

**Antidopingprogram**

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# Background

The goal of the anti-doping program is to reduce the risks of Swedish tug-of-war athlete suffering doping offences, especially offenses caused by ignorance, and to clarify the roles that different people and organizational parts have in the work preventing doping in our sport.

The program must be available on the website for everyone who wishes and wants to receive information.

All athletes are obliged to know the doping rules and understand that, for example, intake of dietary supplements is always at your own risk. All sports managers are also obliged to know the current rules and to help ensure that doping controls can be carried out. Some athletes and leaders do not know what obligations they have with regard to doping rules, and therefore do not understand the serious consequences such ignorance can have. Swedish Tug of War Federation (SDF) has an important role in spreading knowledge about the doping rules and attitudes towards doping to our athletes and leaders.

The anti-doping program must be shared with national team managers so that they understand what is expected of them in terms of anti-doping. What they should know about doping rules, what they should do to ensure that all athletes in national teams understand how to handle the intake of drugs and nutritional supplements, as well as how to handle information to the Swedish Sports Confederation about camps, providing whereabouts and doping controls. Club managers must be informed via the anti-doping program about what is expected of them with regard to the anti-doping issue and what aids are offered to associations, for example the material "Vaccinate the club" (Vaccinera Klubben).

If the confederation prepares its own information material on anti-doping, this must be approved by the organization Antidoping Sweden (ADSE).

# Risk Areas and Exemptions

All athletes and managers are personally responsible for knowing and following the current doping rules. Fresh information can be obtained from the Swedish Sports Confederation (Riksidrottsförbundet, RF) and the World Anti-Doping Agency (WADA).

On ADSE's website there is a link to the so-called Red-Green List where you can see if a Swedish medicine is classified as doping or not. There are also links to corresponding search functions in other countries. The Red-Green List covers only pharmaceuticals. There is no list that encompasses the rich flora of dietary supplements available on the market. These are not recommended for use, especially supplements that, according to the advertising, have a performance-enhancing or weight-reducing effect. Every year, several doping cases occur in various sports because of these dietary supplements.

If you use medicine, there is a risk that it is classified as doping. This applies, for example, to beta-2 stimulators and diuretic medications. **Therefore, always check your medicines in the Red-Green list:** [Antidoping Sverige, Röd-Gröna listan](http://rodgronalistan.antidoping.se/index.asp)

A tug-of-war athlete at a **high national level** must apply for a temporary use exemption (TUE) from ADSE if he/she needs to use any drugs classified as doping. High national level consists of the athletes who are selected for the senior, U23 and junior national teams. A Swedish exemption may apply in some cases international but must always be reviewed by TWIF - [Commission – Tugofwar (tugofwar-twif.org)](https://tugofwar-twif.org/anti-doping/commission/) well in advance of international competition.

Tug-of war athletes who according to the exemption rules are classified as "other" have the right to apply for a retroactive exemption if they submitted a positive doping test after taking medication. In order for a retroactive exemption to be granted, it is required that it is an accepted medical treatment and that other alternatives not classified as doping have been considered.

• Link for national exemption application: <https://www.antidoping.se/dispens-laekemedelssoek/medicinsk-dispens/saa-ansoeker-du-om-medicinsk-dispens/>

# Organisation

## The Federation Board

The Confederation Board has the overall responsibility for continuously providing guidelines for the work with anti-doping issues.

## Anti-doping group

The anti-doping group is responsible for the preparation and implementation of the SDF's anti-doping program. The group is responsible for anti-doping and contact person for doping issues vis-à-vis the RF and ADSE.

Jennie Andersson, president of the board (Anti-doping responsible)

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## Sports director

Ensures that all national team members are informed about the program and special attention is paid to the exemption rules, which may be special for athletes at international level.

It is also the sports director who checks that valid exemptions are available well in advance of international competitions.

# Responsibility

There is a strict individual responsibility in anti-doping. **The active person is always personally responsible for being "clean", providing whereabouts if required and having the necessary exemptions in order**. This applies regardless of what level the tug-of-war is at.

A leader is also fully responsible for his actions and can be convicted of doping offenses independently of others involved if, for example, he makes it difficult for a doping inspector, helps an active member to dope or otherwise commits a misdemeanor.

A doping offense can have severe consequences for the victim and also for the activity in which he participates. **A leader, as well as an athlete, can be suspended from all sporting activities for several years.**

In Sweden, ADSE is responsible for inspection activities and exemptions.

# Doping Controls

During a doping control, the designated person is called in writing by a certified doping controller or escort and is then followed to the control station where a protocol is kept and signed after the sample collection is completed. In the protocol, all medication during the last seven days must be stated. Each person who is tested may, according to their own wishes, have an accompanying person (in a professional context usually a doctor or sports director). Underage athletes (under 18 years of age) must have a representative present during the entire doping control process. In addition, anyone who needs to bring an interpreter with them to the inspection may do so. For para tug-of-war wrestlers, necessary support persons can also participate.

Anyone who practices sports within confederations and associations connected to the RF can be called to a doping control. Attempts to avoid or complicate a control must normally be investigated as a possible punishable offence. So you just have to show up. It is allowed to refuse control, but in that case the consequence is likely to be a four-year suspension from all sports.

# Processing of Punishment Cases

## Sweden

In the event of a violation of the doping rules in connection with national competitions and Out of Competition (OOC tests, i.e. tests carried out outside a competition situation) carried out by ADSE, these are handled by the Doping Committee (DoN). Bad behavior during doping control, not submitted or incorrect whereabouts are also violations of the doping rules. Doping cases are handled by the DoN as a court of first instance. Both the DoN and the person concerned can then appeal a decision to the National Sports Board (RIN).

## Internationally

In the case of violations of the doping rules in connection with international competitions and OOC tests carried out at the request of an organization other than the RF, these are handled by the International Tug-of-war Confederation. Decisions can be appealed to Court of Arbitration for Sport (CAS).

Current suspensions are reported on TWIF's website.

# Action Plan and Education

To ensure the anti-doping work within the SDF, we educate our leaders and active members continuously. Competence exists within the SDF, with the anti-doping committee and confederation captains.

Education of active takes place in primarily for SDF's national team groups and at our national team meetings. In connection with similar gatherings, ADSE can be advantageously contacted to carry out the education, which is provided free of charge. There are a number of educators throughout the country who are authorized to carry out such education.

For juniors and seniors, it is mandatory to complete the RF's web-based training "Pure Winner" (Ren Vinnare) before you can be selected for the national team.

Carrying out the "Vaccination Club" (Vaccinera Klubben) is a simple and excellent way to gain basic knowledge and create a strategy for dealing with anti-doping issues in the right way in the association, which we strongly recommend. This is followed up by the anti-doping group in connection with their November meeting.

Association that participates in the Swedish Championships or in the Elit serie must have carried out "Vaccinate the club against doping". The requirement is mandatory from 1 January 2020.

# Links

Swedish Sports Confederation (RF): [Idrottsrörelsens antidopingarbete - Riksidrottsförbundet (rf.se)](https://www.rf.se/rf-arbetar-med/idrottsrorelsens-antidopingarbete)

Antidoping Sweden: [antidoping.se](http://www.antidoping.se)

Vaccinate the club: [antidoping.se/utbildning-fakta/utbildning/vaccinera-klubben/](http://www.antidoping.se/utbildning-fakta/utbildning/vaccinera-klubben/)

Clean Winner: [antidoping.se/utbildning-fakta/utbildning/ren-vinnare/](https://www.antidoping.se/utbildning-fakta/utbildning/ren-vinnare/)

Red-green list: [Antidoping Sverige, Röd-Gröna listan](http://rodgronalistan.antidoping.se/index.asp)

World Anti-Doping Agency (WADA): [wada-ama.org](http://www.wada-ama.org/)

International Tug of War Federation: [tugofwar-twif.org](http://www.tugofwar-twif.org)

European Tug Of War Federation: [European Tug Of War Federation – ETWF](http://tugofwar.eu/)

Dragkampförbundet: **Fel! Ogiltig hyperlänkreferens.**[svenskdragkamp.se](http://www.svenskdragkamp.se)

# Action Plan in Case of Doping

## Active suspended from all activities

In a situation where an active member of the SDF is suspected of doping, according to current national and/or international doping regulations, he/she is immediately suspended from national team activities within the SDF during the investigation.

## Interrupted competition and journey home

In a situation where an active member within the SDF's activities is guilty of doping according to current doping regulations, the active member must immediately cancel his participation in the selected official squad and return home. SDF pays for this trip home regardless of the case, but has the right to reclaim these expenses afterwards.

## Media

In the event of a doping case within the SDF's operations, the SDF makes a statement according to the following order:

1. Chairman SDF anti-doping committee Jennie Andersson

2. SDF General Secretary/Chairman

# Revision of this Action Plan

This action plan is revised if necessary by the anti-doping committee for decision by the confederation board.