



## **ANTI DOPING POLICY**

### **VISION**

*To create a generation of athletes who have confidence in their ability to know they can succeed in rowing without the misuse of prohibited substances or prohibited methods.*

*To empower Clubs to be confident and competent to enable them to support their members in all aspects of anti-doping.*

*To achieve a greater knowledge of doping issues through widespread education.*

### **MISSION**

*The basic principle of Rowing Ireland's information and education programme for anti-doping shall be to protect the spirit of rowing from being undermined by doping and to establish an environment which influences doping-free behaviour among participants.*

*While a comprehensive testing programme plays a fundamental part as a deterrent and preventative measure against doping Rowing Ireland acknowledges that it has a duty to provide clubs and athletes with the information and technical advice they need to make informed and responsible choices in compliance with the Rowing Ireland's anti-doping regulations.*

### **OBJECTIVES**

*Rowing Ireland has identified the following goals to enable our vision to be realised:*

1. Promote doping free behaviour and influence the attitudes and values of young rowers and support staff.
2. Provide relevant and up-to-date technical information to athletes to enable them to remain drug free and comply with the *Rowing Ireland's* anti-doping regulations.
3. Provide a range of educational products and resources to help players to make informed and responsible choices.
4. Promote an attitude and culture change amongst clubs, coaches and support staff to use their positions of significant influence as an effective tool in the fight against doping.
5. Raise awareness of the *Rowing Ireland's* education programme and effectively deliver key messages through a range of communication tools.
6. Lead, support and collaborate with others in the development of anti-doping initiatives and research.

## General Anti-Doping Information

For the most up to date and relevant Anti-Doping Information, please refer to the Irish Sports Council website.

<http://www.sportireland.ie/Anti-Doping/>

This provides current information regarding every aspect of Anti-Doping, including Education; Medicines/TUE's; Testing Procedures; Youth Zone; Available Resources; Coach Specific Information and Contact Details.

Rowing 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.

Once you join Rowing Ireland and enter a competition you are accepting the fact that you could be drug tested. To reassure parents of younger graded athletes, the reality at the moment is that drug testing only occurs at national level events. However all parents should be aware of the possibility of the rower being tested and what regulations are in operation.

### Contacts:

If you have any queries on Anti-Doping, the contact details for the Anti-Doping Officer of Rowing Ireland is:

Denis O'Regan Tel: 021-743 4044

Email: [denis.oregan@rowingireland.ie](mailto:denis.oregan@rowingireland.ie)

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

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