



## **BOWLS SCOTLAND ANTI DOPING GUIDELINES**

At any of the events listed below, athletes can be notified of selection for a test by an Anti-Doping Doping Control Officer (DCO) or a Chaperone using an official Doping Control Form.

### **INTERNATIONAL**

- World Championships held every four years
- World Cup Indoor Singles held annually
- World Singles Champion of Champions held annually
- World Junior Championships held annually
- Asia Pacific Championships held every four years
- Atlantic Championships held every four years
- World Bowls approved international events include:-
- British Isles Senior & Junior Championships/Internationals held annually
- European Bowls Union Championships held biennially
- Asia Pacific Merdeka Championships held annually
- Asian Lawn Bowls Championships held biennially
- Trans Tasman Championships held annually
- Hong Kong Classic held annually
- China Tour & Tiger Bowls held annually
- Dutch Open held annually
- Japan Open held annually
- North America Challenge held annually

### **NATIONAL EVENTS**

- National Championships
- Super Series Finals

For information on the World Bowls Anti Doping policy please follow the link below

<http://www.worldbowls.com/anti-doping/anti-doping-regulations/>

### **Understand the Importance of Checking Medications**

All athletes need to be aware of the principle of strict liability. This means that all athletes are solely responsible for any banned substance they use, attempt to use,

or that is found in their system, regardless of how it got there and whether or not they had an intention to cheat.



It is crucial that athletes check all medications are safe to take prior to use. Medications can be checked online via [Global DRO](#)

[www.globaldro.com](http://www.globaldro.com)

### **The Prohibited list**

All banned substances and methods are outlined in the Prohibited List, which is updated at the beginning of every calendar year, but may also be updated throughout the year. The latest Prohibited List can be found on the [WADA website](#)

### **Apply for a Therapeutic Use Exemption (TUE)**

Athletes who need to use a banned substance or method to treat a genuine medical condition, and there are no reasonable alternatives, may have to apply for a TUE.

The form should be completed by:

- International Level Athletes due to compete in an International Event listed above
- National Events Finalists (super Series and National Championships) – players maybe tested at these events but a TUE can be submitted retroactively

#### **DOWNLOAD TUE APPLICATION FORM**

<http://www.worldbowls.com/anti-doping/tue-application/>

Where an athlete is due to appear in an International event and wishes to make an application for a TUE in respect of prescribed medication involving a Banned Substance or Method on the current WADA Prohibited List, such application should preferably be submitted at least one month prior to appearance in the event and certainly no later than **21 days** prior to the commencement of the event. **The application should be sent to Bowls Scotland** who will submit the TUE to World Bowls.

Please note that World Bowls will not be responsible for advising athletes on any medical conditions and whether such medication includes Substances or Methods included on the WADA Banned List of Prohibited Substances and Methods. All such

investigations are the responsibility of the athlete in consultation with their own medical practitioners/consultants. International Level Athletes may also wish to consult Bowls Scotland in confidence to determine the requirements in relation to submitting a TUE application to World Bowls.

All TUE applications will be treated in the strictest confidence.

## TESTING PROCEDURES

### Understand What Happens in a Test (Doping Control)

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer.

- **Notification** -On notification of a test you will be asked to provide photographic identification. Athletes are entitled and encouraged to nominate a representative to accompany them through the doping control process.
- **Reporting to Doping Control Station** -Athletes must stay in full view of the DCO or Chaperone until after the sample has been securely sealed - this ensures that there is no possibility of the sample being tampered with.
- **Providing a sample**- Athletes will be asked to select a sealed sample collection vessel, and should check that it is empty, clean and the seal is intact. If in doubt ask the representative to assist, or choose another sample collection vessel. The sample collection vessel should be kept in sight of the DCO and the athlete (or athlete representative) at all times throughout the entire procedure. The DCO observing sample provision must be of the same gender as the athlete providing the sample.

The athlete must retain control of the sample collection equipment; the DCO should not handle it. Before providing the sample the athlete will be asked to either wear gloves or wash and dry their hands.

The athlete will be asked to remove enough clothing so that the DCO can directly observe the passing of the urine from the body into the collection vessel. This is necessary to avoid any possibility or suggestion of manipulation.

As much urine as possible should be passed (at least 90mls) into the vessel unless otherwise advised by the DCO. Athletes will divide the sample between the A Sample and B Sample bottles, and then tightly fasten the bottles. The bottles will then need to be sealed in plastic bags and placed into the storage box.



Sample kit bottles A and B

Athletes will be asked to select a sealed sample collection vessel, and should check that it is empty, clean and the seal is intact. If in doubt ask the representative to assist, or choose another sample collection vessel.

The sample collection vessel should be kept in sight of the DCO and the athlete (or athlete representative) at all times throughout the entire procedure.

- **Recording and certifying sample information-**The DCO will record the A Sample and B Sample bottle numbers on the sample collection form and invite the athlete to check the information is correct.

The athlete name should not be on any documentation going to the laboratory.

At this point the athlete will be invited to:

- declare any substances or medication taken during the past seven days
- include any comments they have on their experience on the Doping Control Form
- confirm if they give consent for their sample to be used in anonymous research

The DCO will check and sign the form and will give a copy to the athlete.