



Anti-Doping Policy for Natural Strongman

Introduction

This Anti-Doping Policy was established to ensure fair competition and the integrity of natural strongman events. The goal is to promote a safe and healthy environment for all athletes, free from the influence of performance-enhancing drugs.

The Natural Strongman Anti-Doping Policy has been created using principles as set out in the World Anti-Doping Code and, unless stated otherwise (within this document or in consultation with Natural Strongman), should be interpreted and applied in a manner consistent with WADA Guidelines.

https://www.wada-ama.org/sites/default/files/resources/files/2021_wada_code.pdf

Purpose

The purpose of this policy is to:

1. Uphold the principles of fair play and honesty in competition.
2. Protect the health of athletes.
3. Promote the spirit of natural strength sports.
4. Prevent the use of performance-enhancing substances.

Scope

This policy applies to:

- All athletes participating in Natural Strongman competitions.
- Coaches, support staff, and volunteers associated with the athletes.
- Event organisers and affiliated organisations.

Definitions

1. **Doping:**

The use of substances or methods that enhance performance in an unfair manner.

2. **Prohibited Substances:**

Substances classified as prohibited/banned by recognised authorities (e.g., World Anti-Doping Agency).

3. **Therapeutic Use Exemption (TUE):**

An allowance for athletes to use specific prohibited substances for legitimate medical reasons.

4. **Testing:**

The process of analysing an athlete's sample for prohibited substances or Methods.

5. **Sample:**

Methods of testing require an athlete to agree to one of the following sampling methods as requested by a designated official on request of the anti-doping officer, these may include urine, hair follicle and nail clipping.

Prohibited Substances

Athletes are strictly prohibited from using the following:

- Anabolic steroids
 - Hormones (e.g., Human Growth Hormone, bio-identical hormones)
 - Stimulants (e.g., amphetamines)
 - Diuretics
 - Any other substance or method deemed prohibited by recognised authorities (e.g. WADA).
- More information can be found here on the WADA website search page.

<https://www.wada-ama.org/en/prohibited-list#search-anchor>

Therapeutic Use Exemption (TUE)

1. Application for TUE:

- Athletes who have a legitimate medical condition requiring treatment with a prohibited substance may apply for a TUE.
- The application must include a medical statement from a qualified healthcare professional and relevant supporting documentation.
- TUE form is available on the Natural Strongman website

2. Approval Process:

- The TUE application will be reviewed by the designated medical committee or organisation overseeing the rules of the event.

3. Validity:

- If granted, the TUE will specify the conditions under which the athlete may use the substance.
- Athletes must carry a copy (physical or electronic) of the approved TUE during competitions.

4. Renewal:

- TUEs are typically valid for a defined period, after which a new application may be required.

5. Retrospective TUE:

- In certain circumstances a TUE may be sought retrospectively, however these are on a case by case basis and the organisation would highly recommend that the need for TUE is established prior to competing.

Responsibilities

1. Athletes:

- Ensure they are aware of and comply with this policy, including the TUE process where applicable.
- Understand the consequences of doping and the importance of natural strength sports.
- It is the responsibility of the athlete to research any supplement they may choose to take regardless of its 'natural' status and if unsure they should seek further advice.

2. Event Organisers:

- Implement and enforce the policy during competitions.
- Provide education and resources about doping prevention, including TUEs.

3. Coaches and Support Staff:

- Educate athletes about the risks and consequences of doping and the TUE process.
- Foster a culture of integrity and fair competition.

Testing Procedures

1. **In-Competition Testing:** Random testing may occur during competitions to enforce compliance.
2. **Out-of-Competition Testing:** Athletes may be subject to random testing outside of competitions.
3. **Suspension Pending Investigation:**
 - If an athlete tests positive or is suspected of doping, they may be suspended from all competition activities pending the outcome of the investigation.
 - During this period, any collected results may be held until the conclusion of the investigation.
4. **Sample Collection:** Athletes must comply with sample collection protocols established by the organisation.

N.B. Refusal to participate or be unavailable for testing (in or out of the competition setting) if notified by a designated official may result in suspension pending investigation and also up to €500 penalty.

Publication of Results

1. **Doping Violations:**
 - In cases of doping violations, the names of the athlete/s will be publicly disclosed, along with the nature of the offence.
 - This will be done to uphold the integrity of the sport and to inform the community.
3. **TUE Information:**
 - While TUEs will be documented, the specifics of individual TUEs may remain confidential. However, it may be noted if an athlete is competing under a TUE in publicly accessible results.

Consequences of Doping Violations

1. First Offence:

- Disqualification from the competition.
- A suspension of up to 36 months from participation in any Natural Strongman events.
- Possible fines not exceeding €500 (or its equivalent in local currency), which may be used to fund anti-doping initiatives.
- Return to Sport request must be submitted prior to the athlete returning post suspension.
- Athletes will be required to undergo testing 3 months prior to returning to sport, this test/s will be at the expense of the athlete. Any outstanding penalties must also be settled prior to any return to competition.

2. Second Offence:

- 3yrs up to permanent disqualification from participation in Natural Strongman competitions.
- Notification to relevant sports authorities.
- Fines may be doubled on subsequent offences.

3. Appeals Process:

- Athletes may appeal any decision made regarding doping violations within 30 days of notification. Details of the appeal process will be provided at the time of notification.

4. Records & Rankings

- Athletes who have been found guilty of a violation will also be stripped of any records and placings up to that time, may be liable to repay any monetary winnings and will forfeit any sponsorship that may have been awarded by Natural Strongman or their affiliates.

5. Publication of Violations

- By holding membership with Natural Strongman or any of their associate organisations and competing in drug tested competitions you are accepting the possibility of public disclosure of your name and test results if you are found in violation of the anti-doping policy.

N.B. Refusal to participate or be unavailable for testing if notified by a designated official may result in suspension pending investigation and also up to €500 penalty.

GDPR

Any personal information and /or data collected will be processed in accordance with the GDPR guidelines as set out by the data protection commission.

Education and Training

Natural Strongman is committed to the growth and development of tested strongmen, as we continue to grow and develop we will strive to produce up to date information and guidance to all athletes and those invested in the growth of the sport.

Review and Amendments

This policy will be reviewed annually and updated as necessary to ensure compliance with best practices and changes in regulations regarding doping in sports.

Conclusion

By adhering to this Anti-Doping Policy, including the TUE process and the potential for fines and suspensions, athletes demonstrate their commitment to fair play, health, and the integrity of the sport. Natural strongman competitions should celebrate strength and determination without the influence of performance-enhancing substances.