



Anti-Doping and Substance Misuse

Sport Ireland, Sport NI and Swim Ireland abide by the World Anti-Doping Agency (WADA) ethical guidelines to ensure sport remains clean and fair in competition. Sport Ireland is the National Anti-Doping Organisation in Ireland monitoring compliance and carrying out athlete checks working in conjunction with Sport NI. Swim Ireland carries out anti-doping education for our athletes and parents on behalf of Sport Ireland and Sport NI. Substance misuse includes the use of banned substances and the use of tobacco and alcohol whilst in a sporting environment.

Anti-doping

WADA have a list of prohibited substances considered to enhance performance that are not permitted to be used or taken whilst participating in sport. It is the athlete's responsibility to ensure they do not use any banned substances on WADA prohibited list including unregulated dietary supplements. Unregulated dietary supplements are not recommended as they may contain or have been contaminated by banned substances or be potentially medically harmful; this will have consequences for any athlete who undergoes dope testing.

Athletes should note the following before considering any supplement:

- A correct dietary and nutritional regime will provide all the potential benefits of sports supplements.
- Taking supplements could expose athletes to the possibility of inadvertent positive tests
- Taking supplements may have a long-term impact on an athlete's physical development.

Athletes can be checked by an Anti-Doping Officer, especially at national meets. For performance athletes there is a requirement to ensure they are available for testing by notifying Sport Ireland of their whereabouts.

Swim Ireland recommend that all athletes follow WADA's ethical guidelines supported by healthy diets and a fair sporting environment for all athletes.

Further information can be found here: <https://www.sportireland.ie/anti-doping/athlete-zone/athlete-zone>. Information about medications purchased in the UK can also be found here: <https://globaldro.com/Home>

Athletes and their parents should seek advice from their coach, anti-doping officers or medical professionals regarding any supplement or concern about medication to ensure young people have a healthy diet and participate in a fair and ethical environment.

Substance abuse

The misuse of substances, tobacco or alcohol are forbidden as being incompatible with a healthy lifestyle and participation in sport. Any sporting activity should take place, where possible, in a non-alcoholic environment where adults are encouraged to be role models for young people.

Leaders must avoid the use of tobacco or alcohol whilst responsible for young people in their club, region or nationally and sponsorship from alcohol and/or tobacco companies should be avoided. The misuse of substances, tobacco or alcohol is a breach of the code of conduct and may be subject to disciplinary action.