

## Drugs and Anti-Doping – new information for competitors

### **Background**

During last year, the Fédération Aéronautique Internationale (FAI) committed to the World Anti-Doping Authority (WADA) Code, which has been revised and become more stringent. UK Sports Council regulations have also been revised and the BGA must comply with those to qualify for any public funding. For most UK glider pilots, the only impact will be some additional paperwork at BGA rated competitions and when applying for or renewing a competition licence, but it is important that competitors comply with the paperwork and familiarise themselves with the basic requirements.

### **What are drugs?**

For the purposes of air sports, drugs may be

- Recreational drugs (e.g. cannabis);
- Performance-enhancing drugs (e.g. anabolic steroids), whether or not they have a positive effect on your performance;
- Some prescription medication (e.g. beta blockers or insulin); many prescription drugs used for legitimate purposes contain substances banned under the WADA Code;
- Some over-the-counter medication (e.g. some nasal sprays or anti-inflammatories);
- Alcohol in excess of 10 mg per 100 ml (to compare, the UK drink-drive limit is 80 mg per 100 ml).

### **New requirements**

- The BGA must adopt the FAI Anti-Doping Rules and Procedures, incorporating them into our rules and procedures. The rules must be accessible to competitors, so that they can keep themselves informed.
- The Competition Rulebook for 2010 will contain an amendment to the anti-doping rules.
- All competitors must sign an Acknowledgement and Agreement when they renew their Sporting Licence and when they enter a BGA rated competition. The Sporting Licence application form and Nationals competition entry form now reflect this, requiring competitors to confirm their acknowledgement of the rules and their acceptance of the procedures.
- All competitors **may** be subject to in-competition testing (but in reality this is only likely at an international level in the foreseeable future).
- Coaches, crews, team managers and competition officials also need to be aware of the changes.

### **Implications for international competitors and teams**

In-competition testing already takes place at international events and this will continue. Potential and actual international competitors, team officials and crews need to keep themselves fully informed about the anti-doping rules.

The FAI has to introduce out-of-competition testing (OOCT). This will only affect a very small number of top international competitors. There is no current likelihood that gliding will have to introduce OOCT at UK level.

Crews, team officials and coaches also need to be fully aware of the rules, as anyone operating in support of a competitor could unwittingly cause problems for a pilot, for example by giving the pilot some over-the-counter medication containing a banned substance. The pilot could be found to have committed a doping offence and be banned as a result – not something that you would want to happen!

### **Further information**

For further information on anti-doping, follow these links:

[Details of the FAI Anti-Doping Programme](#)

[FAI Anti-Doping Rules and Procedures](#)

[List of Prohibited Substances](#)

[Applications for Therapeutic Use Exemptions](#) - A competitor who needs to use medication that contains a banned substance (where there is no alternative available) needs to obtain a 'TUE' to allow continued use of the banned item.

[Competition rules of the British Gliding Association](#)

If you have any concerns about the anti-doping rules, you should in the first instance contact the Royal Aero Club anti-doping adviser on [diana@king618.co.uk](mailto:diana@king618.co.uk).