

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 to take a drug 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 www.thefa.com/anti-doping



BANNED FROM FOOTBALL
TERMINATED CONTRACT
PUBLIC SHAME
ADDICTION

IS IT
WORTH
IT?



From the 2021/22 season The FA Social Drug Programme will be run completely separately from the Anti-Doping Programme. Hair samples will be the primary collection method, enabling a quicker process and providing an increased detection window. For more information please visit thefa.com/anti-doping.



Some everyday over the counter medications may contain **banned substances**.

Be careful when taking medications and **always check** the banned status of a medication by brand or ingredient using **Global DRO**.

Just visit www.globaldro.com or ask your club doctor or GP for advice.

1 IN 10 SUPPLEMENTS



May contain **banned steroids or stimulants** you won't know about.*

Don't take any before checking with your club doctor and on
www.informed-sport.com.

*LGC (2013) European wide study into supplement contamination



Professional
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