

FOR PLAYERS

THE FA ANTI-DOPING ADVICE CARD 2020/21



YOUR ANTI-DOPING RESPONSIBILITIES

Valid from 1 July 2020 – 30 June 2021

[TheFA.com/anti-doping](https://www.thefa.com/anti-doping)



FOR ALL
ANTI-DOPING

STRICT LIABILITY

As a player you are solely responsible for any banned substance you use or that is found in your system, regardless of how it got there and whether there was an intention to cheat or not.



Remember, it's your body, your responsibility and your career.



THE PROHIBITED LIST

The World Anti-Doping Agency (WADA) Prohibited List details the substances and methods that are banned in football.

It is updated at least annually, and is effective from 1 January each year.

As a Player you should ensure you know what is included on the List, which can be found at the WADA website: www.wada-ama.org

THE WORLD ANTI-DOPING CODE
INTERNATIONAL STANDARD



PROHIBITED LIST

ASTHMA

If you are asthmatic, make sure you check the banned status of your inhaler. Certain inhalers are banned, or banned above a certain threshold.

The thresholds for Beta-2 agonists are detailed below:

All beta-2 agonists are prohibited, except;
Inhaled salbutamol (maximum 1600 micrograms over 24 hours in divided doses not to exceed 800 micrograms over 12 hours starting from any dose); inhaled formoterol (maximum delivered dose of 54 micrograms over 24 hours); inhaled salmeterol (maximum 200 micrograms over 24 hours).

Remember you can check the banned status of your medication at globaldro.co.uk

ASTHMATIC?

KNOW YOUR LIMIT.



Taking **too much** of your inhaler could lead to a ban from football.

THERAPEUTIC USE EXEMPTIONS

Therapeutic Use Exemptions (TUEs)

This process gives players a means of attaining approval to use a prescribed banned substance/method for the treatment of a medical condition.

Check whether
your medication
is banned using
Global DRO at
globaldro.co.uk.

How to apply:

- If your medication is prohibited check that you cannot take a permitted medication instead.
- Find out if you are at a level of competition that requires a TUE to be submitted in advance by checking the FA Anti-Doping Regulations or with your club doctor or physio.
- If a TUE is required complete the relevant TUE form, attach the required medical evidence and send to UKAD*.
- A TUE form must be signed by the doctor who prescribed your medication and you should consult with your club medical staff before applying.
- For more information about the TUE process consult the FA Anti-Doping Regulations or log on to www.ukad.org.uk/

* If your club is involved in UEFA or FIFA competition at the time that you need to apply for a TUE you should consult UEFA or FIFA Anti-Doping regulations.

SUPPLEMENTS IN FOOTBALL

Players are strongly advised to be very cautious if they choose to take any supplement such as vitamin tablets, energy drinks, or sport-nutrition formulas. This is because there is no guarantee that any supplement is free from banned substances.

Assess the need

Seek expert nutritional/dietary advice, you may not need supplements.

Assess the risk

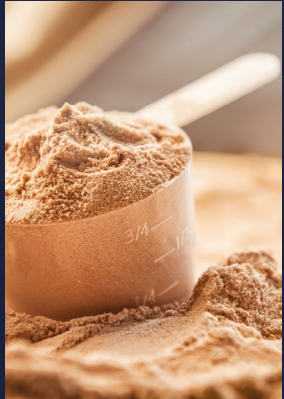
Know, understand and address the risks of contamination.

Assess the consequences

You could receive a four-year ban from football.

You can reduce the risks by:

- Undertaking thorough internet research.
- Only using batch-tested products.
- Checking on Informed-Sport (which is a risk minimisation programme) that the supplement has been batch tested.



SOCIAL DRUGS

BANNED FROM FOOTBALL
PUBLIC SHAME

TERMINATED CONTRACT
ADDICTION

Social Drugs are banned by The FA at all times.



IS IT
WORTH
IT?

Testing positive for Social Drugs on a non-match day (e.g. at training or at home) is a breach of The FA's Social Drugs Regulations and may lead to a 3 month ban (for a 1st offence).

Testing positive for a Social Drug after a match could lead to a 2 year ban.

For more information please visit TheFA.com/anti-doping.

TESTING

DON'T CLOSE THE DOOR ON YOUR CAREER

You can be **tested at any time and at any place**, including a match, training or your home.

Refusing or evading a drugs test is a breach of The FA Anti-Doping Regulations and will likely lead to a **four year ban** from football.

For more information please visit
TheFA.com/anti-doping



WHEREABOUTS

This section only relates to players competing in the Premier League and EFL (including reserve players). Players born on or before 31 August 2002 should follow steps 1, 2 and 3 as described below. Players born on or after 1 September 2002 at clubs who have a Category 1 academy should follow step 1 only.

1. Tell The FA

If you will be absent from a training session or will arrive after the session has started you must notify The FA before the session start time. If you are leaving before the session has ended you must notify The FA before you leave clearly stating in your notification that you are leaving early. In all notifications provide your full name and club, and if required all of the information at steps 2 and 3. The contact details of The FA are below:

SMS: 07800 140 062

Email: whereabouts@TheFA.com

Tel: 0844 980 8210 (24hr messaging service)

2. Provide a full address and 1 hour time slot where and when you will be available that day.

The time slot must start at least 2 hours after notification and be between 6am and 11pm. The address must contain a postcode. You can update or change your location/time slot, provided the 2 hour gap is still observed.

3. Be at the address at the time you have stated and stay there for the hour.

N.B. If you are participating in a club activity at a different venue to that of the scheduled session, you must notify The FA. Preferably, this should be in advance of the training session and in any event, before you leave the original venue to relocate (if applicable), stating your alternative training venue and time.

If you do not adhere to the requirements above, you may get a missed test strike. If you get 3 missed test strikes in 12 months you will be suspended from football for at least 12 months. This is your responsibility, not your club's.

WHEREABOUTS CONTINUED

MISSING TRAINING? **YOU MUST INFORM THE FA IN ADVANCE OF** **MISSING ANY PART OF A TRAINING SESSION.**

Having a scan



Trial at another club



On holiday



Injured at home



Training at a different venue



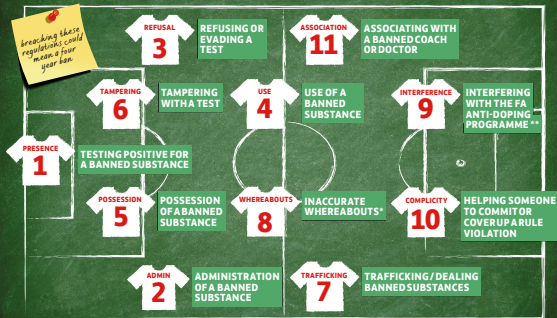
Partner going into labour



You can provide your whereabouts updates via email, text message or the 24hr messaging service
EMAIL: whereabouts@TheFA.com / SMS: 07800 140 062 TEL: 0844 980 8210

ANTI-DOPING RULE VIOLATIONS (ADRVs)

DON'T LET THIS XI RUIN YOUR CAREER



* THIS ONLY APPLIES TO PREMIER LEAGUE, FOOTBALL LEAGUE AND CATEGORY 1 YOUTH PLAYERS

** FOR A FULL LIST OF WHAT IS DEEMED INTERFERENCE PLEASE SEE THE FA ANTI-DOPING REGULATIONS

REPORT DOPING IN FOOTBALL

Report Doping in Sport is a confidential phone line to support the fight against doping in sport. The service allows players, support personnel and anyone involved in the game to provide information about the use, possession or supply of drugs in football.

If you have any information you should make the call to Report Doping in Sport on **0800 32 23 32** or visit **ukad.org.uk** and play your part in protecting football.

If you would rather contact The FA directly, please email anti-doping@TheFA.com.



Help us protect **football**

USEFUL CONTACT INFORMATION

The Football Association

Web: TheFA.com/anti-doping

Tel: 0800 169 1863 ext 4334

Email: anti-doping@TheFA.com

Whereabouts Contact Details

SMS: 07800 140062

Email: whereabouts@TheFA.com

Tel: 0844 980 8210 (24hr messaging service)

The Professional Footballers Association

Web: ThePFA.com/players/anti-doping

Email: Info@thepfa.co.uk

Tel: 0161 236 0575

Sporting Chance Clinic

Web: SportingChanceclinic.com

Email: info@sportingchanceclinic.com

Tel: 0870 220 0714

UK Anti-Doping (UKAD)

Web: ukad.org.uk

Tel: +44 (0) 207 842 3450

Email: ukad@ukad.org.uk

UKAD TUE Information

Web: Search for "TUE" at ukad.org.uk

Email: tue@ukad.org.uk

Fax: + 44 (0) 800 298 3362

UEFA TUE Fax Number

Tel: +41 22 990 31 31

Report Doping in Sport

Tel: 08000 32 23 32

WhatsApp: 07587 634711

Web: ukad.org.uk

Social Drugs

For confidential advice about social drugs go to talktofrank.com, text 82111 or call 0300 123 6600

For alcohol related issues you can call Drinkline on 0300 123 1110

CHECKING MEDICATION



Find out if your medication contains a banned substance on Global Drug Reference Online:

globaldro.co.uk

Global DRO is an online, mobile enabled service that allows you to check the banned status of a licensed medication bought in the UK, USA, Canada, Switzerland, Japan, New Zealand and Australia.

Remember: you cannot use Global DRO to check herbal remedies, supplements or social drugs.