

# NPBC Anti-Doping Instructions

This information is being made available to all Members of NPBC. It has particular relevance to those playing in competitive County, National and International matches.

First and most important - **Your health is paramount and under no circumstances should you stop any medication prescribed by your Doctor or Hospital Consultant without further consultation.**

Bowls England has in place a set of anti-doping rules that all athletes and athlete support personnel must abide by. The anti-doping rules for Bowls England are consistent with the World Anti-Doping Code (the Code). It is the core document that harmonises anti-doping policies, rules and regulations within the sport globally.

The anti-doping rules of Bowls England are rules published by UK Anti-Doping (UKAD). They apply to all members of Bowls England - regardless of the level at which members participate - "International Level", "National Level" or as a "Recreational Athlete" (further information can be found on the UKAD website).

## Anti-doping Rule Violation

The Code outlines the Anti-Doping Rule Violations (ADVRs). Athletes and athlete support personnel need to be fully aware of these violations and the consequences of breaking the rules. In essence, breaking the antidoping rules can result in a lifetime ban from ALL sports.

**AN ATHLETE AGED 18 OR OVER IS RESPONSIBLE FOR ANYTHING FOUND IN THEIR SYSTEM. FOR ATHLETES UNDER THE AGE OF 18, PARENTS/GUARDIANS CARRY THE RESPONSIBILITY.**

If you are taking any prescribed medication, you should first check whether the medication appears on the banned list via these links - [www.ukad.org.uk/news/major-changes-2022-prohibited-list-what-you-need-know](http://www.ukad.org.uk/news/major-changes-2022-prohibited-list-what-you-need-know) and <https://www.globaldro.com> and <https://www.ukad.org.uk/special-topics>

You should also be aware that some banned substances are contained in certain dietary supplements (eg protein drinks, cannabinoid compounds (CBD and CBN) that can be bought in health shops). See [Supplements Hub | UK Anti-Doping \(ukad.org.uk\)](#) for more information.

If you're in any doubt, please contact your own doctor or our Safeguarding Officer / Welfare Officer for guidance.

If a search identifies any banned medications or substances, various options will be given. For example, you could be advised to complete a Therapeutic Use Exemption (TUE) Application Form to request permission to compete whilst still taking the drug or supplement. **Under no circumstances should you stop any medication prescribed by a Doctor or Hospital Consultant without seeking further professional advice,**

