



TRIATHLONIRELAND.COM

ANTI DOPING EDUCATION

| 2025

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WHO CAN BE TESTED?

IN PRINCIPLE, ANY ATHLETE COMPETING IN A TRIATHLON CAN BE TESTED, REGARDLESS OF THE LEVEL AT WHICH THEY ARE COMPETING. EVERY ATHLETE COMPETING IN A TRIATHLON MUST BE AWARE OF THESE GUIDELINES.

1. STRICT LIABILITY

YOUR BODY

YOUR RESPONSIBILITY

It means that anyone competing is strictly liable for substances found in his or her bodily specimen, and that an anti-doping rule violation occurs whenever a prohibited substance (or its metabolites or markers) is found in bodily specimen, whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault. This applies to all ages and levels.

2. CHECKING YOUR MEDICATION

Many medications available for common medical conditions, such as asthma or hay-fever, may contain prohibited substances. You need to be aware that these are readily available in products prescribed by your doctor or bought over the counter in a pharmacy. Check every single substance or medication before you use it, even if you have used it before.

It is also important to remember that medications bought abroad may contain different substances than those in Ireland and you should always check before you take them. You may not realise it but the medication you take regularly to treat a medical condition (asthma, diabetes, hay-fever, hypertension, etc) could contain substance which is on the banned list.

The easiest way to check your medication is to use the Eirpharm website www.eirpharm.com (medications purchased in the Republic of Ireland) or www.globaldro.com (medications purchased in Northern Ireland, UK, Canada, Australia, New Zealand).

3. THERAPEUTIC USE EXEMPTION (TUE)

Athletes seeking permission to use a medication containing a substance on the WADA Prohibited List must seek a Therapeutic Use Exemption (TUE) to do so. Depending on what level you are competing at, you may have to apply upfront (get a pre-test TUE) or you may be permitted to apply retroactively (get a post-test TUE). Either way, you need to ensure that your medical practitioner has a full medical file in place (see below for further details).

PRE-TEST TUE: Athletes competing in International competitions and athletes on the World Triathlon's registered Testing Pool or the Sport Ireland's Registered Testing Pool must apply for a TUE prior to using a medication containing prohibited substance. A TUE form (and supporting medical file) must be submitted to Sport Ireland or World Triathlon at least 30 days prior to competing while using a prohibited medication.

POST-TEST TUE: If you are competing domestically (and are not an RTP athlete) and have taken medication for a medical condition and as a result test positive for a banned substance at an event you will be given the opportunity to apply for a post test TUE. You must list the medication on the doping control form when you are tested. You will need to supply a complete medical history, diagnosis and medical justification for using a prohibited medication as opposed to a permitted alternative.

WHERE CAN I APPLY FOR A TUE?

A TUE form is available to download from the Sport Ireland website:

[THERAPEUTIC USE EXEMPTIONS](#)

No matter what standard of athlete, it is imperative that you find out if you are allowed to take your medication while competing in a triathlon.

WADA PROHIBITED LIST

The Prohibited List is a cornerstone of the World Anti-Doping Code and a key component of harmonization. The List is updated annually following an extensive consultation process facilitated by WADA.

4. TESTING INFORMATION

You should feel prepared and know what to expect when notified that you are to be tested by Doping Control.

It is important to know your rights and responsibilities, including what may happen if you are unable to provide a sample.

5. ANTI-DOPING RULE VIOLATIONS

There are 11 anti-doping rule violations (ADRV's). Breaching any one of these can lead to sanctions. The maximum sanction is a 4 year ban from all sporting activity. These violations are applicable to all participants in sporting activity as well as athlete support personnel including coaches and physiotherapists.

[See the list of ADRV's on the Sport Ireland website.](#)

6. EDUCATION

A dedicated education certification has been developed by WADA, this includes WADA code material and further anti-doping knowledge:

PLAY TRUE QUIZ

This module or the Sport Ireland certificate is a requirement for all Elite National Champs, Super Series & Age Group athletes.

Complete the Free Sport Ireland Online Anti Doping module [here](#).

Coaches and athletes support personnel should complete the [WADA Coach True module](#).

7. REPORTING

The Intelligence programme is a vital part of the Anti-Doping programme and seeks to collect any information that will assist in the detection, deterrence, enforcement or prevention of an Anti Doping Rule Violation (ADRV).

ADRVs include use and attempted use of prohibited substances in sport, but also extend to administration of a prohibited substance, possession and trafficking in prohibited substances.

8. WHAT IS INADVERTENT DOPING?

Inadvertent doping occurs when an athlete takes a medication to treat an injury or illness without realising that it contains prohibited substance. It can also happen when an athlete takes a supplement that may contain impurities such as ingredients that are not listed on the label which could cause a positive test.

Athletes are responsible for checking the status of all substances and medications they consume - ignorance is no excuse. Ultimately athletes are responsible for what they ingest.

SWIM
BIKE
RUN

9. SUPPLEMENTS

We encourage athletes to optimise diet, lifestyle & training before athletes consider supplements.

However, we recognise that some athletes choose to use supplements and therefore want to ensure that all athletes are equipped with an awareness of the associated risks so that they can make well informed decisions.

Due to the lack of regulation of the supplement industry there is no guarantee that any supplement is safe.

SOME RISKS:

- Supplements can contain banned substances;
- Contamination can occur during the manufacturing process;
- Ingredients on the label may be listed differently to how they are shown on the Prohibited List;
- A label saying 'Safe for Sports People', or 'Approved by WADA' is meaningless. WADA does not approve any supplement product.

For supplement checking visit: [Informed Sport](#)

Informed Sport has its limitations and is in no way a guaranteed method of checking supplements. Athletes should keep a record of all of the searches they have done to check a product is safe to take.

WHERE CAN I GET MORE INFORMATION?

Sport Ireland are responsible for the administration of anti-doping testing, education and administration.

There is more information on their website or you can contact them directly on

+353 1 8608800

A copy of the Irish Anti-Doping Rules can be found on the Sport Ireland website:

[Anti-Doping Rules](#)

10. ATHLETES MEDICAL FILE

An athlete's medical file would typically consist of:

- A detailed medical history (when diagnosed, previous episodes, previous hospitalisations, related symptoms, etc.);
- The results of any relevant medical tests, laboratory studies, etc.
- Any other supporting information which will confirm that the athlete has a legitimate therapeutic requirement to use a prohibited medication to treat a medical condition.

For further information on the TUE requirements for specific medical conditions please go to the WADA website or contact the Sport Ireland Anti-Doping Unit on

01 8608800

11. RACE ORGANISERS TESTING INFORMATION

Triathlon Ireland subscribes to World Anti Doping Agency protocols and will comply with all requirements in respect of Drug Testing.

From 2014 there is **NO ADVANCE NOTICE** from Sport Ireland or Triathlon Ireland that a Testing Unit will attend the event.

Higher level races (ie SS/NS/NC) will be required to have facilities and necessary equipment available in the case that testing occurs at their event.

Information about how to be prepared at your event is in the [Sport Ireland Event Contact Person](#) manual. The Doping Control Officer on the day will liaise with the club nominated Event Contact Person.

ONLINE RESOURCES

TRIATHLONIRELAND.COM

SPORT IRELAND

- [Anti-Doping Information](#)
- [Therapeutic Use Exemption](#)
- [eLearning](#)
- [Reporting Doping](#)
- [Anti-Doping Rules](#)
- [Event Contact Handbook](#)
- [Supplements](#)
- [Advisory Notes](#)

CHECKING SUPPLEMENTS

- [Informed Sport](#)

SPORT NORTHERN IRELAND

- [Anti-Doping Information](#)

UKAD

- [Anti-Doping Information](#)

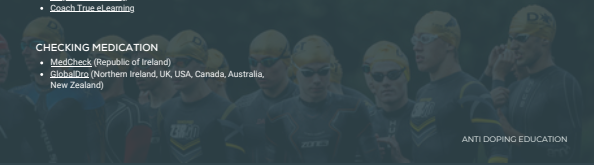
WADA

- [Prohibited List 2025](#)
- [Play True eLearning](#)
- [Coach True eLearning](#)

CHECKING MEDICATION

- [MedCheck](#) (Republic of Ireland)
- [GlobalDro](#) (Northern Ireland, UK, USA, Canada, Australia, New Zealand)

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