



Anti-Doping Policy

Breaking GB's Anti-Doping rules are aligned with UK Anti-Doping (UKAD) rules. UKAD is the national body responsible for the implementation and management of the UK's anti-doping policy, and it in turn is aligned to the rules of the World Anti-Doping Agency (WADA). Breaking GB complies with the UK Anti-Doping Rules (2009) in line with the World Anti-Doping Code.

Breaking GB is committed to ensuring that Breaking is a drug free sport. By affiliating to Breaking GB skateparks and skate schools, and their members are bound by Breaking GB regulations which include the Anti-Doping rules. In addition, by signing the Breaking GB registration form, Breakers give consent to being tested in line with Anti-Doping rules.

Breakers are solely responsible for any prohibited substance found in their system whether there was an intention to cheat or not.

Procedure for Testing

Any Breaker competing in a National or GB competition can be tested. Doping Control Officers (DCOs), authorised by UK Anti-Doping will attend events at random and unannounced. The DCO's will liaise with the Event Officials (EO) to obtain a copy of the competitors. They will draw at random two Breakers from each heat (i.e. any Breaker who appears on the roll call). This will be done immediately prior the heat and team managers (or equivalent) may attend the draw. These Breakers will be required to undertake doping tests after the heat in line with UKAD procedures.

Therapeutic Use Exemptions (TUEs)

The Therapeutic Use Exemption (TUE) process allows a Breaker to obtain approval from UKAD to use a prescribed prohibited substance or method for the treatment of a legitimate medical condition.

It is a Breaker's responsibility to check that any medication they are prescribed doesn't contain any banned substances on the WADA Prohibited List. If a Breaker is taking medication or is recommended medication that includes a banned substance they should explain to their Doctor that they may be drug tested through their participation in the Breaking GB sanctioned events.

The Doctor should be asked if an alternative medication exists that does not include a banned substance. If this is available, then the Breaker should request that this

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medication be prescribed. If there is no alternative to taking medication that does contain a banned substance, then the Breaker should apply for a TUE.

TUE Process

Breakers are required to apply for a TUE prior to using a prohibited substance.

Breakers should keep a copy of their application and the notification from UKAD in a safe place, and take it with them to any competitions where they may be drug tested as proof that they have a TUE. The substance should also be declared on the Sample Collection Form if use within 4 weeks of Doping control.

Asthma TUE

There is a separate UKAD TUE form for Breakers taking prescribed Terbutaline or Formoterol for the treatment of Asthma.

Declaration of Use (DoU)

The WADA Prohibited List identifies certain substances, methods or routes of administration that are not prohibited but for which an athlete is required to file a Declaration of Use (DoU) form online via the UKAD website. A declaration of use can ONLY be made for the substances and routes of administration listed below:

- **salbutamol** and **salmeterol** by inhalation
- **glucocorticosteroids** by inhalation
- **glucocorticosteroids** administered by localised injection
- **platelet-derived preparations** (e.g. platelet rich plasma, "blood spinning") by non-intramuscular routes.

The substance should also be declared on the Sample Collection Form if use within 4 weeks of Doping control.

Where to find details of Prohibited substances?

The Global Drug Reference Online Website (Global DRO) provides Breakers and support personnel with information about the prohibited status of specific substances based on the current WADA Prohibited List. They can search. It allows individuals to search for specific information on products bought in the UK, Canada and the US.



Supplement Guidance

Breaking GB advise all Breakers to assess the need and risk before taking any supplement, as previous studies have shown cross-contamination of nutritional supplements and the presence of prohibited substances not declared on contents lists. For further information, see the UKAD website or for details of individual supplements see Informed Sport, a quality assurance programme for sports nutrition products.

Further Information

For further information on any anti-doping issues please visit the UKAD website www.ukad.org.uk or contact Breaking GB, email info@breakinggb.org

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