



SPÓRT ÉIREANN
SPORT IRELAND

Clean Sport Resource Handbook



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Scan here for
essential Clean Sport
links and resources



Athlete Whereabouts

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WHAT YOU NEED TO KNOW ABOUT ATHLETE WHEREABOUTS

Athletes who are part of the Registered Testing Pool (RTP) are required to submit their Whereabouts to Sport Ireland Anti-Doping 365 days a year.

QUARTERLY SUBMISSION DEADLINES

Put a calendar reminder in your phone for submission deadlines.



The time deadline for all of the quarterly submission is 23.59pm.

WHEREABOUTS REQUIREMENTS



Overnight Accomodation

- Address of where you sleep every night
- No timeframes necessary



One-Hour Slot

- Any hour between 05:00 and 23:00
- Must be at address for full hour every day



Regular Activity

- Training/physio/work
- Week-to-week skeleton schedule



Competition

- Address of competition venue
- Only enter for days you are competing rather than the full competition dates

WHEREABOUTS FAILURES



Filing Failure

Incomplete or innacurate information



Missed Tests

Not available for testing during your 60 minute time slot

3

Whereabouts failures in a 12 month period

=

Anti-Doping Rule Violation

METHODS OF SUBMITTING AND UPDATING YOUR WHEREABOUTS



All Whereabouts submissions should be submitted through ADAMS.

Website: <https://adams.wada-ama.org/adams>

App: Athlete Central

Download here: <https://www.wada-ama.org/en/athlete-central>

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Anti-Doping Rule Violations (ADRVs)

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ANTI-DOPING RULE VIOLATIONS (ADRVs)

Under the World Anti-Doping Code there are 11 Anti-Doping Rule Violations that apply to athletes and 7 that apply to Athlete Support Personnel.

11 ADRVs applicable to athletes



The **PRESENCE** of a prohibited substance or its metabolites or markers in an athlete's sample.

USE or attempted use by an athlete of a prohibited substance or a prohibited method.



EVADING, refusing, or failing to submit to sample collection.

POSSESSION of a prohibited substance or prohibited method.



TAMPERING or attempted tampering with any part of doping control.

WHEREABOUTS FAILURES are considered as any combination of three missed tests and/or filing failures within a 12-month period by an athlete in a registered testing pool.



TRAFFICKING or attempted trafficking in any prohibited substance or prohibited method.

ADMINISTRATION TO AN ATHLETE

Administration or attempted administration to any athlete of any prohibited substance or prohibited method.



COMPLICITY

Assisting, encouraging, aiding, abetting, conspiring, covering up or any other type of intentional complicity or attempted complicity involving an ADRV or any attempted ADRV.

PROHIBITED ASSOCIATION

Associating in a professional or sport-related capacity with a person such as a coach, doctor, physio or trainer who is serving a ban or who has been found guilty of a criminal or disciplinary offence equivalent to a doping violation.



DISCOURAGE OR RETALIATE

Acts that threaten or seek to intimidate another to discourage them from sharing information about doping (also referred to as whistleblowing), or retaliating against another for doing so.

Dried Blood Spot (DBS) Testing

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DRIED BLOOD SPOT (DBS) TESTING

What is DBS?

DBS is an innovative testing method that collects a few drops of blood from an athlete's fingertip or upper arm.

DBS is a valuable additional collection method which will be used by Sport Ireland to supplement, **but not replace**, existing urine and blood testing methods at present.

Benefits of DBS

- ✓ **Speedy sample collections:** No requirement to rest prior to providing a sample. The average DBS collection takes approximately two minutes.
- ✓ **Minimally invasive:** More comfortable, painless blood collection for a better athlete experience.
- ✓ **Volume of Blood:** Only a few drops of blood are required to complete a DBS collection.



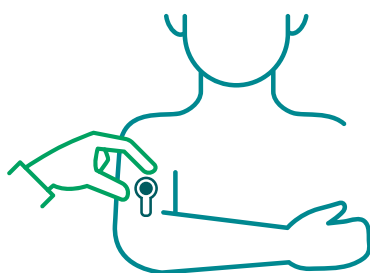
Fig. 1
Tasso M20



Fig. 2
DBS Collection



Fig. 3
Innovero
Safe System



DBS Sample Collection Process

- 1 Athlete selects sealed sample collection device and secure transport kit. (Fig. 1)
- 2 Preparation for sample collection including warming and cleaning of the collection site.
- 3 Application of device on upper arm or fingertip by a trained Doping Control Officer (DCO). (Fig. 2)
- 4 Device remains in place until spots within the TASSO device are filled and blood collection is complete.
- 5 Removal of device from arm by the DCO.
- 6 Transfer of sample to security kit by the DCO for athlete to seal. (Fig. 3)

If athletes have any feedback to share during the sample collection process, please ensure to communicate this to the Doping Control Officer.

For educational and informational purposes only. If you require further information please contact us at cleansporteducation@sportireland.ie

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Glucocorticoid Injections Guidance

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GLUCOCORTICOID INJECTIONS GUIDANCE

Therapeutic Use Exemption (TUE) Committee Policy on Glucocorticoid (GC) Injections.

Methylprednisolone (Depo-Medrone) and Triamcinolone (Kenalog[†]) administered by intramuscular (IM) injection as treatment for hay fever are prohibited in-competition in sport and therefore their use requires the athlete and their physician to strictly adhere to the TUE Policy.



The TUE Policy is available at:

www.sportireland.ie/anti-doping/athlete-zone/athlete-zone/therapeutic-use-exemptions

Requests for IM glucocorticoid injection TUEs used to treat hay fever are extremely uncommon and are rarely approved. Any request should include comprehensive evidence of ongoing specialist consultation and clear evidence of the failure of non-IM glucocorticoid approaches.

- **Athletes included in their International Federation Registered Testing Pool and/or athletes competing at International Competition** who require this injection during the WADA GC Washout Period or the in-competition period should contact their sport's International Federation for advice on their specific TUE policy/practice prior to administration of the treatment. Their sport's Anti-Doping Officer can provide assistance in identifying International Competitions and establishing the requirements for a TUE Application (See WADA GC Washout Period table below).
- **Athletes included in the Sport Ireland Registered Testing Pool** (that are not competing at an International Competition) should apply to Sport Ireland for a Pre-test Therapeutic Use Exemption in advance of receiving an IM glucocorticoid, if the injection administration will take place during the WADA GC Minimum Washout Period or the in-competition period.

Their TUE application should be prepared using the information in the Medical File section below to aid them (See WADA GC Minimum Washout Period table below). The GC Injection should not be administered until Sport Ireland's TUE Committee decision has been communicated to the athlete.

- **Athletes eligible for a Post-test TUE application** (see [Sport Ireland TUE Guide](#) for more information) should ensure that prior to the administration of any IM glucocorticoid injection by a physician, they are capable of preparing a medical file to the standard outlined below, if the injection administration will take place during the WADA GC Minimum Washout Period or the in-competition period. Athletes may be required to submit this medical file to support a TUE application later. The TUE application should also be prepared using the information in the Medical File section below (See WADA GC Minimum Washout Period table below).

[†] Note: While Kenalog (Triamcinolone acetonide) injection has been discontinued from the Irish market some unlicensed product may be available.

Hormone Replacement Therapy (HRT) Guidelines

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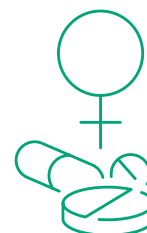


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HORMONE REPLACEMENT THERAPY (HRT) GUIDELINES

Please note these guidelines only apply to athletes and sports Sport Ireland complete testing in, this will not apply to sports and athletes who compete at a lower level (recreationally).

Perimenopausal and menopausal symptoms can be particularly difficult for some women and in some cases, doctors may prescribe medications or lifestyle changes to help address these symptoms.



Menopausal symptoms are usually caused by the fluctuation and decline of the two main sex hormones, oestrogen and progesterone. Some common examples of symptoms include changes in the duration and frequency of periods, night sweats, joint pain and mood changes. Though not suitable for all women, for many women, Hormone Replacement Therapy (HRT) is a medical treatment that may relieve some or all of these symptoms.

The two main hormones used in HRT are oestrogen and progesterone/progestogen. They are available in various formulations such as tablets, creams, pessaries, gels, sprays and also as an intra uterine system (IUS; also known as a coil). Standalone oestrogen and progesterone/progestogen products as well as combination products containing these substances are not prohibited for use in sport.

While not licensed for use in women in Ireland, occasionally testosterone supplementation is offered to women as part of HRT treatment. However, **testosterone is prohibited at all times in both men and women***. Testosterone, an androgen, has enhancing effects on the body, for example it increases muscle mass and strength, and these enhancements confer an advantage in sport.

In the female body, any exogenous testosterone (e.g., tablet/gel) administered is added to the testosterone already produced in the body (endogenous). In males however, the hypothalamus strongly suppresses endogenous testosterone production in the presence of exogenous testosterone (negative feedback).

For females, this lack of strong negative feedback can lead to testosterone levels that are greater than those normally present in the body therefore it would be unlikely that a female athlete could meet the WADA criteria for obtaining a Therapeutic Use Exemption (TUE) for testosterone use.



Medication and Supplements Flashcards

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CAN YOU GUESS?

The status of this medication?

Prohibited In Competition

Prohibited At All Times

Permitted

Restricted



Parents' and Guardians' Guide to Clean Sport

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YOUR ROLE AS A PARENT OR GUARDIAN

As a parent or guardian, you know that children are constantly being put under pressure to train hard, compete and achieve at a high level. This pressure can lead athletes to make bad decisions often presented as shortcuts such as extreme dieting, over training, taking supplements or doping.

Your role as a parent is to help your children achieve their sporting goals and dreams while also being able to teach them respect, integrity and the value of clean sport.

You have the ability to be the consistent voice in their life promoting safety, good health, balance and the enjoyment of clean sport throughout their pursuit of excellence. This guide is designed to help you enhance your children's knowledge of how to protect themselves in their sport.



Sport has the power to build positive qualities such as commitment, respect, friendship, enjoyment, resilience, and healthy lifestyle choices. However, if these values are not emphasised, sport can also lead to negative behaviours such as dishonesty, arrogance, or prioritising winning over health and integrity. As parents, coaches, or role models, there are practical ways you can help embed the right values in young athletes:

- **Promote respect** - Encourage children to show respect not only for their opponents, but also for themselves, coaches, referees, and the game itself. This reinforces the idea of winning and losing with dignity and respect.
- **Focus on development, not just results** - Remind athletes that improving their skills, effort, and teamwork are more important than simply winning.
- **Model positive behaviour** - Praise your child for their effort regardless of the result, stay positive on the sideline, and speak well of opponents and officials after the match.
- **Set clear priorities** - Place respect, integrity, personal growth, and fairness above winning, and reinforce these values regularly.
- **Encourage reflection and dialogue** - Talk with your children about the values promoted in their club, team, or training environment, and help them see sport as a pathway for growth and becoming their best selves.
- **Teach life lessons through challenges** - If a child cuts corners or bends the rules, use it as a chance to discuss honesty, ethics, and the consequences of poor choices.
- **Highlight clean sport** - Be clear that performance-enhancing drugs and doping have no place in Irish sport. Share Sport Ireland's message that true achievement comes from hard work, integrity, and fair play.



By reinforcing these values, you can help ensure that children not only enjoy their sporting journey but also carry the spirit of clean and fair sport into all aspects of their lives.

Prohibited Association

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PROHIBITED ASSOCIATION

Clean Sport starts with Clean Support

Prohibited Association is one of the Anti-Doping Rule Violations designed to protect athletes from being influenced or supported by individuals who have engaged in doping-related misconduct – including those currently serving a ban. Under this rule, athletes must not knowingly associate with anyone who has been involved in the trafficking, administration, or misuse of performance-enhancing substances, or who is currently sanctioned for anti-doping violations. This applies to any form of sport-related support, whether delivered in person, online, or through indirect involvement.

Examples of types of association that are prohibited include:



Receiving
coaching



Obtaining
training



Obtaining
therapy



Obtaining nutrition or
medical advice



Obtaining treatment
or prescription



Obtaining advice on
strategy or technique



Allowing the athletes
support person to serve as
an agent or representation



**If an athlete breaks the Prohibited Association rule,
they risk a ban from the sport of up to 2 years.**

How to protect yourself

To avoid a Prohibited Association violation, take these simple steps:

Know who you're working with.

If someone supporting you is banned or has a doping history, it could put your own eligibility at risk. Whether it's a coach, physio, trainer or mentor, make sure you're not knowingly associating with anyone under sanction. Ask questions. Stay informed. Protect your career.

Check official sanction lists:

- Visit the Sport Ireland Anti-Doping Current Sanctions List <https://www.sportireland.ie/anti-doping/sanctions>
- For global checks, visit WADA's Prohibited Association List <https://www.wada-ama.org/en/resources/prohibited-association-list>



Scan for essential
Clean Sport links
and resources!

If you require further information please contact us at cleansporteducation@sportireland.ie

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Protein Fortified Foods

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PROTEIN FORTIFIED FOODS

Protein fortified foods are foods in which extra protein has been deliberately added during manufacturing to increase their protein content.

Studies have shown that commercially manufactured 'Protein Fortified Foods' (PFF) present no additional risk of containing substances banned in sport than other processed foods. This is the result of high quality food manufacturing standards in Ireland.

However, some shops or cafés prepare and sell protein fortified foods that contain unidentified protein ingredients or added botanical ingredients (such as Maca powder). These products are higher risk PFFs. PFFs containing hemp protein ingredients may contain trace amounts of the banned substance Tetrahydrocannabinol (THC) and should be avoided by athletes.

Low Risk PFFs



Breakfast foods (cereals)

Weetabix Protein, Aldi Harvest Morn
Protein Granola, Fuel10k Protein Granola*



Cereal/Nut Bars

Fuel Protein Bars, Kind Protein Bars,
Trek Protein Flapjacks



Dairy

Glenisk High Protein Greek Yogurt, Lidl
Milbona Protein Pudding



Protein Drinks

Avonmore Protein Milk, Barebells
Milkshakes, Avonmore Protein Coffee



Batch-Tested Protein Supplements*

Kinetica Whey Protein, Optimum
Nutrition Gold Standard Whey, SIS Whey

*Products listed are examples only. Other options exist. Athletes and ASP must exercise due diligence and remember the principle of strict liability - athletes are strictly responsible for what goes into their body.

High Risk PFFs



Foods from cafés/ Fast Food Outlets

Homemade/Unnamed Protein Balls,
Smoothies with added protein



Foods with hemp ingredients

Naturya Hemp Protein Powder,
Hemp Heroes Protein Powder



Foods with botanical ingredients**

Protein World Slender Blend,
SuperU Plant Protein

**Botanicals are ingredients that come from plants such as leaves, roots, seeds, or flowers and are often used in foods, supplements, or health products for their natural properties.



Non-batch tested protein powders, pre-workouts***

Bulk Pure Whey Protein, C4 Pre-Workout

***Protein supplements are not PFFs but it can be hard to tell the difference. If the first ingredient listed on the product label is protein, it is likely considered a protein supplement. If you are unsure whether it's a PFF or a protein supplement (e.g. high protein bar) ensure that the product is batch tested.



Use Informed Sport to check if the supplement has been batch tested - <https://sport.wetestyourtrust.com/>

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Sample Collection Guidelines

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SAMPLE COLLECTION HANDBOOK

This handbook is designed to help both athletes and ASP understand what will happen during and after testing as well as helping you to understand your rights and responsibilities surrounding testing.

This booklet will help you understand anti-doping and what it means to you. Use this guide when you are notified for testing or when you want to refresh your understanding about the testing process.

All athletes who are member of a National Governing Body (NGB) or who compete in any competition ran by an NGB under Sport Ireland are subject to the Sport Ireland Anti-Doping Rules. Compliance with these rules is mandatory at all times, including both in-competition and out-of-competition periods.

As part of Sport Irelands Anti-Doping rules, athletes may be selected for testing at any time and without notice.

Sample Collection Overview

Sample collection (also known as doping control or drug testing) is an essential part of clean sport. It protects the integrity of sport through anti-doping measures. It is the process which is used to detect the use of a prohibited substance or method by an athlete.

Under the National Anti-Doping Programme, sample collection is conducted by Sport Ireland and sample analysis is conducted by a WADA accredited laboratory. Athletes may be obliged to provide a urine and/or blood sample.

Athletes should always comply with a valid request for testing as sanctions can be imposed if the athletes refuse to comply with the sample collection procedures.

Remember – The decision to test athletes is not based on age; it is based on the level that the athlete is competing at, aswell as sport specific factors. Athletes under the age of 18 can be tested as per the Sport Ireland Anti-Doping rules.



Sports Foods & Supplements Guidelines

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SPORTS FOODS & SUPPLEMENTS GUIDELINES

Sports foods and supplements are categories of nutritional products that are marketed to athletes that claim to enhance athletic performance (ACSM 2016). They are generally categorised according to their main mode of action, which may be to increase strength and power, improve energy and endurance or enhance recovery after exercise. Sports foods and supplements may contain banned substances. This could result in a positive test for an athlete.

All athletes are solely responsible for what they consume



How may supplements cause problems for athletes?

- ✗ Not regulated like medicines
- ✗ Labels provide no guarantee of the product contents
- ✗ Cross contamination in the production process

What is considered a high-risk supplement?

Products that make unauthorised health claims such as weight loss, muscle building and sexual enhancement are considered to be higher risk of containing ingredients that could lead to a doping violation.

False advertising

From time to time supplement products are promoted as 'drugs tested' or 'WADA endorsed'. These promotions are false and may lead to serious consequences for athletes. Sport Ireland and the World Anti-Doping Agency do not endorse supplement products.



What should I do if I want to take a supplement?

- ✓ Seek advice from a qualified sports nutrition professional
- ✓ Conduct a thorough internet search of the product you intend to take
- ✓ Research the name of the product and the ingredients listed
- ✓ Check the product website for any warnings
- ✓ Keep evidence of all research conducted
- ✓ Screenshots of research should be saved and backed up
- ✓ Only use batch tested products from a reliable source such as www.informed-sport.com



Herbal products are not always safe for athletes. Herbal supplements may contain ingredients that could result in a doping violation.

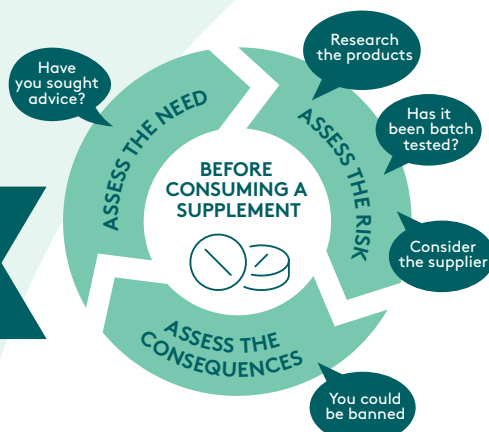
Consequences

The current ban from sport for an anti-doping rule violation is 4 years. If an athlete has evidence that they thoroughly researched the product as outlined in this leaflet they may receive a reduced sanction.



REMEMBER! Consideration of using a supplement should not be based on product marketing claims. Adopt a food first philosophy, not supplement first, to maximise health, safety and performance.

References:
American College of Sports Medicine Joint Position Statement. Nutrition and Athletic performance. Academy of Nutrition and Dietetics; Dietitians of Canada; American College of Sports Medicine. Med Sci Sports Exerc. 2016; 48(3): 543-568.



Testing Starts With You

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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.globaldrc.com/Home>

2



Using Supplements?

Use <https://sport-welfarystrust.com/> to check supplements have been batch tested.
The safest options 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/0bba-4spMgIsid> [91bJas5PyVBtsJ2](https://youtu.be/0bba-4spMgIsid)

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/adel-nba-plans/2/national-level-athletes-education-program-english>

6



TRAIN AND COMPETE CLEAN

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Therapeutic Use Exemptions (TUE) Guide

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THERAPEUTIC USE EXEMPTION (TUE) GUIDE

For Athletes & Athlete Support Personnel

1. What is a TUE?

A Therapeutic Use Exemption (TUE) allows an athlete to use a medication or method that is on the Prohibited List if it is required to treat a genuine medical condition and no permitted alternative is available.

A TUE is granted for:

- A diagnosed medical condition.
- A set period of time.
- A defined dose and frequency of use.
- A particular route of administration (e.g., oral, inhaled, injected).



2. Conditions for Granting a TUE

A TUE will only be granted if:

- The athlete will gain no performance advantage.
- The treatment doesn't risk the athletes health and wellbeing.
- No permitted alternative treatment exists.



3. Who Needs to Apply?

Registered Testing Pool (RTP) Athletes

- Must apply for a TUE in advance to Sport Ireland or their International Federation if on the International Testing Pool.

All Other Athletes

- Should keep their medical file up to date - This is essential for maintaining accurate records of any medical treatments, conditions, or medications.
- May apply for a retrospective TUE if required.



4. International Competitions

- Some competitions (e.g., Olympic and Paralympic Games) require a TUE in advance irrespective if on a registered testing pool or not.
- The application must go through the International Federation or event organiser.
- Athletes should check competition rules well in advance to ensure they do not miss the TUE application deadline for certain competitions.



What Happens to My Sample?

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WHAT HAPPENS TO MY SAMPLE?

SAMPLE COLLECTION

1



The Sample Collection Personnel will identify themselves and notify you that you have been selected for testing. They could be from Sport Ireland or from another sample collection agency used by your International Federation.

The DCO or chaperone will observe you as you provide a urine sample and a Blood Collection Officer who is a certified phlebotomist will collect any required blood samples. They will then manage the sample collection process including assisting with the Doping Control Form, instructing you on how to split the sample into A and B parts and how to seal your sample.

QUICK TIP!



Always check the DCOs ID so you know who is testing you

SAMPLE TRANSPORT

If you are tested by Sport Ireland Anti-Doping, your sample is shipped to an independent WADA accredited lab in Germany. If the test is conducted overseas, or by another sample collection agency, it can go to any one of the 30 WADA accredited labs. It can't just go to any lab!

Only authorised couriers are used to ensure a chain of custody for the sample is maintained.



2

SAMPLE INSPECTION

3



The sample is inspected by the lab for any evidence of tampering or leaking that may affect the integrity of the sample when it arrives to the lab.

The sample analysis process is completely anonymous - there is no way for the lab to identify which athlete provided the sample. The sample is only identified by the ID numbers on the kit.

QUICK TIP!

This is why you should always double check to ensure the ID numbers on your kit match the ones in your paperwork

SAMPLE ANALYSIS

The lab prepares the A sample for analysis and the B sample is securely stored. The B sample is only opened in the event of a positive test if requested. The lab technician will open the A sample and remove a small amount, which is tested for prohibited substances or markers that indicate a prohibited substance or method has been used. The lab will then determine whether the sample is negative, positive or atypical.



4

RESULTS MANAGEMENT

5



The lab sends the result to Sport Ireland who will notify you by email of your negative test result. A copy of the result is sent to WADA, by the lab, to ensure accountability in the process. In the case of an adverse analytical finding, you will be contacted directly by Sport Ireland by phone call.

In the case of blood samples collected for the purpose of the Athlete Biological Passport (ABP) you will not receive results as the analysis contributes to the 'indirect detection' process. The outcome of the analysis (i.e. the measures recorded for your ABP) will only be available upon request to Sport Ireland.

SAMPLE STORAGE

Your sample may be stored for up to 10 years and the sample can be re-analysed at any time. You can also consent to having your sample stored for anonymous scientific research to help maintain the integrity of clean sport.



6

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