Clean Athletics

England Athletics Youth Talent Programme
Parents and Carers of Young Athletes

October 2026

Overview of the session

- **We will cover the following topics:**
  - Introduction
  - What is your role
  - The Risks and the consequences
  - Checking medications
  - The Supplement Decision
  - The basics of testing

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Introduction



Introduction



- Whether your child is firmly on their way to elite sport or just enjoying participating, sport needs your help.
- Anything that makes the competition unfair – and doping in particular – undermines the essence of sport.

What is my role?



- As a parent or carer you have a crucial role to play in supporting your child in their development as a clean athlete.
- You have a major influence on the values and behaviours they adopt.

Roles….

- Number one fan
- Nutritionist
- Taxi Driver
- Doctor/Nurse
- Psychologist
- Bank
- Educator
- Protector

All of these roles have a part to play in their development as an athlete.

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The risks & the consequences



ADRVs

(length of ban in brackets)

1. **Presence *(4 years)***
2. **Use *(4 years)***
3. **Evading, refusing or failing to submit to sample collection *(4 years)***
4. **Whereabouts failures *(2 years)***
5. **Tampering or attempted Tampering *(4 years)***
6. **Possession of a prohibited substance or method *(4 years)***
7. **Trafficking or attempted Trafficking *(4 years up to lifetime ban)***
8. **Administration, aiding, abetting etc. *(4 years up to lifetime ban)***
9. **Complicity *(4 years)***
10. **Prohibited Association *(2 years)***
11. **Acts to discourage or Retaliate against Reporting to Authorities *(2 years)***

Risks & Consequences

The greatest risk to a clean athlete is the **unintentional** or **accidental** use of a prohibited substance. This may be present in medication or a supplement product they are taking.

Under anti-doping rules, even if an athlete uses a prohibited substance accidentally, the consequences may be the same as if the action had been deliberate.

This is because there is a principle of **Strict Liability**.

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

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Checking Medications



Making sure your child competes clean

- Do you have a medicine cupboard that your child uses or has access to, or are you responsible for providing medication to your child?
- Do you know everything that is in there?
- Can you be certain there are no prohibited substances in any of the products? Even over-the-counter remedies for coughs and flu can contain prohibited substances
- Do you know exactly what your GP is prescribing for your child, and whether there are prohibited substances within it?
- Do you and your child know how to check medications to ensure they do not contain any prohibited substances?

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Status

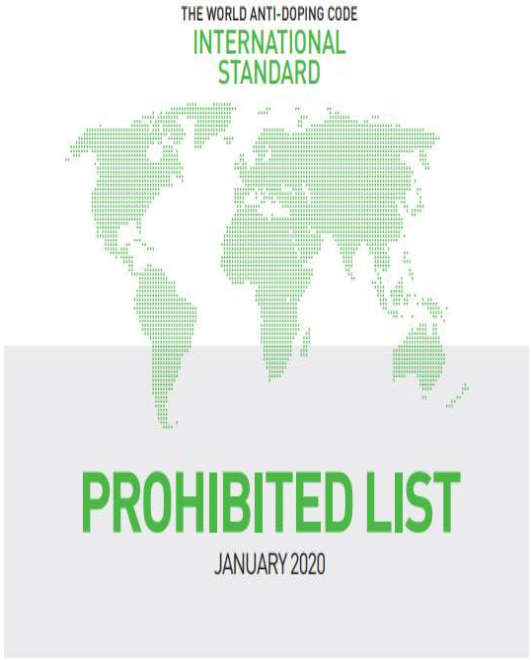
- **Prohibited** – The substance is prohibited in this form and will return a positive test if found in an athlete's system.

- **Conditional** – There is a limit to the amount of this substance an athlete can have present in their body, or there are conditions on the methods of its use (e.g. it can only be inhaled and not taken in tablet form). This is clearly detailed and care should be taken when taking a prescribed dose.

- **Not prohibited** – The substance is not currently on the WADA Prohibited List.

The Prohibited List

- A new List is published at least annually (on 1 January)
- Scheduled changes are published on 1 October of the previous year
- Check the changes
- Recheck medication and keep a record of your check



Therapeutic Use Exemptions (TUEs)

- **If an athlete has a medical condition and are prescribed a medication or method that is banned, and there are no permitted alternatives, you may need to apply for a TUE immediately**

- **To check if you require a TUE, and for advice on how to apply for one, visit www.ukad.org.uk/about-TUE**

- **You can also seek advice from the Clean Athletics team at UKA**

Social Drugs

Your child will not only be influenced by their sporting peers and role models, but also by their own friendship groups outside sport.

Both you and your child need to be aware that social drugs such as cannabis and cocaine, which are illegal, are also on the Prohibited List.

As well as this, THC, MDMA, Cocaine and Heroin are now identified as Substances of Abuse in the 2021 World Anti-Doping Code.

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Sport Supplements

Food First Approach



Supplement use

- There is no guarantee that any supplement product is free from prohibited substances.
- There is a risk when taking supplements that they may contain a prohibited substance.
- Contamination is a risk associated with supplement use, and counterfeit supplement products have been reported among those purchased over the Internet.
- All athletes have the responsibility to undertake thorough research of any supplement product prior to use. Many unintentional doping cases involve supplements.

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Search by brand, product, or batch ID

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Informed Sport

- Risk minimisation only- no guarantees
- Not all banned substances are tested for
- Specific products only –not brands
- Batch number
- Keep a record



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Drug testing procedure



Drug testing procedure

- **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
  - Athletes can be asked to provide urine and/or blood samples

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



Representative



- We strongly encourage all athletes to take a representative with them if notified for testing. This representative may well be you, the parent, carer or guardian, but it could also be their coach, physio or another support person.
- As a representative, you should ensure that you are happy with the testing process at any stage, so do ask questions if you are not. Your child, the athlete, is also entitled to ask questions at any stage of the process to ensure that they too are happy and confident.

Rights & Responsibilities

- To be notified by a Chaperone or Doping Control Officer (DCO) with official identification and evidence of his/her authority from an antidoping organisation.
- To be accompanied to the Doping Control Station by a representative of their choice
- Your child will be observed providing their urine sample by a DCO/ Chaperone of the same gender as them
- Your child will receive a copy of the Doping Control Form after the test has finished
- Confidentiality – no name should be on any documentation that is to be sent to the laboratory
- Request a delay (under strict circumstances)
- Request a modification to the doping control process where the athlete is a minor or has an impairment

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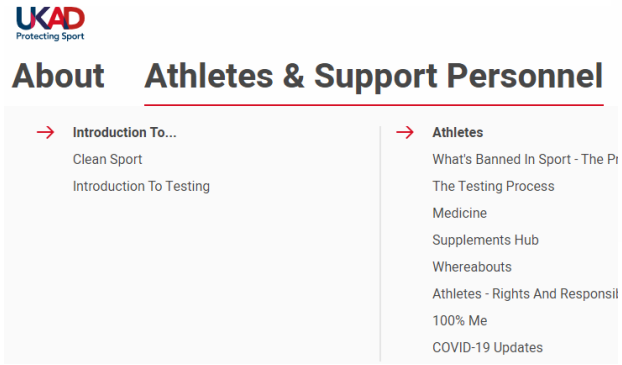
Further information

Clean athletics information

- Clean Athletics
- UKAD
- UKAD 100% ME – Clean Sport App







Further education

Clean Sport Essentials eLearning course

UKADs Clean Sport Hub



Report Doping in Sport

- Confidential
- Email – pys@reportdoping.com
- Call the 24/7 hotline direct on 08000 32 23 32
- Share anonymously using the Online Form
- Go to ukad.org.uk/protect-your-sport

Are you prepared to speak out?



Contact details

- Do you have any questions?

- If you need more information or have any questions, don’t hesitate to contact us:
  - Amy Ashford - aashford@cleanathletics.org.uk
  - Clean Athletics - enquiries@cleanathletics.org.uk

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