

British Swimming Medical Declaration Form removal:

The British Swimming Medical Declaration form has been removed from use and circulation as of 1st January 2016. ASA members are no longer required to complete the form and forms no part of doping control at any event. Please see the anti-doping points below for further anti-doping advice.

- All athletes (of any level) are required and responsible for checking their own medications. This must be done via the WADA approved website: www.globaldro.com
- Globaldro.com result searches must be stored and saved by the individual athlete
- It is recommended the searches are repeated throughout the year as the prohibited list can change at any time and in turn medication status' can change
- If a result (either in or out of competition) shows a PROHIBITED result then a TUE is required
The Therapeutic Use Exemption (TUE) process is a means by which an athlete can obtain approval to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.
 - For World Class funded athletes they must apply for a TUE that is valid at all times
 - For non-funded athletes they must apply for a RECTROACTIVE TUE
The RECTROACTIVE TUE application must be submitted no longer than five days post the receipt of an adverse analytical finding (AAF). Typically an athlete will receive a letter by courier to confirm an AAF and inform them of the requirements to apply for a retroactive TUE for the prohibited substance detected in their sample. The NGB or UKAD may also contact the athlete to make them aware that this correspondence is on its way, in relevant circumstances.

Both TUE and RECTROACTIVE TUE applications, should be made with the prescribing physician, stating that the criteria and medical evidence needed by the Therapeutic Use Exemption Committee (TUEC) can be met before the athlete uses any prohibited substance or method

- If an athlete does take medications, it is recommended that the Name, dosage, frequency is recorded on a media that an athlete can access at all time (particularly on poolside) i.e. written and kept in their kit bag or on their phone etc, so should they be called into doping control, they have the medication information on hand to submit on the doping control paperwork.
- Refusal of a drug test = Anti-Doping rule violation and ban from the sport.
- An athlete can be tested anywhere, any time (not just at an event)
- Under 18ys must have a chaperone (of their choice) to accompany them into doping control. The chaperone does not have to witness the giving of the sample
- The www.informed-sport.com programme certifies that all nutritional supplements and/or ingredients that bear the Informed-Sport logo have been tested for banned substances by the world class sports anti-doping lab, LGC. Athletes choosing to use supplements can use the search function on the informed-sport website to find products that have been through this rigorous certification process

If you require any further support please contact the British Swimming Anti-Doping Compliance Manager: Rachel.Burrows@swimming.org or on Tel: 07824 618 863

- Download the FREE APP : **Clean Sport** for all up to date Anti-Doping information, supported by UKAD
-