

Anti-Doping Policy

Welsh Triathlon is affiliated to British Triathlon and consequently follows their stringent antidoping policy that adheres to guidelines recommend by the World Anti-Doping Agency (WADA). Further requirements specifically for triathlon are set by the British Triathlon Federation and International Triathlon Union.

WADA was founded in 1999 to set anti-doping standards for world sport. As part of this, out of competition testing was deemed necessary to prevent performers cheating on the build up to major events, and it was signified that this testing should be done without an athlete's prior knowledge.

UK Anti-Doping, as the National Anti-Doping Organisation, is responsible for implementing the UK National Anti-Doping Policy, which currently undertakes two types of testing procedures

- The 'whereabouts system' known as ADAMS, which involves an athlete electronically indicating their location for a one hour period on five days of the week, where a Doping Control Officer is able to test them. If an athlete is not present during this period then the test is marked down as a 'missed test'.
- A random test, where a Doping Control Officer (DCO) turns up at a location outside of the one hour time frame as indicated by the whereabouts system. If an athlete is not present then the test is marked down as having been 'not collected'. This does not count as a 'missed test'.

UK Sport also run a programme called 100% ME, which aims to increase the understanding of drug abuse throughout the sporting community. The 100%ME website provides high quality information and promotes the positive values of competing successfully without the aid of performance enhancing drugs.

The Global Drug Information Database is now the Global Drug Reference Online, or Global DRO, database. This can be used to check medication, but not supplements, as the ingredients of medication can often vary between the UK, USA and Canada. Prohibited Substances are universal, irrespective of International and National Federations - there is just one Prohibited List, which is annually updated. What may vary between countries is the ingredients of a particular medication.