

Athlete Clean Sport Commitment Statement

Loughborough University

Loughborough University's Anti-Doping Strategy is wholly aligned to the WADA Code (https://www.wada-ama.org/sites/default/files/resources/files/2021_wada_code.pdf) and UKAD guidance (<https://www.ukad.org.uk/>). As the first university to be given the highest level of UKAD recognition via the UKAD University Accreditation scheme launched in 2015, a commitment to clean sport and the values associated with it are embedded within all elements of Loughborough University sporting practice.

Your responsibilities as an athlete are:

- A commitment to compete clean.
- Active participation in anti-doping education, making every effort to maximise these opportunities to fully understand your responsibilities.
- You the athlete are responsible for any substance within your body as detailed in UKAD 'strict liability' directive.
- A commitment to check all medication on Global Dro (<https://www.globaldro.com/Home>).
- Whenever possible proactively purchase any required medication in the UK prior to international travel, taking care to note any restrictions on importing substances into the country of travel.
- A 'food first' approach. When supplements are advised by a professional service (eg sports physician or nutritionist), effectively use available mitigation processes (eg [Informed Sport](#)) and make an informed decision whether to use a supplement or seek an alternative solution.
- Maintain connection to UKAD updates via their main communication channels (eg The Clean Sport app).
- Maintain effective records of the research you have carried out when making substance ingestion decisions, for both medication and supplementation.
- 'Tell, check, ask'; if you have concerns or uncertainty regarding any aspect within the anti-doping remit including suspicion of doping activity. (See below important points of contact.)

What you can expect from us as a sport services provider:

- A commitment to the WADA Athletes Anti-doping Rights Act. (<https://www.wada-ama.org/en/resources/anti-doping-community/athletes-anti-doping-rights-act>)
- Accurate and regular anti-doping education.
- Individual support and signposting as appropriate via the Performance Lifestyle, Nutrition, and wider support services.
- All lead athlete facing staff will have or be working towards an up to date UKAD Accredited Advisor or Clean Coach qualification.

Important points of contact:

Loughborough University anti-doping lead – Simon Wombwell S.L.R.Wombwell@lboro.ac.uk

Your national governing body (NGB) anti-doping representative – via NGB website

Your international federation anti-doping representative – via relevant website

UKAD - <https://www.ukad.org.uk/contact-us/>

WADA- <https://www.wada-ama.org/>