

Irish Tug of War Association (ITOWA)

Statement supporting Drug Free Sport

(1)

ITOWA's policy is that doping is contrary to the spirit of sport and every member has a duty to ensure that the sport is free of doping.

Membership of **ITOWA** means that all athletes may be selected for testing. Your membership of **ITOWA** commits you to agreeing to testing and in the case of a minor (U/18) the prior written consent of the parent or guardian is required via the initial membership process at Club level, or at selection for competition or through competition entry forms.

All club personnel have a responsibility to ensure that club members are aware of the Irish Anti-Doping Rules and that there is an atmosphere supporting a drug free sport within the club. A complete copy of the Irish Anti-Doping Rules are available at [http://www.irishsportsCouncil.ie/Anti-Doping/About Us/National Anti-Doping Programme/](http://www.irishsportsCouncil.ie/Anti-Doping/About_Us/National_Anti-Doping_Programme/)

Once you join **ITOWA** and enter a competition you are accepting the fact that you could be drug tested.

(2)

This page provides up-to-date information from World Anti-Doping Agency (WADA), Irish Sports Council, **TWIF**, and **ITOWA** rules and regulations in the area of doping.

The consequences of not adhering to Anti-Doping rules can be severe for athletes and their support personnel such as coaches and parents, therefore it is critical that any questions/concerns be clarified with either the **ITOWA** or the Irish Sports Council.

(3)

Doping is contrary to the spirit of sport. The spirit of sport is the intrinsic value of sport.

The spirit of sport is the celebration of the human spirit, body and mind, and is characterised, amongst other values, by ethics, fair play, honesty, health and respect for, and compliance with, the spirit and letter of rules and laws.

(4)

ITOWA is fully committed to ensuring doping has no place in the sport of Tug of War. **ITOWA** works with the Irish Sports Council and TWIFin its anti-doping efforts.

(5)

Rules apply to athletes and athlete support personnel. The Irish Anti-doping Programme seeks to preserve the spirit of sport. By virtue of their participation in ITOWA activities, members, including minors, agree to abide by the Anti-Doping Rules.

The following sections highlight key areas with regard to Anti-Doping. **ITOWA** advises all members to read and understand the anti-doping rules and to understand your responsibilities under the rules. The consequences of not adhering to Anti-Doping rules can be severe for athletes and their support personnel such as coaches and parents, therefore it is critical that any questions/concerns be clarified with either the **ITOWA** or the Irish Sports Council.

Rules

Irish Anti-Doping Rules

ITOWA has adopted the Irish Anti-Doping Rules as the anti-doping rules of **ITOWA**.

Under the Irish Anti-Doping Rules, the Irish Sports Council carries out drug testing on behalf of **ITOWA**.

Full details on the Irish Anti-Doping Programme are available at:
www.irishsportsCouncil.ie/antidoping

TWIF Rules

ITOWA must also adhere to the rules of TWIF.

Full details on TWIF Anti-Doping Program are available at:<http://www.tugofwar-twif.org/?p=rules&id=14&nav=1>

Athletes/Squad members attending International Events need to check in particular the regulations regarding TUE requirements of TWIF in relation to competing at International Events, for e.g. if an Irish Sports Council TUE Certificate of Approval is accepted or if an athlete needs to re-apply to TWIF etc. Athletes should verify the rules and regulations with their medical officer/ team manager or Anti-Doping Officer Aoife Hoey.

What do members need to know?

In principle any athlete competing in Tug of War can be tested so each athlete regardless of the level at which they are competing needs to be aware of the anti-doping rules.


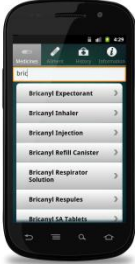

(1) WADA Prohibited List –Checking Medications & TUE Policy

The World Anti-Doping Agency issues a Prohibited List annually. For information on the Prohibited List see http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/Prohibited_List/.


Note: Recreational Drugs are tested in-competition.

Check the status of over-the-counter and prescribed medications in relation to the Prohibited List, based on where you **purchase** the medication:

Republic of Ireland:

	<p>Drugs in Sport Database on www.eirpharm.com</p>
	<p>For instant access to the Drugs in Sport Database, download the free 'Medication Checker' App available for iPhone and Android for Eirpharm - find it in the Apple iTunes Store or the Android Market</p>
	<p>Medications bought in the Republic of Ireland can be checked by your G.P., Consultant or Pharmacist in a monthly publication called MIMS Ireland. Ensure the current months edition is checked.</p>

Northern Ireland/ UK/ Canada/ USA:

	<p>Medications bought in Northern Ireland, U.K., U.S.A and Canada can be checked on www.globaldro.com</p>
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See [http://www.irishsportsCouncil.ie/Anti-Doping/Medicines TUEs/How to check your medications/](http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/How_to_check_your_medications/) for further information

If a medication is Prohibited, you must check and adhere to the Irish Sports Council TUE Policy at www.irishsportsCouncil.ie/tue. As per this policy, if you compete at international level, check TWIF TUE Policy at <http://www.tugofwar-twif.org/?p=rules&id=14&nav=1>

(2) Sample Collection Procedures

For information on the Sample Collection Procedures that are adhered to when athletes are tested, the following resources are available:

- Check out [www.irishsportsCouncil.ie/Anti-Doping/Testing/What happens in a drug test](http://www.irishsportsCouncil.ie/Anti-Doping/Testing/What_happens_in_a_drug_test)
- Read the leaflet ‘Sample Collection Procedures – Urine and Blood’
- Check out the e-learning programme Real Winner www.irishsportsCouncil.ie/realwinner

(3)Supplements

Athletes need to be aware that there are risks associated with the use of sports supplements with many positive drug tests associated with their use. For more information, read the Irish Sports Council Supplements and Sports Food Policy at [http://www.irishsportsCouncil.ie/Anti-Doping/Medicines TUEs/Supplements Nutrition/](http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/Supplements_Nutrition/)

Useful fact sheets in relation to supplements are available on the Institute of Sport website at: [http://www.instituteofsport.ie/Institute Of Sport/Athlete Zone/Performance Nutrition/](http://www.instituteofsport.ie/Institute_Of_Sport/Athlete_Zone/Performance_Nutrition/)

(4) Registered Testing Pool

Athletes are informed directly by the Irish Sports Council when they are included on the Registered Testing Pool. Athletes on the RTP can be tested anywhere, anytime with no advance notice. Athletes must comply with the RTP requirements such as TUE and Whereabouts requirements. See www.irishsportsCouncil.ie/rtp for further information.

(5) National Testing Pool

The National Testing Pool (NTP) consists of athletes who are in National Squads and Development Squads, who attend training organized by **ITOWA**. Athletes in the NTP can be drug tested both in- and out-of-competition. Out-of-competition testing will mainly be based on squad/team training sessions but the Irish Sports Council may test an athlete at their home address. Both urine and blood samples can be requested. See www.irishsportsCouncil.ie/Anti-Doping/Testing/National_Testing_Pool for more information.

Further Information

Check out www.irishsportsCouncil.ie/antidoping for further information on these topics or to order education resources for you and your club (<http://www.irishsportsCouncil.ie/Anti-Doping/Resources/>).

Who to ask for further information?

For any queries regarding anti-doping in **ITOWA** please contact the Anti-Doping Officer for **ITOWA**:

Name: Martha Buckley

Tel: 087 2076610

Email: marthabuckley@eircom.net

The **Irish Sports Council Anti-Doping Unit** can be contacted at:

Anti Doping Unit

Irish Sports Council

Top Floor, Block A

Westend Office Park,

Blanchardstown,

Dublin 15.

Tel: 00353 1 8608800

Email: antidoping@irishsportsCouncil.ie

www.irishsportsCouncil.ie/antidoping