

Anti Doping Policy

The use of performance enhancing drugs is cheating. They are associated with serious medical complications and above all their use is illegal. Some of our members suffer from asthma and whilst the majority of drugs used in the treatment of asthma are perfectly legal, they are only legal when taken by inhaler. All swimmers who have asthma must declare their use of inhalers with the ASA.

The City of Chester Swimming Club Anti-Doping Policy is posted on the club's website to ensure that members can refer to it as and when required. New members have all club policies and procedures and their availability on the club website drawn to their attention on joining the club.

Doping, along with medical and nutritional issues are discussed with members during reviews of their objectives with the group coaches. Members of City of Chester Swimming Club should be aware of the Anti-Doping Laws adopted by British Swimming in February 2006. The Laws were introduced in order to preserve the integrity of swimmers and values of fair play. They are also in place to protect the rights and health of swimmers and as such apply to all members of City of Chester Swimming Club. British Swimming Anti-Doping Rules can be viewed at www.britishswimming.org

All members of the club should be aware of the following:

- It is each swimmer's personal duty to ensure that no prohibited substance enters his/her body.
- Swimmers are responsible for any prohibited substance, its metabolites or markers found to be present in their bodily specimens - so take responsibility for what you ingest and use.
- Ensure each person from whom you take advice (including medical personnel) is acquainted with the provisions of the Anti Doping Laws (including any subsequent amendments).
- Ensure any medical treatment does not infringe the Anti-Doping Laws. To view a copy of the current prohibited substance list, swimmers can log onto the World Anti-Doping Agency website www.wadaama.org and www.uk sport.gov.uk for further information.

Swimmers should also be aware that they must make themselves available for and submit to Doping Control (urine and/or blood) at any time (upon receiving a request from British Swimming or a designated representative) - whether in competition or out of competition. Any registered competitor may be tested for drug abuse, though very young competitors tend not to be. However, testing has been known to occur at the National Age Group Championships.

The City of Chester Swimming Club Executive Committee does not encourage or promote the use of any Prohibited Substance and any member found doing so will subject themselves to the disciplinary procedures of the club.