



## Anti-Doping: The Big Picture

Cricket Scotland works closely with the International Cricket Council (ICC), UK Anti-Doping (UKAD), **sportscotland** and others in the fight against doping in our sport. Doping distorts competition and is wholly against the ethos of our game. We believe that it is important that players, coaches and others have easy access to a range of essential anti-doping information. More detailed information is available from the UKAD website.

## Anti-Doping in Cricket Scotland

All players have the right to play the game knowing that they, their team mates and their opponents are 'clean'. The use of performance-enhancing drugs and other doping behaviour severely damages the legitimacy of cricket and undermines the integrity of clean players.

Cricket Scotland believes in clean sport and works with a range of partner organisations to ensure that the integrity of cricket is protected.

## Who is involved in the Fight against Doping

There are a number of organisations working hard to protect the integrity of our sport. These include:

The **World Anti-Doping Agency (WADA)**, which leads the world-wide campaign for clean sport. WADA is an independent agency, funded by both sport and governments. It is responsible for the *World Anti-Doping Code*, which aims to harmonise anti-doping policies across sport, ensuring that players and player support personnel are treated fairly and consistently.

Cricket's World Governing body, **the ICC**, has provided an Anti-Doping Code for the sport which is compliant with the WADA Code.

**UK Anti-Doping (UKAD)** is the United Kingdom's national anti-doping agency. UKAD is responsible for ensuring that UK sports bodies comply with the WADA Code. It does this through education and testing programmes, gathering and developing intelligence, results management and notifications for those found to have committed an Anti-Doping Rule Violation. Hearings are held by the independent National Anti Doping Panel.

Cricket Scotland is compliant with ICC and UKAD rules, which are determined by WADA.

## Our Anti-Doping Rules

Cricket Scotland's anti-doping rules are consistent with both the WADA/UKAD and ICC Codes:

- The WADA Code
- ICC Anti-Doping Code

***All those within Cricket Scotland's jurisdiction are required to comply with these Regulations***

## What is Strict Liability?

All players need to be aware of the **principle of strict liability**. This means that players are solely responsible for any prohibited substance they use, attempt to use, or that is found in their system - regardless of how it got there and whether or not they had any intention to cheat.

## What are the Anti-Doping Rule Violations (ADRVs)?

The 2015 World Anti-Doping Code outlines 10 Anti-Doping Rule Violations (ADRVs). They are:

- The presence of a prohibited substance or its metabolites or markers in an athlete's sample
- Use or attempted use by an athlete of a prohibited substance or a prohibited method
- Evading, refusing, or failing to submit to sample collection
- Whereabouts failures: any combination of three missed tests and/or filing failures within a 12-month period by an athlete in a registered testing pool
- Tampering or attempted tampering with any part of doping control*
- Possession of a prohibited substance or prohibited method*
- Trafficking or attempted trafficking in any prohibited substance or prohibited method*
- Administration or attempted administration to any athlete in-competition of any prohibited method or prohibited substance, or administration or attempted administration to any athlete out-of-competition of any prohibited method or any prohibited substance that is prohibited out-of-competition*
- Complicity: assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity involving an ADRV or any attempted ADRV*
- Prohibited Association: associating with a person such as a coach, doctor or physio who has been found guilty of a criminal or disciplinary offence equivalent to a doping violation*

All ten ADRVs apply to athletes. Only the ADRVs in italics apply to ASP.

## The Consequences of an ADRV are Significant

Under the WADA Code, a minimum four-year ban from sport will apply to those who are found to be deliberately cheating and breaking the rules.

The Code has little sympathy for carelessness. However, for inadvertent doping, players are more likely to face a two-year ban from sport.

All players, coaches and player support personnel need to make sure they have sufficient anti-doping knowledge to avoid committing an ADRV and receiving a ban from sport.

## Managing the Risk of Inadvertent Doping

### The Prohibited List

All prohibited substances and methods are set out in the WADA Prohibited List. This is updated regularly and at least at the beginning of each calendar year. A summary of the changes is also provided. The Prohibited List at any time is freely available on the internet:

- [2018 WADA Prohibited List](#)
- [Changes to WADA Prohibited List for 2018](#)

### Understand the Importance of Checking Medications

Before taking **any** medication (whether from a doctor or bought over the counter) players must check to make sure it does not contain any prohibited substances. Medications can be checked online at [Global DRO](#). It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country. This website is only for medications bought in certain countries.

## Know the Risks with Nutritional Supplements

Players are strongly advised to be very cautious if they choose to take any supplement such as vitamin tablets, energy drinks, or sport-nutrition formulas. This is because there is **no guarantee that any supplement is free from prohibited substances**.

**Before** making a decision to use supplements, Players are advised to:

- Assess the need** to use supplements by seeking advice from a medical professional or nutritionist on their need to use supplement products
- Assess the risks** associated with supplements and undertake thorough research of all supplement products they are considering taking
- Assess the consequences** to their careers – they could receive a four-year ban

However, supplement risks can be reduced by:

- undertaking thorough internet research
- only using batch-tested products
- checking on Informed-Sport (which is a risk minimisation programme) that the supplement has been batch tested

If you do make a choice to take supplementation you should always have the information regarding batch numbers immediately available should you get tested.

Visit the [UKAD Supplements website](#) for further information including information on the [Informed Sport](#) programme, which provides a batch-testing service for supplement products.

## Apply for a Therapeutic Use Exemption (TUE)

The **Therapeutic Use Exemption** (TUE) process is a means by which a player can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.

Players should advise all medical personnel (GPs, Team Doctors) 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, players must find out whether the medication is prohibited by checking the **Global DRO** site. If the medication is **not** prohibited, the player can start using the prescribed medication or treatment. If the medication **is** prohibited, the player must seek further advice on getting a TUE. If it **is** an emergency, the player can take the medication then seek a TUE. If it is **not** an emergency, the player must seek a TUE before taking.

International Players prior to their participation in any International Match or International Tournament organised by ICC must obtain a TUE from ICC's TUE Committee in advance of the administration of the Prohibited Substance.

You can find out more about whether you need a TUE and how to apply for one (including emergency TUEs) on the [UKAD TUE website](#).

## Understand What Happens in a Test (Doping Control)

Doping control tests can take place at any level within the **Scottish game**. Players should feel prepared and know their rights and responsibilities when they are notified to be tested. When selected for testing, players should take a representative with them to the Doping Control Station.

A urine test will follow these main steps:

- Notification
- Reporting to Doping Control Station
- Providing a sample
- Recording and certifying sample information

UK Anti-Doping recommends that players follow their normal hydration routines if selected for testing. Players need to be prepared to provide details of any substances they have taken – this needs to be written on the Doping Control form. Players should report any concerns they have about the process or the equipment on the Doping Control form.

Players can find out more about testing, including their rights and responsibilities, in the [UKAD Athlete Zone](#) or by downloading the Clean Sport App from their app store.

### Know Where to Look for Support and Advice

Please do not hesitate to ask questions about the anti-doping rules. As well as asking Cricket Scotland coaches and player support personnel, you may also contact UKAD directly, who will be able to answer any questions and provide guidance.

### Help Keep Sport Clean

We all have a responsibility to report doping in sport and help keep it clean. A 24-hour dedicated phone line is ready to take your call if you have any suspicions or concerns about incidences of doping in sport. You can provide information in complete confidence by calling 08000 32 23 32 or via the [UKAD Report a Doping Concern website](#). All information is passed securely to UKAD's intelligence unit for investigation.

### Useful Links and Resources

#### 100% me – Supporting Players to be Clean

100% me is UK Anti-Doping's education programme for players – designed to provide information resources, education sessions and general advice to players throughout their sporting careers. Find out about 100% me in the dedicated [Athlete Zone](#) of the UKAD website.

#### 100% me Elite Player Clean Sport App for Smartphones

For essential anti-doping information download the Clean Sport App from iTunes or Google Play – the sport specific or the generic version.

#### Check Your Medications on Global Drug Reference Online

Remember to check all medications on [Global DRO](#), where you can search by ingredients or brand name.

#### Assess the Risk of Supplements on Informed Sport

You can find information on supplements and ways of reducing the risks on [Informed Sport](#).

#### Register with UK Anti-Doping

Visit UKAD's website and [register](#) to keep up to date with the latest news.

#### For More Information from UKAD:

- Visit [www.100percentme.co.uk](http://www.100percentme.co.uk) If you're a **player**
- Visit [www.ukad.org.uk/coaches](http://www.ukad.org.uk/coaches) If you're a **coach**
- Visit [www.ukad.org.uk/support-personnel](http://www.ukad.org.uk/support-personnel) If you're **Player Support Personnel**
- Visit [www.ukad.org.uk/parents](http://www.ukad.org.uk/parents) if you're a **parent**

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