

Anti-doping Policy

Archery Ireland has adopted the Sport Ireland Anti-Doping Rules which are compliant with the World Anti-Doping Code. Archery Ireland strongly recommends that all athletes become familiar with their rights and responsibilities in relation to anti-doping programmes and act accordingly. Archery Ireland condemns the use of banned substances and unethical methods to improve the performance of athletes in sport. We support a fair and equitable competition environment and doping does not promote the good health and safe welfare of athletes. We believe that any illegal substances and methods are against the spirit of sport and will bring the Sport of Archery into disrepute and accordingly have zero tolerance for such practices.

Archery Ireland is committed to:

1. Uphold and preserve the ethics of Sport.
2. Ensure the physical health and mental integrity of players.
3. Ensure that all competitors have an equal chance, The Irish Anti- Doping Rules are available at [Sport Ireland Anti -Doping](#)

Archery Ireland's Anti-Doping Officer: Thea Fogarty Email: ado@archery.ie

Resources

Sport Ireland ELEARNING PROGRAMME: [Click HERE](#).

E learning covers topics including:

- Anti-doping rule violations, Testing procedures blood & urine, How to check medications, Therapeutic Use Exemptions, The risk of supplements and herbal remedies, Consequences of doping, etc.

The Irish Anti-doping Rules are available [Click HERE](#).

Sport Ireland - Anti-doping information: [Click HERE](#)

Sport Ireland has a Sports food and supplements guidelines :[Click HERE](#)

How to check your medication [Click HERE](#)

Please Note Common Medications taken which should be checked.

- Beta 2 agonists in Asthma Management e.g Ventolin or Seretide.
- Pseudoephedrine in Cold and Flu medication (Nurofen, Lemsip etc)

Therapeutic Use Exemption Policy (TUE): [Click HERE](#)

Please Note: The Certificate of Approval is only valid for the substance(s) listed in your Certificate and should your treatment, dosage or situation change, you must contact the TUE Secretariat, Sport Ireland, Immediately as you may need to reapply for a new TUE for the change of treatment or change of dosage .

The completed form and /or any changes after the TUE has been granted must be returned to TUE Secretariat, Sport Ireland, The Courtyard, Sport Ireland National Sport Campus, Snugborough Road, Blanchardstown Dublin 15, D15 PN0N. Tel: 01 8608818 E-mail: tue@sportireland.ie

The World Anti -Doping Code 2021: [Click HERE](#)

Prohibited List: [Click HERE](#)

Anti-Doping Rule Violations: [Click HERE](#)

Declaration of Use Policy

Athletes are reminded that they should declare all medications and supplements taken in the 14 days prior to drug testing on the Doping Control Form at the time of testing.

Note: Abbreviated TUEs, which were used under a previous system are no longer valid - you should check the current status of the medication and apply for a TUE where necessary.

What happens in a Drug Test:

A guide to the procedures that are followed when an athlete is selected to undergo a drug test can be found [Here](#)

New Testing Method – Dried Blood Spot Testing

Sport Ireland has begun collecting samples via Dried Blood Spot Testing (DBS). DBS is an innovative testing method that collects just a few drops of blood from an athlete's fingertip or upper arm. This is an additional testing method approved by the World Anti-Doping Agency.

Sport Ireland will continue to collect both urine and venous blood samples. However, you may also be subject to testing using DBS as an additional sample collection method.

I have attached a short, informative fact sheet on DBS which details the sample collection process. You should read this so that you are familiar with the DBS process. Note :You can also click on the “play” icon at the top of page 2 of the factsheet to view a short video