



## **RSHGA Anti-Doping Guide**

Refer to the RSHGA Website: [www.rshga.org](http://www.rshga.org)

### **THE TESTING PROGRAMME and COMPETITORS' OBLIGATIONS**

The RSHGA runs an anti-doping programme in conjunction with UK Anti-Doping, the body recognised by the World Anti-Doping Agency (WADA) as the National Anti-Doping Organisation for the UK. In becoming a member of the RSHGA, or signing a competition entry form, all members and competitors have given their consent to random testing for prohibited substances (as listed in the annually updated World Anti-Doping Agency Prohibited List). All members and competitors should inform the RSHGA prior to competition of any medicines they may be taking at that time. All testing carried out by UK Anti-Doping will be completed in accordance with the World Anti-Doping Agency (WADA) International Standard for Testing.

### **RSHGA Anti-Doping Rules**

The anti-doping rules of the Royal Scottish Highland Games Association are the UK Anti-Doping Rules published by the Drug-Free Sport Directorate of UK Sport (or its successor), as amended from time to time. Such rules shall take effect and be construed as rules of the Royal Scottish Highland Games Association.

### **Anti-Doping Information**

Anti-Doping information can be found at the following websites:

<http://www.ukad.org.uk/resources/document/uk-anti-doping-rules> - this is the webpage where the current UK Anti-Doping Rules can be found, and is fully maintained by UK Anti-Doping.

<http://www.ukad.org.uk/> - the UK Anti-Doping website is aimed at UK athletes. It has links to the WADA and Global DRO websites, along with education for athletes including the UK Anti-Doping Rules, the Policy, the process for obtaining a TUE and more.

<http://www.globaldro.com/> - this is a website which allows athletes to check **medication** to see if there are any substances contained within that medication that is included in WADA's Prohibited List.

<http://www.wada-ama.org/> - the WADA website will give an athlete anti-doping information, and includes the World Anti-Doping Code, Prohibited List and other International Standards. The Prohibited List is a list of substances that athletes are not permitted to use. There is also, amongst other information, guidance about Therapeutic Use Exemptions (TUEs), which can be obtained if an athlete needs a Prohibited Substance due to a medical condition.