

# HALIFAX SWIMMING CLUB



(Founded 1864)

## Doping - Use of Banned substances

All swimmers are subject to British Swimming rules regarding contact with and/or the taking of banned substances. The purpose of the doping control programme of British Swimming, of which these Rules and Protocols form part, is to protect the health and rights of individuals through education and controlled doping tests. The full Anti Doping rules January 2010 can be found on [www.britishswimming.org](http://www.britishswimming.org)

It is a requirement of our doping procedures for all swimmers **registered to take part in open competition**, and who take regular medication for asthma, to send these details for inclusion on their registration record. It is important therefore that clubs ensure that members are aware of this requirement.

In addition to this it is now a requirement of FINA that information is notified to the Governing Body regarding medical conditions requiring the permanent use of a banned substance where there is no other substitute. As these conditions are less common (see list below) there is no general form to complete for this notification.

Following the receipt by the Governing Body of a medical certificate, a dispensation to swim in competitions up to National level may be given. Information will be issued on an individual basis including details for applying for dispensation to compete in international competition which requires further approval by the FINA Doping Control Review Body. Swimmers or their parents should send the medical certificate, which must clearly indicate the name and address of the swimmer and their doctor, to the address below in an envelope marked "Notifiable Medication".

MEDICAL CONDITION	REQUIRED TREATMENT
Diabetes	Insulin Injections
Growth Disorders	Growth Hormone
Hormone Deficient Conditions of the Pituitary Gland or Adrenal Gland	Steroid Treatment
Orthopaedic Conditions	Intra Articular Steroid Injections
Juvenile Arthritis	Prednisolone
Behaviour Problems	Ritalin
Renal Failure	Erythropoetin

For anyone who is representing Great Britain or their Home Country internationally or competing in a British Swimming ASA, SASA or WASA National event (all disciplines excluding Master) a separate Medical Declaration form needs to be completed and returned to the address below. Please see our welfare officer for a copy.

If you haven't already let us know that you take any of these medications, please contact Liz Fielden (Welfare Officer). Contact the Head Coach or any committee member for her phone number.

Membership Department, ASA, Freepost, Loughborough, LE11 OBR

Mary McClung and Elaine Shaw June 2010