONSEQUENCES



The current ban from sport for an anti-doping rule violation is 4 years.

If an athlete has evidence that they thoroughly researched the product as outlined in this leaflet they may receive a reduced sanction.



References:

American College of Sports Medicine Joint Position Statement. Nutrition and Athletic performance. Academy of Nutrition and Dietetics; Dietitians of Canada; American College of Sports Medicine. Med Sci Sports Exerc. 2016; 48(3): 543-568.

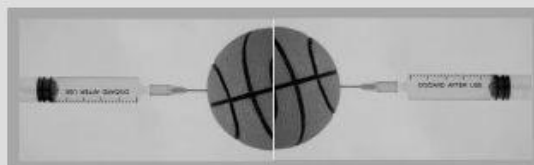
Who can be accused of an Anti-doping Rule Violation / ADRV?



Who can be accused of an ADRV?



As a consequence, **everyone** involved in basketball shall be well informed about doping and its consequences.





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Sport Ireland provide a range of different educational tools – all accessible via the SI website. Available also on the Basketball Ireland website. Links below.

- ✓ **Sport Ireland Education Zone** - <https://www.sportireland.ie/anti-doping/education-zone/education-zone>
- ✓ **What happens in a drug test** - <https://www.sportireland.ie/anti-doping/education-zone/education-zone/what-happens-in-a-drug-test>
- ✓ **Sport Ireland E-learning** – <https://www.sportireland.ie/anti-doping/education-zone/education-zone/sport-ireland-anti-doping-elearning> Key topics covered: Anti-doping rule violations, testing procedures, how to check meds.,TUEs, supplements, consequences of doping.
- ✓ **Sport Ireland E-learning Guide** - <https://www.sportireland.ie/anti-doping-e-learning>
- ✓ **Basketball Ireland Anti-doping section** - <https://ireland.basketball/anti-doping>
- ✓ **National Anti-doping Organisations** - [Guiding Principles for the future of Anti-Doping](#)

ANY QUESTIONS....

PLEASE FEEL FREE TO CONTACT

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