



WE CARE ABOUT FOOTBALL

Anti-doping guide for players

Why do some athletes use drugs?

Sometimes athletes use banned drugs to try to improve their speed, strength and endurance, or to reduce their recovery time between competitions. This is known as 'doping'. It is cheating and is as bad as trying to fix the result of a match.

Why does UEFA have an anti-doping programme?

To ensure that whoever wins, wins fairly – without using drugs to enhance their performance.

To ensure that players do not misuse substances that are bad for their health.

**ANTI-DOPING PROTECTS THE
CLEAN IMAGE OF FOOTBALL**



What types of testing does UEFA conduct?

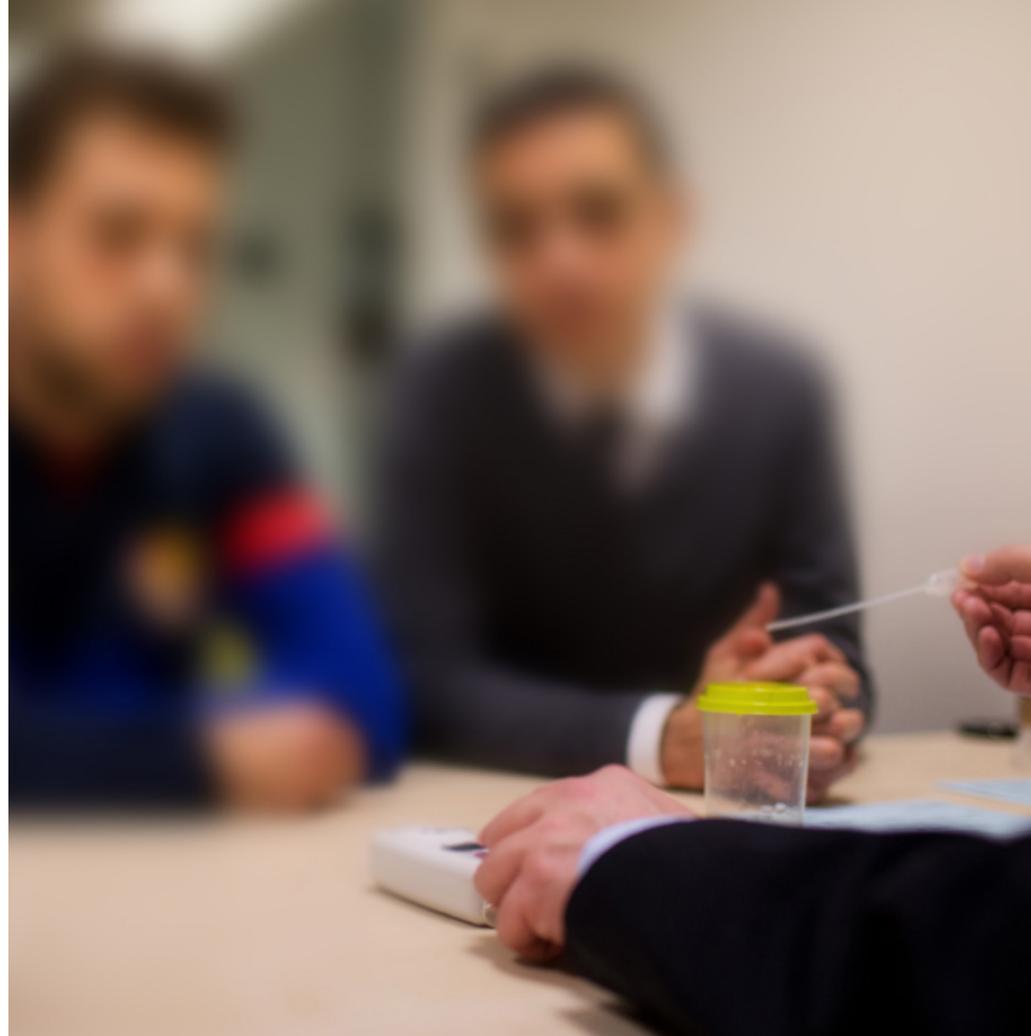
UEFA collects both blood and urine samples from players in its competitions, and you might be tested after a match, at training, or even at home. The samples are analysed for substances like steroids, EPO, growth hormones and stimulants (such as ephedrine).

UEFA also monitors the levels of certain biological substances in players' bodies. If a player takes performance-enhancing drugs, these levels change. So even if the drug isn't detected directly on the day of the test, a player who cheats can still be caught.

Who else can test me?

Players can be asked to submit to a test by UEFA, FIFA, their National Anti-Doping Organisation (NADO), or the NADO of any country where they happen to be staying. If you are asked to submit to a test, never refuse, but always make sure that the Doping Control Officer (DCO) shows you their identification and that you know which organisation they represent. Check with your team staff if you need to.

Make sure you know what to do when you are asked to undergo a drug test and always be respectful to the DCOs.



What substances are prohibited?

All substances on the World Anti-Doping Agency (WADA) List of Prohibited Substances and Methods are banned in football. The list is updated on 1 January each year, so always make sure you have the most up-to-date version.

The prohibited list includes substances like anabolic steroids and hormones as well as recreational drugs like cannabis, but it also includes lots of substances that are contained in common medications. Check with your team doctor if you have any doubt before taking anything.

WADA has a website (www.wada-ama.org) and an app where you can check if a substance is banned or not. Your NADO may also provide a similar service.



Can I take medicine given to me by a doctor or anyone else?

You must always check that the medicine does not contain a banned substance before you take it. Your team doctor should be able to help with this.

If the medicine does contain a banned substance and it is the only medicine that will help your condition, you need to apply for a Therapeutic Use Exemption (TUE) to enable you to use it. Your team doctor will help you to fill in the application and to send it to the right organisation (eg. NADO/UEFA/FIFA), but it is your responsibility to make sure it is sent.

Never use medication that belongs to someone else, including friends, team-mates and family members. It could contain a banned substance. Your family and friends probably do not have to worry about the prohibited list and doping controls – but you do.

If you are going abroad, always take your medication with you. Sometimes medicines in another country look the same but have different ingredients.

What is a doping offence?

UEFA's rules mention several types of doping offence, including the obvious one of failing a drug test. However, you can also commit an offence if anti-doping authorities find out that you have been doping, if you refuse to be tested, if you deal in drugs, or if you help another player to use banned drugs.

Sometimes you might be subject to 'whereabouts' rules, which means that you and/or your club and/or national team might need to inform UEFA or your NADO of your training and playing schedule. Your team staff can help you with this but it is important that you know your responsibilities, as a whereabouts rule violation can mean a one-year suspension from football.

**MAKE SURE YOU UNDERSTAND
THE DIFFERENT TYPES OF
DOPING OFFENCE**



Who is responsible if I commit a doping offence?

It is always your responsibility, whether the offence involves a banned substance in your body when you are tested, a refusal to be tested, a whereabouts violation, or any other type of anti-doping rule violation. Remember, it is your body and your career and you cannot blame anyone else.

How long will I be suspended for if I commit a doping offence?

Players can be suspended for up to four years for a first doping offence. This would probably be enough to ruin your career.

Also, players who misbehave during the doping control process can be suspended for a number of matches or fined. Such misbehaviour might include failing to report directly for a drug test, or failing to follow a DCO's instructions.

PLAYERS CAN BE SUSPENDED FOR UP TO FOUR YEARS FOR A FIRST DOPING OFFENCE





Are recreational drugs on the prohibited list?

Drugs like cannabis, cocaine and amphetamines are illegal in most countries and are banned in football. Even if you take them on a day off, they might stay in your system for some time. They will also have a negative effect on your health and fitness, and can be addictive.

And remember, almost everyone has a camera phone these days. Any images of you taking drugs would be shared very quickly, and it could have an impact on your reputation and career.

Alcohol is not banned in football but it would negatively affect your performance. Players are not allowed to drink alcohol in the doping control station (the room where drug testing takes place at the stadium or training ground).

**RECREATIONAL DRUGS ARE
ILLEGAL IN MOST COUNTRIES
AND ARE BANNED IN FOOTBALL**

Are supplements safe?

Nutritional supplements are not regulated like medicines are, so you can never be sure that the label shows the real contents. Studies have shown that around 15% of supplements bought over the internet could be contaminated with banned substances such as anabolic steroids.

Several players have taken supplements and have then tested positive, even when they had not meant to take banned substances. This still leads to a long suspension from football. Substances such as methylhexanamine (which is also known by other names, including geranamine) are often involved in such cases.

Never trust a supplement that says it is approved by UEFA, FIFA or similar sport organisations. This will never be the case. Be careful – if the packaging claims it will enhance your performance, it probably has a banned substance in it!

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Where can I get more help?

For more information on the Prohibited List, TUE procedures, doping control procedures and the different types of doping offences:
visit www.uefa.org/protecting-the-game/anti-doping
email antidoping@uefa.ch
or contact your NADO.

If you are in any doubt, speak to your team doctor, especially before you take any medication.

GOOD LUCK AND DON'T WORRY – MOST PLAYERS DON'T HAVE ANY PROBLEMS IN THEIR WHOLE CAREER. TAKING A FEW MINUTES TO LEARN THE BASIC RULES AND PROCEDURES COULD MAKE THE DIFFERENCE BETWEEN A LONG AND A SHORT CAREER IN FOOTBALL.
