

THE ARMY RUGBY UNION

**President**

**Lieutenant General John Lorimer DSO MBE**

**ARMY RUGBY UNION POLICY NOTICE**

**ARMY RUGBY UNION – UPDATE ON RFU AND ARMY POLICY REGARDING THE USE OF SPORTS SUPPLEMENTS AND PERFORMANCE ENHANCING DRUGS**

References:

A. JSP 835 – MOD Policy on Drug Misuse.

B. AGAI Vol 2 Chap 64- Substance Misuse (<http://defenceintranet.diif.r.mil.uk/libraries/corporate/Army/Publications/AGAI_064.pdf>).

C. RFU Regulations 2015/16 – Regulation 20 – Anti-Doping.

1. **Introduction**. All rugby management, administrative staff, coaching staff and players should be aware of the issues regarding the taking of sports supplements and performance enhancing drugs. The Army has had recent CDT cases of servicemen being found positive for taking substances contrary to the World Anti-Doping Regulations which resulted in discharge and a ban on playing for his civilian club. The aim of this note is to make all units/clubs affiliated to the ARU aware of the various regulations so that education of all those involved in Rugby Union is maintained.

2. **RFU Regulation 20**. RFU Regulation 20 covers all provisions regarding Anti-Doping (<http://www.englandrugby.com/mm/Document/Governance/Regulations/01/30/35/31/RFU_Regulation_20_Neutral.pdf>). The RFU (as a member of World Rugby) is required to implement anti-doping regulations within England Rugby, which includes all Constituent Bodies of the RFU, including the Army Rugby Union. All involved in rugby union in the Army should be aware of these regulations, which include the RFU’s ability to conduct Domestic Testing of clubs. **This is particularly important for all players who represent civilian clubs as well as army clubs.**

3. **Army Policy - JSP 835/AGAI Vol 2 Chap 64**. Current Army policy on the use of sports supplements and performance enhancing drugs is included within References A and B (see link above). AGAI Vol 2 Chap 64 Part 3 – Misuse of Drugs expands on the JSP with regards to Army Procedures. It includes the use of controlled drugs, anabolic steroids and other performance enhancing drugs. It states the following in para 64.042:

*d.* ***Other performance enhancing drugs.*** *There are other drugs and preparations which claim to enhance sporting performance, but are not reported by the CDT. However, many of these substances are banned by sporting bodies. Any Serviceman who is subject to testing by a sporting body and who is found to have breached their rules by taking a performance enhancing drug may also be subject to administrative (****AGAI 67****) action.*

And with regard to supplements covers the following within Annex E (Publication of Orders):

*o Personnel should exercise special care in the use of dietary supplements for sport or fitness as there is a risk of contamination with substances that may produce a positive CDT result. Nutritional supplements manufactured by pharmaceutical companies using pharmaceutical grade ingredients and employing quality assurance programmes are more likely to be free of contamination than those manufactured by sports nutrition companies with less rigorous quality assurance. In the UK, the HFL Sports Science34 owned “Informed-Sport programme” was set up with the support of UK Anti-Doping (UKAD) to evaluate the process integrity of supplement manufacturers and to screen supplements and ingredients for contamination. Products that have passed this screening process can be found at www.informed-sport.com.*

It should be noted that whilst this paragraph directs personnel to the Informed Sports website to identify supplements that have been screened for UKAD, this does not totally clear them from potential contamination – it merely reduces the risk for a sportsperson using them.

**Therefore all rugby players should be aware of any supplements they decide to use and understand that there will always be a risk of contamination which could be picked up during a CDT or UKAD Domestic Test. In particular, any sports supplement in use should be declared during a CDT.**

4. **Summary**. In summary – **Be aware of the regulations and policy – Maintain the education of players and coaches – and if in doubt seek advice from the ARU.**

Date Released: 11 Nov 15

Author: Lt Col P R Stannett, Chairman of ARU Discipline and Governance