

Be Ready When It Counts: Testing Starts with You

1



Taking Medication?

Ensure medication is checked from the country it is bought in.

For medication bought in the Republic of Ireland use -
<https://medcheck.sportireland.ie/>

For medication bought in Northern Ireland, UK and other countries use -
<https://www.globaldro.com/Home>

2



Using Supplements?

Use <https://sport.wetestyoutrust.com/> to check supplements have been batch tested.

The safest option is a food first approach to nutrition.

Ensure you've spoken with a nutritionist/dietician and know why you're taking supplements.

3



Never been tested?

Prepare yourself by taking a look at the Resource section of the Sport Ireland website. Make yourself familiar with the Sample Collection Guidelines and watch the testing video:

<https://youtu.be/UNb6-6saMAg?si=zdQ1bJa5PyVBtsJZ>

4



Know the rules?

A positive test is only one way to serve an Anti-Doping Ban. There are 11 Anti-Doping Rule Violations for athletes.

Be familiar with the 11 ADRVs that apply to athletes.

5



Completed your education?

Ensure you complete your education requirements as set out by your NGB.

We recommend athletes to complete WADA Adel for National Level Athletes Course.

<https://adel.wada-ama.org/learn/learning-plans/2/national-level-athletes-education-program-english>

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