



**Scottish Disability
Sport**

Scottish Disability Sport Anti Doping Policy

Reviewed by Board – March 2017

Our Anti Doping Policy

Scottish Disability Sport is committed to protecting the fundamental rights of athletes to participate in drug-free sport and in so doing promote health and well-being and fairness for athletes and players competing in disability sport in Scotland. All athletes have the right to compete in sport knowing that they, and their competitors, are clean. The use of performance-enhancing drugs and other doping behaviour severely damages the legitimacy of sport and undermines the integrity of clean athletes.

Scottish Disability Sport anti-doping policy adopts the UK Anti-Doping Rules published by UK Anti-Doping (or its successor), as amended from time to time. Such rules shall take effect and be construed as the rules of Scottish Disability Sport. Scottish Disability Sport policy is consistent with the World Anti-Doping Code (2015 Code), which governs anti-doping internationally.

Scottish Disability Sport (SDS) is a member of Cerebral Palsy International Sports and Recreation Association (CPISRA), International Federation Cerebral Palsy Football (IFCPF), United Kingdom Boccia Federation (UKBF) and the International Bowls for the Disabled (IBD). Furthermore, we are an associate member of Boccia International Sports Federation (BISFed). As such all athletes, coaches, carers and volunteers associated with SDS must abide by the UK Anti-Doping Rules.

You can find the UK Anti-Doping Rules [here](#).

SDS commits to adopt and implement updates to UK Anti-Doping rules as published by UK Anti-Doping (or its successor).

100%me is UK Anti-doping's athlete-centred programme which aims to increase understanding of drug-free sport amongst the whole sporting community through providing high quality, relevant information on anti-doping,

and promoting the positive attitudes and values of sportsmen and women in the UK who have competed successfully in sport drug-free.

Sport is about competing and performing to the very best of your ability. If athletes have to use prohibited substances or methods to improve their performance then they are cheating themselves and their fellow athletes.

- 100% Belief
- 100% Determination
- 100% Dedication
- 100% Respect
- 100% Commitment
- 100% Knowledge

These are the attributes of world class sportsmen and women who commit themselves to drug-free sport. Athletes with these qualities know what it's like to win without drugs because they have confidence in themselves and their preparation for an event.

The 100% message will be delivered to SDS athletes and athlete support personnel within the SDS Anti Doping education strategy.

The Therapeutic Use Exemption (TUE)

A means by which an athlete can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition. Athletes should advise all medical personnel of their obligation to abide by the anti-doping rules of their sport and that any medical treatment received must not violate these rules.

When prescribed a substance or method, athletes should find out whether the medication is prohibited by checking the [Global DRO](#). If the medication is not prohibited, athletes can start using the prescribed medication or treatment.

There are specific requirements for when an athlete needs to apply for a TUE depending on their competition level. International athletes (as defined by their International Federation) should submit TUE applications to their International Federation.

For more information on Anti-Doping procedures please contact Gary Fraser, SDS Performance Manager, on gary.fraser@scottishdisabilitysport.com

For more information athletes should visit:

- [World Anti-Doping Agency](#)
- [UK Anti-Doping](#)
- [100% Me](#)
- [Global DRO](#)
- [Informed-Sport](#)
- [Prohibited List](#)

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