

lta.org.uk/clean-tennis

CLEAN *tennis*



STRICT LIABILITY

KNOW YOUR RIGHTS AND RESPONSIBILITIES

Players are solely responsible for any banned substance found in their system.

*it's your body,
your responsibility*



PROHIBITED LIST

The Prohibited List contains all those substances and methods that are banned in sport.

Some substances are banned at all times, while others are only banned during in-competition periods.

The list is updated on 1 January each year by WADA (the World Anti-Doping Agency).



MEDICINE

Did you know some medications contain banned substances?

Before taking a medication check the status on Global DRO.

If your medication is prohibited, you may need to apply for a TUE (Therapeutic Use Exemption).

www.globaldro.com



PROTECT *Your Sport*

If you're concerned doping may be taking place, you can share your concerns, however small they seem.

anti-doping@lta.org.uk
protectyoursport.co.uk
08000 32 23 32



TUEs

A TUE is an exemption that allows a player to take an otherwise banned substance for treatment of a legitimate medical condition, illness or injury.

Depending on your level of competition you may need to apply for a TUE in advance of taking your medication.

If you are unsure check with the LTA or UKAD.



TESTING & WHEREABOUTS



Any player can be tested anywhere, at any-time, with no advance notice.

Refusal to submit to a test can result in a ban from all sport.

Some players are required to provide regular whereabouts information. They will be individually notified of this.

Details of the testing process can be found on the LTA website.

NUTRITIONAL SUPPLEMENTS

ASSESS THE NEED – ASSESS THE RISK – ASSESS THE CONSEQUENCES

The LTA supports a 'food first' approach to nutrition.

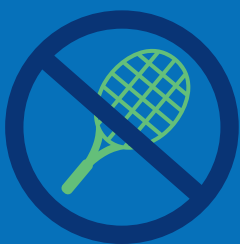
Supplements have been the cause of many anti-doping violations; players should be very cautious about taking them.

Only consider using quality assured, batch-tested supplements such as those certified by Informed Sport.

Check the LTA website for supplement advice in more detail.



VIOLATIONS & CONSEQUENCES



There are many different anti-doping violations.

Most apply to support personnel (including coaches and trainers) as well as players.

- Loss of prize money and earnings
- Up to a life-time ban from sport
- Reputational damage

SOCIAL DRUGS

Social drugs are also on the Prohibited List and are banned in sport.

You could receive a ban if you test positive or are found to be using them at an event.

If you need help, advice or support with social drug use you can contact Frank:

www.talktofrank.com
0300 123 6600

FRANK