

Loughborough University Athlete Clean Sport Commitment Statement

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 the 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 (e.g. sports physician or nutritionist), effectively use available mitigation processes (e.g. 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 (e.g. Clean Sport app and UKAD Twitter).
- 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 important points of contact below)**

What you can expect from us as a sport services provider

- A commitment to the WADA Anti-Doping Athlete 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 LUNTA Performance Lifestyle and Education Manager and LUNTA team of staff.
- All lead athlete facing staff will have or be working towards an up to date UKAD Accredited Advisor or Clean Coach qualification.



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Important points of contact

- Loughborough University National Tennis Academy (LUNTA) – Performance Lifestyle and Education Manager (Alex Bailey - A.W.Bailey@lboro.ac.uk)
- Loughborough University Anti-Doping Lead (Simon Wombwell - S.L.R.Wombwell@lboro.ac.uk)
- The Lawn Tennis Association (LTA) Anti-Doping representative – via LTA website
- UKAD - <https://www.ukad.org.uk/contact-us/>
- WADA- <https://www.wada-ama.org/>



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