



**TABLE TENNIS  
WALES**

**UKAD – Help Protect Clean Sport  
Table Tennis Wales – Key Information Pack**

Date – 23/04/2021

## **Introduction:**

Doping is one of the biggest threats to sport today. Media is covering more high-profile cases. Therefore, it's vital we all work together to help athletes remain clean and protect the integrity of our sport. Clean sport for everyone means a fair playing field for everyone.

-Anti-Doping (UKAD) body responsible for protecting a culture of clean sport

-WADA – World Anti-doping agency, was formed in 1999 to govern things internationally.

-World anti-doping code – agreed set of rules helps makes procedures/processes consistent around the world. The athletes anti-doping rights are a part of this book.

-The prohibited list: One of the eight international standards developed by WADA, or a substance not named that has a similar biological effect. The list is updated annually (January 1<sup>st</sup>) but substances can be added at any time. Some substances banned in competition and some always banned. Some are banned in some sports and not in others. These would include two of the next three.

1. Harmful to health
2. Performance enhancing
3. Against the spirit of sport

(Substance abuse has been added, E.g Heroine, cannabis, cocaine).

## **My Role:**

Stephen Jenkins – Anti-doping role within Table Tennis Wales – **“Performance Lifestyle advisor and athlete support personnel”**. Athletes should take pride in staying clean and know what it means. Unintentional doping can be a huge risk to athletes so its vital to increase awareness in this area.

Promote: **100% ME** (Value for our National Teams). Passion, Respect, Integrity, Determination, Enjoyment.

## **Bottom line:**

*“All athletes are responsible for what they put in their body, intention or no intention. Your body, your responsibility”*

-2012 44% unintentional cases (now its 20%) due to education and courses.

## **What is doping?**

The term doping refers to breaking any of the eleven (ADRVs). It is not just a positive test from a prohibited substance. In addition to athletes seven of the ADRVs also apply to support personnel. Knowing them means protecting both yourself and the athletes you work with. The consequences range between a reprimand and a lifetime ban. This could mean the end of your career in sport and your reputation on the line.

**-Anti Doping violations (ADRVs) are as follows:**

1. Presence
2. Use
3. Refusal
4. Failure
5. Tampering
6. Possession
7. Trafficking
8. Administration
9. Complicity
10. Prohibited/associated
11. Discouraging and/or retaliate against reporting to authorities

**- Athlete Support personal (ASP) are also liable:**

1. Tampering
2. Possession
3. Trafficking
4. Administration
5. Complicity
6. Prohibited/associated
7. Discouraging and/or retaliate against reporting to authorities.

**Why might an athlete dope?**

The pressures for athletes to perform in the sporting environment has never been greater. The quest for victory, gold medal or financial reward can lead to athletes to risk their health, reputation and athletes' careers for short-term success. One main reason is for athletes to gain an unfair advantage over their competitors. Prohibited substances can unnaturally allow athletes to train harder more frequently whilst minimising the risk of overtraining and injury (Body mass, muscle, bone strength, increase oxygen to muscles, dip in performance, mask pain, relax, reduce weight). Two other main reasons include to continue training whilst

Injured (mask pain, speed up recovery) and the drive for fame and fortune (Money, contracts, sponsors, spectators, breaking records/history books).

## **Unintentional Doping**

The anti-doping rules have limited sympathy for carelessness, so athletes who do not understand the meaning of strict liability may make poor decisions resulting in an ADRV. Athletes not checking this medication or managing the risks with their supplements can face the same consequences from a ban from sport and public shame.

## **Athletes obtaining TUE**

**You are included in the UKAD National TUE Pool or you are considered to be an International-Level Athlete by International Table Tennis Federation**

- **This means that if you ever need to use a prohibited substance or method for therapeutic reasons, then you are required to apply for a Therapeutic Use Exemption (TUE) in advance of using the substance or method in question (unless there is an exceptional circumstance – please see UKAD website for these).**
- **At the point that you are prescribed with any medication (or purchase any medication over-the-counter), you should check the anti-doping status of that medication on Global DRO.**
- **If the medication or method of treatment is prohibited, then use the UKAD TUE Wizard to find out how to apply for a TUE.**
- **Please contact Stephen Jenkins by email ([stephenjenkins@tabletennis.wales](mailto:stephenjenkins@tabletennis.wales)) or UKAD at [tue@ukad.org.uk](mailto:tue@ukad.org.uk) should you have any questions relating to medications or TUEs.**
- **We are also obliged to inform you that you would be at risk of incurring an anti-doping rule violation should you be subject to Doping Control without having first obtained a TUE (unless there is an exceptional circumstance for not doing so)**

## **What are the signs of doping?**

1. Physical signs - (Increase in muscle, see through veins, bad skin, increase in body hair, increase in appetite, bruising easily)
2. Increased stress levels - (life and sport can add pressure to the athlete)
3. Aggression and agitation (out of character behaviour)
4. Erratic behaviour (being withdrawn, heightened anxiety, nervousness, lack of care and hygiene)
5. Mood swings (sudden change in mood/continuous mood swings)
6. Risky behaviours (Alcohol abuse, social drug use, adrenalin seeking behaviours, abuse of medication or prescription drugs)
7. Inconsistencies in performance and training (Performances leaving you puzzled as they are very unlikely or unrealistic)
8. Changes in mental health (side effects from drug can cause depression)
9. Who athletes associate themselves with (friendship groups, peer pressure, gyms)

## **Preventing Doping**

Coaches, parents, teammates all play a part in encouraging the athlete to stay clean. Athletes are faced with many challenging environments, setbacks, or challenges and it's vital for us to help athletes develop the skills that will help them cope with any situation within the sporting context and those that could lead to doping. Having a strong coach-athlete relationship and encouraging athletes to talk in a safe and relaxed environment can be crucial to athletes talking to you about any major concern they have. Encouraging family and friends to support the athlete is also very important so they realise the strength in the support network around them. Working with athletes to improve their self-belief and cognitive skills to manage challenging times helps to build resilience.

## **Testing Procedures**

### **Who can be tested and when?**

[Athletes](#) can be tested any time, any place. Organisations that have the authority to conduct testing are: National Anti-Doping Organisations (NADO) such as [UK Anti-Doping](#), International Federations (IFs), or Major Event Organisers (MEO) such as the Organising Committee of the Olympic and Paralympic Games.

### **What types of tests are there?**

There are currently two types of anti-doping test: urine and blood. Once a sample is collected it is sent to a WADA accredited laboratory to be analysed. They never know whose sample they have, as it is anonymous.

### **ANTI-DOPING ACKNOWLEDGEMENT FORM (Entry forms for Table Tennis Wales organized tournaments/club competitions)**

All forms is to be completed in respect of any player who is aged 17 and under, and must be signed by a person having legal responsibility for the player. The signiture confirms that the responsible adult for the child has read the Table Tennis Wales Anti-Doping Rules and Regulations and acknowledges the player being bound by the Rules and Regulations.

#### **What happens in a Test?**

The main stages of the testing process are as follows:

- Notification of selection for a drugs test
- Reporting for testing
- Selecting a collection vessel
- Providing the sample under supervision
- Selecting the sampling kit
- Dividing and sealing the sample
- Testing the suitability of the sample
- Recording and certifying the information

#### **Who does the test?**

Trained and authorised Doping Control Officers (DCO) conduct testing. Sometimes athletes are notified by what's known as a Chaperone, who can also observe sample provision too. They always have to show identification when they notify athletes, and then they will make sure you are accompanied at all times until the process is finished. A Blood Collection Officer (BCO) is a trained and experienced phlebotomist, who carries out blood tests.

The UK Anti-Doping Rules apply to all participants of the sport, including Minors, and they make all participants subject to drug Testing. For the purposes of those rules, consent of a parent or guardian to the Testing of a Minor is deemed to follow automatically from the fact that the Minor has been permitted by their parent or guardian to participate in Table Tennis. Therefore, any Minors participating in the sport may be subject to drug Testing

## Contacts and Webpages – Information for Athletes

- Athletes to download the clean sport app and signpost to the athlete zone on UKAD website.
- Ask athletes/parents to familiarise themselves with global dro and to check any medication they are currently using or want to use. This will check if its prohibited or not.
- Encourage coaches to complete the coach clean course.
- Make coaches and parents aware of UKAD website.

For all UKAD enquiries	UKAD office	<a href="http://www.ukad.org.uk">www.ukad.org.uk</a> (0)20 7842 3450
For all anti-doping information for athletes	UKAD athlete page	<a href="http://www.ukad.org.uk/athletes">www.ukad.org.uk/athletes</a>
For all things clean sport	Clean sport app	Go to the app store, type in “clean Sport” and download the app to your phone or tablet
For information on TUEs	TUEs	<a href="http://www.ukad.org.uk/medicine">www.ukad.org.uk/medicine</a>
The prohibited list (Check regularly for updates)	WADA	<a href="http://www.wada-ama.org">www.wada-ama.org</a> <a href="#">What is Prohibited   (wada-ama.org)</a>
To check your medications	Global Dro	<a href="http://www.globaldro.com/uk/search">www.globaldro.com/uk/search</a>
To check your supplements	Informed Sport	<a href="http://www.informedsport.com">www.informedsport.com</a>
How can you report doping in sport	Protect your sport	<a href="http://www.ukad.org.uk/protect-your-sport">www.ukad.org.uk/protect-your-sport</a> 08000 32 23 32

Please sign to acknowledge that you have read and understood the above document, and you agree to the UKAD testing procedures for your child if they should happen.

Name:

Signature:

Athlete support personal(coach):

Signature:

Parent/Guardian:

Signature: