



# **ANTI-DOPING & SOCIAL DRUGS GUIDE**

**FOR CLUB STAFF**

**SEASON 2022/23  
LEVEL: PROFESSIONAL (MEN'S)**



**FOR ALL**



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# INTRODUCTION

*The purpose of The FA Anti-Doping & Social Drugs Guide for season 2022/23 is to inform Clubs in the Premier League and EFL of their responsibilities with regards to The FA Anti-Doping Regulations and the Social Drugs Regulations.*

*May we also take this opportunity to thank you for your continued support of the anti-doping and social drugs programmes and should you require any guidance or support throughout the season please contact the relevant member of the team from the contacts section (page 17).*



# WHAT'S NEW FOR 2022/23

## MANDATORY EDUCATION REQUIREMENTS

The FA Anti-Doping Regulations 2022/23 include new mandatory education requirements for Clubs who compete in the Premier League, EFL, FAWSL and FAWC. These include mandatory integrity education sessions for Players and the required completion of online modules for club staff.

See page 14 for further information.

## 2022 PROHIBITED LIST

From 1 January 2022, the new WADA Prohibited List came into effect outlining the substances and methods prohibited at all times and in-competition only.

As a reminder, from 1 January 2022 local glucocorticoid injections were added as a prohibited route of administration in-competition and there were changes to the permitted dosage of inhaled salbutamol.

See page 09 for further information.

# ANTI-DOPING

## FA ANTI-DOPING REGULATIONS

The FA Anti-Doping Regulations will be contained in The FA Handbook, season 2022/23. These regulations supersede any previous versions.

## TESTING

The below information refers to anti-doping testing. For information about The FA's social drugs testing programme see page xx.

As a reminder, Anti-Doping testing is now solely determined by UK Anti-Doping (UKAD), with The FA having no advance notice of any testing that takes place within English football.

As The FA will not know where anti-doping testing is taking place until after a test happens, please be aware that any issues that are raised to the UKAD Doping Control Personnel on the day of a drug test may take longer to reach The FA anti-doping team.

Although the Doping Control Personnel do their utmost not to disrupt your training sessions, please remind your coaching staff and Players to be respectful to the testing teams when they arrive.

Please note that there is no limit to the amount of times Clubs and individual Players can be tested and Players are likely to be tested multiple times during the season within a short timeframe.

## Doping Control Station (DCS)

A Doping Control Station (DCS) must be made available for testing as soon as possible after the testing team arrive at your training ground or stadium. Should there be a significant delay in the provision of an appropriate DCS, then this will be reported to The FA. In order to conduct testing the Doping Control Personnel will need an area for their sole use, which should consist of:

- A clean, adequately lit private waiting area, with sufficient seating for the Players waiting to be tested.
- A clean, private working area of sufficient size, which should contain tables to do the paperwork and split the samples after a test.
- Private toilets.

Failure to provide an area for use as a DCS that meets the above requirements may result in disciplinary action being taken against the Club.

If you are uncertain as to what constitutes an adequate facility at either your training ground or stadium, please contact us and we will send a representative to assess your facility and offer guidance.

Only those involved in the doping control process will be permitted access to the DCS and will require the permission of the Lead DCO before entering. This is to maintain the integrity of the doping control process and to respect the privacy of the Players who are being tested.

## Access for Doping Control Personnel

As a reminder, once the Doping Control Personnel arrive for testing, the Club must allow them access to observe the Players without delay. This includes on a match day providing access for a minimum of two (2) officials in the tunnel area itself, where the officials can physically observe the full pitch and all of the Players. Or, as an alternative, a minimum of two (2) seats within the stand itself where the officials can easily accompany the selected Players from the field of play either during or after the match.

## **Urine and blood tests**

Players may be selected for a urine and/or blood test. Blood and urine tests are used to detect different substances. The chaperone or Doping Control Officer (DCO) who notifies the Player will make it clear what type of test the Player is required to provide.

## **Testing at home**

As a reminder, just as in any other sport, a Player can be tested at any time. This includes at their home address, regardless of whether they have been absent from training that day.

## **Target testing**

Players will continue to be pre-selected for testing at the sole discretion of UKAD. Pre-selecting or target testing can be due to a number of reasons, including; a Player's test history, injury, urine steroid profile or blood profile data, inaccurate or suspicious whereabouts information, intelligence or tip offs received, or as part of a disciplinary sanction.

The reason a Player has been pre-selected will not be communicated to Players or Clubs and the Doping Control Personnel at the test are also not informed.

## **Reporting to the Doping Control Station**

Players are required to report to the Doping Control Station (DCS) immediately after they are notified for a drug test. At an in-competition test Players may be released back to the dressing room for a team debrief, with the consent of the Lead DCO.

## **Showers**

Showers are not permitted prior to providing a sample at urine tests, unless in exceptional circumstances. The Lead DCO may allow a Player to shower prior to a blood only test.

## **Player notification**

From the point of notification, it is a requirement for a Player to be chaperoned until the test is complete, this includes any team briefings that take place either at half time or at the end of the match. The first urine passed by the player after notification must be collected by the Doping Control Personnel.

## **Athlete Biological Passport**

Testing within English Football includes the Athlete Biological Passport (ABP). The ABP is increasingly used across all sports as a tool within anti-doping. The concept of an ABP is the monitoring of selected biomarkers which can indirectly detect doping. Biological tracing throughout a Player's career will make doping harder to achieve undetected.

Whilst the Premier League is the primary focus of the ABP, Players in any league may be subject to ABP testing.

One of the requirements of an ABP blood test is that a sample has to be taken at least two hours from the point that the Player has ceased strenuous physical activity. For ABP tests, if the Player has trained or competed less than two hours before the time the Player has been notified of his selection, the Player shall be chaperoned until this two hour period has elapsed. For this reason, it is a requirement for Premier League Clubs to provide the time that Players are due to report to the training venue so that on occasions when the Doping Control Personnel arrive before the scheduled session it allows the Players to be given the choice of providing their ABP sample prior to training.

**We would encourage Clubs to provide accurate arrival times for their Players. The arrival time is there as a guide and it is only if the Player is absent from any part of the scheduled training session provided to The FA that the Player will be required to provide alternative whereabouts.**

For the same reason as detailed above, and for the necessity to make testing less predictable, ABP tests may also be undertaken more frequently at a Player's home address. Your assistance in this matter is greatly appreciated.

## **WHEREABOUTS**

The provision of whereabouts is a tool to allow no-advance notice to plan testing in accordance with The FA Anti-Doping Regulations and The FA Social Drugs Regulations. Please note that Players can be tested at any place and any time on non-match days and may not always be tested during the training times you provide on the Online Whereabouts System.

Weekly whereabouts submissions for each squad must start as soon as the squad reports back for pre-season.

A summary of key points to emphasise for the new season are below. For full details please see the Whereabouts Guide 2022/23.

### **Management of squad lists on the Online Whereabouts System**

All registered Players associated with the Club must be allocated to a squad list. Only those Players who are out on loan should be contained in the Unallocated list.

It is a requirement for Clubs to provide The FA with accurate squad lists for their first, reserve and youth squads and to keep them up to date at all times. In previous seasons a number of Club Whereabouts strikes have been issued as a result of a Player missing a training session as

they were participating in a match for another squad at the same Club. As an example, if a first-team Player misses a First Team training session because he is playing in a reserve team match later that day, the Club must notify The FA that the Player has changed squad and will be following the reserve team schedule. Notification can be via email, voicemail, SMS message or through the Online Whereabouts system (mark the Player as absent and include match details listed in the 'Notes' section). Alternatively, the Player can be moved to the Reserve Team squad list to reflect their participation in the match. Please note, should you move the Player out of the First Team squad list, this must be done in advance of the session he is missing.

### **Players' home addresses**

It is the responsibility of the Club to submit home addresses for all Players (First/Reserve/Youth (regardless of academy category status)) via the Online Whereabouts System. This should include the Player's primary residence and any other address at which a Player regularly resides overnight. The Club should ensure the address(es) are kept accurate and up to date at all times. If you need help in inputting addresses onto the system please contact [whereabouts@TheFA.com](mailto:whereabouts@TheFA.com) and we will be happy to assist.

### **Whereabouts details**

Please note, Players can be tested at anytime and anywhere. If Clubs have any commitments to fulfil after the training times provided, we would encourage Clubs to provide these on the Whereabouts system within their weekly schedule (using the Notes section) so they can be taken into consideration during test planning. Examples of such commitments may include the team coach departure time for travel to an away game, visits to a local hospital or Players attending a funeral.

## **Whereabouts checks**

At both an out-of-competition anti-doping and a social drugs test the Doping Control Personnel will ask a Club official to confirm which Players are present at that time. The person providing the information is asked to sign a declaration that the information they have provided, as it is documented on the form, is accurate. The declaration also makes reference to the fact that failing to provide accurate whereabouts information, may be in breach of The FA Anti-Doping Regulations and that disciplinary action may be taken.

**If a Club Official is unsure of whether a Player is present on site at that point, they should check before signing the declaration.**

The FA permits an individual/Club to assist with/submit a Player's Whereabouts on his behalf. However, a Player is deemed personally responsible for, and aware of, any failure to comply with the requirements. A plea that a Player delegated the task to a Club Official and/or someone else and should not be blamed for his failure will not be accepted.

Further information in relation to this requirement can be found in the Whereabouts Guide.

## **THE WADA PROHIBITED LIST**

The Prohibited List sets out the substances and methods prohibited in sport.

Some substances and methods are prohibited at all times and others are only prohibited in-competition. 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.

## **ANTI-DOPING RULE VIOLATIONS (ADRV)**

Committing any ADRV is serious, and significant bans from football apply if an ADRV is committed. See the next page for more information about ADRVs, and who they apply to.



### PRESENCE

The presence of a prohibited substance or its metabolites or markers in a player's sample.  
**Ban: Up to four years\*** Applies to players only



### EVASION, REFUSAL OR FAILURE

Evading, refusing, or failing to submit to sample collection.  
**Ban: Up to four years\*** Applies to players only



### TAMPERING OR ATTEMPTED TAMPERING

Tampering or attempted tampering with any part of doping control. The 2021 Code makes it clear that engaging in fraudulent conduct (e.g. submitting falsified documents to an anti-doping organisation or asking a witness to lie in their witness statement) is an act of Tampering. From 1 January 2021, if an individual commits an act of Tampering relating to another commits an act of Tampering relating to another ADRV, they can receive an additional consecutive ban.

**Ban: Up to four years\***  
Applies to players, player support personnel and other Participants



### TRAFFICKING

Trafficking or attempted trafficking in any prohibited substance or prohibited method.

**Ban: Four years to a lifetime**  
Applies to players, player support personnel and other Participants



### COMPLICITY OR ATTEMPTED COMPLICITY

Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or attempted complicity involving an ADRV or any attempted ADRV.

**Ban: Two years to a lifetime**  
Applies to players, player support personnel and other Participants



### ACTS TO DISCOURAGE OR RETALIATE AGAINST REPORTING TO AUTHORITIES

Acts that threaten or seek to intimidate another to discourage them from sharing information about doping (also referred to as whistleblowing), or retaliating against another for doing so.

**Ban: Two years up to a lifetime**  
Applies to players, player support personnel and other Participants

### USE

Use or attempted use by a player of a prohibited substance or a prohibited method.

**Ban: Up to four years\***  
Applies to players only



### POSSESSION

Possession of a prohibited substance or prohibited method.

**Ban: Up to four years\***  
Applies to players, player support personnel and other Participants



### ADMINISTERING OR ATTEMPTED ADMINISTRATION

Administration or attempted administration to any player of any prohibited substance or prohibited method.

**Ban: Four years to a lifetime**  
Applies to players, player support personnel and other Participants



### PROHIBITED ASSOCIATION

Associating in a professional or sport-related capacity with a person such as coach, doctor, physio or trainer who is serving a ban or who has been found guilty of a criminal or disciplinary offence equivalent to a doping violation.

**Ban: Up to two years\***  
Applies to players, player support personnel and other Participants



\*This ban from sport can be increased by up to an additional two years as part of the aggravating circumstances rule. The bans outlined apply to first violations. Longer bans will be given to second and third offences, with up to a lifetime ban from sport possible.

## Misconduct

In addition to the ADRVs on the previous page, Participants can also receive a ban from football if they are found to have committed any act of misconduct relating to Anti-Doping. In particular, Participants should be aware that the following constitutes misconduct (though misconduct is not limited to these circumstances):

- Interference with the conduct of a drug test or any other aspect of the Anti-Doping programme.
- A breach of the Whereabouts or missed test requirements (including a Player incurring three missed test strikes within a 12-month period).
- Using threatening, abusive, indecent or insulting words or behaviour towards Doping Control Personnel.

## STRICT LIABILITY

Strict liability means that a Player is solely responsible for any banned substance they use, attempt to use, or is found in their body, regardless of how it got there and whether they intended to cheat or not.

## SUPPLEMENTS

Players and Clubs should exercise caution should they choose to use any supplement.

**ASSESS THE NEED:** Diet, lifestyle and training should all be optimised before considering supplements. Players should assess the need for supplements by consulting a registered nutritionist, or a sports and exercise medicine doctor before taking supplements.

**ASSESS THE RISK:** If a Player makes the decision to use supplements, they should assess the associated risks and make informed decisions about the products they opt to use. Supplements may claim to be drug-free or safe for drug-tested

athletes but there is no guarantee that any supplement will be free from prohibited substances.

To minimise the risks Players/Clubs must undertake thorough internet research of any supplement product. We also advise that you only use batch tested supplement products. Informed Sport (**[www.informed-sport.com](http://www.informed-sport.com)**) is a risk minimisation service for supplements and Players and Clubs should consult the site in order to carry out pre-checks of any supplements they intend to use. Evidence of any checks that have been carried out should be kept.

**ASSESS THE CONSEQUENCES:** Testing positive for a substance contained in a supplement could result in a four-year ban.

## CANNABIDIOL (CBD) PRODUCTS

There are a growing number of cannabidiol (CBD) products that can be purchased in forms such as oils, extracts, vape and e-liquids. CBD is one of around 110 known cannabinoids produced by the cannabis plant. It has a different chemical structure to THC, which is the psychoactive compound that illicit drug users use to get “high”. CBD does not have this effect.

CBD is not currently listed on the World Anti-Doping Agency’s Prohibited List. As a result, it is permitted to use in sport. However, despite the permitted status of CBD, Players must still consider the risk of inadvertently ingesting a CBD product that either has a higher THC concentration than expected or contains another cannabinoid that is prohibited in sport through contamination. Please note, during the 2021/22 season a number of players attributed a positive social drug test to the use of CBD products.

The use of any CBD product is at the Player’s own risk. To view the UK Anti-Doping Athlete advisory note regarding CBD products visit:

**<https://www.ukad.org.uk/cannabidiol-cbd>**

## MEDICATION

Many medications available for common medical conditions, such as asthma or hay fever, may contain prohibited substances. Players need to be aware that these can be readily available in products prescribed by their doctor or bought over the counter in a pharmacy.

Players should check every single substance or medication before they use it, even if they have used it before. It is also important to remember that medications bought abroad may contain different substances than those in the UK and they should always check before they take them.

Global DRO ([www.globaldro.co.uk](http://www.globaldro.co.uk)) provides information about the prohibited status of licensed medications under the rules of sport based on the current World Anti-Doping Agency (WADA) Prohibited List, for products sold in the United Kingdom, Canada, Japan, United States, Switzerland, Australia and New Zealand. The system has the ability to check the status of branded medications and individual active ingredients as well as providing every search with a unique reference number for your records.

## 2022 PROHIBITED LIST

From 1 January 2022, the new WADA Prohibited List came into effect outlining the substances and methods prohibited at all times and in-competition only\*.

Comes into effect from 1 January 2022

**S3. BETA-2 AGONISTS**  
Permitted doses of inhaled salbutamol have been modified to 600 micrograms over any 8-hour period. The total permitted daily dose (1,600 micrograms over 24-hours) remains unchanged.

**S9. GLUCOCORTICOIDS**  
Local injections have been added as prohibited routes of administration in-competition.  
For clarification:  
i. oral, rectal, intramuscular and intravenous routes remain prohibited;  
ii. inhaled, intranasal, and dermal routes remain permitted.

**S0. NON-APPROVED SUBSTANCES**  
Body Protecting Compound 157 (BPC-157) has been added.

**ADDITIONAL EXAMPLES:**  
Further examples of prohibited substances have been added to various categories.

**BPC-157 PEPTIDE**  
5mg (100mcg/mL) FOR RESEARCH ONLY

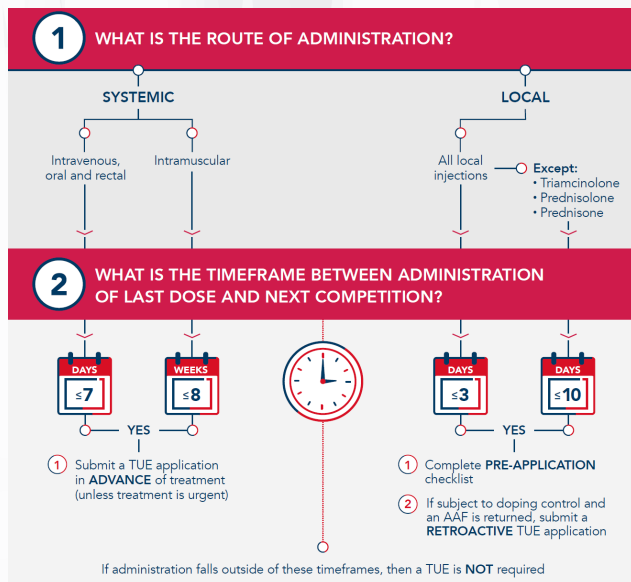
\*In-competition means the period commencing at 23:59 on the day before a Match in which the Player is scheduled to participate through to the end of said Match and including the Sample collection process relating to said match.

Players should not have any substance that is “prohibited in-competition” in their system during this period - this is regardless of when the substance was administered.



## Glucocorticoids

For the last decade (2011-2021), glucocorticoids have been prohibited in-competition when administered by a systemic route (that is, when administered by an oral, intravenous, intramuscular, or rectal route). One of the major changes in the 2022 Prohibited List, is that from 1 January 2022, all injectable routes of administration (including local injections) will be prohibited in-competition. UKAD have developed a new TUE policy that sets out guidance for how athletes and doctors should comply with the changes to the way glucocorticoids will be regulated. Further information can be found in the infographic from UK Anti-Doping below and a Policy FAQ document can be found at the following link: <https://www.ukad.org.uk/special-topics>



## Asthma medication

Although Players do not need to obtain a Therapeutic Use Exemption (TUE) to use a Salbutamol, Salmeterol or Formoterol inhaler they should be careful about how much they take.

As per the 2022 WADA Prohibited List, the permitted doses are detailed below:

- Salbutamol: maximum 1600 micrograms over 24 hours in divided doses not to exceed 600 micrograms over 8 hours starting from any dose
- Salmeterol by inhalation is not prohibited up to a maximum of 200 micrograms over 24 hours
- Inhaled Vilanterol by inhalation is not prohibited up to a maximum 25 micrograms over 24 hours
- Formoterol by inhalation is not prohibited up to a maximum 54 micrograms over 24 hours

All other beta-2 agonists, regardless of route of administration, are prohibited at all times and at all dosages.

If a player were to start frequently using dosages of their inhaler close to the above stated threshold, then they should ask their doctor to undertake a review of their asthma control and treatment plan. This will allow them to put steps in place to prevent exceeding the threshold.

**Please note the above applies to the 2022 Prohibited List. Ensure you check the 2023 Prohibited List (when released) for any changes.**

## GOOD MEDICAL PRACTICE

In line with the General Medical Council's Good Medical Practice document, Club medical staff should ensure that medical records are clear, accurate and legible and that clinicians are making records at the same time as the events they are recording or as soon as possible afterwards.

## THERAPEUTIC USE EXEMPTIONS (TUES)

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.

The prohibited status of any medication can be checked at **[www.globaldro.com](http://www.globaldro.com)**. Non-prohibited medications can be used immediately once prescribed. If the medication is prohibited and there are no permitted alternatives, the Player must comply with the applicable rules for TUES. Failure to do so can result in the Player incurring an Anti-Doping Rule Violation (ADRV). See the next page for UK Anti-Doping's advice regarding Emergency Medicines.

Unless in an emergency the following Players are required to apply for a TUE in advance of using a prohibited substance:

- Professional Players at Clubs in the Premier League, Championship, League 1 & League 2.
- Registered scholars and apprentices at Clubs competing in U18 Premier League (Category 1 Clubs).

All other Players can apply for a TUE retroactively, within five days of the receipt of an adverse analytical finding (positive test).

For more information about the TUE process and to download TUE forms visit the UK Anti-Doping website at: **<https://www.ukad.org.uk/>**.

UK Anti-Doping are the organisation responsible for granting medical approvals in English football.\* Their contact details can be found below in the blue box.

\*If a Club or Player is participating in a UEFA/FIFA competition, the applicable UEFA/FIFA rules for TUES will apply.

## UK ANTI-DOPING ADDRESS

### Post

Loughborough Office,  
SportPark, 3 Oakwood Drive,  
Loughborough LE11 3QF

### Email

[tue@ukad.org.uk](mailto:tue@ukad.org.uk)

### Contact number

020 3161 5014

# EMERGENCY MEDICINES - DO I NEED A TUE IN 2022?



In the course of emergency treatment (e.g. surgery or admission to A&E) athletes may be prescribed with medication or methods of administration which are prohibited in sport. See below for our guidance on when a TUE is necessary.

## Treatments Prohibited In-Competition Only

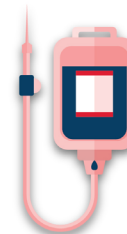
A retroactive TUE will only be required if you are next due to compete within the following timeframes:

- **Adrenaline Auto-Injector (e.g. Emerade, EpiPen, Jext)**  
Adrenaline (epinephrine) - within 3 days of last use
- **Narcotics**  
e.g. fentanyl, morphine - within 7 days of last use
- **Intravenous or Oral Glucocorticoids**  
e.g. dexamethasone, hydrocortisone, prednisolone - within 7 days of last use



## Intravenous (IV) Infusions in Hospital

- IV infusions or injections of >100 ml per 12-hour period are prohibited, except when received as part of a hospital treatment
- IV infusions or injections received in a medical practitioner's office, medical facility at a sports venue, or IV clinic are prohibited, and require a TUE to cover use
- Always check the anti-doping status of the ingredients received within an IV infusion or injection, regardless of the volume



## Treatments Prohibited At All Times

A retroactive TUE application should be submitted as soon as practical after receiving treatment (regardless of next competition date) for the following:

- **Blood Transfusions**
- **Diuretics & Masking Agents**
- **IV Infusions or Injections of >100 ml per 12-hour period (when received outside of a hospital setting)**
- **Nebulised Salbutamol or Terbutaline**



## Top Tips

- Ensure that you obtain a copy of your drugs chart and all treatment records prior to being discharged (there will often be delays if you request these afterwards)
- Check the status of all medications given to you on Global DRO
- If a TUE is required, submit a TUE application form and copies of all medical records related to the treatment as soon as is practical
- If you are subject to Doping Control whilst in the process of applying for a TUE, record your treatment on the Doping Control Form and notify UKAD



### Remember:

Emergency treatment should never be withheld due to anti-doping considerations. The health of the athlete should be the first and foremost priority.

Check your medications



## SOCIAL DRUGS REGULATIONS

### Introduction

As a reminder, The FA's Social Drugs Regulations, which The FA undertakes voluntarily and separately from its World Anti-Doping Agency (WADA) obligations, is detailed within the Social Drugs Regulations of The FA Handbook.

The FA's social drug programme is run completely separately to the anti-doping programme. Testing will be conducted by an external agency with an FA Supervising Officer present to help facilitate the smooth running of the process. For the avoidance of doubt, this will be separate to the anti-doping testing conducted by UK Anti-Doping and concerns social drug use out-of-competition i.e., not on a match day. Testing will be planned in accordance with the Whereabouts information submitted by Clubs.

### What is banned?

Social drugs are banned at all times by The FA. The term 'social drug' means any of the following: amphetamine, cannabinoids (for example, hashish and marijuana), cocaine, diamorphine (aka heroin), ketamine, lysergic acid diethylamide (aka LSD), mephedrone, methadone, methylamphetamine, methylenedioxymethylamphetamine (aka MDMA or ecstasy), and methylenedioxyethylamphetamine (MDEA).

### Social Drug Testing

- Hair testing will be the primary method of sample collection, leading to an increased detection window, and a speedier collection process.
- Hair will be taken from either the head or the body.
- On occasion, urine may be collected.

### Sanctions

- For a first offence a Player will receive a warning, fine and have to undergo a mandatory course of education and/or counselling/

treatment.

- For a second or subsequent breach a Player will receive a three-month period of suspension, reduced to one month if the Player agrees to complete a course of education and/or counselling/ treatment. This mirrors the new Substances of Abuse provision detailed on page 6.
- For refusing to be tested or evading sample collection a suspension in the range of 4 to 12 months will be imposed.
- For full details on sanctions please see The FA Social Drugs Regulations.

### Obligations on Clubs

- Clubs shall make available for the purposes of Social Drugs testing the same facilities that it makes available for testing pursuant to the Anti-Doping Regulations (as outlined on page 3).
- Assist the officials in completing the Whereabouts check (as detailed on page 6).
- Ensure that no Players leave the site after the testers arrive.
- Provide assistance in locating and notifying the Players selected for testing.

**Scan the QR code to learn more about social drugs testing.**



## EDUCATION

The FA Anti-Doping Regulations 2022/23 include new mandatory education requirements for Clubs who compete in the Premier League, EFL, FAWSL and FAWC.

Clubs are now obliged to arrange integrity education sessions for their Players each season in addition to ensuring that club staff complete UK Anti-Doping's Introduction To Clean Sport eLearning course (further details will be provided to Clubs prior to the start of the season.)

## RESOURCES

There are a number of anti-doping resources available to you designed to assist the education of your Players on anti-doping and social drugs. The resources are split between online tools available on The FA website and printed publications and posters.

You will receive the following in advance of the season:

- FA Anti-Doping Advice Card;
- Player Essentials Guides;
- Whereabouts/Checking Medication Card;
- Anti-Doping Posters;
- Whereabouts Guide.

If you require any additional copies or electronic pdf versions of the above resources do not hesitate to get in touch.

Please confirm receipt of the above and that the relevant resources have been passed onto Players by emailing [anti-doping@TheFA.com](mailto:anti-doping@TheFA.com).

### Online Modules

The FA have produced a series of online Anti-Doping modules (available

via The FA's Learning Management System) designed for Club staff which cover the following areas:

- Whereabouts – Outline of Club and Player responsibilities
- Anti-Doping 1- Prohibited List, testing programme, social drugs and sanctions
- Anti-Doping 2- Medications, supplements and Therapeutic Use Exemptions (TUES)

### Videos

The FA Anti-Doping team has developed a series of short videos, aimed at Players covering a range of essential anti-doping topics. Each video can be accessed at [www.TheFA.com/anti-doping](http://www.TheFA.com/anti-doping) or through the Player Essentials App. A summary of what each video covers is below.

#### Keeping Football Clean. Clean For All.

- If a Player takes drugs to cheat there is no place for them in Football. This video takes a closer look at what substances are banned, and what the consequences will be for a Player caught cheating.

#### The Dangers of Social Drugs

- Players should be aware that social drugs are banned at all times. This video explains how taking social drugs could damage both a Player's health, and reputation.

#### Medications and Supplements

- Players need to be aware that they could take a banned substance without knowing, or intending to cheat. This video explains what Players can do to avoid accidentally testing positive.

## The Testing Process Explained

- Players can be tested at any time and at any location. This video explains what a Player should expect if they are selected for a drugs test.

## What a Player needs to know about whereabouts

- Whereabouts is a tool to support an effective no advance notice testing programme. This video explains what a Player's responsibilities are in relation to Whereabouts.

The table below highlights where the resources can be located.

As a reminder the resources provided by The FA are free and available to use by all Clubs. The resources can be used to assist youth Players complete their anti-doping induction.

**The FA Anti-Doping team are always available to deliver anti-doping workshops to your Club staff and Players. Please contact Rob Sutcliffe to arrange a workshop (see contacts on page 17).**

## Education resources

Resource	Detail	Online or Printed	Available from
<b>FA ANTI-DOPING VIDEO SERIES AND SOCIAL DRUGS</b>	Cover a range of anti-doping topics including testing, social drugs, whereabouts, medications and supplements.	Online	<a href="http://www.TheFA.com/anti-doping">www.TheFA.com/anti-doping</a> and Resources tab on the Online Whereabouts system
<b>PLAYER ESSENTIALS GUIDE</b>	Covers all governance and regulation issues including anti-doping, betting and discrimination. It will be available in several languages	Both and App	The app will be able to be downloaded from both the Apple and Google Play Stores ahead of the new season. A pdf version will be available to download at <a href="http://www.TheFA.com/anti-doping">www.TheFA.com/anti-doping</a> , on the resources tab on the Online Whereabouts system and hard copies issued to all Players via the Club
<b>FA ANTI-DOPING ADVICE CARD</b>	Covers all anti-doping issues facing Players including banned substances, whereabouts, TUE applications, supplements and checking medication	Both	<a href="http://www.TheFA.com/anti-doping">www.TheFA.com/anti-doping</a> , in the resources tab on the Online Whereabouts system and hard copies issued to Clubs in June. Additional printed copies available by contacting Rob Sutcliffe.
<b>FA ANTI-DOPING REGULATIONS</b>	FA Anti-Doping Regulations and Procedural Guidelines – 2022/23	Both	<a href="http://www.TheFA.com/anti-doping">www.TheFA.com/anti-doping</a> , in the resources tab on the Online Whereabouts system and part of The FA Handbook
<b>FA SOCIAL DRUGS REGULATIONS</b>	Social Drugs Regulations- 2022/23	Both	<a href="http://www.TheFA.com/anti-doping">www.TheFA.com/anti-doping</a> , in the resources tab on the Online Whereabouts system and part of The FA Handbook
<b>WHEREABOUTS GUIDE</b>	Covers Whereabouts Requirements for the season	Online	Resources tab on the Online Whereabouts System and issued to all Clubs in June.
<b>ANTI-DOPING POSTERS</b>	Separate posters covering the dangers of social drugs, whereabouts, supplement contamination and asthma medication.	Both	Issued to all Clubs in July. Additional copies can be ordered from Rob Sutcliffe
<b>WHEREABOUTS/GLOBAL DRO CARD</b>	Simple two-sided, wallet-sized card, with whereabouts contact details on one side and advice on checking the prohibited status of medication on the other.	Both	Issued to all Clubs in July. Additional copies can be ordered from Rob Sutcliffe

## CONTACTS

Should you need any further information regarding anti-doping, our contacts are below.

The prefix for FA office numbers is **0800 169 1863**.

The Head of Integrity can be contacted 24 hours a day on their mobile to report any information or to ask for help/guidance.

In addition for general anti-doping enquiries you can use the email **anti-doping@TheFA.com**

All whereabouts enquiries should go to **whereabouts@TheFA.com**

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