

All athletes have the right to compete in sport knowing that they, and their competitors, are clean. We believe in clean sport and work in partnership with UK Anti-Doping (UKAD) and our International Federation World Aquatics to ensure that the integrity of our sport is protected.

Anti Doping Rules

Scottish Swimming is signed up to the British Swimming anti-doping rules that all athletes and athlete support personnel must abide by. The anti-doping rules for British Swimming are consistent with the [World Anti-Doping Code](#) (the Code), the core document that harmonises anti-doping policies, rules and regulations within sport globally.

The anti-doping rules of British Swimming are available [here](#)

If you are a member of Scottish Swimming then the anti-doping rules apply to you, regardless of what level you participate at.

2021 World Anti-Doping Code

From 1 January 2021, a new version of the Code came into effect and it's important that all athletes and athlete support personnel are aware of how this impacts them.

For more information on the changes within the 2021 Code, visit [UKAD's website](#).

Under the 2021 Code, an athlete may be classified as being "International-Level", "National-Level" or a "Recreational Athlete" based on their competition level. Further information on these different categories is available on the [UKAD website](#).

Prohibited List

All prohibited substances and methods in Code-compliant sports are outlined in the Prohibited List. The Prohibited List is managed and coordinated by WADA, found on the WADA website [here](#). The List is updated each year, coming into effect on 1st January. It is possible for WADA to make changes to the List more than once a year, but they must communicate such changes three months before they come into effect. As this list is updated annually, athletes and athlete support personnel should make sure they check it ahead of it coming into effect. More information can be found on [UKAD's website here](#).

Anti-Doping Rule Violations

Breaking the anti-doping rules can result in a ban from all sport. The Code outlines the Anti-Doping Rule Violations (ADRVs). Athletes and athlete support personnel need to make sure they are fully aware of these violations, and the consequences of breaking them.

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.

Top Tips for Clean Sport

Athletes

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](#).

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 prohibited 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.

Nutritional Supplements

UKAD always advises a food first approach to nutrition, as there are no guarantees that any supplement product is free from prohibited 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.

100% Me

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.

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.

There are different ways to speak out:

Email - protectyoursport@reportdoping.com

Online Form – www.protectyoursport.co.uk

24/7 Hotline - Call on 08000 32 23 32.

ANTI-DOPING & CLEAN SPORT CLUB POLICY DOCUMENT

Further information

Please do not hesitate to ask questions about the anti-doping rules. As well as asking Scottish Swimming, British Swimming 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.

Regular updates from UKAD can also be found in the [news section of their website](#), or on their Twitter account: [@ukantidoping](#).

If you have any questions about anti-doping please contact either Scottish or British Swimming

Scottish Swimming – sscleansport@scottishswimming.com or

(+44) 01786 466523

British Swimming – Jane Smith (jane.smith@swimming.org)