



This booklet was produced in association with the Professional Footballers' Association



THE FOOTBALL ASSOCIATION
DOPING CONTROL PROGRAMME



DOPING
CONTROL



Short Guide to FA Doping Control for Professional Players

Season 2008 - 2009



**WHY DO WE NEED A DOPING
CONTROL PROGRAMME?**

INTRODUCTION

The FA's Doping Control rules and procedures are put in place to ensure that no player can use a banned drug or treatment method to illegally improve their performance. They also help to safeguard the health of players, and protect the integrity of the game.

An effective Doping Control Programme means that there is less chance of you losing a match because a member of the other team has cheated by artificially improving their muscle strength, their stamina, or their alertness by using drugs.

This booklet is designed to help you comply with FA Doping Control rules so please read the information carefully.



**IS YOUR MEDICATION
ON THE BANNED LIST?**

MEDICATIONS

Many of the drugs on the FA's banned list are contained in everyday medications, so its important to always make sure that your medication is safe before you take it.

If your medication, or any of its ingredients are on the banned list, you must speak to your club medical staff and get a Therapeutic Use Exemption (TUE) approved **before** you start to take the medication.

**NEED A
MEDICATION
OR TREATMENT
THAT'S ON THE
BANNED LIST?**

**HAVE YOU GOT
A VALID TUE?**



THERAPEUTIC USE EXEMPTIONS (TUEs)

If you don't have a valid 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 medication without a TUE.

In extreme emergency situations, you can apply for the TUE after you have recovered, but you must be able to prove that it was a real emergency.



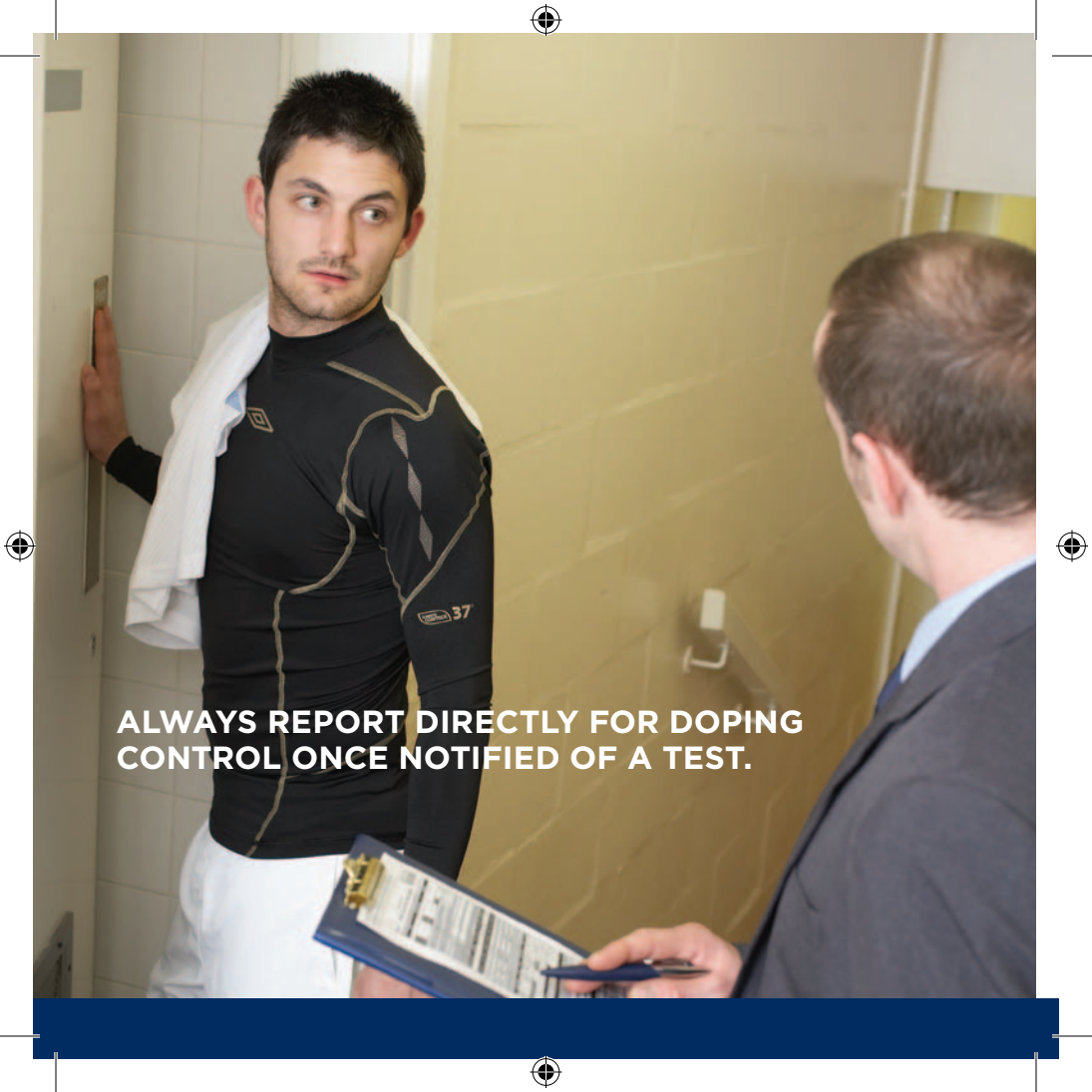
**I ONLY GET BANNED IF
I TEST POSITIVE, RIGHT?**

DOPING CONTROL OFFENCES

There are many ways in which a player might risk a suspension under FA Doping Control Regulations.

Although there are obvious ones like testing positive from a drug test, there are others such as trafficking or supplying banned drugs to others. In some cases, you could be suspended for as long as **four years**.

For the full list of offences, see FA Doping Control Regulations at TheFA.com.

A photograph of a man in athletic wear (black long-sleeved shirt with gold accents and white shorts) standing in a locker room. He is looking towards another man in a dark suit who is holding a clipboard and a pen. The man in athletic wear has a white towel draped over his shoulders. The background shows tiled walls and a door.

ALWAYS REPORT DIRECTLY FOR DOPING CONTROL ONCE NOTIFIED OF A TEST.

REPORTING FOR TESTING

As soon as a Doping Control Official tells you that you have been chosen for a drug test, you must go with them straight to the Doping Control Station (DCS).

If for any reason you don't report when you are asked to, you will face a suspension from football.

**THINKING ABOUT
REFUSING A DRUG TEST?
START THINKING ABOUT
A 2 YEAR SUSPENSION.**



REFUSING TO BE TESTED

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**.

It is 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.

**NOT ATTENDING A TRAINING SESSION?
HAVE YOU UPDATED YOUR WHEREABOUTS?**



WHEREABOUTS


Whenever you are going to be absent from a scheduled squad training session, you must notify The FA of your whereabouts.

This notification must include your name, your club, and an address and time where you will be available for at least 1 hour during the day that you are absent.

Always make sure that The FA would be able to easily find you at the time and location you have stated, otherwise, it could result in a missed test and a suspension from football of at least three months.

REMEMBER

1. Notify The FA in advance of the training session.
2. Provide your name, your club, an address and a 1-hour testing window. Your testing window must start no earlier than **two hours** after you have notified The FA of your absence and must be between the hours of 0600 - 2300.
3. Be there!



**'SOCIAL' DRUGS ARE
BANNED AT ALL TIMES.**

'SOCIAL' DRUGS

Under FA Doping Control Regulations, players are banned from taking social drugs (such as cocaine, cannabis and ecstasy) at all times.

If you take social drugs recreationally you will face a suspension from football of up to **six months**, but if you are tested after a match and a social drug is detected, you could face a **two year** suspension.

Its when the drug is **detected**, not when you took it that counts.

A close-up photograph of a person's hands. The person is wearing a blue long-sleeved shirt. They are holding a white plastic pill bottle in their right hand, tilted to pour three small, round, brown tablets into their left open palm. The background is a plain, light-colored wall. The image is framed by a dark blue border at the top and bottom, and four small circular icons with crosshairs are positioned at the corners of the frame.

HOW SAFE ARE YOUR SUPPLEMENTS?

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 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.

*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.



SUMMARY

As this booklet shows, there's a lot to understand about Doping Control and it can sometimes seem complicated. However don't be worried. If you remember the basic messages provided in this booklet, you will help yourself avoid the risks.

If you are in any doubt, speak to your club staff, or contact The FA or PFA for more information at:

FA

Web: www.TheFA.com

Tel: 0207 745 4954

PFA

Web: www.givemefootball.com

Tel: 0161 236 0575

GENERAL CONTACTS

The Football Association

www.TheFA.com

UEFA

www.UEFA.com

FIFA

www.fifa.com

**The Professional
Footballers Association**

www.givemefootball.com

DRUG INFORMATION

Drug Information Database

www.didglobal.com

UK Sport Drug Information Line

0800 528 0004

UK Sport Drug Information E-mail

drug-free@uksport.gov.uk

TUE INFORMATION

UK Sport TUE Information

www.100percentme.co.uk

UK Sport TUE E-mail

tue@uksport.gov.uk

UK Sport TUE Fax Number

+ 44 (0) 800 298 3362

UEFA TUE Fax Number

+41 22 990 31 31

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**

The Football Association

25 Soho Square

London

W1D 4FA

T 020 7745 4954

F 020 7745 5954

E info@TheFA.com

Produced by The Football Association Doping Control Department