



Volleyball Association of Ireland - Statement supporting Drug Free Sport

The **Volleyball Association of Ireland's** policy is that doping is contrary to the spirit of sport and every member has a duty to ensure that the sport is free of doping.

All club personnel have a responsibility to ensure that club members are aware of the Irish Anti-Doping Rules and that there is an atmosphere supporting a drug free sport within the club.

A complete copy of the Irish Anti-Doping Rules are available at:

http://www.irishsportsCouncil.ie/Anti-Doping/About_Us/National_Anti-Doping_Programme/

Once you join the **Volleyball Association of Ireland** and enter a competition you are accepting the fact that you could be drug tested.

The consequences of not adhering to Anti-Doping rules can be severe for athletes and their support personnel such as coaches and parents, therefore it is critical that any questions/concerns be clarified with either the **Volleyball Association of Ireland** or the Irish Sports Council.

The following sections highlight key areas with regard to Anti-Doping. The **VAI** advises all members to read and understand the anti-doping rules and to understand your responsibilities under the rules. The consequences of not adhering to Anti-Doping rules can be severe for athletes and their support personnel such as coaches and parents, therefore it is critical that any questions/concerns be clarified with either the **VAI** or the Irish Sports Council.

Rules

Irish Anti-Doping Rules

The **Volleyball Association of Ireland** has adapted the Irish Anti-Doping Rules as the anti-doping rules of **VAI**.

Taken from the revised **VAI Memorandum & Articles of Association** passed at the AGM 12th May 2012.

Link to the VAI Memorandum & Articles of Association - <http://www.volleyballireland.com/vai>

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vi. enforce through its rules and regulations, the Irish Anti-Doping Rules as published by the Irish Sports Council as amended from time to time;

DISCIPLINARY MATTERS

105. In cases where doping is alleged or suspected or is or may be an issue, the Company shall follow the procedures and rules referred to Article 106 to Article 109. Subject to those procedures and rules, the Board of Control may establish an appeals and/or review procedure for such cases.

106. The Board of Control shall adopt such Other Rules as it deems necessary to govern its complaints and disciplinary procedures against any Member, Club, or Affiliate.

ANTI-DOPING RULES

107. The anti-doping rules of the Company are the Irish Anti-Doping Rules published by the Irish Sports Council and as amended from time to time by the Irish Sports Council. The Company accepts the right of FIVB, the Irish Sports Council, the Olympic Council of Ireland, or duly authorised representatives of such bodies, to dope test, in accordance with law, any Members both in-competition and out of competition (i.e. unannounced testing).

108. It shall be a fundamental condition of Membership, in addition to any other provisions concerning membership and the various categories of membership as laid down in these Articles, that, subject to Article 108, Members submit to and comply with any dope testing by the Company or any of the bodies referred to in Article 106.

109. In the case of a Juvenile who is asked to be subject to dope testing, the prior written consent of his parent or guardian must be given either via the initial membership process at Club level, or at selection for competition or through competition entry forms.

Under the Irish Anti-Doping Rules, the Irish Sports Council carries out drug testing on behalf of the **Volleyball Association of Ireland**.

Full details on the Irish Anti-Doping Programme are available at: <http://www.irishsportsCouncil.ie/antidoping>

International Federation Rules

The **VAI** must also adhere to the rules of our International Federation the FIVB (Federation Internationale de Volleyball) Full details on the FIVB Anti-Doping Programme are available at: <http://www.fivb.org/EN/Medical>

Athletes/Squad members attending International Events need to check in particular the regulations regarding TUE requirements of the International Federation in relation to competing at International Events, for e.g. if an Irish Sports Council TUE Certificate of Approval is accepted or if an athlete needs to re-apply to the International Federation etc. Athletes should verify the rules and regulations with their medical officer/ team manager or Anti-Doping Officer Aoife Hoey.

What do members need to know?

In principle any athlete competing in **Volleyball, Beach Volleyball** can be tested so each athlete regardless of the level at which they are competing needs to be aware of the anti-doping rules.


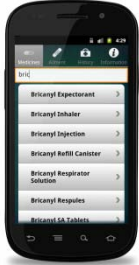

(1) WADA Prohibited List –Checking Medications & TUE Policy

The World Anti-Doping Agency issues a Prohibited List annually. For information on the Prohibited List see http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/Prohibited_List.


Note: Recreational Drugs are tested in-competition.

Check the status of over-the-counter and prescribed medications in relation to the Prohibited List, based on where you **purchase** the medication:

Republic of Ireland:

	<p>Drugs in Sport Database on www.eirpharm.com</p>
	<p>For instant access to the Drugs in Sport Database, download the free 'Medication Checker' App available for iPhone and Android for Eirpharm - find it in the Apple iTunes Store or the Android Market</p>
	<p>Medications bought in the Republic of Ireland can be checked by your G.P., Consultant or Pharmacist in a monthly publication called MIMS Ireland. Ensure the current months edition is checked.</p>

Northern Ireland/ UK/ Canada/ USA:

	<p>Medications bought in Northern Ireland, U.K., U.S.A and Canada can be checked on www.globaldro.com</p>
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See http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/How_to_check_your_medications for further information

If a medication is Prohibited, you must check and adhere to the Irish Sports Council TUE Policy at www.irishsportsCouncil.ie/tue. As per this policy, if you compete at international level, check the **FIVB** TUE Policy at <http://www.fivb.org/EN/Medical>

(2) Sample Collection Procedures

For information on the Sample Collection Procedures that are adhered to when athletes are tested, the following resources are available:

- Check out

http://www.irishsportsCouncil.ie/Anti-Doping/Testing/What_happens_in_a_drug_test_Blood/

- Read the pdf leaflet 'Sample Collection Procedures – Urine and Blood'

http://www.irishsportsCouncil.ie/Anti-Doping/Testing/What_happens_in_a_drug_test/Sample_Collection_Procedures_-_Urine_and_Blood_Leaflet_.pdf

- Check out the e-learning programme

Real Winner http://www.irishsportsCouncil.ie/Anti-Doping/Education/Are_you_a_Real_Winner

(3)Supplements

Athletes need to be aware that there are risks associated with the use of sports supplements with many positive drug tests associated with their use. For more information, read the Irish Sports Council Supplements and Sports Food Policy at:

http://www.irishsportsCouncil.ie/Anti-Doping/Medicines_TUEs/Supplements_Nutrition/

Useful fact sheets in relation to supplements are available on the Institute of Sport website at:

http://www.instituteofsport.ie/Institute_Of_Sport/Athlete_Zone/Performance_Nutrition/

(4) Registered Testing Pool

Athletes are informed directly by the Irish Sports Council when they are included on the Registered Testing Pool. Athletes on the RTP can be tested anywhere, anytime with no advance notice. Athletes must comply with the RTP requirements such as TUE and Whereabouts requirements. See www.irishsportsCouncil.ie/rtp for further information.

(5) National Testing Pool

The National Testing Pool (NTP) consists of athletes who are in National Squads and Development Squads, who attend training organized by the **VAI**. Athletes in the NTP can be drug tested both in- and out-of-competition. Out-of-competition testing will mainly be based on squad/team training sessions but the Irish Sports Council may test an athlete at their home address. Both urine and blood samples can be requested. See www.irishsportsCouncil.ie/Anti-Doping/Testing/National_Testing_Pool for more information.

Further Information

Check out www.irishsportsCouncil.ie/antidoping for further information on these topics or to order education resources for you and your club (<http://www.irishsportsCouncil.ie/Anti-Doping/Resources/>).

Who to ask for further information?

For any queries regarding anti-doping in the **VAI** please contact the Anti-Doping Officer for **VAI**:

Name: Dr. Neil Reddy

Tel: 087 979 9747

Email: medical@volleyballireland.com or nreddy@oceanfree.net

The **Irish Sports Council Anti-Doping Unit** can be contacted at:

Anti Doping Unit
Irish Sports Council
Top Floor, Block A
Westend Office Park,
Blanchardstown,
Dublin 15.

Tel: +353 1 8608800

Email: antidoping@irishsportsCouncil.ie

www.irishsportsCouncil.ie/antidoping