

don't test positive
for doping, even
by mistake

**Reading
this
leaflet
could
save
your
football
career**





what is doping?

Doping is the use of any prohibited substance or method. Possession or trafficking of prohibited substances, and evasion of or tampering with a doping control are also doping offences.

why is UEFA against doping?

Doping is cheating. Cheating yourself, your team and your fans. Prohibited substances and methods, typically used to enhance performance, put your health at risk and can make you a danger to other players.

when and how does UEFA test for doping?

You may be tested for doping after any UEFA match. You may also be tested for doping outside of a UEFA competition, at any time. You will be required to supply a urine and/or blood sample.

what do I do if I am told to take a doping control?

If you are asked to take a doping control, you have to take it. Report to the UEFA Doping Control Station immediately after notification and follow the instructions of the Doping Control Officer.

remember:

It is your personal duty to ensure that no prohibited substance enters your body, and that no prohibited method is used. FIFA, the World Anti-Doping Agency (WADA), your National Anti-Doping Agency or any other competent body may carry out additional doping controls.

what is the Prohibited List?

This Prohibited List is an inventory of substances and methods that are prohibited both in and out of competitions. The Prohibited List is established by the World Anti-Doping Agency (WADA). You can find the latest version of the List at uefa.com, and then click on the Anti Doping session.

The danger of using doping substances or prohibited methods


The use of doping substances or prohibited methods can seriously damage your health. Using these substances or methods can cause nervous disorders, muscle damage, heart problems, kidney failure, drug dependency, impotence, cancer and more.

warning!

- Several common medicines used to treat aches and pains, colds and flu, etc. contain prohibited substances.
- Many food supplements contain prohibited substances. These may not be mentioned on the label. Using food supplements is unlikely to enhance your performance but will increase your risk of testing positive in a doping control.
- Most recreational drugs (hashish, cocaine, ecstasy, etc.) will result in a positive doping result.

remember:

Before taking any medication or food supplements, consult your team doctor to ensure that you need them and they do not contain any prohibited substance. Doping does not make you healthier, fitter or smarter. It damages your body, your brain and your reputation.



What if I need a prohibited substance or method to treat an illness, or condition?

If you have an illness or condition that requires you to take a medication that includes a substance or method on the Prohibited List, you can apply for a Therapeutic Use Exemption (TUE) which will allow you to take this medication.

How do I apply for a Therapeutic Use Exemption (TUE)?

Please request a form from your team doctor and ensure that it is correctly filled out. Under the requirements of the World Anti-Doping Code and the UEFA TUE procedure, you are responsible for providing a TUE. It is therefore of paramount importance that you apply for a TUE before using any prohibited substance or method.

remember:

Failure to submit the TUE form is a doping offence.



remember:
Come and visit the anti-doping module in the courses section of the Training Ground!

<http://elearning.uefa.com>

Who?

Depending on who you are, click on one of the following dedicated sections to access customised information:

- Amateur player
- Professional player
- Age ranges, starting from ten years old
- Coach or doctor

TRAINING GROUND
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ANTI-DOPING

16-17 Year Old Player 15-16 Year Old Player 14-15 Year Old Player Professional Player Coach/Team Doctor

Scenarios Take the Anti-Doping Quiz Visit the Anti-Doping Section on UEFA.COM

Doping Control Procedure

- Doping Control Procedures
- Sample Testing of Manipulation
- TUE for Athletes
- Testing Prohibited Substances without TUE
- Athlete's Role in TUE
- Food Supplements
- Recreational Drugs - 1
- Writing a Doping Control
- Out-of-Competition Testing
- Post-Card and Doping Control
- Injury and Doping Control
- CAS and FIC
- Risk with Common Medicines

remember:
Keep coming back as the module is regularly updated and new items are continually posted!

uefa.com
TRAINING GROUND

What?

Learn or teach in a fun and interactive way

- Videos of famous players giving advice
- Scenarios (voice-over and music) illustrating common mistakes and doping traps players may fall into.

- Quiz: test your knowledge!
- The entire platform exists in:
 - English
 - German
 - French
 - Spanish
 - Other languages to come



UEFA
Route de Genève 46
CH-1260 Nyon 2
Switzerland
Phone +41 848 00 27 27
Telefax +41 22 990 31 31
uefa.com

The UEFA anti-doping regulations, doping control procedure, the Prohibited List and the Therapeutic Use Exemptions process can be found on uefa.com, and then click on the Anti Doping session.

This leaflet is not a legal document and contains only general information. It is your responsibility to familiarise yourself with the specific details of the anti-doping regulations.