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UPDATE

Official British Swimming Doping Newsletter

Issue: 3 September 2006

TESTING PROGRAMME

Some athletes within swimming are part of the National Registered Testing Pool and so are required to be available for out of competition testing and to submit athlete whereabouts details to UK Sport and to FINA.

You will have seen the publicity surrounding Christine Ohuruogu, with three missed tests requiring her to miss the European Athletic Championships. She has since been given a 12 months ban in accordance with IAAF's rules.

John Scott Director, Drug-Free Sport at UK Sport has written to all Performance Directors raising concern about the number of 'missed tests' currently being recorded against British athletes through the UK's national anti-doping programme.

One of the key requirements of an effective anti-doping programme is the ability to test athletes at no-notice, out of competition. This is widely regarded as the most effective deterrent against drug misuse and UK Sport has committed to increase the level of out-of-competition test to 55% of the overall total during 2006/2007.

As you are aware, athletes are required to specify where they will be available for testing for one hour at least five days a week, and mechanisms are in place to allow this information to be easily recorded and updated as required. These requirements were developed in consultation with the high-performance sports community and the support of the British Athletes' Commission. They provide, what is felt the right balance between enabling us to meet the standards required under the World Anti-Doping code

and not putting an unnecessary burden upon the athletes.

It is therefore disappointing to find an increasing number of missed tests arising through the lack of accurate, up-to-date whereabouts information. Under British Swimming anti-doping rules, an athlete with three missed test 'strikes' over a consecutive 12-month period will be regarded as having committed a doping offence which brings with it a recommended sanction of a six-month suspension.

If the current trend continues we will be faced with a number of athletes across various sports being suspended due to what is essentially their inability to follow a simple procedure designed to protect their right to compete on a level playing field.

At a time when the commitment to drug-free sport across the UK is stronger than ever before, this would be a huge disappointment. We are therefore, asking you to realise the importance of whereabouts information provision and the need that you fully understand both your responsibility and the consequences you face if these are not met. **THE LAST THING WE WOULD WANT IS FOR OUR ATHLETES TO MISS OUT ON MAJOR CHAMPIONSHIPS OR VITAL PREPARATION TIME ON THE ROAD TO BEIJING**, but if we do not take our responsibility serious then this is the reality we face.

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RETIREMENT

Athletes on the Out of Competition testing programme are reminded that if they retire from the sport they **MUST** complete a FINA or British Swimming retirement form. Failure to do so will mean the testers think you are still swimming and could result in both you obtaining a ban which could affect you if you have chosen another sport—or British Swimming have a strike.

MAKING LAST MINUTE CHANGES TO YOUR OUT OF COMPETITION SCHEDULE

You can make last minute changes online to your whereabouts information up until the last minute before an activity takes place. Please note that all changes are time and date recorded so retrospective changes cannot be made.

If you find that there is an unexpected change to your schedule, and you do not have access to a computer please use one of the following options:

Fax (0800 298 3362) or email (drug-free@uksport.gov.uk) UK sport to inform them of changes to your current day's whereabouts.

You can call UK Sport's Athlete Whereabouts line on 00 8000 WHERE R U (9437378) which is active from 1st August and leave your change details. The time of the call is recorded so you should make sure you do not notify us of changes after they have occurred.

Watch this space coming soon you will be able to text message the database.

**TO AVOID TESTING POSITIVE
FOR A BANNED SUBSTANCE
REMEMBER:**

- ✓ Check all medications carefully against the current prohibited list before use.
- ✓ Inform your doctor or pharmacist about the rules under which you compete.

UK Sport Procedures for locating athletes for out of competition testing

If you are selected for an out of competition test, a UK Sport Doping Control Officer (DCO) is required to visit at least one (1) of the locations specified in your Athlete Whereabouts details, on the specific day and at the specific time that you have said on your form that you will be at that location.

The DCO must wait for you at that location for at least one hour (1) and that hour must fall within the time you have said on the form that you will be at that specific location.

If the DCO cannot locate you during this attempt, they are required to submit a full report setting out the efforts that they have made to locate you.

UK Sport review the DCO's report and your Athlete Whereabouts details. They conduct a full audit trail of the Whereabouts system, enabling us to see if you had attempted to provide a change in your whereabouts details prior to the missed test.

If there appears to be a reasonable basis for deeming this a failure to comply with requirements regarding athlete availability for out of competition testing, UK Sport will send notice to British Swimming to notify them of the alleged anti-doping rule violation, which is called a Missed test Strike.

You will be invited to provide a written explanation as to why you were not available on that particular day at the location and time specified on your whereabouts details.

You have 14 days to provide any explanation from receipt of the notice from British Swimming.

UK Sport in conjunction with British Swimming will consider whether or not the incident should be counted as a Missed Test Strike, taking into account any explanation you have offered.

What Happens in an emergency situation?

If you missed a test because of an emergency situation, you will be given the opportunity to explain the situation to UK Sport once the missed test is reported to you.

An emergency situation does not refer to general changes in your plans, for example, deciding you didn't have any milk so you had to leave the house for more than an hour to get some or feeling a twinge in your hamstring so deciding not to turn up at the pool.

An emergency is when you are not able to notify us of any change to your whereabouts due to unusual or exceptional circumstances. These will be determined on a case by case basis.

REMEMBER:

If you are not in a NRTP or DTP you may still be selected at random for testing so it is important that you adhere to the anti-doping rules at all times.

TESTING—THE FIGURES

UK Sport conducted 7,968 tests during 2005/2006.

In total, 517 tests were carried out within British Swimming. 163 at events, 44 at squad training and 310 out of competition.

In the last quarter of the year 173 tests were carried out, broken down as 37 at events, 24 in squad training and 112 out of competition.

UK Sport also carried out testing at two events in the UK on behalf of LEN and FINA which resulted in an extra 10 more tests carried out but these could have been on foreign athletes.

FINA carried out 35 out of competition tests and 6 in competition on our athletes for the first semester of 2006. Some of the out of competition were at training camps abroad and the in competition were at events outside the UK.

FOR MORE INFORMATION**PLEASE CONTACT**

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For more information on 100% ME take a look at: www.100percentme.co.uk