

BRITISH
JUDO



1st4sport
Qualifications

1st4sport Level 3 in Coaching Judo

Module 10: Anti-Doping



Module 10: Anti-Doping

Clean Sport – British Judo Policies & Procedures

- All athletes have the right to compete in sports knowing that they, and their competitors, are clean
- The anti-doping rules apply to all members of British Judo, regardless of what level you participate at
 - [Clean Sport - Anti Doping - British Judo](#)
- The anti-doping rules of British Judo are the rules published by [UK Anti-Doping](#)

Module 10: Anti-Doping

UK Anti Doping – Protecting Sport

- UK Anti-Doping

- Prohibited List – WADA List of Prohibited Substances and Methods
- UKAD Assurance Framework – UK National Anti-Doping Policy
- Protect Your Sport – Confidential Reporting
- Clean Sport Hub – Platform for Clean Sport Education



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Module 10: Anti-Doping

Strict Liability – Your Body Your Responsibility

- Global DRO – Check your medications
 - Status of medications based on the current WADA prohibited list
- Informed Sport – Check your supplements
 - Sports supplement certified product list



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Module 10: Anti-Doping

100% me – PRIDE

- A values-based education programme
- Only for athletes, helping them to make the right choices
- Supports the principle of strict liability
 - Athletes are solely responsible for what is found in their system, regardless of how it got there, or whether there was any intention to cheat
- Download the App
 - [100% me](#)



Module 10: Anti-Doping

Therapeutic Use Exemption (TUE)

- If an athlete has an illness or condition that requires them to take medication which contains ingredients listed on the Prohibited List, then they need to take to obtain a TUE
 - [Medicine | UK Anti-Doping \(ukad.org.uk\)](https://www.ukad.org.uk)