



Anti-Doping Policy

Policy Statement

All athletes have the right to compete in sport knowing that everyone is competing on an even playing field, without any assistance from prohibited substances. In pursuit of clean dodgeball, British Dodgeball works in partnership with UK Anti-Doping (UKAD) and the World Dodgeball Federation (WDBF) and European Dodgeball Federation (EDF) to ensure that the integrity of our sport is protected. British Dodgeball is unequivocally opposed, on ethical, medical, and legal grounds, to the practice of doping in sport. The use, possession or trafficking of banned substances, methods or the encouragement or counselling to use banned substances, or methods; or taking measures to mask the use of banned substances or methods by a participant in tournaments, competitions, events or fixtures over which British Dodgeball has jurisdiction is unacceptable and will not be tolerated.

Objectives

The fundamental aims of anti-doping are:

- To uphold and preserve the ethics of the sport;
- To safeguard the physical health and mental integrity of players; and
- To ensure that all players have equal opportunity.

Scope

This policy applies to:

- British Dodgeball, including its board members, directors, officers, and those of its employees who are involved in any aspect of Doping Control on behalf of British Dodgeball or UKAD;
- All Athletes and Athlete Support Personnel who are members of British Dodgeball (including any clubs, teams, associations or leagues) or otherwise under the jurisdiction of British Dodgeball (including Recreational Athletes);
- All Athletes and Athlete Support Personnel participating in such capacity in Events, Competitions, and other activities organised, convened, authorised or recognised by British Dodgeball or any of its members (including any clubs, teams, associations or leagues), wherever held;
- Any other Athlete (including International-Level Athletes) or Athlete Support Person or other Person who, by virtue of a contractual arrangement or otherwise, is subject to the authority of British Dodgeball for purposes of anti-doping; and
- Any other Person over whom the World Anti-Doping Code (the Code) gives British Dodgeball authority; whether or not such person is a citizen of or resident in the United Kingdom.

Defined Terms

- **Athlete:** Any person who participates in sport under the authority of British Dodgeball, EDF or WDBF is an Athlete.
- **Athlete Support Personnel:** Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent, guardian, or any other person working with, treating, or assisting an athlete participating in or preparing for sports competition.

Anti-Doping Rules

British Dodgeball has in place a set of anti-doping rules that all athletes and athlete support personnel must abide by:

- The anti-doping rules for British Dodgeball are consistent with the Code, the core document that harmonises anti-doping policies, rules and regulations within sport globally;
- The anti-doping rules of British Dodgeball are the rules published by UK Anti-Doping, and the WDBF*;
- British Dodgeball will respect any anti-doping rule violation sanctions applied, whether imposed by WADA, UKAD, WDBF, EDF or any national sport organisation, and will comply with UKAD with respect to public announcements of positive test results; and



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- If you are a member of British Dodgeball, then the anti-doping rules apply to you regardless of what level you participate at.

**In the event of a conflict between anti-doping policies established by UKAD rules and the WDBF anti-doping rules, the WDBF anti-doping rules shall prevail, as applicable.*

2022 World Anti-Doping Code

From 1 January 2022, a new version of the Code is in effect and it is important that all athletes and athlete support personnel are aware of how this impacts them. For more information on the changes within the 2022 Code, visit [UKAD's website here](#). Under the 2022 Code, an athlete may be classified as being 'International Level', 'National Level' or a 'Recreational Athlete' based on their competition level. Further information on these different categories is available on the [UKAD website](#).

Breaking the anti-doping rules can result in a ban from all sport. The Code outlines the Anti-Doping Rule Variations (ADRVs). Athletes and athlete support personnel need to make sure they are fully aware of these violations, and the consequences of breaking them. For more information and what this means for those individuals, click [here](#). For more information on individuals serving a ban from sport, visit [UKAD's sanction page](#) on their website.

An athlete is responsible for anything found in their system, regardless of how it got there or whether there is any intention to cheat. All athletes and athlete support personnel should make themselves aware of the risks, so they don't receive an unintentional ban from sport. Useful information for athletes can be found on the [UKAD website](#).

The Prohibited List

All banned substances and methods in Code-compliant sports are outlined in the Prohibited List. Substances and methods can be added to the Prohibited List at any time; however, it is updated as a minimum once a year, coming into effect on 1 January. The latest Prohibited List can be found on the [WADA website](#). As this list is updated frequently, athletes and athlete support personnel should make sure they check it regularly for any changes. More information can be found on [UKAD's website here](#).

Checking Medications

Before taking any medication (whether from a doctor or purchased over the counter), athletes must check to make sure it doesn't contain any banned substances. Medications (ingredients or brand name) can be checked online at [Global DRO](#). It is important to note that medications bought in one country may contain different ingredients to the same branded medication in another country. For more information on checking medications, visit [UKAD's website here](#).

Taking Supplements

UKAD always advises a food-first approach to nutrition, as there are no guarantees that any supplement product is free from banned substances. Athletes can support their training and progress towards their targets by eating nutritious food. With a bit of planning, it is possible to eat a delicious and healthy diet made up of a variety of food types at the right time, and in the right quantities.

Athletes should assess the need, the risks and the consequences before deciding to take a supplement, and if they need to use one, visit the [Informed Sport website](#) to check whether supplements have been batch-tested. More advice on managing supplement risks can be found on [UKAD's Supplement Hub here](#).



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Therapeutic Use Exemption (TUE)

If an athlete with a legitimate medical condition needs to use a prohibited substance or method, they will need to apply for a Therapeutic Use Exemption (TUE). This is only accepted if there are no other suitable permitted medications or treatments that can be used, and there is a strict, detailed process to determine this. Athletes can find out more information about the TUE process on the UKAD website [here](#) and use the [TUE Wizard](#) to find out whether they need to apply for a TUE and who to submit their application to.

Test Information

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 (NADOs) such as UK Anti-Doping, EDF, WDBF, Major Event Organisers such as the International Olympic Committee or International Paralympic Committee and British Dodgeball if and when set up to do so.

What types of tests are there?

There are currently three types of anti-doping test: urine, venous blood and dried blood spot. 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.

What happens in a test?

The main stages of the testing process are as follows:

- Notification of selection for a test
- Reporting for testing
- Selecting a collection vessel
- Providing the sample under supervision
- Selecting the A&B bottles/sealing kits
- Dividing and sealing the sample
- Testing the concentration of the sample (urine only)
- Recording and certifying the information

Who does the test?

Trained and authorised Doping Control Personnel (DCP) conduct testing. They always have to show identification when they notify athletes and then you will be accompanied at all times until the testing process is finished. The DCP will take you through each step of the testing process. A Blood Collection Officer (BCO) is a trained and experienced phlebotomist who carries out venous blood tests.

Athletes should feel prepared and know their rights and responsibilities when they are notified to be tested by a Chaperone or Doping Control Officer. [Watch this video](#) on the testing process. Athletes can find out more in the [Introduction to Testing](#) section of UKAD's website.

100% Me

100% me is UKAD's values-based education and information programme, helping athletes meet their anti-doping responsibilities throughout their sporting journey. We want all athletes to be clean, stay clean and believe all others are clean. For more information on what this means, visit UKAD's website [here](#). UKAD's 100% me Clean Sport App can also be downloaded from [iTunes](#), [Google Play](#) or Window Live Store, for essential anti-doping information.



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Protect Dodgeball

Protecting clean sport depends on everyone playing their part – athletes, coaches, or parents – whether on centre stage or behind the scenes. Speak out if you feel there's something wrong – no matter how small. You can contact British Dodgeball's anti-doping lead, James@britishdodgeball.com, should you wish to receive further guidance regarding speaking out. No-one will know you got in touch - you will remain 100% anonymous unless you consent to share your details; these will then be passed on and treated confidentially by UKAD.

Alternatively, you could contact UKAD directly. They guarantee that your identity will always be kept 100% confidential. Find out more about Protect Your Sport [here](#). There are four ways to contact UKAD if you want to speak out:

- **Email** – When you feel something's wrong, send UKAD an email. UKAD guarantees that your name and email address will be kept confidential. Email at protectyoursport@reportdoping.com.
- **WhatsApp** – Message on WhatsApp* at +44 (0) 7587 634711 – no matter how small. UKAD guarantees that your name and number will be kept confidential.
- **Online Form** – Let UKAD know via the form on [co.uk](#). Choose the two-way communication option at the end of the form. You will still be anonymous, but UKAD will have the chance to follow up later. Fill in the form [here](#).
- **24/7 Hotline** – Call on 08000 32 23 32. UKAD is here to listen and won't ask who you are. You may want to keep your identity a secret but telling UKAD who you are makes a real difference later on, so consider emailing or speaking via WhatsApp first.

**WhatsApp is an encrypted platform. This number is not open to receiving calls.*

Further Information

Please do not hesitate to ask questions about the anti-doping rules. As well as asking British Dodgeball and athlete support personnel, athletes may also contact UKAD directly; they will be able to answer any questions and provide guidance. They can be contacted at ukad@ukad.org.uk or 0207 842 3450.

Regular updates from UKAD can also be found on the [news section of their website](#), or their Twitter account [@ukantidoping](#). For more information on this policy, please contact British Dodgeball's anti-doping lead - designated safeguarding lead James@britishdodgeball.com.

Monitoring & Evaluation

We are committed to implementing, monitoring and evaluating this strategy so that successive generations of players and their support personnel are fully aware of and adopt the principles of clean sport.

Implementation plans will be reviewed by British Dodgeball on an annual basis to monitor and evaluate progress against the strategy. Where appropriate, we will make adjustments in line with updated guidance provided by UKAD.

Last Review Date: 16th August 2025