

Sileby Town Rugby Football Club Limited

Illicit / Illegal Substances and Anti-doping Policy



1. Purpose

To promote a safe, fair, compliant, and healthy sporting environment, this policy outlines the Sileby Town RFC (the club) approach to illicit/illegal and performance-enhancing substances. It aims to deter substance misuse, thereby protecting welfare, promoting societal values, and upholding the integrity of competition, as well as the club's reputation.

2. Scope

This policy applies to all athletes, coaches, and staff affiliated with the club (whether amateur or professional), as well as visitors and guests, across all age groups.

3. Prohibited Substances

The club adheres to the World Anti-Doping Agency (WADA) Prohibited List. This includes:

- Performance-enhancing substances (e.g., anabolic steroids, erythropoietin [EPO], etc.)
- Recreational drugs (e.g., cannabis, cocaine, MDMA, etc.)
- Prescription medications used without proper medical justification

4. Testing Procedures

The club reserves the right to invite individuals for testing whilst on club premises, or while representing the club. Refusal to submit to testing will be treated in the same way as a positive test result.

- **Types of Testing:** May include random, scheduled, or for-cause testing (e.g., following suspicious behaviour or specific incidents/allegations).
- **Sample Collection:** Conducted by certified, independent personnel in accordance with approved privacy and chain-of-custody protocols.
- **Laboratory Analysis:** Samples will only be analysed by accredited laboratories, using approved methods.

5. Consent

All athletes must sign a consent form acknowledging their understanding and acceptance of this policy as a condition of participation. Visitors and guests will be asked to kindly leave the premises if they are not willing to accept nor adhere to this policy.

6. Confidentiality

Test results and related information will be kept strictly confidential and shared only with authorised personnel.

7. Consequences of Violations

The club adopts a **ZERO TOLERANCE** approach to substance misuse, and will take decisive action as follows:

- **Suspicion:** Suspension from training, competition, and all social events – pending investigation.
- **Positive Test Result:** Immediate expulsion from the club. Any membership fees or other costs will not be reimbursed under these circumstances.
- **Refusal to Test:** Treated in the same way as a positive result, unless justified by clear medical and/or legal grounds.

8. Appeals

Individuals may appeal disciplinary decisions through a formal process outlined by the club's Management Committee.

9. Education and Support

To seek further information regarding substance misuse and its effects, please make use of the following online resources:

<https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help>

<https://www.gov.uk/government/collections/alcohol-and-drug-misuse-prevention-and-treatment-guidance>

10. Review and Updates

This policy will be reviewed annually and updated in line with any changes to national and international regulations.

By Order of the Management Committee and Directors of Sileby Town RFC – August 2026