

## WHEREABOUTS CONTACTS

FA Whereabouts e-mail  
whereabouts@thefa.com

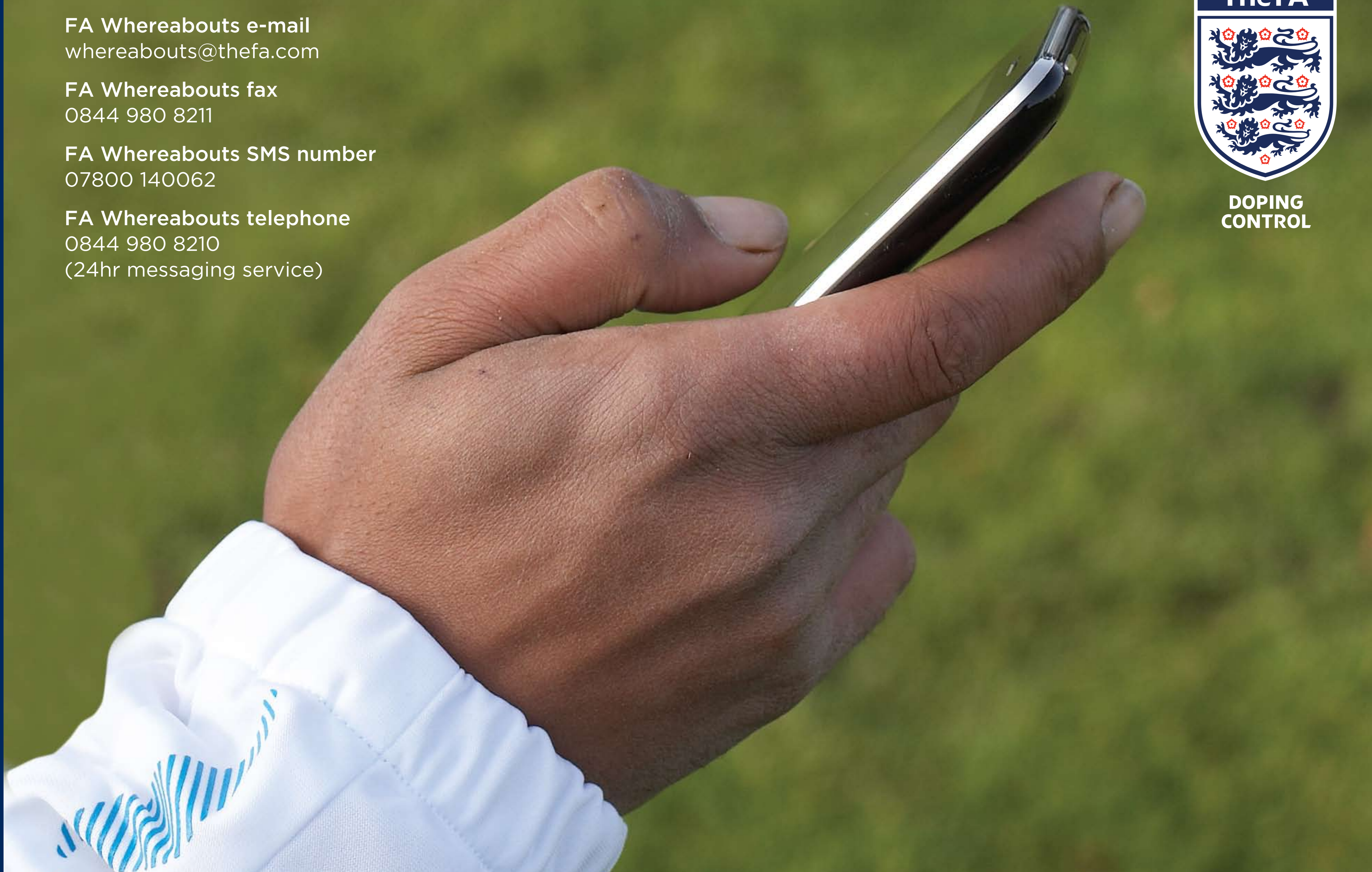
FA Whereabouts fax  
0844 980 8211

FA Whereabouts SMS number  
07800 140062

FA Whereabouts telephone  
0844 980 8210  
(24hr messaging service)



DOPING  
CONTROL



# NOT ATTENDING A TRAINING SESSION?

## HAVE YOU UPDATED YOUR WHEREABOUTS?

Whenever you are going to be absent from a scheduled squad training session, you must notify The FA and provide an address for at least one hour during that day where you will be available for drug testing should The FA decide to test you.\*

Forget and it could mean a Missed Test and a possible suspension from football.

**Its your career, your reputation, your responsibility.**

\* Your one hour cannot start any earlier than two hours after you have told The FA about your absence and must be between the hours of 0600 - 2300.



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# HAVE YOU GOT A VALID TUE?

Need a medication or treatment that's on the banned list? If you don't have a valid Therapeutic Use Exemption (TUE) approved before you start using a banned medication, you could be suspended from football for **two years**. Always check with your club medical staff and never take a banned medication without a TUE.\*

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\* Note that this does not apply in extreme emergency situations, where you can apply for the TUE after you have recovered and for local glucocorticosteroid treatments that require a medical declaration instead of a TUE.



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# THINKING ABOUT REFUSING A DRUG TEST?

**START THINKING ABOUT A TWO YEAR SUSPENSION.**

If you refuse to be tested for blood or urine, it will be treated the same as if you have taken a performance enhancing drug, and you could face a suspension of **two years**. Its always better to take the test, no matter what you think might show up in your sample.

If you think you have a problem with drugs, speak to your club medical staff or contact the PFA. Don't make a bad decision you might regret for the rest of your life.

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# HOW SAFE ARE YOUR SUPPLEMENTS?

Many nutritional supplements have been found to be contaminated with anabolic steroids, stimulants and hormones that are not listed on the label. If you do decide to take supplements make sure you limit the risks as much as possible.\*

The FA don't recommend that players take supplements, but if you do decide to take them, you should always try to use a reliable manufacturer, see [www.informed-sport.com](http://www.informed-sport.com) which provides a testing and accreditation process for supplements.\*

**Always remember that you are responsible for anything that is in your body when you are drug tested. If you test positive because of a contaminated supplement, you would face the same suspension as if you had deliberately taken a banned drug.**

**Its your career, your reputation, your responsibility.**

\* Note that whilst using a regulated manufacturer/supplier may help to reduce risk, it remains a player's responsibility to ensure that they do not take prohibited substances. The FA accepts no liability for the contents of supplements produced, recommended or approved by Informed Sport or any other organisations.



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