



RGU SPORTS CLUBS DRUGS & SUBSTANCE MISUSE GUIDANCE

All students are expected to follow the RGU Student Drug policy. Access below:
<https://www.rgu.ac.uk/files/328/University-Policies/982/Student-Drugs-Policy.pdf>

- Illegal drugs are prohibited on all University premises, at University events, and during activities connected with the University.
- Students must not possess, use, produce, supply, or distribute illegal drugs.
- Prescription medicines are permitted only when used by the person they were prescribed for and according to medical instructions. Misuse or sharing of prescription medication is prohibited.
- If drug-related concerns arise, the University's priority is to support student health and wellbeing, while also ensuring compliance with the law.
- Students found to have breached the policy may face disciplinary action, which can range from warnings and support interventions to suspension or expulsion, depending on the seriousness of the offence.
- The University may involve the police where criminal offences are suspected.
- Students are encouraged to seek confidential support if they have concerns about their own or someone else's drug use

Clean sport commitment- UKAD

- Compete fairly and uphold the values of honesty, integrity, respect, and sportsmanship.
- Never use banned substances or methods to gain an unfair advantage.
- Accept the principle of strict liability, meaning athletes are personally responsible for everything they ingest or use, whether intentional or not.
- Check all medications and supplements before use, as some may contain prohibited substances. Athletes should use resources such as Global DRO and apply for a Therapeutic Use Exemption (TUE) if required.
- Cooperate with anti-doping testing, which can take place at any time and in any location.
- Understand that breaking anti-doping rules can result in disciplinary action, including bans from competition, loss of results, and damage to reputation.
- □ Seek advice from UKAD or relevant support staff whenever unsure about medications, supplements, or anti-doping responsibilities

2.RESOURCES

For more information on which substances are banned please encourage your club members to visit:

www.globaldro.com/uk-en/ - The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific substances under the rules of sport based on the current World Anti-Doping Agency (WADA) Prohibited List.

www.ukad.org.uk/supplements/ - UKAD is the national organisation dedicated to protecting a culture of clean sport. This page directly links to the website about supplement use and has lots of useful information.

www.informed-sport.com/ - INFORMED-SPORT is a certification programme for sports supplements, ingredients and manufacturing facilities, which assures athletes that products carrying the INFORMED-SPORT mark have been regularly tested for substances considered prohibited in sport. (Some sports may have specific rules so coaches and athletes still need that knowledge for your own discipline).

www.ukad.org.uk/athletes/ - This site is UK Anti-Doping and will explain the “100% Me” initiative as well as giving advice and capability to check ingredients against the banned listings.

For further support if you or someone within your club has been affected by alcohol, please visit:

<https://www.alcoholanddrugsaction.org.uk/>