

Introduction

This advisory note is intended to act as a reminder of the importance of good anti-doping practice.

All athletes are solely responsible for any banned substances they use, attempt to use, or is found in their system, regardless of how it got there and whether there was an intention to cheat or not.

Risk periods occur at various points in an athlete's development. Risk periods often occur when there is a significant change - for example, in performance level, competition level, or training level e.g. training camps abroad.

Ensure you adhere to the following advice:

Before you travel

- Many medications available for common medical conditions, such as asthma or hayfever, may contain prohibited substances. **Check every single substance or medication** before you travel, even if you have used it before
Check at: [Global Drug Reference Online](http://www.globaldro.co.uk/) <http://www.globaldro.co.uk/>
- Take enough medication to continue any treatment for the duration of your trip
- Check the medication is permitted in the country of travel and whether it is permitted to bring through customs.
- Athletes needing a prohibited substance for a legitimate medical condition, should contact the BWA/UKAD for further advice and to get a Therapeutic Use Exemption (TUE) Certificate and carry the certificate with them in their kitbag
- Download the Clean Sport App

Overseas:

- Be aware that the World Anti-Doping Code (WADC) is harmonised across the world and you are therefore subject to the same rules and regulation, and have the same responsibilities, regardless of where you may be
- Any product purchased overseas should be carefully checked. Remember that medications bought abroad may contain different substances than those in the UK and you should always check at [Global Drug Reference Online](http://www.globaldro.co.uk/) before you take them
- If you are outside a country covered by Global DRO, you can still check the status of each individual ingredient of any product, just not the brand name
- Be sure to carry out normal personal precautions such as filling your own water bottle and keeping it in sight.
- Supplements: The use of supplements is not promoted by British Wrestling. Be vigilant in your choice to use any supplement. No guarantee can be given that any particular supplement is free from prohibited substances. You must undertake and keep evidence of thorough internet research (i.e. via www.informed-sport.com/) before using of any supplement product prior to use
- Be aware that regularly visiting countries of potential concern may associate you with practices and methods that require further scrutiny

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For athletes on UK Anti-Doping's Adams/Whereabouts system:

- Athletes on the National Registered Testing Pool (NRTP) must update their whereabouts with the best possible information in advance and before they travel
- Regardless of country/location, athletes must make themselves available for testing at all times

Contacts for questions/advice/reporting concerns

BWA: Yvonne Ball (Administrator) +44 (0)7977 201505

UKAD Report Doping: +44 (0)8000 32 23 32

Information can also be provided by completing an online reporting form: <http://www.ukad.org.uk/what-we-do/report-doping/>

UKAD Athletes' Zone: www.ukad.org.uk/athletes/

This is the place where athletes can find out everything they need to know about anti-doping and clean sport

UKAD **100% me** Information: <http://www.ukad.org.uk/athletes/100percentme>

100% me is about being a true athlete. It's about being able to say my performance is **100% me**. There is no secret to my success - just hard work, determination and talent.