

Advice to Parents of Young Athletes

Information Sheet

If you are the parent of a young athlete competing at a national or international level, it is important for you to be aware of the rules and regulations of your child's sport so that you can help to ensure they are competing fairly and cleanly.

1. Prohibited Substances or Methods

In sport, there are rules that govern the substances and methods that athletes are prohibited from using both in and out of sporting competition. The World Anti-Doping Agency (WADA) publishes a list of substances and methods prohibited in sport at least once a year in January, but this can be updated by WADA as necessary. Check the section of UK Sport's website designed for young athletes at www.100percentme.co.uk for the most recent Prohibited List.

2. Therapeutic Use Exemptions

Sometimes athletes need a prohibited substance to treat a medical condition. In this case, some athletes have to apply for a Therapeutic Use Exemption before they can use the substance. Application forms are available on UK Sport's Drug Information Database website at www.didglobal.com along

with details of which athletes must submit these forms and the TUE application process.

3. Checking the status of medication

UK Sport provides many services and resources that help athletes and support personnel find answers to their questions about medications. The Drug Information Database (DID) at www.didglobal.com is an online site that will tell you the status of most licensed UK medications and substances. Log on and follow the easy steps to an answer.

Alternatively you may call our Drug Information Line on 0800 529 0004 or email us at drug-free@uksport.gov.uk.

4. Supplements

UK Sport cannot provide a definitive answer regarding the status of herbal or nutritional supplements. These products are not subject to the same strict manufacturing and labeling requirements as licensed medicines and therefore may contain prohibited substances. Athletes are advised to consult a medical professional or dietitian before taking supplements, and if needed for a medical

reason, athletes should try to find a reputable company that may help to reduce the risk of a positive drugs test. See UK Sport's fact sheet for more information. 'Advice to UK athletes on the use of Supplements in Sport' is available on our website at www.didglobal.com.

For more information on the status in sport of any licensed substances visit the Drug Information Database at: www.didglobal.com.
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5. Testing Procedures

Some young athletes may be required to submit to drug testing in or out of competition depending on the level they compete at. There may be a time when you are required to be present during the drug test as an athlete advocate. For this reason it is important for you to be aware of the drug testing procedures. See UK Sport's Drug Testing Procedures Leaflet for more information on the role of the advocate available on our website at www.100percentme.co.uk. It is very important for parents to encourage athletes to willingly submit to drug testing. Drug testing is the most effective way for athletes to promote their drug-free status and your support for the programme will enhance this message.

6. Traveling Abroad

If your young athlete is traveling abroad to train or compete, make sure he/she considers the following:

- If a medical condition is ongoing, ensure that sufficient medications are taken to allow continuation of treatment. This will help to avoid using foreign pharmacies.
- Check that the medication your child is taking is permitted by law through customs in that country and ensure that your child has a copy of any prescription for prohibited medication.
- Check all products you or your child buy before leaving and if purchasing products overseas, remind your child to check carefully as common medications can and do contain different substances than those purchased in the UK.
- Provide your child with a selection of permitted medications for common illnesses that he/she may suffer from. For example, permitted medication for hay fever, diarrhoea, cold/flu and headaches is useful to carry to avoid using foreign medication.
- Ensure your child has a copy of UK Sport's advice card of prohibited and permitted medications to take with them.
- Write down the number of the Anti-Doping Agency of the country your child is traveling to in case they need to contact them for advice on their regulations and doping issues. Check UK Sport's website at www.didglobal.com for this information.

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Drug Information Line 0800 528 0004 **Confidential Fax** 020 7211 5248
Drug Information Email drug-free@uksport.gov.uk **Website** www.100percentme.co.uk

