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**NOTE:** FIFA, the World Anti-Doping Agency (WADA), your national anti-doping organisation or any other competent body may carry out additional doping controls.

**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.

**WHAT IS REQUIRED FOR A DOPING CONTROL?**

You will be required to supply a urine and/or blood sample.

**WHEN 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.

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**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.

**REMEMBER:** Doping does not make you healthier, fitter or smarter. It damages your body, your brain and your reputation.

**THINK BEFORE YOU ACT**

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For the latest news on Doping Controls, anti-doping regulations, doping control procedure, the Prohibited List and the Therapeutic Use Exemptions process, please visit UEFA's homepage at:

**www.uefa.com then click on the Anti-Doping section.**

**UEFA**  
Route de Genève 46  
CH-1260 Nyon 2  
Switzerland  
Telephone +41 22 994 44 44  
Telefax +41 22 990 31 31  
uefa.com

READING THIS COULD SAVE YOUR FOOTBALL CAREER

DON'T TEST POSITIVE FOR DOPING

EVEN BY MISTAKE

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**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 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 appropriate TUE form (standard or abbreviated) is a doping offence.



### WHAT IS THE PROHIBITED LIST?

The 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 [www.uefa.com](http://www.uefa.com), then click on the Anti-Doping section.

### 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.

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### 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.

### WHAT IS UEFA'S ATTITUDE TO DOPING?

If you commit a doping offence you will be disqualified from football. It is as simple as that.

## IF YOU USE DRUGS YOU'LL GET CAUGHT

### 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.

### REMEMBER:

It is your personal duty to ensure that no prohibited substance enters your body, and that no prohibited method is used.

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### PLEASE NOTE:

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.

For more information, please consult: [www.uefa.com](http://www.uefa.com) and then click on the Anti-Doping Section.

## YOUR FOOTBALL CAREER DEPENDS ON IT

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### WHERE SHOULD I LOOK FOR MORE INFORMATION?

For the latest news on doping controls, anti-doping regulations, doping control procedure, the Prohibited List and the Therapeutic Use Exemptions process, please visit UEFA's homepage at [www.uefa.com](http://www.uefa.com) then click on the Anti-Doping section.

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## YOU ONLY GET ONE CHANCE DON'T LET YOUR TEAM-MATES DOWN

### WHO CAN I ASK IF I HAVE A QUESTION?

You should first contact your team doctor, who will be well aware of UEFA anti-doping matters. You are also welcome to email your questions to the following confidential address: [anti-doping@uefa.ch](mailto:anti-doping@uefa.ch)

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