

The Big Picture - Top Tips for Clean Sport

An athlete is responsible for anything found in their system, regardless of how it got there or whether there is any intention to cheat. All athletes and athlete support personnel should make themselves aware of the risks, so they don't receive an unintentional ban from sport. Useful information for athletes can be found on the [UKAD website](#).

The Prohibited List

All banned substances and methods in Code-compliant sports are outlined in the Prohibited List. Substances and methods can be added to the Prohibited List at any time; however, it is updated as a minimum once a year, coming into effect on 1 January. The latest Prohibited List can be found [on the WADA website](#). As this list is updated frequently, athletes and athlete support personnel should make sure they check it regularly for any changes. More information can be found on [UKAD's website here](#).

Checking Medications

Before taking any medication (whether from a doctor or purchased over the counter), athletes must check to make sure it doesn't contain any banned substances. Medications (ingredients or brand name) 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. For more information on checking medications, visit [UKAD's website here](#).

Check out the video below from UKAD's Athlete Commission member and British Paralympic Powerlifter, Ali Jawad, on using Global DRO. **[EMBED this video or insert link <https://www.youtube.com/watch?v=ABLbo20B-3Q>]**

Taking Nutritional Supplements

UKAD always advises a food first approach to nutrition, as there are no guarantees that any supplement product is free from banned substances. Athletes can support their training and progress towards their targets by eating and enjoying nutritious food. With a bit of planning, it is possible to eat a delicious and healthy diet made up of a variety of food types at the right time, and in the right quantities.

Athletes should assess the need, the risks and the consequences before deciding to take a supplement, and if they need to use one, visit the [Informed Sport website](#) to check whether supplements have been batch-tested. More advice on managing supplement risks can be found on [UKAD's Supplement Hub here](#).

Applying for a Therapeutic Use Exemption (TUE)

If an athlete with a legitimate medical condition needs to use a prohibited substance or method, they will need to apply for a Therapeutic Use Exemption (TUE). This is only accepted if there are no other suitable permitted medications or treatments that can be used, and there is a strict, detailed process to determine this. Athletes can find out more information about the TUE process on the UKAD website [here](#) and use the [TUE Wizard](#) to find out whether they need to apply for a TUE and who to submit their application to.

What happens in a test?

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. Check out this video below on the testing process from start to finish. **[EMBED this video or insert link - https://www.youtube.com/watch?v=XzOnQBK_YZo]**

Athletes can find out more in the [Introduction to Testing](#) section of UKAD's website.

100% me – Supporting athletes to be clean

100% me is UKAD's values-based education and information programme, helping athletes meet their anti-doping responsibilities throughout their sporting journey. We want all athletes to be clean, stay clean and believe all others are clean.

For more information on what this means, visit UKAD's website [here](#). UKAD's 100% me Clean Sport App can also be downloaded from [iTunes](#), [Google Play](#) or Windows Live Store, for essential anti-doping information.

Protect Your Sport

Protecting clean sport depends on everyone playing their part - athletes, coaches, or parents - whether on centre stage or behind the scenes. Speak out if you feel there's something wrong - no matter how small. UKAD guarantee that your identity will always be kept 100% confidential. Find out more about Protect Your Sport [here](#).

There are four ways to contact if you want to speak out:

- Email - When you feel something's wrong, send UKAD an email. UKAD guarantee that your name and email address will be kept confidential. Email at protectyoursport@reportdoping.com
- WhatsApp - Message on WhatsApp* at +44 (0) 7587 634711 - no matter how small. UKAD guarantee that your name and number will be kept confidential.

- Online Form - Let UKAD know via the form on protectyoursport.co.uk. Choose the two-way communication option at the end of the form. You will still be anonymous, but UKAD will have the chance to follow up later on. Fill in the form [here](#)
- 24/7 Hotline - Call on 08000 32 23 32. UKAD is here to listen and won't ask who you are. You may want to keep your identity a secret but telling UKAD who you are makes a real difference later on, so consider emailing or speaking via WhatsApp first.

*WhatsApp is an encrypted platform. This number is not open to receiving calls.

For further information

Please do not hesitate to ask questions about the anti-doping rules. As well as asking Cricket Scotland and athlete support personnel, athletes may also contact UKAD directly, who will be able to answer any questions and provide guidance. They can be contacted at ukad@ukad.org.uk or +44 (0) 207 842 3450.