



CLEAN
ATHLETICS

Clean Athletics

Youth Talent Programme

October 2025

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Knowing the risks of drugs in sport

- 3.1 Identify the types of banned substances for you in your sport
- 3.2 Explain why your sport has a list of banned substances
- 3.3. Explain the principles of strict liability
- 3.4 Explain the requirements for drug testing and why these must be followed
- 3.5 Describe what you must do to ensure you comply with drug testing procedures
 - Including in and out of competition and when venues may change
- 3.6 Describe what you must check for when taking supplementation or medicines
 - Consider who you can ask for help





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Types of banned substances

3.1 and 3.2 will be explained in this section



Types of banned substance



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- In groups, answer the following questions:
 - What banned substances are you aware of?
 - Why are these substances banned?



Types of banned substances



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Types of substances



3.1. Banned substances examples



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- Anabolic steroids
 - Acne, increase in aggression, impotence, infertility, breast enlargement, baldness
- Human growth hormone
 - Diabetes, cardiovascular disease, growth of organs
- Recumbent erythropoietin (EPO)
 - Thickening of the blood, heart disease, stroke



3.2 Why is there a specific list of banned substances?



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- For a substance to be banned it needs to meet one of the three criteria:
 - It is performance enhancing
 - It is a risk to health
 - It is against the spirit of sport
- A substance may:
 - Create an unfair advantage
 - Increase the risk of injury, disease or death
 - Be against the rules of sport

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This List shall come into effect on 1 January 2025.





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Drug testing

3.4 and 3.5 will be explained in this section



Drug testing procedure



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- Any athlete can be tested at **ANY** time, in OR out of competition
 - What does this mean?
 - What is in- and out-of-competition?
- Timing:
 - In competition begins at 11:59 p.m. the night before your competition
 - Out-of-competition begins as soon as your event has finished
- 3.5 – An elite athlete needs to let the anti-doping organisation know where they are during a one-hour window every day
 - Even when their venue changes
 - They have 1 minute prior to their time window to change this





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1. Notification of selection for doping control

- The athlete is notified they have been selected for testing
- Doping Control Officer (DCO) or chaperone
- Things to remember:
 - Check the DCO/chaperone's identification
 - The athlete can request a representative
 - Request a delay (e.g. medal ceremony, warm down)





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2. Reporting to doping control

- The athlete reports to the doping control room
- Doping control form is partially completed
- Things to remember:
 - Remain in direct observation of DCO
 - Produce ID
 - Report any medication or supplements



3. Selecting a vessel

- Athletes are offered a choice of vessel
- The vessel will be used to collect the urine sample
- Things to remember:
 - At least three samples to select from
 - The equipment is intact, sealed and untampered



4. Providing the sample under supervision

- The athlete provides a urine sample under direct supervision of the DCO
- Things to remember:
 - The DCO must be of the same gender
 - The athlete can wash their hands
 - A minimum of 90ml is required
 - The test is in an area of privacy



5. Selecting A and B bottles

- The athlete selects a sample collection kit containing A and B bottles
- Things to remember:
 - Numbers match between equipment
 - All equipment is sealed, intact and untampered
 - The DCO does not interfere with the removal of labels etc.



6. Dividing and sealing the sample

- The athlete should pour 30ml urine into B bottle first and the rest into the A sample.
- The bottles are sealed accordingly.
- Things to remember:
 - Things to remember:
 - The sample is poured into the B bottle first
 - The athlete seals the bottles



7. Testing the suitability of the sample

- The Doping Control Officer tests the residual urine of the vessel for specific gravity
- The urine must be above 1.005
 - If over 150ml has been provided = 1.003
- Things to remember:
 - The athlete may be asked to provide another sample

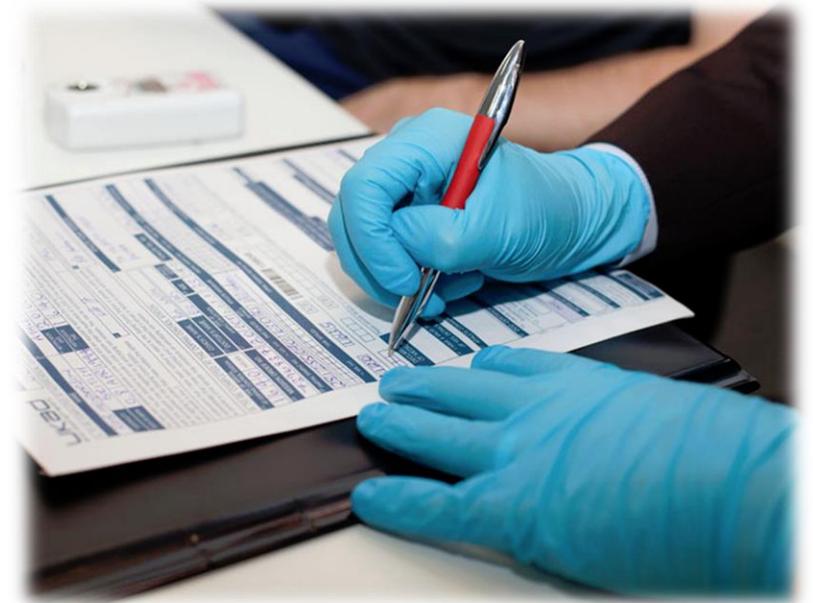


8. Recording and certifying the information



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- Athlete and Doping Control Officer (DCO) sign appropriate documentation
- Things to remember:
 - The athlete has the opportunity to express any concerns
 - The athlete is provided with a copy of the records
 - Forms are completely confidential



The Stages of Doping Control



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1. Notification of selection for a drugs test
2. Reporting for testing
3. Selecting a collection vessel
4. Providing the sample under supervision
5. Selecting the sampling kit
6. Dividing and sealing the sample
7. Testing the suitability of the sample
8. Recording and certifying the information



Important points



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Always:

- Check the DCO/Chaperone's ID
- Take a representative with you to doping control
- Carry a list of medication/supplements with you
- Carry your own photo ID
- Ask questions and/or challenge throughout



3.4. Explain the requirements of drug testing



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- As an athlete, you must follow the drug testing procedure
- You need to ensure that you:
 - Remain in direct observation of the doping control officer at all times from the point of notification
 - Provide suitable identification
 - Comply with the sample collection procedure
 - Report immediately to the test unless a valid reason for a delay (e.g., obtain ID, Medal ceremony)
- Your rights are:
 - To have a representator with you
 - Ask for additional information about the process
 - Request a modification (if applicable)
 - Request a delay for a valid reason





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Strict liability

3.3 and 3.6 will be explained in this section



Do you know what is in your body?



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An athlete is solely responsible for any prohibited substance found in their body...

Strict Liability

...regardless of whether or not there was an intention to cheat



3.3. Explaining strict liability



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- Athletes may take a substance that is on the Prohibited List and fail a drug test
 - They could be banned from sport for up to 4 years because of this
- 3.3 Strict liability states that all athletes are responsible for what goes in their body
 - Even if there was no intention to take a banned substance
 - Or when the athlete did not know they had taken a banned substance
 - It is your responsibility
- You need to check what you take
 - Medications
 - Supplements



Checking medications



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- Use the website Global Dro
- This will tell you whether a substance is:
 - Permitted
 - Prohibited
 - Both in and out of competition

The WADA Prohibited List in Action!

CHOOSE YOUR SPORT NATIONALITY

Canada United Kingdom United States Switzerland Japan Australia
New Zealand Other

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

Visitors can search the Global DRO for specific information on products sold in Australia, Canada, Japan, New Zealand, Switzerland, the United Kingdom, and the United States.

Global DRO is brought to you through a partnership between Anti-Doping Switzerland (ADCH), the Canadian Centre for Ethics in Sport (CCES), UK Anti-Doping (UKAD), and the United States Anti-Doping Agency (USADA). The Australian Sports Anti-Doping Agency (ASADA), Drug-Free Sport New Zealand (DFSNZ), and the Japan Anti-Doping Agency (JADA) are official Global DRO

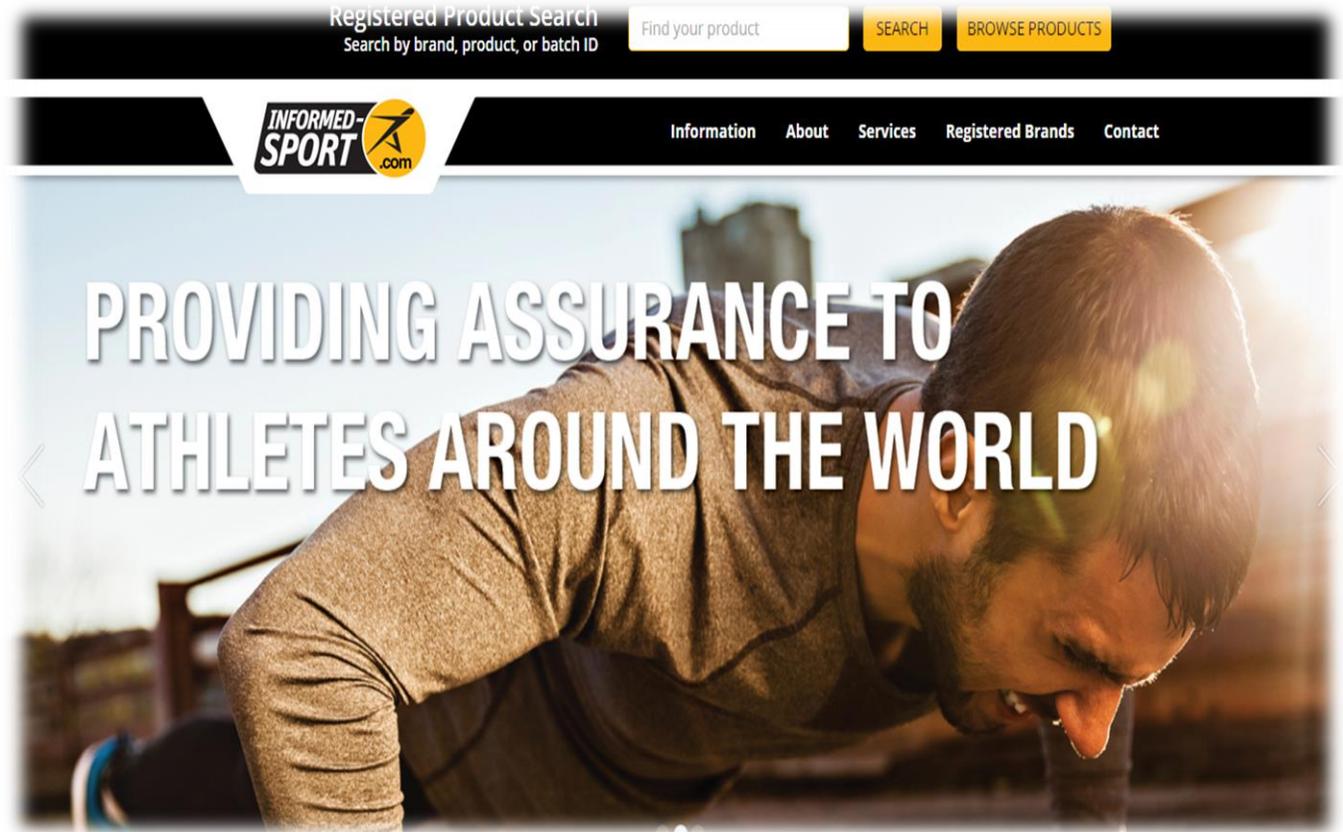


Checking supplements



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- Use Informed Sport
- Helps identify which supplements have been batched tested
- However:
 - Not all supplements are tested
 - Not all banned substances are checked
- Does not fully minimise the risk



3.6 If you need help...



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- Use the websites:
 - UKAD
 - Clean Athletics
- Download the 100% Clean Sport app
- Ask for help from:
 - Your coach
 - A nutritionist
 - A doctor
 - UK Anti-Doping - athlete@ukad.org.uk
 - UK Athletics - enquiries@cleanathletics.org.uk





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Summary





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Knowing the risks of drugs in sport

- 3.1 Identify the types of banned substances for you in your sport
 - Anabolic steroids, human growth hormone and EPO
- 3.2 Explain why your sport has a list of banned substances
 - Risk to health, performance enhancement and against the spirit of sport
- 3.3. Explain the principles of strict liability
 - Any substance found in your body is your responsibility
- 3.4 Explain the requirements for drug testing and why these must be followed
 - 8 stages of doping control that must be followed or could result in a ban
- 3.5 Describe what you must do to ensure you comply with drug testing procedures
 - Follow the drug testing procedure and ensure that you know your rights and responsibilities
- 3.6 Describe what you must check for when taking supplementation or medicines
 - Coach, UKAD or UK Athletics

