

ASTHMATIC? KNOW YOUR LIMIT.



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

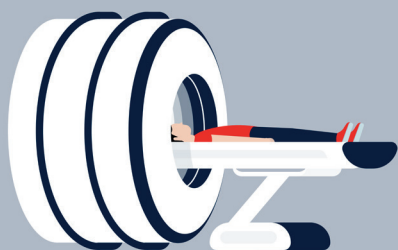
Check the prohibited status of your
medication on globaldro.co.uk



MISSING TRAINING?

**YOU MUST INFORM THE FA IF YOU MISS
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

DON'T LET THIS XI RUIN YOUR CAREER

breaching these regulations could mean a four year ban

The FA Anti-Doping Regulations apply across all levels of football



social drugs are banned at all times

* 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

For more information on Anti-Doping and the Testing Procedures please visit www.thefa.com/anti-doping



BANNED FROM FOOTBALL
TERMINATED CONTRACT
PUBLIC SHAME
ADDICTION

IS IT
WORTH
IT?



Social Drugs are banned by The FA at all times. Testing positive for Social Drugs after a match is likely to lead to a 2 year ban. For more information please visit thefa.com/anti-doping.



**NOT ATTENDING TRAINING?
LEAVING EARLY?**

UPDATE YOUR WHEREABOUTS

Update The FA of your Whereabouts. Include your name, your club, and a full address (including post code) and a 1 hour testing window where you will be available for at least 1 hour during the day that you are absent. The chosen testing window must be between the hours of 6am – 11pm and must start no earlier than two hours after you have notified the FA of your absence.

Incorrect information could result in a missed test and a suspension from football.

WHEREABOUTS CONTACT DETAILS:

- **SMS: 07800 140 062**
- **Email: whereabouts@thefa.com**
- **Tel: 0844 980 8210 (24hr messaging service)**



CANNABIS ➔

➔ **SUCCESS**

Make **your** choice,
it's **your** career.

Cannabis can stay in your system for
up to a month. **Is it worth it?**

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





FOR ALL
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.

THE ANTI-DOPING SANCTIONS ARE CHANGING

From the 2015/16 season breaking the
rules could lead to a four year ban



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



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

