

**APPENDIX (B)**  
**British Ski and Snowboard Federation**  
**DRUGS AND DOPING POLICY**

**INTRODUCTION**

The British Ski and Snowboard Federation (BSSF), International Ski Federation (FIS) and the International Olympic Committee (IOC) condemn the use of certain prohibited substances and procedures, which affect physiological systems in the body and serve to improve performance in sport.

BSSF, FIS and the IOC declare that doping is strictly forbidden.

The BSSF is resolved to ensure that their athletes comply with international doping regulations and thus maintain the integrity of ski and snowboard competitions.

To achieve this aim, testing of senior and junior athletes will be undertaken at championships held in the UK or abroad. Random, out of season testing will also take place on skiers selected for International competition whilst they are training.

The BSSF underlines the moral obligation to penalise doping offences.

The BSSF is also committed to an ongoing preventive and educational programme and will ensure easily accessible and accurate information on drugs and doping issues for all athletes.

Drug Control Collection and procedures will be in line with UK Sport and IOC guidelines. These are outlined in UK Sport's "Competitors and Officials Guide to Drugs and Sport", available from UK Sports Council, Ethics and Anti-Doping Directorate, 40 Bernard St, LONDON WC1N 1ST tel +44 (0)207 841 9529.

ANYTHING YOU TAKE BY MOUTH or INJECTION or by SKIN PATCH may be considered as a doping offence.

This might include several drinks and many "over the counter" cough and cold remedies and pain-killers.

Herbal and vitamin supplements may contain added banned substances. Equally supplements may react with each other or with substances already in the body to produce a banned substance at abnormal and prohibited levels.

Some inhalers may be banned and other inhalers require notification by a medical officer prior to competition.

Drugs prescribed by your family doctor may also be prohibited and the athlete may have to advise the doctor to check with this list or UK Sport.

If in doubt, athletes should check with the BSSF, BSSF medical officers or UK Sport, regarding prohibited substances.

A list of banned classes, as well as permitted drugs for minor complaints, is available from BSSF Medical Officers and will be updated annually. This information is also available on the UK Sport website [www.UKSport.org.uk](http://www.UKSport.org.uk).

DON'T BE AFRAID TO ASK WHETHER A SUBSTANCE IS PROHIBITED.  
REMEMBER TO INFORM THE BSSF MEDICAL OFFICERS OF ANY REGULAR OR NEW MEDICATIONS.

BETTER TO BE SAFE THAN BANNED FROM YOUR SPORT.

## THE REGULATIONS

Doping is strictly forbidden and is an offence under BSSF Doping Regulations.

Doping is defined as the administration to, or the use by, a competing athlete of any substance defined by IOC, FIS or BSSF as a prohibited substance, by whatsoever route, or use of a prohibited method either to enhance sporting performance or recovery. Doping contravenes the ethics of both sport and medicine. It is cheating and contrary to the spirit of fair competition.

The offence of doping occurs when

- a prohibited substance and /or metabolites of a doping class is identified in an athlete's body tissue or fluids
- there is evidence of blood doping, pharmacological, chemical or physical manipulation or banned method
- an athlete admits to having used a prohibited drug or banned method on the BSSF list of banned classes or methods.
- a person assists or causes, or admits to assisting or causing, another to use a prohibited substance or method.

The BSSF is morally obliged to penalise doping offences.

The BSSF is also committed to an ongoing preventive and educational programme for all athletes regarding doping guidelines, testing procedures and regulations.

### ANCILLARY OFFENCES

Failing to comply with testing is also considered a doping offence.

All athletes must agree to submit to drug testing when asked to do so by an authorised sampling officer, whether in the UK or overseas. Any athlete refusing to be tested will not be eligible for selection, BSSF sponsorship or International competition and will lose their FIS license. Refusal is regarded as a positive test.

Any person assisting or inciting others, or having admitting to having assisted or incited others, to use a prohibited substance, or prohibited techniques, shall have committed a doping offence and shall be subject to sanctions.

## DOPING CLASSES

Examples of doping classes and methods are as follows:

1. DOPING CLASSES
  - A. STIMULANTS
  - B. NARCOTICS
  - C. ANABOLIC STEROIDS
  - D. DIURETICS
  - E. PEPTIDE HORMONES, MIMETICS AND ANALOGUES
2. PROHIBITED METHODS
  - A. BLOOD DOPING
  - B. PHARMACOLOGICAL, CHEMICAL & PHYSICAL MANIPULATIONS
3. CLASSES OF DRUGS SUBJECT TO CERTAIN RESTRICTIONS
  - A. ALCOHOL
  - B. CANNABINOIDS
  - C. LOCAL ANAESTHETICS
  - D. GLUCO-CORTICOSTEROIDS
  - E. BETA BLOCKERS

Although cannabinoids may be accepted to a degree in some sports, the BSSF will consider a concentration of greater than 15 nanograms per ml a positive sample.

This list is accurate at publication, but the BSSF /FIS/IOC may add other classes/methods if indicated at any time, inline with the most recent IOC list.

## **DOPING CONTROL TESTING**

### **IN COMPETITION TESTING**

Doping control testing will be carried out at each FIS World Ski and Snowboard Championships and is recommended at major FIS championships according to FIS regulations.

Doping control testing will be carried out at Olympic Winter Games according to IOC regulations. It is important to note that there may be slight differences between FIS and IOC regulations.

Any doping control testing carried out by the BSSF at national races will be within strict UK Sport, IOC and FIS guidelines and regulations.

### **OUT OF COMPETITION**

BSSF athletes are obliged to comply with random, out of competition, no notice doping control to maintain membership with the FIS.

The BSSF has the right to conduct out of competition, no notice doping control on its athletes. Procedural guidelines for Out Of Competition Testing are available from BSSF Medical Officers and UK Sport.

Doping controls may be carried out at anytime in or out-of- competition, wherever the athlete may be.

### **DOPING CONTROL PROCEDURES**

#### SAMPLE COLLECTION

Doping control collection procedures shall conform to current IOC recommended guidelines. Accredited IOC laboratories must carry out analysis of all urine samples.

Analysis of all blood samples can only take place at laboratories recognized by the FIS medical committee for this purpose.

The urine sample will be divided into sample A and B. If analysis of Sample A proves analytically positive, or a doping offence is suspected, an investigation will take place. The individual will be notified by the BSSF and given the opportunity to insist on the analysis of the sample B and to be present or be represented at this analysis.

A doping offence is deemed to have taken place if both samples A and B confirm the presence of a prohibited substance.

#### DISCIPLINARY PROCEDURES

Where an A sample is positive, a doping offence has taken place and the following procedure which is described in the "Procedural guidelines for doping control" will be undertaken.

- a) Notification of BSSF and Athlete
- b) Analysis of sample B (if requested)
- c) Disciplinary Hearing.

When it is determined that a doping offence has taken place, the athlete will be served with a notice informing of his / her rights to a hearing together with a notice of application. (S)he has a right to attend or be represented at the hearing.

If an athlete does not return this notice of application within 28 days of receipt, then he/she will be deemed to have waived the right to a hearing.

- d) Sanction by BSSF Disciplinary committee.
- e) Appeal of sanction to Board of BSSF

BSSF will attempt to treat any doping disciplinary offence as expediently as possible.

### **TEAMS**

If an athlete testing positive is a member of a team (jumping, relay etc.) then the whole team will be disqualified from the competition.

## **SANCTIONS**

Penalties for a breach of doping regulations will be in compliance with FIS and BOA rules. Following a BSSF Disciplinary Hearing, the person will be liable to be withdrawn from competitions under BSSF, FIS and BOA regulations for a certain period of time, for example :

### **Group 1**

FIRST DOPING OFFENCE involving

EPHEDRINE, PSEUDOEPHEDRINE, CAFFEINE, STRYCHNINE, PHENYLPROPALAMINE, TERBUTALINE or related compounds

**Ban = one year**

SECOND OFFENCE

**Ban = two years**

### **Group 2**

FIRST DOPING OFFENCE involving  
STIMULANT, NARCOTIC OR CLASS OF DRUG SUBJECT TO CERTAIN RESTRICTIONS  
(E.G. MARIJUANA)

**Ban = two years**

SECOND OFFENCE

**Ban = 3 years**

### **Group 3**

OFFENCES involving:  
ANABOLIC AGENTS, PEPTIDE HORMONE, MIMETICS, ANALOGUES OR ILLEGAL  
DOPING METHODS  
FAILURE TO COMPLY WITH A REQUEST TO SUBMIT A TEST

**BAN – MINIMUM OF 3 YEARS FOR FIRST OFFENCE**  
**LIFE BAN FOR SECOND OFFENCE**

The BSSF has the ultimate authority to impose these sanctions.  
The BSSF will review this DOPING CONTROL POLICY ANNUALLY.