

## **Basketball Ireland Anti-Doping Information for Clubs**

Basketball 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.

### **What is Doping?**

'Doping' refers to an athlete's use of prohibited drugs or methods to improve training and sporting results. Steroids are the drugs that often come to mind when we talk about doping, but doping also includes an athlete's use of other forbidden drugs and even the refusal to take a drug test or an attempt to tamper with doping controls.

Athletes, like all others have illness or conditions that require them to take particular medications. All athletes should check their prescribed and over the counter medications to see if they are permitted. If the medication you require falls under the World Anti-Doping Agency prohibited list, you may need to apply for a Therapeutic Use Exemption (TUE).

### **The Irish Anti-Doping Programme**

The Anti-Doping Unit of the Irish Sports Council runs the Irish Anti-Doping programme.

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. A complete copy of the Irish Anti-Doping Rules is available at [http://www.irishsportsCouncil.ie/Anti-Doping/About\\_Us/National\\_Anti-Doping\\_Programme/](http://www.irishsportsCouncil.ie/Anti-Doping/About_Us/National_Anti-Doping_Programme/)

Education is important to minimise and hopefully eliminate the examples of athletes "inadvertently" committing anti-doping rule violations, for example without intention using an over-the-counter medication for a medical condition which contains prohibited substances. The Irish Sports Council provides a range of education materials and programmes, which the NGB is responsible for making available to their membership to increase awareness of the anti-doping rules.

### **Education:**

Basketball Ireland recommends that all National League players/team personnel undertake the Irish Sports Council "Real Winner" education programme and submit the certificate to the Anti-Doping officer upon completion.

### **What is Real Winner?**

Real Winner is an interactive e-learning education programme about Anti-Doping, brought to you in partnership with the Irish Sports Council.

Real Winner gives athletes and their support personnel an understanding of key topics such as doping control procedures, the World Anti-Doping Agency prohibited list, whereabouts systems, therapeutic use exemptions and the consequences of doping.

Real Winner consists of nine interactive modules, ranging from five to ten minutes per module, plus an introduction module; the entire course can be completed in just over an hour.

The real winner programme is available at the following link: [www.irishsportsCouncil.ie/realwinner](http://www.irishsportsCouncil.ie/realwinner)

On the 'Login' section of the Real Winner homepage, enter your Name, Email address, select Basketball and Status and click 'Log In'. (Remember these details as you have the option of either completing all modules at once, or you can exit at any time and return to where you left off when you next log in.)

When you have completed all modules, you can print a Certificate of Completion and submit to the Anti-Doping Officer in Basketball Ireland.

The following are the nine modules of Real Winner:

Case 0 – Introduction

Case 1 – Rules

Case 2 - Consequences for health

Case 3 - Doping control procedures

Case 4 - Therapeutic Use Exemptions

Case 5 – Whereabouts

Case 6 - Dietary supplements

Case 7 - The WADA Prohibited List

Case 8 - Breach of anti-doping regulations

Case 9 - Role model and values communicator

If you have any queries about Real Winner, please contact Troy Reneker in the Anti-Doping Unit, [treneker@irishsportsCouncil.ie](mailto:treneker@irishsportsCouncil.ie)

**Anti-Doping Educational Material:**

Anti-Doping resources and educational material is available to all Basketball Ireland clubs by request. Should you require this material, please submit an order to the BI Anti-Doping Officer. The Team Manager should email the Anti-Doping Officer in Basketball Ireland to submit team numbers and arrange collection of materials.

**Basketball Ireland Anti-Doping Officer Contact Details:**

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