

# BRITISH DRUG FREE POWERLIFTING ASSOCIATION

## DRUGS CONTROL REVIEW 2013

### Contents:

The BDFPA ethos and testing requirements

2013 Test Results Summary

Supplements, Doping and the Athlete

Global DRO

100% Me Fact Sheet

## The BDFPA ethos and testing requirements

The association was established in order to provide athletes who believed in the true aspects of drugs free sport a competitive framework in order to compete at levels from local to International.

Over the years the BDFPA has been at the forefront of testing within the UK and at present is the leading association across a myriad of sports within the UK.

All members of the BDFPA share the same vision – a competitive organisation that seeks to include all those who wish to participate in the sport of Powerlifting on a fair and level playing field. This is achieved by a robust and diverse drugs Testing Policy that ensures that Performance Enhancing Drugs use is combated in order to promote clean, fair and healthy sporting participation across all levels of ability from Novice to Elite athlete.

This is achieved by the use of in competition testing at events from Divisional to National within the BDFPA and International in conjunction with the WDFPF. Additionally the BDFPA conduct Out Of Competition testing across the country throughout the year in order to support its aims.

All BDFPA members are subject to either of these methods throughout the duration of their membership term. The BDFPA rulebook at [BDFPF.co.uk](http://BDFPF.co.uk) refers to membership requirements.

## Why do we test when other associations do not?

We all watch or participate in sport, whether this is at the lowest club levels, as an International athlete or just enjoy watching sport. We all want to know that what we watch we can believe in and when we win or lose no athlete has 'cheated' to gain an unfair advantage.

For an athlete, the real satisfaction from personal success comes from within, knowing that they competed fairly with other athletes, did the best they could do and achieved what they earned by hard work and dedicated training.

Being a clean athlete actually has little to do with testing. Testing is there to confirm publically that athletes are drug free, whilst catching those who have cheated or gained unfair advantage intentionally or not.

Everyone wants to witness lifters perform at their best without wondering if their performance is natural or not. The use of drugs testing helps to underpin the ethos of fair play and deters those from participating in BDFPA and WDFPF events who may wish to deliberately attempt to fool other lifters that their performances are all their own work. Education must also be raised in order to prevent the accidental failure due to poor supplementation choice or the inadvertent use of prescribed medications given to lifters by their GP. The use of sites such as Informed Sport and Global Dro are strongly encouraged for both Lifter and their support staff.

## 2013 Test Results Summary

This summary covers the testing period between 1<sup>st</sup> Jan 2013 and 31<sup>st</sup> December 2013. At time of production of this report BDFPA membership in 2013 was 654.

### Number of Tests conducted:

102 - 16% of membership by number

### Number of tests by type conducted:

Full IOC – 53 – 52% by number conducted

OOO – 49 – 48% by number conducted

### Tests by organisation:

BDFPA National - 22

BDFPA Divisional - 15

Military Tests - 46

WDFPF – 19

Testing at National events is based on a minimum of 10% of lifters. This is mirrored by WDFPF events. Testing at divisional level is not a mandatory requirement of the BDFPA or WDFPF.

### Failure analysis:

As listed on the BDFPA website there was only 1 failed test this year due to a stimulant that was found within a competitor at a Military Championship. The athlete indicated that his only source of ingestion of the substance would have been from a sports supplement pre-workout. On investigation this was found to have been the source of failures across many sports over the last few years. In line with WDFPF and BDFPA sanctions the lifter has received a ban for 2 years.

## Supplements, Doping and the Athlete

The use of supplements across sport in general is of a huge scale. It is true that some form of supplementation may be required by those undertaking specific training regimes but what is absolutely clear is that many individuals risk their sporting career and reputation regularly by the use of poorly tested or researched supplements. This is backed up by the BDFPA finding from 2013 and other National testing organisations statistic.

There is no such thing as a 100% safe supplement. Those considering the use of any kind of supplement must undertake a structured approach to risk mitigation. An individual must assess the need then assess the risk. Can an individual meet their additional needs by increased food intake – ie a natural source – prior to considering supplements? If they are still set on taking supplements, what is it they want to achieve and is there credible proof that the product they intend to take can produce the desired affect?

The same is true for self-medication and prescribed medicines where a TUE may be required.

All lifters are advised to undertake as much research as possible BEFORE using supplements or taking medication and are directed to the following sites for further advice and direction:

<http://www.wada-ama.org/>

<http://www.informed-sport.com/>

<http://www.ukad.org.uk/>

<http://www.ukad.org.uk/support-personnel/tues/>

Additionally individuals are encouraged to undertake the Anti-Doping Advisors course on the UKAD website.

## Global DRO

Using Global DRO is simple – just type in the medication either by brand or by ingredients and it will tell you whether it is banned or not. It will also state whether the ingredient is banned in-competition only or at all times.

Important things you need to be aware of when using Global DRO:

- Even though a substance may only be banned in-competition, regardless of when it is taken it may still be in the system – this is a risk to athletes.
- Global DRO cannot be used to check supplements, even if athletes complete an ingredients check. Find out why in the supplements section.
- Only medicines bought in the UK, USA and Canada can be checked safely.
- Always check regularly – medication may change over time, so even repeat prescriptions need to be regularly checked.
- Tell athletes to record the search number and keep it safe.

Taking a chance is not something an athlete at any level can afford to take – but they probably do this all the time without thinking.

We need to ensure that athletes and those around them understand that ‘athletes must check all medication using Global DRO prior to taking’



## What is 100% me? Fact sheet for athletes

### How to be a 100% me athlete and support clean sport

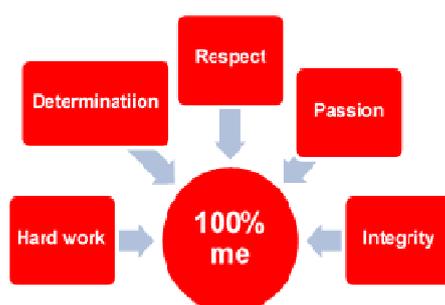
#### What is 100% me?

Clean sport is our mission. **You are key** to the success of that mission.

All athletes have the right to compete in sport knowing that they, and their competitors, are clean and have not cheated.

100% me is here to help you throughout your sporting journey. 100% me supports, informs and educates athletes throughout their careers by providing anti-doping advice and guidance. It is your guide to ensure you can **'be clean and stay clean'** throughout your sporting journey.

#### What does 100% me represent?



#### Strict liability

All athletes are solely responsible for anything found in their system, regardless of whether there was intention to cheat, or not.



#### How can 100% me help?

The 100% me programme includes interactive education workshops, inductions for elite athletes, online webinars, social media and our presence at sporting events such as the School Games and test events for Major Games, like the Olympics and Paralympics. All are supported with educational resources to help you.

Check out the **Athlete Zone** on the UK Anti-Doping website: [www.ukad.org.uk/athletes](http://www.ukad.org.uk/athletes)  
Make sure you register to keep up to date with the latest news at: [www.ukad.org.uk/register](http://www.ukad.org.uk/register)

#### Get involved with 100% me now!

Join the 100% me community on Facebook too at [www.facebook.com/100percentme.uk](http://www.facebook.com/100percentme.uk)