



ANTI-DOPING

INFORMATION SHEET FOR SENIOR INTER-COUNTY PLAYERS (January 2016)

WHY IS THERE ANTI-DOPING IN THE GAA?

Since 2001 anti-doping testing has been conducted on players with the agreement of the GAA by Sport Ireland as part of their policy to cooperate with the international anti-doping campaign administered by the World Anti-Doping Association (WADA). The GAA believes that doping is contrary to the spirit of sport and every member has a duty to ensure that Gaelic games are free of doping.

ALL GAA members are subject to the Anti-Doping Rules as adopted by Sport Ireland (Rule 1.15 GAA Official Guide 2015). Senior Inter-County players can be tested at team training sessions (out of competition testing) or matches (in competition testing). Compliance with the Anti-Doping programme it is a condition of eligibility for the Government Eligible Expense Scheme.

It is important to note the World Anti-Doping Code and Sport Ireland Rules contains a principle of **'strict liability'**. This means that a player is **wholly responsible for any prohibited substances found in their system, regardless of how it got there and whether they intended to cheat or not.**

WHAT ARE THE CONSEQUENCES?

The consequences of a positive test are serious. ***If a player tests positive they are subject to a minimum suspension from four years up to life (from all sports).***

WHAT DO I NEED TO KNOW?

Doping is defined as the occurrence of one or more of the anti-doping rule violations (ADRVs) set out in the Irish Anti-Doping Rules. All players are **strictly liable** if they have been found upon testing to have taken a banned substance. It is recommended all players complete the [E-LEARNING COURSE ON ANTI-DOPING](#)

The Irish Anti-Doping Rules are:

1. Presence of a prohibited substance or method
2. Use or attempted use by an athlete of a prohibited substance or method
3. Evading, refusing or failing to complete doping control
4. Committing three Whereabouts Failures in twelve months
5. Tampering or attempted tampering with any part of doping control
6. Possession of a prohibited substance or method
7. Trafficking or attempted trafficking of a prohibited substance or method
8. Administration or attempted administration to an athlete or assisting, encouraging, aiding, abetting, covering up or any other type of complicity involving an Anti-Doping Rule Violation
9. Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an ADRV
10. Associating with a person such as a coach, doctor or physio who has been found guilty of an ADRV or equivalent offence to a doping violation

WHAT SUBSTANCES ARE BANNED?

For a substance or method to be added to the Prohibited List, it must meet two out of three of the following criteria:

- The substance or method has the potential to enhance, or does enhance performance
- The substance or method represents an actual or potential health risk to the athlete
- The substance or method violates the spirit of sport

Some substances are banned for in-competition testing only and others are banned for both out of competition and in competition testing.

The list, which is regularly updated, is available at:

<http://list.wada-ama.org/>

and is also available as an app (search WADA).

MEDICATIONS

All players are reminded of the need to check all medications before they consume.

Always remind your GP / Team Doctor that you are an athlete subject to drug testing. All athletes should check the status of all prescribed and over-the-counter medications using the resources below, **based on where the medication was purchased.**

REPUBLIC OF IRELAND

eirpharm.com

Medications bought in the Republic of Ireland can be checked on the Drugs in Sport Database on www.eirpharm.com



Download the 'Medication Checker' Smartphone App available for iPhone and Android for Eirpharm

SIX COUNTIES / BRITAIN / CANADA / USA



Medications bought in the Six Counties, Britain, U.S.A and Canada can be checked on www.globaldro.com

OTHER

sport ireland

Check confidentially with the Anti-Doping Unit of the Irish Sports Council:
Telephone: 00 353 1 8608800
E-mail: antidoping@sportireland.ie

If a medication is prohibited, you must check and adhere to the Sport Ireland TUE Policy at <http://www.irishsportsCouncil.ie/Anti-Doping/Athlete-Zone/Therapeutic-Use-Exemptions/>

A Therapeutic Use Exemption (TUE) permits an athlete to use a prohibited substance or method if the substance or method is medically required.

SUPPLEMENTS / SPORTS FOODS

Sports supplements are commonly used by athletes in the hope of maximising the benefits of participating in sport. **It is important to remember that there are risks associated with supplement use.** Sufficient nutrition can be achieved by maintaining a well-balanced diet without the need for supplements. The following is some general advice from Sport Ireland

- Seek advice from a professional such as a Sports Dietician **before taking any supplement.**
- Be aware that supplements which claim to be muscle building or fat burning are more likely to be associated with contamination with anabolic steroids, stimulants and other contaminants.
- Carry out and record online research before taking any supplement. Obtain a batch certificate for the product.

RISK MINIMISATION

The issue of contaminated supplements has been acknowledged by the latest version of the Anti-Doping Rules. If an athlete can establish 'no significant fault or negligence' then the sanction can range from a reprimand to a maximum of 2 years.

To minimise the risk of taking supplements, the GAA advises players to:

- Seek the opinion of a medical doctor or a registered sports dietician / nutritionist
- Carry out online research and record findings in respect of any supplement you plan to take
- Obtain a Batch Certificate, Keep screen-shots and print outs of findings

TESTING PROCEDURES

Watch the video [here](#) which will explain the Testing Process Sport Ireland use. (Note GAA players can only be tested at training / matches)

Blood testing is now part of the GAA's Anti-Doping Programme. [Further Information for players](#)

OTHER RESOURCES

The GAA, Sport Ireland and the GPA are available to assist with any queries in relation you might have.

- [ANIT-DOPING BOOKLET](#)
- [ANTI-DOPING WALLET CARD](#)

For more information visit

<http://learning.gaa.ie/Antidoping> or contact playerwelfare@gaa.ie